

SPRING 2022

THE LIGHTHOUSE

Seasonal newsletter for the members of the Lake Rosseau North Association



President's Message

Well, Spring is here and Summer is fast approaching. There is light at the end of the tunnel we've all been through over the past 2 years! We had hoped for a normal summer last year and while we had fun, our abilities were still limited. This year we aren't hoping, we are planning for a fabulous summer! Read on for information on our exciting plans and community initiatives.

- Corinne Hagerman

OVERVIEW:

- Come Paddle With Us - Join the LRNA
- LRNA Social - Save the Date (August 6, 2022)
- LRNA Annual General Meeting
- New Fundraiser - Cardiac Safe Community
- ASHMuskoka
- Rosseau Nursing Station

The Lake Rosseau North Association (LRNA) is a non-profit organization established in 1982 to represent the interests of approximately 180 lakefront and Village of Rosseau property owners in the North Lake Rosseau and surrounding areas of Seguin and Muskoka Lakes townships.

Come Paddle With Us - Join the LRNA

We are embarking on a membership drive this year to boost our numbers (from 150 to 300 out of a potential 450) so we can continue to support local community initiatives and new projects. Membership fees have not increased (\$65 annually) but the contributions the LRNA has made to the local community have increased dramatically over the past few years. We need new members and we need your help!!

Come see us at the LRNA booth in front of the Rosseau General Store on Saturdays in late May and June to say hello and be reminded about the benefits of being a member, all the work the LRNA has done to benefit the community and learn more about our 2022 initiatives. Bring your friends, family and neighbours!

Every new member will be entered into a draw for a custom, solid mahogany LRNA paddle. Every existing member will be entered into a separate draw for a paddle for each new member they convince to join.

COME PADDLE WITH US !!



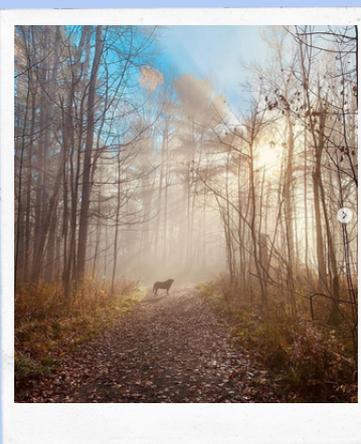
LRNA Social - Save the Date (August 6, 2022)

We are very excited to let you know that, after a 2 year hiatus, the LRNA Social is back. Mark your calendars for [Saturday August 6, 2022](#). Brett and John LaGamba will once again host us at their beautiful cottage and new boathouse. We are looking forward to seeing old friends and meeting new ones! Stay tuned for information on times and specifics as the date gets closer.

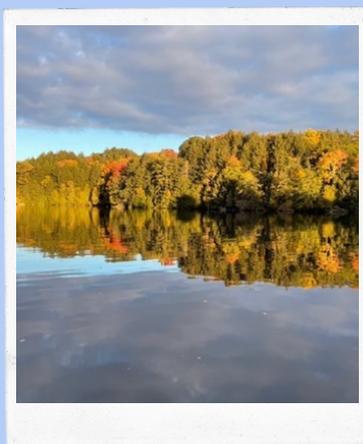
LRNA Annual General Meeting

While you are marking your calendars, please note that our in person Annual General Meeting will also be back this year. It will be held at the [Rosseau Memorial Community Hall on Saturday, August 13, 2022](#) starting at 8 a.m. with coffee and goodies followed by the official meeting at 9 a.m. This will be another great opportunity to reacquaint with old friends and neighbours!

Spring Photo Contest



@krockerdave



@gaylemurphy89



@draper.ian



@janetbotham13

NEXT UP: SUMMER PHOTO CONTEST!

Follow [@lakerosseanorthassociation](#) for updates
DM entries on Instagram or email info@lrna.ca

YOU CAN
WIN THIS!



Make Rosseau a Cardiac Safe Community

We are excited to announce our new fundraiser for 2022. We are hoping to Make Rosseau a Cardiac Safe Community by raising funds for the installation of 3 Action First Aid Save Stations in Rosseau.

One unit will be mounted on the wall of the washroom building at the Waterfront. It will be ventilated, heated and monitored 365 days a year, 24 hours a day. A second, similarly equipped station will be installed at the 4 corners area of the Village. Exact location details are being finalized, but it will also be accessible 365 days per year, 24 hours per day. The 3rd unit will be located at the baseball diamond/ basketball court area and will be accessible during the spring, summer and fall. The area is not frequently utilized during the winter so it will not be a heated unit.

The Township of Seguin will be monitoring and maintaining the units so they are ready for use at all times.

Why is it important for you to support this fundraising campaign?

The incidence of cardiac arrests continues to increase. Up to 40,000 cardiac arrests occur each year in Canada. That's one cardiac arrest every 12 minutes. Without rapid and appropriate treatment, most of these cardiac arrests will result in death. Thousands of lives could be saved through improved public access to automated external defibrillators.

How does it work?

An automated external defibrillator (AED) is a small, portable device used to identify cardiac rhythms and deliver a shock to correct abnormal electrical activity in the heart. As a result of the sophisticated electronics in an AED the operator will only be advised to deliver a shock if the heart is in a rhythm which can be corrected by defibrillation. If a shockable rhythm is not detected, no shock can be given and the provider will be instructed to perform cardiopulmonary resuscitation (CPR) until emergency medical services arrive.

When an AED and CPR are immediately available, the chance of survival from sudden cardiac arrest is substantially improved. Combined with CPR, the use of an AED may increase the likelihood of survival by 75% or more

For every one minute delay in defibrillation, the survival rate of a cardiac arrest victim decreases by 7 to 10%. After more than 12 minutes of ventricular fibrillation, the survival rate is less than 5%. AEDs combined with CPR and activating emergency medical services offer the best chance of saving a life in the event of a cardiac arrest.

Who will be able to use the AEDs?

AEDs are safe and easy to use by almost anyone. Over 400 lives are saved in Canada each year by by-standers using an AED. Legislation in Ontario protects individuals who use AEDs from liability when they are used in the context of saving a life.



ASHMuskoka

The Friends of the Muskoka Watershed ASHMuskoka Program with university, community, government partners and thousands of volunteers have collected and spread 9.2 tons of residential wood ash in Muskoka forests and the results are in!

After decades of nutrient deficiency, specifically calcium, due to acid rain and logging the trees had fallen asleep. Wood ash awakened the trees. Sapling growth, and sap production of sugar maple trees increased after ash was spread around the tree bases.

These findings suggest that regulated ash application is helping with the vitality of our forests, as well as with the fight against climate change and flood mitigation.

Ash is collected from cottagers and home owners in galvanized pails supplied by ASHMuskoka. If you are interested in helping with this important initiative, please email us at info@lrna.ca or send a text to 5192229621 requesting a collection pail.

The LRNA has worked with Seguin Township to have the Stanley House Road Transfer Station approved as an ash collection site. Once a month between September and April, ash can be brought in pails supplied by ASHMuskoka to the transfer station and the LRNA will transport it to the main collection point in Bracebridge. Specific collection dates will be provided later in the season.

CITIZEN SCIENCE Program

Given ASHMuskoka's exciting results, the project is expanding and would like to give residents the opportunity to be a part of the research. The Friends of the Muskoka Watershed will soon be launching its Citizen Science Program which aims to enrich the understanding of the benefits of wood ash for soil quality, tree vitality and tree growth on properties throughout Muskoka and beyond. Citizen Scientists will be provided with filtered, homogenized and chemically analyzed ash to spread around test trees, while leaving "control" trees untreated. Measurements of the test and control trees will be collected over time and submitted to the Friends of the Muskoka Watershed for analysis. Participants will be updated regularly on the progress of the program.

There are many benefits to becoming a citizen scientist including, getting outside, learning about trees, and increasing forest nutrient concentrations which better tree, forest, and entire ecosystem health. Other benefits include helping with climate change mitigation and contributing to large scale scientific data sets.

The Friends of the Muskoka Watershed is seeking property owners with treed areas, as well as camps, community groups, municipalities, and any group or individual with permission to a treed area.

The program will launch this spring and participants will be provided with training and equipment. Please be sure to check regularly with the Friends on the Muskoka Watershed website, Katie at katie@fotmw.org / 705-646-0111 or Tim at tim@fotmw.org / 705 640-0648.

SAVE YOUR ASH
MAKE A DIFFERENCE IN MUSKOKA

FOLLOW THESE SIMPLE STEPS:

- 1 BURN**
Burn your clean* hard/soft wood in stoves and/or fireplaces
- 2 SAVE**
Save your ash* in one or more of our free containers or use your own
- 3 CONTRIBUTE**
Drop off at our collection location or arrange for pick-up

*Please: no glued, treated, painted or stained wood, no plastics, no metals, no construction waste.
*Please keep your ash dry. Water can leach out important nutrients.

ORDER AN ASH CONTAINER OR FIND OUT MORE

126 Kimberley Ave Bracebridge (705) 640-0948 ashmuskoka@fotmw.org www.ashmuskoka.ca

Here's why we need to act now ...

- Thin soils, acid rain and other factors have left Muskoka's forests, lakes, rivers and streams calcium deficient.
- Trees, especially calcium-rich maple, are no longer thriving and calcium-dependent aquatic life is disappearing.

Did you know?
Without our help, it will take decades for the calcium to return. Forests and lakes will continue to decline; algal blooms will likely increase.

- On average, wood ash is 29% calcium by weight. It also contains many other valuable soil and plant nutrients.
- Waking up the forest by restoring the missing calcium will benefit the entire watershed, including our lakes and rivers.

ASHMUSKOKA
Friends of the Muskoka Watershed

A Community Environmental Program by Friends of the Muskoka Watershed

TOGETHER WE'LL ENSURE THE MUSKOKA WE HAVE
WILL CONTINUE TO BE THE MUSKOKA WE LOVE

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Rosseau Nursing Station

GOOD NEWS. The Rosseau Nursing Station will be operating seven days a week this summer during the months of July and August to serve registered patients and the local community. 'Appointments Only' is required as the Nursing Station is still functioning in a COVID mode. This means that screening for COVID will be maintained but please note that there is no COVID testing.

The Nursing Station's hours of operation for the summer months of July and August are:

Monday to Thursday, 8:30 a.m. to 3:00 p.m. (closed for lunch - 12:00 noon to 1:00 p.m.) and Friday, 8:30 a.m. to 12:00 noon.

Saturdays and Sundays and Holiday Mondays, 8:30 a.m. to 3:00 (closed for lunch - 12:00 noon to 1:00 p.m.)

Britanny Lebreque, the Rosseau Nursing Station Nurse Practitioner, is supported part time by a second NP and occasional students. The Rosseau Nursing Station carries a heavy caseload and as with all acute care centres, is understaffed. However, our Nursing Station is fortunate to have weekend summer hours through the generosity of donors and availability of some accommodation on site. Infection control is still a major challenge and some virtual appointments are part of the care delivery.

More information on the Nursing Station operation will be available as the summer approaches. Appointments can be made by calling the Rosseau Nursing Station at 705 732-1095..