



Wasausink Lands Inc.

**2022 Cottage Season
Newsletter.**

Wasausink Lands Inc.

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Wasausink Lands Inc. Clean up day 2021!

This year Wasusink Lands inc. partnered with R.A.I.S.E Indigenous cultural awareness to raise money and support Every Child Matters campaign in the Parry Sound area. It was a rainy, muddy day and we want to extend a huge Miigwetch/Thank you to everyone who participated. 5 Bins were filled and together we raised \$179.55 in donations!!



**EVERY
CHILD
MATTERS**

RAISE

Recognize Assist Include Support Engage

Indigenous cultural awareness

Chrystal Tabobandung
Facilitator / Founder

Wasausink Lands Inc. has a new Truck!

In 2021 W.L.I Purchased a new truck for various duties including lot patrols in the Off-Season.



If you have any questions or concerns regarding the roads please contact the Wasauksing First Nation Public Works Department at:

dopw@wasauksing.ca

or

705-746-2531



A FRIENDLY REMINDER

*OUR OFFICE IS MOVING!

Please note our new (physical) address, effective April 1st, 2022.

**70 Isabella Street,
Unit 110
Parry Sound, ON.
P2A 1M6**

Our mailing address will remain the same:

**P.O. Box 238
Parry Sound, ON
P2A 2X3**

OCCASIONAL USE POLICY – October 31st to May 1st each year is considered the 'Off-Season' and is subject to Occasional Use only (Occasional Use Policy- See Insert)

INSURANCE – Insurance must be updated Every year.

SEPTIC – All local sewage systems must be inspected every 5 years to ensure safe operation and to meet the requirements of the Ontario Building Code.

Note: If your septic inspection is due in 2022, we will be in contact. Please ensure your septic inspection is completed **BEFORE** the end of the cottage



A message from the Board of Directors



THE BOARD OF DIRECTORS AND STAFF OF WASAUSINK LANDS INC. WOULD LIKE TO WELCOME YOU BACK FOR ANOTHER SEASON.

WE WOULD LIKE TO THANK THE COTTAGERS WHO WERE MINDFUL OF THE OCCASIONAL USE POLICY. (SEE INSERT) THIS HELPS THE FIRST NATION MEMBERS WHO UTILIZE THE SUBDIVISION FOR HARVESTING FOOD AND MEDICINES THROUGHOUT THE YEAR TO PROVIDE FROM THEIR FAMILIES. OUR COMMUNITY MEMBERS USE THAT LAND TO PASS DOWN TEACHINGS TO THEIR CHILDREN.

YOUR LEASE BEGINS MAY 1 UNTIL OCTOBER 31. WE LOOK FORWARD TO SEEING YOU THIS YEAR.

ANY QUESTIONS REGARDING THE ROADS SHOULD BE DIRECTED TO WASAUKSING FIRST NATION AS THEY HAVE JURISDICTION OVER THE ROADS, WHICH INCLUDES MAINTENANCE.

WLI HAS ALWAYS CONDUCTED REGULAR LOT PATROLS BY ROAD AND WATERFRONT THROUGHOUT THE YEAR. THE REASON FOR THE PATROLS IS SAFETY AND SECURITY OF YOUR LOTS, LEASE FULFILLMENT, LAND EROSION, DEGRADATION, AND SHORELINE DYNAMICS.

THE BOARD OF DIRECTORS' POSITION IS AND HAS ALWAYS BEEN THAT WE ARE 'STEWARDS OF THE LAND' IN PREPARATION FOR THE LEGAL TRANSFER OF THE LAND BACK TO WASAUKSING (PARRY ISLAND RESERVE # 16) FIRST NATION WHICH HAPPENS IN 2032.

AS WE ALL HAVE BEEN INFORMED, ON JUNE 1, 2017, WASAUKSING (PARRY ISLAND RESERVE # 16) FIRST NATION PASSED THEIR LAND CODE WHICH GIVES THEM THE ABILITY TO GOVERN THEIR LANDS AND RESOURCES.

THIS ALSO MEANS THE LEASE AGREEMENT YOU HAVE WITH WASAUSINK LANDS INC. REMAINS IN EFFECT UNTIL APRIL 2032 WHEN THE HEAD LEASE EXPIRES.

THE BOARD IS WORKING TO BRING ALL COTTAGERS INTO COMPLIANCE.

IN CLOSING,

THE BOARD WOULD LIKE TO THANK ALL THE COTTAGERS WHO SHOWED RESPECT TO OUR COMMUNITY FOR FOLLOWING THE COVID RESTRICTIONS AND HELPING TO KEEP OUR COMMUNITY SAFE DURING THIS GLOBAL PANDEMIC.

- HAVE A GREAT SEASON!!

6 Things that should never go into your septic tank.

Out of sight, out of mind is a great mindset, in theory, until your septic starts acting up.

1. **Too much water.**

The main cause of septic failures is too much water. It overflows the tank and forces solids into the septic field where it clogs. Low-flow faucets, toilets and other fixtures are a great way to reduce this risk. If you do laundry at the cottage, stagger loads over several day. You could also consider installing a no-flush urinal.



2. **Grease, oil, and kitchen scraps.**

You should minimize the amount of fats and oils that go into any drain system, as these materials will slowly build up and block the pipes. Once in the septic tank, that can bind with other solids making it harder for the bacteria to break things down. Also, don't use a garburator at the cottage. Your septic system won't be able to break the material down and you'll need to have the tank pumped out more frequently.

3. **Harsh Chemicals and antibacterial products.**

Limit the use of antibacterial products at the cottage, particularly things such as soap and household cleaners that will get flushed into the septic. Large amounts of these products- or other strong disinfectants such as bleach or toilet bowl cleaners- can kill off the essential bacteria in the tank and render your system inoperable.



4. **Personal Hygiene products.**

Anything that isn't biodegradable should not get flushed down the drain. These things will accumulate in the tank or clog the weeping bed if they get flushed out. This includes feminine hygiene products, condoms, diapers, "disposable" wipes, and other plastics. Also, don't flush cigarette butts for the same reason.

5. **Meat and roadkill.**

Yep, you read that correctly. In some circles, there's a rural legend that if you have a seasonal cottage, you should drop some raw meat – often in the form of roadkill- to "kickstart" your system for the start of the season. That's not only not true, but fur and bones could clog up the system.



6. **Medicines.**

Never flush unneeded medications down the drain (at the cottage or at home). Not only do you risk impacting the bacteriological activity in the tank, if they flush all the way through the system, they can end up in the lake where research has shown that some drugs have negative impacts on local wildlife. Most pharmacies will collect and safely dispose of surplus or expired medicine.

5 Ways you can improve your cottage's ecosystem

1. Stop Mowing.

Let's be honest. Do you really want to spend your precious time at the cottage mowing, weeding, seeding, and fertilizing a lawn? Pristine urban lawns do not belong at the lake, particularly close to the shoreline. For one, the unnatural monoculture doesn't provide the habitat for the animals that you love spotting at the cottage. Plus, Canada geese love lawns and can become frequent visitors-and defecators-on your property.



2. Keep the lake clean.

The lake is your playground at the cottage, so you want to keep it clean. Obviously, you shouldn't let garbage blow into the water. If you're doing any painting or staining, make sure you're well back from the shoreline. Maintain your boat engine so that oil and fuel do not leak into the lake. Finally, have your septic system regularly inspected to ensure sewage isn't seeping into the water.

3. Don't feed the wildlife.

As tempting as it is to lure the local wildlife to your doorstep with treats, it can be harmful to the animals. Birds, for example, will fill up on the breadcrumbs people spread out for them, but won't be getting the nutrition they need. And if wildlife become accustomed to humans feeding them, they may not store up enough reserves to survive when you shut down for the winter. Best to let nature take its course.



4. Install a bat box.

Some people have an irrational fear of bats, but there are an essential part of a healthy ecosystem. Plus, they eat a lot of mosquitoes and other insects that really bug us. But several Canadian species are at risk of extinction, due to habitat loss and white-nose syndrome. One way cottagers and homeowners can help is by installing bat boxes on their property to provide extra shelter. If you do install a bat box, consider signing up for the Canadian Bat Box Project so you can help valuable "citizen scientist" data with researchers trying to help these flying mammals.



5. Become a citizen scientist.

Speaking of citizen science projects, there are several opportunities for home and cottage owners to assist real scientists with field research. These include the Toronto Zoo's Adopt-A-Pond, eButterfly, frog Watch, and Canada's annual Christmas Bird Count.



9 Do's and Don'ts for healthy shoreline

For cottagers who need reminding, and those who may need convincing, here are nine dos and don'ts for keeping a thriving shoreline or restoring one to health. When you allow it to function as nature intended, you'll be pleasantly surprised by what it gives you in return.



1. DO Less Work

If you're lucky enough to have a natural shore, unaltered by manicuring, clear-cutting, or concrete barriers, love it and leave it alone. Instead of using your precious cottage time to "tidy up" the water's edge, you can loll in the hammock, enjoying the blessings that come from being hands off. That strip of native plants, shrubs, and trees with their extensive root systems forms a "green wall" of protection for cottage properties, says Dan Kraus, a conservation biologist for the Nature Conservancy of Canada. "It buffers erosive forces coming from the lake, such as waves and boat wakes, and prevents runoff from carrying nutrients and sediments into the water." A healthy shore is not only a friend to cottagers, but countless wild species. Up to 90 per cent of all lake and river life is born, raised, and fed within the shallows and first 10 to 15 metres of shore. "All of that space is critical for wildlife to thrive." It's home for painted turtles and bullfrogs, a frequent haunt for water loving mammals, such as mink, a nursery for young pike and bass, and a foraging haven for mallards and goldeneye.

2. DO Learn to Value What's There

"I've seen people dig up what they think are weeds along their shore, then go to the local nursery to buy the same wildflowers they got rid of," says Rick Keevil, a geologist and shoreline rehabilitator on Lake Vernon in Muskoka, Ont., where he also cottages. He uses a variety of native plantings in his work, from willow to Labrador tea, species you can learn to identify by getting help from your lake association's environmental committee or a local naturalist. Kraus recommends naturalist, an app that can take a picture of a plant or animal and then help you ID it. Simply putting a name to a "weed" can change perceptions. Sweet gale, for instance, a common shore shrub, smells wonderful and repels biting insects—what's not to like? "We seem to prefer plants and trees once we know their unique stories," says Kraus. "They give your cottage country its identity."



3. DO Minimize Your Mowing

Okay, we know lawns can be a touchy topic with both fans and foes of cottage turf. As the president of the Eagle Lake Conservation Association, in North Bay, Ont., Michael Mitchell isn't thrilled that "the lake's biggest problem is the lack of natural vegetation," thanks to manicured lawns running right to the shore. While clean-looking (to some) and great for sports, close-cropped, shallow-rooted grass is essentially ornamental and a hard surface that gives contaminants such as fertilizers and pesticides an easy ride into the water.

Happily, there is a compromise for those who want to keep some lawn and reduce runoff: create a "no-mow zone" at the shore, says Watersheds Canada's Heather Murphy, which "allows grass to get a little taller and native seeds to take root." Your NMZ can be as big or as small as you like, although the farther back it extends from the shore, the more effective its absorbency (it can include a path to access the water). When persuading cottagers to shrink or to give up their barbered lawns, Meaghan McDonald, the lake-planning shoreline stewardship coordinator for the Rideau Valley Conservation Authority, in Manotick, Ont., says those lawns are no match for climate change. "A natural shoreline withstands flooding and large rain events. You can have that lawn, but it will come at a cost to your property."

4. **DO** Recreate a “Living” Shore

Perhaps you have a cottage that came with an altered shoreline, or maybe, you did the altering without realizing the repercussions. In many cases, all you must do is stop clearing vegetation and removing deadfall from the shallows for a shoreline to slowly repair itself. But you can lend a hand by planting a buffer of native species from water’s edge to drier land. Through the North Bay–Mattawa Conservation Authority’s Restore Your Shore program, which provides a site assessment, plans, plants, and planting crews for free, Paul Girard of Wasi Lake, Ont., reinforced his shoreline with bush honeysuckle, red oak, wild rose, and others. “It’s nice-looking and complementary to the cottage,” he says, “and it’s future insurance for the lake.” Other CAs in Ontario offer similar planting programs, with cottagers paying 25 per cent of the overall cost, as does Watersheds Canada, which covers Ontario, Saskatchewan, and Alberta. And there are more like-minded partnerships across the country, between lake associations, government agencies, and environmental organizations.



5. **DON'T** Harden Your Shoreline

“In the past, retaining walls were sought to combat erosion,” says Heather Murphy. “Cottagers thought, it’s tough, it’s going to hold my shoreline together. But over the years we’ve found out these hardened structures do more damage than good.” They cause waves to reflect with greater energy, undercutting the structure and sometimes collapsing it, explains Dan Kraus. “You end up with exposed shoreline and more erosion.” Kraus is slowly dismantling, log by log, the retaining wall put in by previous owners of his

family cottage outside Algonquin Park, Ont. His plan is to let native growth like sweet gale, red maple, and alder come back on its own as a vegetative buffer. “Some family members worry the exposure will lead to erosion, but I just point to the adjacent shorelines that haven’t been altered and you’ll see they aren’t receding.”

6. **DON'T** Add to Your Lake’s Nutrient Load

You’re forgiven if you think “nutrient” sounds like a good thing. In fact, these naturally occurring elements, like phosphorus, do nourish plant growth. It’s when we add man-made ones to the environment, by using phosphorus-laden fertilizers, for example, the overabundance wends its way into the lake, fostering suffocating algal blooms that steal oxygen from other aquatic life and degrade water quality. More worrisome is blue-green algae, a toxic bacterium, which is grim proof of “significantly higher phosphorus levels, much of it due to fertilizer,” says Michael Mitchell, the association president of Eagle Lake, which identified its first-ever case last year. He’s talking with the local council about making a bylaw to prohibit fertilizer use within a set distance of shore. Not using it at all, or any products containing phosphorus, is even better. Faulty septic systems are another nasty nutrient loader, as wastewater is rich in phosphorus and nitrogen. Be preventive by pumping out yours every two to five years and having periodic inspections, advises Meaghan McDonald. And watch out for warning signs. “Really wet or green grass around weeping fields indicates excess nutrients,” she says. “Your septic might be overloaded, or you might have a running toilet.”





6. **DON'T** Sacrifice Your Trees for Sightlines

The green giants on the upper slope of your cottage shoreline aren't there to muck up your view. They are the heavy lifters when it comes to absorbing runoff, taking water from the ground, and transpiring it through their leaves into the air. "A mature oak tree can transpire 150,000 litres of water in the growing season," says Brian Emmett. Their overhanging vegetation provides shade and a steady supply of dead insects and other organic "fall" for young fish sheltering in the shallows, he adds.

If you let your birches and aspens play their role, you can still see the lake by giving them what is sometimes called a "vista prune." "I just trim the lower branches and leave the higher ones," says cottager Kelly Aldridge. "You don't have to wreck trees for a view."

8. **DON'T** Wage war on Water Weeds

You hate them, we get it. Clogging up your prop or snaking around your ankles when you swim, water weeds seem to have no purpose but to drive you crazy. Would it help to know they are erosion-fighters, capturing and controlling wave energy that would otherwise hit the shore? Plus, they oxygenate the water and improve its clarity by impeding waves and wind that stir up sediment, says Dan Taillon, an aquatic biologist with the Ministry of Natural Resources and Forestry (MNRF) in Peterborough, Ont. And for aquatic wildlife, the vegetation is a vital underwater sanctuary. So, can we make peace with water weeds? "It's about finding the right balance," says Taillon. "You can clear an area for swimming and keep an area for water weeds, so everybody benefits." Regulating bodies for aquatic plant removal vary from province to province and may require cottagers to seek approvals.



Not only a chore (and who needs more?), hauling out weeds can be a losing battle, cautions Dan Kraus, especially on lakes that are shallow and naturally phosphorus-rich, two conditions that fuel plant growth. Don't want so many water weeds? Think preventively, he says, and "reduce your nutrient output."

9. **DON'T** Be a Cowboy Boater

Big wakes are bad news for your frontage. More and more, Rick Keevil's shoreline work on Lake Vernon is focussed on repairing erosion caused by increasing boat traffic. He says people are using larger boats, in particular the wakeboarding style with a water-filled ballast bag designed to make "super-big wakes." These whoppers are now smacking areas of the lake that historically have been very sheltered, eating into the banks and sending out large plumes of silt.



As well as harming shorelines, mega wakes are like tsunamis to loons and other birds that nest in the **shallows or at the water's edge**, adds Kraus. "Big waves can be a major cause of nest failure, washing away the eggs or drowning the chicks." Don't joyride in sheltered bays and known nesting areas, and, as the law dictates across much of the country, limit speeds to 10 km/h when boating within 30 metres of the shore.

Are we saying that you can't wakeboard? Of course, not; just watch to see if your wake is hitting the shore, and, if so, move farther out. Keevil, who's on the environmental committee for his lake association, says, "We encourage boaters to stay in the middle of the lake, so wave energy has a chance to dissipate." By being mindful of your shore's ribbon of life, you can have your wake and hear loon calls too.

Confirmed cases of epizootic hemorrhagic disease (EHD) in Ontario.

“EHD is a viral disease that affects mostly white-tailed deer,” says Keith Munro, wildlife biologist for the Ontario Federation of Anglers and Hunters (OFAH).

“It has been known to infect some livestock, but it rarely results in symptomatic disease. And it’s not a disease of people. There’s no human health risk.”

There are no preventative measures or treatment for EHD. Instead, OFAH is focused on tracking the disease and ensuring ecologically sustainable levels of deer population.

If you come across a dead deer or a live deer exhibiting symptoms, report the sighting to the CWHC at http://www.cwhc-rcsf.ca/report_and_submit.php.

“Public reporting is incredibly important,” Munro says, “both to identify new things that pop up, but also to estimate the extent of outbreaks where they do occur.”

Does Tick Repellant Clothing Work?



This cottage season, there’s another option to keep ticks at bay in areas where Lyme disease is a concern. Mark’s No Fly Zone Tick and Mosquito Repellent clothing includes pants, shirts, jackets, hats, and other accessories. It is treated with permethrin, a pesticide previously not approved as a tick and mosquito repellent for Canadian civilians. The permethrin is embedded in the fabric and is still effective after more than 70 washes. Currently, Mark’s is the only Canadian company that sells permethrin-treated clothing.

The most exciting thing? **It works.**

(Wind River Tick and Mosquito Repellent zip-off pants, \$99.99)

Permethrin is effective against mosquitoes, but it’s even more effective against ticks. When mosquitoes get near permethrin, they “go into a state of mini seizures,” In response, the mosquitoes move away. But ticks that latch on to permethrin-treated clothing lose their motor skills and fall off.

How can you spot them?

The ticks you'll find in Canada include the blacklegged tick (or deer tick), brown dog tick, American dog tick, and Rocky Mountain wood tick. And while the other types can carry diseases, the blacklegged tick is the primary carrier of Lyme disease, so you'll want to be able to tell the difference.

Blacklegged ticks resemble tiny, flat crabs. In fact, their eight legs make them arthropods, not insects. That's the same family as spiders, so if you're already terrified of spiders, there's no need to edit your list of phobias. And while both blacklegged ticks and dog ticks are typically a reddish-brown colour, blacklegged-ticks have—you guessed it—darker legs. They also have a solid colour on their backs, whereas dog ticks have patterns of light-coloured lines. Most importantly, blacklegged ticks are much smaller, measuring about 0.3 cm long, though they can grow to an egg-shaped 1 cm after they've bitten you and fed on your blood.

**American dog tick
(wood tick)**
(does not spread Lyme disease)



When and where should you be aware?

Ticks love abundant shade and tall grasses, so be especially careful if your yard at home or at the cottage has overgrown gardens or patches of brush at its edges. They're most active in the spring and summer, but you can still encounter them in the fall, so long as the weather stays above freezing.

What precautions should you take at home?

If parts of your home or cottage property have shade and dense vegetation, Therma cell's Tick Control Tubes are a no-spray way to kill ticks on your property without harming pets, kids, or the environment.

Simply place the tubes about 9 metres apart wherever there's shade or undergrowth—especially beneath bushes and around your compost pile. For best results, place the tubes in those key areas twice a year: in late April and again late July, before young ticks begin feeding. **What happens if you find a tick?**

If you spot a tick on your skin that's latched on, carefully remove it with tweezers, pinching as close to your skin as possible. If you get it within the first few days, you'll drastically reduce the possibility of Lyme disease. Once it's out, wash and disinfect the bite. You may notice a distinct, red "bullseye" spot where you were bitten, as well as blisters and a rash in the general area. In the weeks following a bite, if you develop a low-grade fever, unusual neck stiffness, or severe fatigue or headaches, go see your doctor.

What is Lyme disease?

Lyme disease is an infectious condition spread by a specific bacterium that's transmitted through blacklegged tick bites. According to **Health Canada**, the symptoms, which can include rash, fever, chills, headaches, muscle and joint aches, and swollen lymph nodes, can start anywhere from three days to a month after a blacklegged tick bite. And if the condition goes untreated, those symptoms can evolve into heart disorders, neurological issues ranging from memory loss to dizziness, and severe arthritis.

**Blacklegged Tick
(deer tick)**
(can spread Lyme disease)



Are ticks a problem for pets?

Unfortunately, blacklegged ticks feast on anything warm-blooded, so your pup faces the same risk as your rolled-up pant leg. It's harder to check for ticks on a dog than it is on exposed skin, but you should still do regular checks of their fur—especially after you've been in the woods. The symptoms of Lyme disease in dogs are similar to those in humans, so if you notice anything askew in your pet's behaviour, talk to your vet.

How can you protect yourself away from home?

When you're in the woods away from home, wear long sleeves and long pants tucked into your socks. It might not be the most fashionable getup for your mid-hike Instagram pic, but exposed skin and long grass don't mix during tick season. You can also spray a DEET-based repellent on your clothing as an added measure. If you've been in a danger zone with exposed skin, you might want to take a shower when you're back indoors. Not only will it be easier to inspect at-risk areas, but the water will help wash away a tick that hasn't yet bitten.

Here are 10 fun moose facts:



1. The word "moose" comes from the Algonquian language group (for example, Narragansett "moos" or Abenaki "moz") and is thought to be based on the word "moosu," meaning "he strips off"—referring, of course, to the animals' practice of stripping the bark off trees.
2. Moose are the largest deer species in the world, and the tallest mammal in North America.
3. Confusingly, in Europe, moose (*Alces alces*) are known as elk. In North America, an elk is a completely different animal (*cervus canadensis*), also known as a wapiti.
4. Moose can run as fast as 55 km/h over short distances and have been known to charge at humans.
5. Moose are good swimmers and can paddle several miles at a time. There is some debate on whether they dive or not, but some sources say they can dive up to five metres.
6. Moose antlers, which are only worn by males, can spread almost two metres across. They're covered with soft, fuzzy skin called velvet. Moose lose their antlers after mating season.
7. Moose hair is hollow, which helps trap warm air and keep the moose warm.
8. It's estimated that there are between 500,000 and 1,000,000 moose in Canada.
9. During the mating season, or rut, a bull moose's bellow can be heard almost 10 km away.
10. A bull moose's antlers are unique, like a fingerprint

5 COMMON PLACES TICKS HIDE ON DOGS



PROTECTING YOUR DOG FROM TICKS

Check your dogs for ticks daily, particularly during warm seasons. For our friends with extra fur, make sure to press in through their coat and feel for bumps on the skin which could be ticks.

Generally speaking, ticks are looking for the warmest spaces on your dogs body to latch on - so here are the places you DEFINITELY want to keep an eye on:

1 UNDER THE COLLAR

Since dogs collars aren't usually removed, it's possible for a tick to make a little home underneath it without anyone noticing. Make sure to remove your dog's collar from time to time and inspect for ticks.

3 INSIDE OF EARS

If you notice your dog scratching at its ears, ticks could be the cause. All the little crevices inside of an ear make it a popular spot for ticks to hang out.

5 NEAR THE EYELIDS

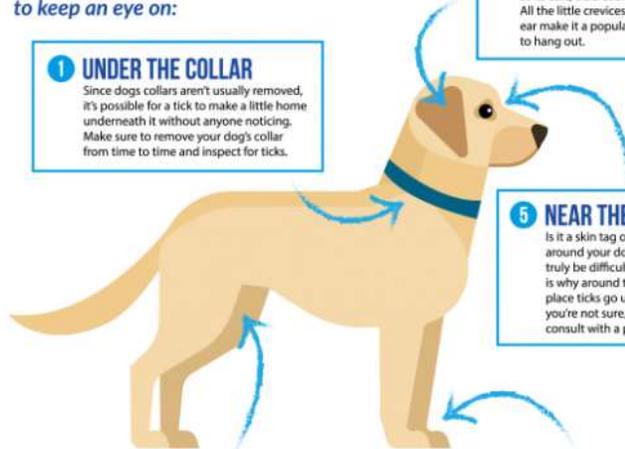
Is it a skin tag or is it a tick around your dogs eyes? It can truly be difficult to tell, which is why around the eyes is one place ticks go unnoticed. If you're not sure, it's best to consult with a professional.

2 "PRIVATE" AREAS

Near your dogs genitals and perianal area tend to stay warm, making them a popular spot for ticks to latch on.

4 BETWEEN TOES

Ticks are excellent at hiding, so spots like between the toes are cozy and not something that's easy to see - making it a perfect place for a tick to setup camp.



“Forever chemicals” in make-up showing up in lakes and drinking water



A hot, humid Canadian summer afternoon at the cottage plus make-up can create a disastrous scenario: the dreaded raccoon eyes. Raccoons may have earned a place in Canadian hearts as lovable trash pandas, but that love doesn't extend to wanting to look like one.

Avoiding raccoon eyes, a look characterized by black circles of smudged and sweaty mascara and eyeliner, means turning to products labelled 'water-proof' and 'long-lasting.' But Canadians should

rethink reaching for a tube of wear-resistant mascara.

A team of scientists from Canada and the United States analyzed 231 North American cosmetic products and found that more than half were high in fluorine, indicating the presence of a group of chemical compounds called **per- and polyfluoroalkyl substances, or PFAS**.

PFAS are not limited to make-up and cosmetics. They are a large group of over 4,700 manufactured chemical compounds, widely used in a variety of industries; PFAS have been found in fire extinguisher foams, non-stick cookware, and fast food packaging.

The long-lasting nature of PFAS that makes the compounds such a boon for industry purposes means once the compounds in our bodies and the environment, they're here to stay.

➤ **Things to Do in Parry Sound on a rainy day:**

- **Bobby Orr Hall Of Fame. Speciality Museums.**
- **Trestle Brewery. Breweries.**
- **Bearly Used Books. Speciality & Gift Shops.**
- **Jessica Vergeer Studios. Speciality & Gift Shops • Art Galleries.**
- **The Vintage Eco Shoppe • Art Galleries.**
- **The Wolf Den. Speciality & Gift Shops.**
- **Tree Chic Eco Boutique. Speciality & Gift Shops • Art Galleries.**
- **Wok & Bowl • 5 Pin Bowling & Entertainment.**
- **Moon River Apothecary • Gift Shops**
- **The Museum on Tower Hill**



100 Things to Do This Summer

- bowling
- meteor showers
- magic show
- visit grandparents
- beach
- wagon ride
- ride bikes
- breakfast for dinner
- zoo
- origami
- potato stamps
- flashcards
- fishing
- photo booth
- science day
- cookies for friends
- blow bubbles
- bean bag toss
- farmer's market
- cereal necklace
- make lemonade
- croquet
- flea market
- new playground
- finger paint
- badminton
- frisbee
- homemade pasta
- water fight
- lizard shop
- relays
- bbq w/friends
- make popsicles
- ball pit
- art project
- handprint art
- treasure hunt
- box cars
- feed ducks
- tour fire station
- swim
- "drive in movie"
- watercolor
- play tennis
- piñata
- hopscotch
- make cards
- sleep in tent
- bird watching
- picnic
- movie night
- twister
- reading party
- kids plan dinner
- soccer
- play post office
- dollar movies
- fireworks
- pillow fort
- build with tools
- peculiar P Party
- parade
- 3-legged race
- craft night
- telescope
- obstacle course
- caramel popcorn
- pillow fight
- splash park
- game night
- pull taffy
- block tower
- cookout
- catch bugs
- make a movie
- card games
- hike
- fly kites
- mini golf
- factory tour
- nature center
- make shirts
- sprinklers
- make pizza
- planetarium
- paper airplanes
- apple sauce
- dress-ups
- make ice cream
- play dough
- sandcastle
- service project
- visit a farm
- library
- model plane
- balloon animals
- sidewalk chalk
- write a book
- make robot
- aquatic center

Name: _____

Date: _____

Adventures in the Forest

S K U N K P Q B O B H F G G J A Z
O J C P A S N P E S J S L O O V Q
R H H L S Y O A S Q P I N O R V B
E B W C A S V R E U I I O R W F P
T U U L S E U E V I N A I E O E T
T R J U R L T K A R E C L E N I R
O G M H K E A C C R C O N D B C K
R I P H C A C E O E O R I B J I N
E R O S O G B P Y L N N A L S N U
V A R I R L O D O Z E R T E E C M
I C C F U E B O T D T B N A E I P
R C U L O Z M O E R K X U F B P I
R O P E F X I W E K S J O S C F H
S O I S C T E E O C D Y M D L Q C
G N N A B G S K O K R V X O O F I
U B E E B E A R I K I I W Y N J F
B P D W H J E L N H B S E L A N S

- | | | | |
|------------|--------|---------------|----------------|
| Bobcat | Hike | Mountain Lion | Grub |
| Trees | Rock | Flower | Wolf |
| Bugs | Ivy | Eagle | Possum |
| Woodpecker | Leaf | Acorn | Pinecone |
| Rabbit | Beaver | Porcupine | Weasel |
| Coyote | Fox | Frog | Chipmunk |
| Snakes | Skunk | Raccoon | Squirrel |
| Bees | Birds | Fish | River
Otter |
| Caves | Picnic | Deer | Bear |



***OUR OFFICE IS MOVING!**

Please note our new (physical) address, effective April 1st, 2022.

**70 Isabella Street, Unit 110
Parry Sound, ON. P2A 1M6**

Mailing Address:

**P.O. Box 238
Parry Sound, ON
P2A 2X3**