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## Canada Day 2021 A Time of Reflection



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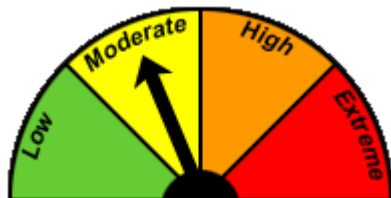
You might hear people say that Canada is turning 153 years old this year. What this really means is that we're celebrating the 153rd anniversary of the Constitution Act of 1867, which established Canada as a country. In actuality, this place is a whole lot older than 150 years.

Long before European settlers showed up, this land was inhabited by Canada's First Nations. In fact, they've been living in the place we now call Canada for at least 12,000 years. Today Canada is the most multi-cultural country in the world, and the home of immigrants of every ethnic and religious group from every country in the world. But less than 500 years ago, the only people living in Canada were the Aboriginal people of Canada. "Aboriginal" means the original inhabitants, the people who were here first.

<https://blog.ingleinternational.com>

The Bracebridge Rotary Club Canada Day installations in the Rotary Gardens will remain in place, with the addition of signage to allow visitors to reflect on the legacy of abuses associated with our residential school system; these gardens are a place of peace and reflection, and the Bracebridge RC invites everyone to visit them and spend some time considering both the positive and negative aspects of our country and its history.

### The Fire Rating in the Township of Muskoka Lakes (TML) is Moderate



No daytime burning is allowed.

Fire shall only be set 2 hours before sunset and totally extinguished 2 hours after sunrise.

Carry out any forest activities with caution.

### A Tiny (Potentially) Toxic Tick

Ticks are on the rise in Muskoka, and Lyme disease cases although small in number have doubled since 2016. Do you know what to look for and what to do if you suspect that you or a family member or friend have been bitten by a tick or have a tick embedded somewhere on the body?

#### Tick Quiz - True or False

1. Muskoka is a "no-worry" zone for ticks and Lyme disease.
2. Only the black-legged tick carries Lyme disease in Canada.
3. A bullseye red rash develops when you have contracted Lyme disease.
4. Unlike mosquitos and other bugs, you never have to worry about ticks in the house.
5. Ticks cannot jump.
6. Prevention is the best cure.
7. The longer ticks feed, the bigger they get—and the greater the risk of transmitting disease.
8. Even if I contract Lyme disease, once symptoms are gone, so is the disease.
9. Canada is a leader in the fight against Lyme disease.

Most tick bites are harmless, however, one type of tick in Ontario (and in Muskoka) that is capable of consistently transmitting Lyme disease (when tick carries the bacteria *Borrelia burgdorferi*) is a blacklegged tick called *Ixodes scapularis* (formerly known as the deer tick).

Lyme disease is treatable in its early stages but the risk of life long complications is high if a bite from this tick that goes untreated. At the Simcoe Health link at the end of this article you will see general information on ticks, how to do a full body check for ticks and what to do if you find a tick.

The black legged tick, a member of the Arachnida class is about the size of a sesame seed, however, when feeding and engorged become much larger. While infected adult deer ticks are more likely to carry and transmit *Borrelia burgdorferi*, it is more common for the hard to spot nymph stage to infect humans.



This picture contains an adult and a nymph (1-2 mm in size) - both will attach and feed. Ticks can also transmit other *Borrelia* species, and carry and transmit several other parasites.

### What does a tick bite look like, exactly?

The signs of a tick bite actually vary from person to person, since everyone's immune system reacts differently to them, explains Thomas Mather, Ph.D., director of the University of Rhode Island's Center for Vector-Borne Disease. While someone may have a small, red bump after the tick detaches, others may develop an area of redness and itchiness. There can be a bull's eye rash that presents near the bite site, but sometimes there is no rash at all. There is so much to know about Lyme disease, and its symptoms and treatment, it is very important to educate yourself and be your own advocate if you suspect that you have contracted an illness from a tick bite.

### In cottage country, how can a person protect themselves from Lyme?

Repellents, tick checks, and putting clothes in the dryer are all great practices. Be aware about where you walk, e.g., ticks hitchhike on migratory birds and roost on grass and fallen leaves. If you find a tick on your body remove it immediately and properly. Build in a full body check after an outside event and remember, although ticks can't jump, they can crawl and will often be found in hard-to-see areas of the body - such as the groin, armpits and scalp.

### So, if I suspect a tick bite, I just need to see a doctor, right?

Yes - if you suspect or know that you have been bitten by a tick see a doctor and get tested right away, even if your symptoms have disappeared. Be aware that the Canadian Lyme Disease Foundation states that testing for Lyme disease can be very challenging – in fact, many patients receive several false negatives before being correctly diagnosed. To avoid misdiagnosis, it's critical that you identify your symptoms and are tested by a doctor as soon as possible. Lyme symptoms are similar to other illnesses, so misdiagnosis is common. Many Canadian doctors are unfamiliar with Lyme, so they don't test for it or administer the wrong tests. Only a handful of blood tests effectively detect Lyme bacteria, so the infection is often missed. Don't get discouraged if you get a negative diagnosis. Seek out second, and even third, opinions if you must! Do your research and be prepared to advocate on your own behalf.

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease/health-professionals-lyme-disease.html>

<https://www.simcoemuskokahealth.org/Topics/InfectiousDiseases/DiseaseInformation/FactSheetsIL/lymedisease.aspx>

<https://canlyme.com/just-diagnosed/>

<https://www.lookingatlyme.ca/2021/05/37-navigating-lyme-disease-with-scientist-and-author-dr-shelley-ball/>

<https://www.tickmd.ca/>

TICK QUIZ 1.Muskoka is a “no-worry” zone for ticks and Lyme disease. (F) . Only the black-legged tick carries Lyme disease in Canada.(T) 3.A bullseye red rash develops when you have contracted Lyme disease. (F) 4.Unlike mosquitos and other bugs, you never have to worry about ticks in the house. (F) 6.Ticks cannot jump. (T) 7.Prevention is the best cure. (T) 8. The longer ticks feed, the bigger they get—and the greater the risk of

transmitting disease. (T) 9. Even if I contract Lyme disease, once symptoms are gone, so is the disease. (F)  
 10. Canada is a leader in the fight against Lyme disease. (F)

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## Leonard Lake History



A bit of Lake history from Karin Schmidt, resident of Palmos Island.

"The pictures are from 1949 when the first cabin was built on Palmos. My grandparents Madge and Dick Carter, who lived in Windsor, purchased the island in 1946 from Mr. Prowse after being introduced to Muskoka by friends.

Windrush Island, next to ours and owned by Betty Isbister originally belonged to my grandmother's sister. I was with my grandparents driving to the lake sometime around 1965 when the twister ripped through and turned the cottage on Windrush upside down.

There used to be a store and small restaurant at the top of the lane, a gas pump beside the boat launch and you could rent cabins on the property beside the laneway.

"We have been on the Lake since 1946 and our grandkids are the 5th generation."

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## Greetings From the Leonard Lake Social Committee

In April of this year the Leonard Lake Social Committee sent a request to all Leonard Lake residents asking for thoughts and ideas about ways to keep connected, and possible events that might help in this endeavor.

A short survey was circulated and the response from residents was tremendous with 132 surveys returned. Thank you to everyone who participated! Here are the top three choices in each of the survey categories:

**The best way to stay connected, in addition to LLSA EBLASTS and newsletters):**

1) Email 2) Instagram 3) Facebook

**The three top choices for an event:**

1) Meet and Greet 2) Barbecue 3) Regatta

**Leonard Lake merchandise voted most popular:**

1) Athlete T-shirt 2) Coffee/Tea Mug 3) Beach Towel

Other wonderful ideas of staying connected were offered by respondents, including paddle board yoga, nature walks and a cycling/ swimming group to name a few.

At this point we need volunteers! Many people indicated in the survey that they were interested in helping out at various levels of commitment, but did not leave contact information, such as name, email, phone or messaging number.

Please reach out to me directly about getting involved - you decide how much time you are able and willing to contribute. A number of great ideas were put forward by Leonard Lake residents and with a few volunteers and a team effort we can get an event or an initiative organized for 2021.

Thanks once again for your participation.

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Leonard Lake Stakeholders Association  
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### LOST AND STILL NOT FOUND!



These young fellas are really missing their paddleboard. Have you seen this board? Did you rescue it and are wondering where it belongs? Send us a note at [leonardlakemuskoka@gmail.com](mailto:leonardlakemuskoka@gmail.com) and the Caravaggio family will happily drop by and pick it up.

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### Leonard Lake Photographs

Thanks to those who have taken the time to send in the pictures below. Have any great photos of Lake life now or in the past? Any historical snaps that you'd like to share? Send to [leonardlakemuskoka@gmail.com](mailto:leonardlakemuskoka@gmail.com).



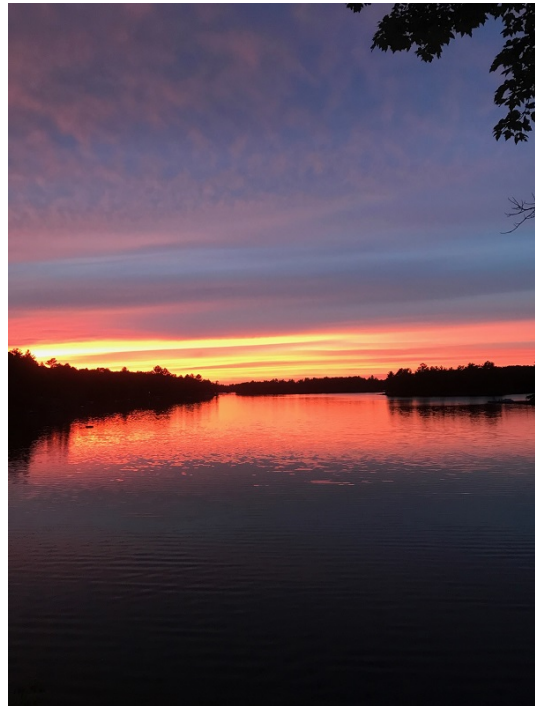
G Roberts Sunset Apr 30/21; K Welch visiting Owl May 19/21

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W. Taylor and G Roberts - Trilliums in Bloom April 21

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Barred Owl E. Giesbrecht Jun 3/21; Sunset J. Heeneman Jun 7/21

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Spawning Small Mouth Bass May 21 D. McNeely; Sunset J. Riffel Jun 2/21

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