



# THE PALMERSTON POST VOLUME 2 ISSUE 1 SPRING 2020

Contact us: [palmerstonlakeassociation@gmail.com](mailto:palmerstonlakeassociation@gmail.com)

## THE YEAR OF 2020 WILL BE REMEMBERED

I had intended to have an April issue but the uncertainty of travel and access to cottages has been changing daily. Today we are told that limited “openings” are pending. Please be cautious and considerate. The virus is NOT gone.

We certainly have had a very unprecedented start to the New Year. We sincerely hope you all had a good winter. As we prepare for spring opening, we face more uncertainty. For most of us we are “staying at home” out of the way, as our “front line workers” handle the battle against covid-19. We are forever grateful to those who are working and keeping food stocked, pumps filled, deliveries, hospitals, post office, roads, police, firefighters, doctors, nurses, cleaning staff. The list is incredible, and I know that this is not complete. The main thing is every one of us must do our part for the community, and country.

The Township of North Frontenac has sent us information and requests which we have forwarded to you.

The link for North Frontenac is: <https://www.northfrontenac.com-service/covid-19-coronavirus.aspx#>

Palmerston Lake Marina: <https://palmerstonlakemarina.ca/>

Mike Widmeyer has advised us that the Palmerston Lake marina boat launch will be open and he will be launching boats as requested. The boat is to remain untouched for 48 hours and recommends cleaning all the touch points. He has also offered to check on cottages at the request of the owners if there are concerns about their condition. Social distancing is required. As well self-quarantine for two weeks once you arrive.

Please contact us with concerns or comments. [palmerstonlakeassociation@gmail.com](mailto:palmerstonlakeassociation@gmail.com)

## Our Board of Directors

President: Jim Getman, Vice President: Andrew Waywell, Lake Stewart: John Viets,  
Secretary/Treasurer: Leslie Viets, Membership: Robbie Viets, Web Site: Rene Van Diepen, Newsletter:  
Joan Cotton, directors: Nicole Doyle and Jason Lambert.

Cille Harris has resigned from the Board since they will be moving out of the area. We would like to thank her for her hard work and participation in the Association. She will be missed not only on the PLA Board but the Ompah Community Centre as well. We wish Cille and Rob all the best in the future.

OUR WEBSITE IS UP AND RUNNING

We are very grateful to our hard-working volunteers who put it all together. We are very proud of it and hope you will visit it often and contribute to it. It will be our main communication for all our members and we look forward to your visit. There is an interactive membership form. Please encourage your neighbours to visit as well. A special thank you to John Livernois and Rene Van Diepen.

***Press Release: The Palmerston Lake Association (PLA) Directors are pleased and very excited to announce that our new website has been launched and can be viewed at <https://palmerstonlakeassociation.com>. The website contains a wealth of information including facts and news about our Association, our Lake and our Community. For example, the "Our Lake" tab has information on water quality, lake stewardship and our designation as a "Lake Trout Lake". The "Boating and Fishing" section has information on boating rules and etiquette and fishing information. Throughout the website you'll find information on protecting our shoreline, management of septic systems, invasive species and building guidelines, to name just a few. So please check it out and let us know what you think at [palmerstonlakeassociation@gmail.com](mailto:palmerstonlakeassociation@gmail.com). We welcome your comments and suggestions and contributions to our photo Gallery.***

***If you have not become a PLA Member, or would like to renew your Membership, you can find a Membership application form under the "About" tab <https://palmerstonlakeassociation.com/elementor-1058/>. Your membership is the primary support for our work to help protect our beautiful lake.***



**Eurasian Milfoil**

A follow up on the milfoil in the lake. A plan is being put together to prevent the spread of this invasive species. Education is the main goal and cottager participation and “lake scientists” will be needed to cover the lake and map the problem areas. Visit our website for more information.

Water samples have been delayed because of pandemic. We will keep you posted.

**ON OUR CALENDAR**

**Annual General Meeting of PLA**  
**At this time, we are unsure how this will**  
**proceed. Please watch for further information**

////////////////////  
The intent of this newsletter is to communicate to you the events, and concerns of us all. Your input is very welcome.

A welcome binder for new members is being put together . We would appreciate any ideas or suggestions you might have at this stage.

Please read the FOCA list regarding the opening of your cottage. We have forwarded this to all members. This is instrumental in keeping our community safe. Please show respect for our neighbours and friends.

\*Whether you are travelling to, or living at, your waterfront home, you will find lots of helpful tips, links and news updates, here: <https://foca.on.ca/covid-19-update-from-foca/>

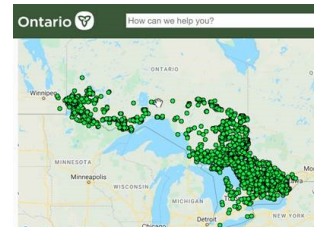
## Advocacy, Policy & Program Updates

### Lake Partner Program: 2019 data released

The data from the 2019 season of Lake Partner Program (LPP) water sampling has been released by the Ministry of Environment Conservation and Parks (MECP), and can be accessed from FOCA's webpage:

<https://foca.on.ca/lake-partner-program-sampling-assistance/>

Any suggestions of subjects for future articles will be appreciated. An article from member Moira Dedrick follows. Thanks Moira!



**Please have a safe healthy stay at the cottage, and please respect the local stores with social distancing.**

---

PLA member, Moira Dedrick has submitted the following article “Keep Palmerston Lake Clean”. We thank her for her submission and hope that there will be more submissions. These suggestions are not just for cottage use but in general for environmentally friendly cleaning.

### Keeping Palmerston Lake Clean

More and more of us are looking for ways to do our part to help Mother Earth stay healthy. How to keep ourselves clean and also keep the lake safe for aquatic life? So much expanse and so many lakes give us the illusion that a little soap won't hurt. Best practice of course is not to use any soap or shampoo in the lake, but if we must, then going for the products that are most natural and biodegradable will keep the lake and its denizens safe. Absolutely avoid antibacterial soaps or any product containing phosphorus. For many of us, our lake is a source of drinking water. Please don't add anything that you wouldn't want to drink yourself.

Safest of all is just using a washcloth and scrubbing. Water is a great solvent. If you need a bit of extra help baking soda paste and vinegar make great shampoos and conditioners for hair. See below for recipe. \*

For those who need more sudsing action, use the most biodegradable and green products you can. A third-party seal like EcoLogo or Green Seal can be trusted. Here are some suggestions of products that will certainly be better than most:

Kiss My Face Shower Gel and Sudz Foaming Soap [www.kissmyface.com](http://www.kissmyface.com)  
Melaleuca Shampoos and conditioners [www.melaleuca.com](http://www.melaleuca.com)  
Clean Body and Hair Wash, Repair Conditioner, and Restore Moisturizer from World Salon, Toronto  
Druide Citronella Soap (added bug repellent bonus!)  
Alba Bonanica French Lavender (bugs don't like lavender either)  
Coleman Camp Soapsheets  
Campsuds  
Sea to Summit Wilderness Wash  
Acure Organics Cleansing Towelettes

For Shaving foam:

Kiss My Face Moisture Shave

For Washing dishes, the following are your best bets as they are rated “A” – few or no known or suspected hazards to health or the environment. Good ingredient disclosure.”

Aspen Clean Dish Soap  
Attitude Dishwashing Liquid  
Attitude Little Ones Baby Bottle and Dishwashing Liquid  
Better Life DISH IT OUT Natural Dish Liquid  
Melaleuca Dishwashing Liquid  
Biokleen Natural Dish Liquid  
Dr. Bronner's Pure Castile Soap  
Eco-Me Dish Soap  
Ecover Zero Dish Soap  
Fit Organic Dish Liquid

Puracy Natural Dish Soap

The Honest Co. Dish Soap

Sun & Earth Liquid Dishwashing

And of course, DAWN Soap, the wildlife cleaner of choice after oil spills. Biodegradable and contains no phosphates.

And for those of you who have a dishwasher:

Seventh Generation Dishwasher Detergent Concentrated Pacs

Melaleuca Concentrated Dishwasher Liquid

And last but not least Laundry Products:

Seventh Generation Free & Clear Laundry Detergent

For going plastic free as well: Tru Earth Eco-strips pack ultra concentrated cleaning power into a tiny pre-measured strip you just toss in your laundry.

Tide Purclean

Method 8x Free & Clear Laundry Detergent

Defunkify Active Wash Laundry Detergent Powder

The Laundress Sport Detergent

Melaleuca 6x Laundry Detergent Concentrate

Attitude Natural Laundry Detergent

Bio-Vert Morning Dew Laundry Detergent

The Laundress Wash and Stain Bar

The Laundress Whites Detergent

Nature Clean Laundry Liquid

Simply Clean High Efficiency Laundry Detergent

Eco Pioneer Pure Soap Flakes

Working together to be more conscious of what we put in this beautiful Palmerston Lake of ours (rated one of the cleanest in Ontario) will keep it pristine for our enjoyment and for generations to come, as well as give the best possible chance for good health to all our aquatic friends.

Here's to a great and healthy summer!

\*Here's the Treehugger recipe for shampoo and rinse:

2 tbsp baking soda into a 500 mL/1-pint glass jar. Wet hair. Fill jar with water and stir to dissolve baking soda.

Pour over head and scrub into hair. Rinse. Measure 2 tbsp apple cider vinegar into same jar. Add water, pour over head and rinse immediately. The vinegar smell dissipates almost instantly. The lake will love you.