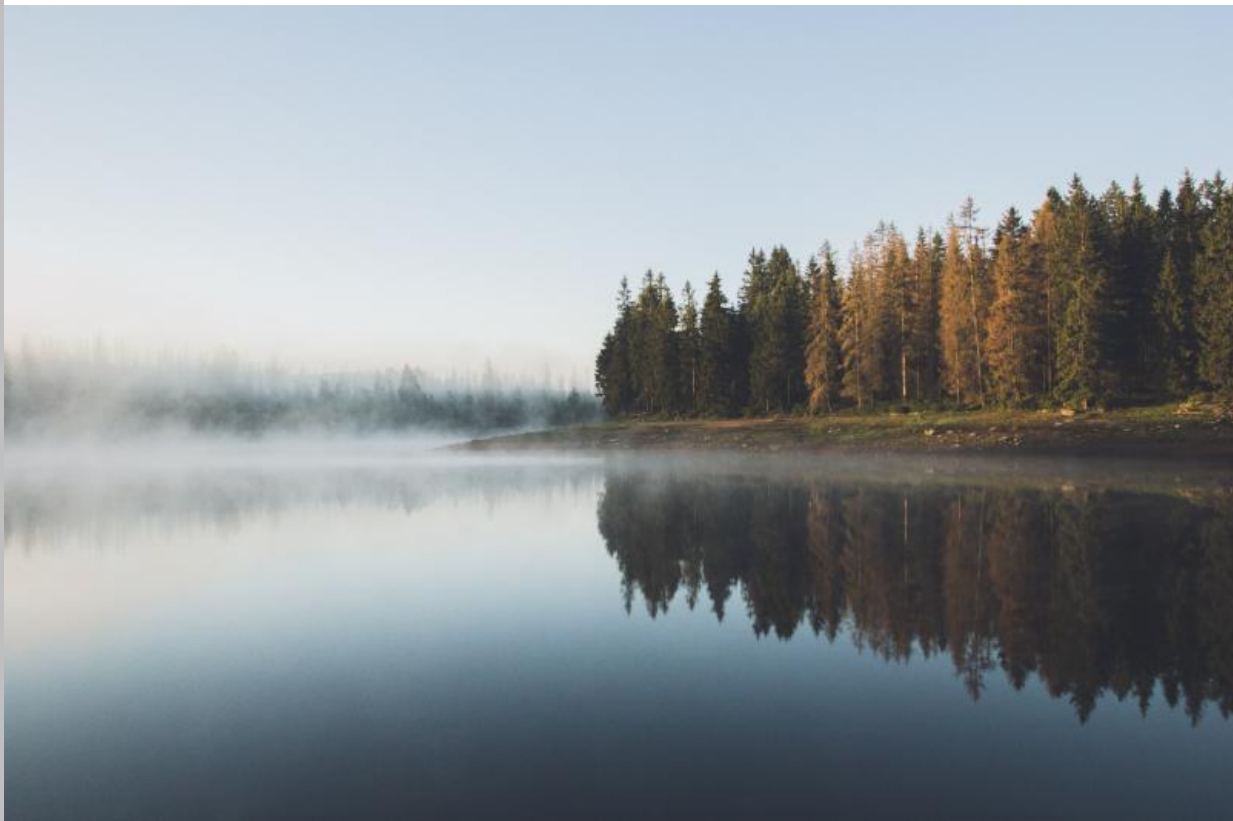




**The Lake Huron Centre for Coastal Conservation**

**July 2019**

*Keeping a Great Lake great since 1998!*



## **Dude, Where's my Beach?**

**Water levels** on Lake Huron are constantly changing. They can change within a few hours in response to a storm system, undergo seasonal changes in response to higher evaporation rates in the late fall, winter and spring, and higher precipitation and melting snowpack in spring, to long-term changes that can see Lake Huron fluctuate within a range of about two metres



between highs and lows. There are also many other factors that influence water levels on

Lake Huron, both human and natural drivers of change.

Long-term changes are determined by the difference between the amount of water coming into the lake, and the amount going out. When several months of above-average precipitation occur with cooler, cloudy conditions that cause less evaporation, the levels gradually rise. This summer on Lake Huron we're experiencing continuing **high water levels**, partly due to the high amount of ice cover we had this winter, combined with a wet and cold spring. Although these natural processes are the main driving factor behind water level changes, human activities can have a major influence as well, such as water diversions and human-induced climate change.

Water levels tend to peak each year mid-summer, and begin to decrease as we move into the fall. If you are interested in learning more, the **Great Lakes Water Levels Dashboard**, found [here](#), is an interactive online tool that allows you to see current and historical water levels all the way back to 1918, along with predictions for upcoming changes.

Fluctuating lake levels are part of the magic of living along the coast, and many coastal ecosystems, such as coastal wetlands, depend on these changing water levels to thrive. The dramatic changes experienced recently underscore our need to be adaptable and flexible to the natural rhythms of the lake. That said, we understand that the higher levels we've been experiencing can be disheartening to many people who have shoreline cottages or visit our beaches. As people made their way to the beach last summer, some arrived wondering where the beach had gone! Particularly in dune areas, the shoreline appeared to be overtaken with dune grasses. This can be frustrating to people who are looking for "towel real estate" during the summer, however dune grass serves an important function! The vegetation and root structure provides some resistance to erosion, and allows for a gradual and sustainable exchange of sand between the dunes and the beach. Removing dune vegetation can accelerate erosion and alter the natural balance, causing beaches to deteriorate over time.

### **So how can you aid the long term protection of your beach?:**

- Leave native dune vegetation, such as Marram grass, to perform its role.
- Hardened structures, like seawalls, revetments and groynes can disrupt sand movement, can diminish the amount of sand available to the beach, and cause issues in other nearby areas of the shoreline. Avoid hardened structures in beach and dune areas (and most coastal areas, for that matter).
- Motorized vehicles, like all-terrain vehicles, can be very destructive to dunes. Use these vehicles on roadways and designated pathways away from the beach.

---

**WasSUP?!**



Do you enjoy stand up paddleboarding? Have you never experienced it but always wanted to? Well, here is your chance to learn a new skill while learning all about the landscape and shoreline of Lake Huron!

Our friends at Sunset SUP and our staff from the Coastal Centre will be hosting a Coastal SUP Tour Saturday, July 20<sup>th</sup> as well as August 10<sup>th</sup> & 31<sup>st</sup>. No matter your age, fitness level, or SUP experience, all are welcome!

Depending on the wind direction, we will start our adventure by heading either North or South and learn about recent changes to our coastline, some of the conservation issues impacting our coastal ecosystems, and the ways we can work together to keep our Great Lake "Great". We will then find a secluded beach, and break for a snack and explore, then start making our way back to our starting point.

Cost: \$50 per person, which includes all equipment needed, a safety lesson, and snack!

Contact the Yoga Den Goderich to book your board [here](#)

A portion of the cost will be donated to the Coastal Centre!

---

## Kincardine Coastal Cleanup: Coming Soon!

Join us for a **shoreline clean-up** at Station Beach in Kincardine **Saturday August 17<sup>th</sup>** from 10am-12pm!

We encourage volunteers to bring their own pails and gloves to reduce waste. Stay tuned for more details!



---

## Ticks and Lyme disease

This summer, as you go out and enjoy the

natural beauty of our shoreline, be on the lookout for ticks.

Some species of ticks can carry a bacterium that causes Lyme disease, which can cause symptoms such as fever, headache, fatigue and a circular rash around the bite area. Ticks can be found on the ends of long grass and shrubs, waiting for humans or animals to pass by.

You can protect yourself from ticks by searching your clothes and body after being outside, or avoiding walking in areas of tall grass. Wearing light-coloured long sleeves and pants is recommended, and tucking your pants into your socks can help as well.

To learn more about ticks, removing them safely, and symptoms of Lyme disease visit your local Health Unit's website. Click [here](#) for more information from the Huron County Health Unit.



Adult female black-legged tick at various stages of feeding. Photo: Government of Canada

---

## Keeping the "Great" in the Great Lakes

Join Erinn and Alora at the Plover Lover's Beach Talk Series in Sauble Beach July 17th @ 6:30pm. We will be talking about the importance of beach and wetland conservation around Lake Huron.

# Beach Talk Series

**FREE ADMISSION!**



**Conserving  
Canada's Buzz**

*Protecting and recovering  
Canada's native bumble bees  
through citizen science initiatives  
and expert research programs*

July 3 at 6:30pm  
Genevieve Rowe, Lead Biologist  
Native Pollinator Initiative



**RAKE, WRACK, RISK:  
DO PIPING PLOVERS PREFER A CLEAN BEACH?**  
BY ISLAY GRAHAM

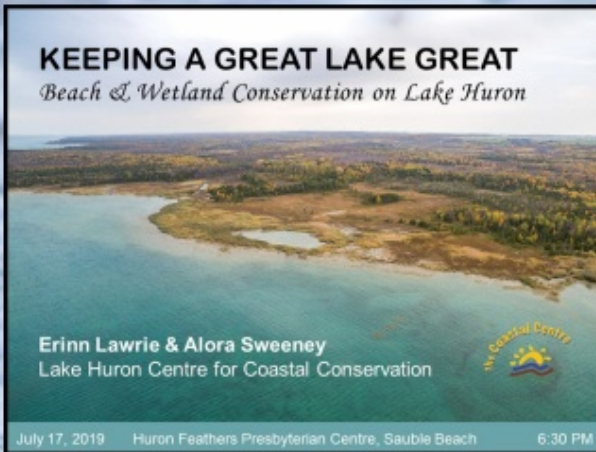
— and —

Piping Plovers: Comparing Populations  
Across North America  
By Kirsten Snoek


JULY 10 6:30PM



**KEEPING A GREAT LAKE GREAT**  
*Beach & Wetland Conservation on Lake Huron*



Erinn Lawrie & Alora Sweeney  
Lake Huron Centre for Coastal Conservation



July 17, 2019 Huron Feathers Presbyterian Centre, Sauble Beach 6:30 PM

July 24 at 6:30pm



**SPECIES AT RISK:  
A WORLD OF CHANGE**

PETER MIDDLETON

6:30 PM EVERY WED OF JULY  
Huron Feathers  
Presbyterian Centre  
303 Lakeshore Blvd. N,  
Sauble Beach, ON


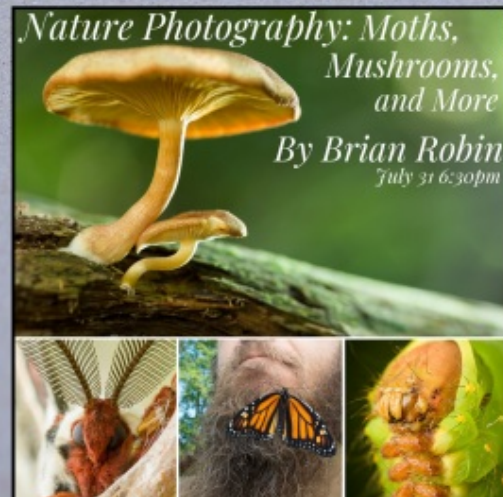
**Hosted by**



**PLOVER LOVERS**  
[www.ploverlovers.com](http://www.ploverlovers.com)

**Sponsored by**  
**Bruce Power**

*Nature Photography: Moths,  
Mushrooms,  
and More*  
By Brian Robin  
July 31 6:30pm



## Plastic free is the way to be!

Single-use plastic bottles are becoming more and more evident within our coastal environment. According to the Great Canadian Shoreline Cleanup, **21,327 plastic bottles** were picked up from Canadian shorelines in 2018!

Did you know that approximately **one billion** plastic bottles are sent to landfill in Ontario alone each year? Bottles of water also take almost 2,000 times more energy to produce, AND cost approximately **2,000 times more** to purchase than tap water. We are

fortunate in Canada that tap water is strictly regulated, and municipalities test our water constantly to make sure it meets these standards. Some recent studies have shown that bottled water may even contain more microplastic particles than tap water.

Next time you go to the beach, **bring your own reusable water bottle!** Many municipalities, such as the [Town of Goderich](#), even have convenient free water bottle filling stations available!

---

## Go Green!

Through the generous funding provided by the Ontario Trillium Foundation, we are working to create a healthy coastline with vibrant communities on Lake Huron. In order to learn and share our learning with coastal communities, the Foundation has requested that the Coastal Centre survey residents to ask what they value most about the environment.

We welcome you to fill out the Green People Survey - for a **chance to win a one, 2 hr Stand Up Paddle Board class** with the Yoga Den and Sunset SUP in Goderich. The winner will be drawn July 31st.

The survey questions and parameters were prepared by Forum Research for the Ontario Trillium Foundation and therefore were not prepared by the Coastal Centre. If you wish to remain anonymous, do not fill in the final page of the survey, the survey results are not matched with participants in any way. Please note the Pre and Post option is not applicable for this survey and a Participant ID is not required. Thank you! To complete the "Green People" Survey, please click the link below:

[Green People Survey](#)



*The Lake Huron Centre for Coastal Conservation supports environmental efforts along the Canadian coastline of Lake Huron. We foster communication and partnerships between environmental agencies and organizations, working towards a sustainable and resilient coast. We provide education, resources, and information on lake-wide issues and our programs reflect the inter-connectivity between land and water.*

**DONATE TODAY!**

---

Follow our social media for updates about our upcoming events and some interesting quick facts about Lake Huron and its coastal ecosystems!

