
Lake Views
Greater Bobs & Crow Lakes Association Magazine

Spring/Summer 2012 Magazine

www.bobsandcrowlakes.ca

Email: gbcla@ca.inter.net



Photo from the Editor

OUR LAKES

*“He is richest who is content with the least,
for content is the wealth of nature.”*

Socrates



EDITOR'S NOTES

We are pleased to bring you the Spring/Summer edition of "Lakeviews" but I must admit as I looked outside the other day, winter appeared to have returned with a vengeance. However, the daffodils by the driveway are happily still standing so there is hope. Maybe this snowfall was just nature's reminder that we came through an unusually mild winter.

The country is dry and the lakes are lower than usual at this time of year. Please note the articles on fire!! This is a very real concern this year and there has already been a terrible scare of a major brush fire that got away on Sunset Shores recently. Note the article on the fire pumps, as this will be the last year for an opportunity to secure this added emergency equipment.

There are some wonderful articles in this issue and I sincerely thank all those who have contributed. This is what makes this publication a truly community effort for everyone to enjoy. Please keep your ideas and articles coming. They are welcomed.

Once again the Association is looking for volunteers to help with the shoal markers in Big Bobs (west basin). If that dangerous rock or shoal is in front of your place or in the immediate area it would not take any length of time to place and remove the marker. Perhaps "**adopt a rock/shoal**" might be a thought to meet this urgent need. Contact Taro Alps right away as this summer with the low water levels there is heightened danger for boating accidents.

Save Saturday, August 4th this summer for the fabulous FRONTENAC FROLIC. Look for further advertising starting in May. Remember all monies raised go back into projects for our lakes and their immediate area. Please support the Foundation in their work.

I wish everyone a safe and thoroughly enjoyable season on our beautiful lakes.....truly "God's country" that we are privileged to share.

Susan O'Brien Mactaggart

REMEMBER THE ANNUAL MEETING

Sunday, July 29th noon for displays and light lunch

1:00 meeting starts

Bedford Hall at 1381 Westport Road





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President's Message

It has now been five years since I took on the presidency and it is time for me to step down and make way for a new president. New ideas, renewed energy and commitment are needed to keep our Association moving forward and to continue monitoring the health of our lakes and implement practices to keep Bobs & Crow Lakes in good shape today and into the future. I will be staying on the board as past president so I will be available to help answer any questions and to assist our new president.

Being president for the last five years has been an excellent experience for me as I have learned a lot about our lakes, water, best practices and have met many great people in the process of working for the benefit of our lakes. To say the least it has been an enjoyable and eye opening time.

Anyone with aspirations to become president is welcome to put your name forward or to nominate someone you feel is interested in this position. All names will be put forth at our AGM and voted on. If there are any questions or thoughts about this feel free to contact myself or any of the board members.

There have been questions, comments and concerns voiced about different aspects of Bobs & Crow Lakes specifically; the dam at Bolingbroke, water levels, water quality, the fisheries, boating safety and cottage thefts. Every item is important and the Association is looking into, dealing with and/or gathering information to help you deal with all or several or one issue that is important to you.

You will find in-depth articles about each later in this magazine but for those who like quick answers here they are;

1. Bolingbroke Dam: there is no problem with the structure.
2. Water levels: expect lower than historical normal levels this year due to the very dry spell we experienced last summer and lack of precipitation over the winter and so far this spring.
3. Water quality: increased pressure on our lakes from human activity, climate change and animals has caused the quality to decrease. RVCA has also changed the parameters for measuring quality.
4. Fish: warm water fish such as bass are doing very well but colder water fish such as walleye are suffering. This is a result of fishing pressures and also the fact that our waters are warming up. (climate change)
5. Boating safety: placing marker buoys in the West basin (Big Bobs) will be an issue and maybe even non-existent unless volunteers come forward to assist. Also, the OPP wants everyone to report boaters who do not obey the laws whether you can provide details or not.
6. Cottage thefts: more break-ins and thefts occur during poor economic times which the world is in the midst of now. The OPP has a new program called Safe Guard to help us keep the thieves at bay.

The Shoreline Survey will continue this year. In 2010 a total of 724 properties were surveyed, in 2011 there were 336 properties surveyed for a total of 1,060 out of the 1,424 properties on Bobs & Crow Lakes.



There are many binders yet to be distributed to properties already surveyed and it is hoped that with funding we will complete surveying the remaining 364 this summer.

Be sure to take note of the poster you'll see later in the magazine and on our website of the **Septic Savvy Workshop** to be held this summer on August 18 in Perth. While you may know a lot about septic systems, technologies are evolving so septic systems are becoming better and more environmentally friendly. Also, new regulations are being implemented making septic inspections mandatory. Although not here yet the new regulations will be coming!

Your association is partnering with the Toronto Zoo for their Turtle watch program. Last summer a citizen committee was formed of people around our lakes that have an avid interest in protecting the turtles and other wildlife that inhabit our lakes and environs. Keep an eye out for further information as this endeavor gets rolling this summer.

I look forward to having a great summer and hope each and every one of you gets to enjoy our lakes in the manner you enjoy the most, whether it is just sitting and watching the lake, boating, fishing, water skiing, tubing, boarding or....

Taro Alps
President

REPORT FROM MARK TINLIN Bedford Councillor Township of South Frontenac

2011 YEAR END IN REVIEW

Dear Friends,

I am pleased to file this report, my year-end report, following the conclusion of my first year serving on South Frontenac Township Council. Although not all inclusive, I trust the following will provide the reader with a snapshot of the key initiatives council has worked on during 2011.

Township 2011 Key Initiatives

- Adopted a Waste Recycling Strategy
- Approved the hiring of a waste and facilities management coordinator
- Created Public Works committee - to address a priority of the township
- Adopted a new committee structure - resulting improved decision making
- Recruited and trained 29 new volunteer firefighters
- Initiated a 'Community Improvement Plan' for Village of Verona
- Purchased and rented a medical clinic - Verona
- Revised the Procurement Policies and By-law
- Approved proceeding with a 'bale wrap' program



- Design approval for township office renovations – for improved customer service
- Implemented a new budget format – resulting in improved fiscal forecasting
- Adopted the Township's first Strategic Plan
- 620K dedicated for district Road Improvement Program
- Private Lane Improvement Program increased by 50%
- Held 2012 property taxes below the inflation rate

On a more personal level I have been directly involved in the following:

- ✓ Damaged/worn out 'village signs' in the district replaced e.g. Bedford, Fermoy
- ✓ A commitment from council to have a comprehensive structural inspection of Bedford/Glendower Hall which is in urgent need of repairs.
- ✓ Held open house - "Constituents Day" - held on July 18, 2011 at Bedford Hall
- ✓ Encouraged a higher level of decorum and professional conduct in council chambers
- ✓ Attended many Lake Associations ; Lane and Community Associations AGMs
- ✓ Deputy Mayor (2011) and, chair of the Police Services Board
- ✓ Other township committees - Corporate Services, Committee of Adjustment,
- ✓ Attendance: ALL council meeting, 21 COW meetings and 48 other meetings.

I would be happy to answer any question or elaborate on the above initiatives. You may reach me through my web site: www.marktinlin@rideau.com or telephone 63-273 4554

Finally, I wish to take this opportunity to thank **The Bobs and Crow Lakes Association** for including my report in their magazine. The Association board and supporters are to be congratulated on the fine work they do in our community, year after year, by working to protect the environment of these beautiful lakes and their surroundings. Their volunteerism is deeply appreciated.

Mark Tinlin



Marker Bouys for West Basin (Big Bobs)

IMPORTANT NOTICE

By Taro Alps

This topic was in the fall issue of "Lakeviews". So far no one has come forward to express an interest in helping out with this very important safety activity.

If no one is available to care for the marker buoys in the West Basin then there will be no buoys in this area of Bobs Lake!!

We are still looking for people to assist with putting out and taking in the hazardous marker buoys that are placed each year in the West Basin of Bobs Lake. The areas are marked so you, your neighbours, relatives and friends can safely enjoy boating on the lake. If the shoals are not marked, you may find yourself with a damaged or even without a lower unit on your motor unless you know the lake very well. What happens when you have friends or relatives staying at your place who do not know the lake at all?

There are thirteen (13) shoals, hazardous areas that are marked using a total of 20 to 25 buoys. If you can spare a bit of your time; 3 to 4 hours a year contact us.

We realize that everyone's time is valuable and that when you are at the lake you're here to enjoy your time at the cottage. There are options to assist with placing the marker buoys. One volunteer does not need to look after all the marked spots.

Can you spare the time to look after one shoal?

Can you spare time to just put out the buoys in the spring?

Can spare the time to take the buoys out in the fall?

The more people we get to assist with this endeavour, the less time everyone will need to spend putting in and taking out the buoys. Do you have other options?

Volunteers need not be members of the Association so if you know of a neighbour or friend on the lake who is or may be willing to help, let them know about this situation and have them contact us.

This is your lake and we hope to make it a safe and enjoyable experience for all!

Contact us through the website at www.bobsandcrowlakes.ca or by emailing or phoning any of our directors or myself directly at 613-273-8495 or mandtalps@yahoo.ca

What Can I Do to Help the GBCLA and Bobs and Crow Lakes?

By Taro Alps

I know that all of you want to help your Association but you may not know what items need your help or how you can get involved. Well, here is your chance to help out your Lake Association and make Bobs & Crow Lakes an even better place!

Phone, email or talk to any of the directors and I can be contacted at any time.

Taro Alps: Phone: 613-273-8495

Email: mandtalps@yahoo.ca

Here are activities you can help with and things you can do for the community of our lakes. As always we welcome your additional thoughts and ideas.

1. Shoreline Survey binder distribution: handing out binders, even to a few of your neighbors helps
2. Shoreline Survey boat drivers needed for Buck Bay & Crow Bay
3. Placing marker buoys in the West basin
4. Creek rehabilitation for walleye
5. Report "bad" boaters
6. Report cottage break-ins, thefts to the OPP
7. Report illegal fishing to the MNR
8. Keep your shoreline natural and encourage your neighbors to do the same
9. Ensure your septic is in good working order
10. Replacing your boat motor? Consider a 4-stroke or high efficiency one
11. Replacing your dock? Go for a floating one

A misconception we all have is that our lakes, forests, fish, fauna and all other living creatures



What can I do to help (cont'd)

around are an endless resource. This is not true and if we don't take care and treat them all with respect what we have today will not be around for tomorrow. As a case in point, we just need to look at the cod fishery on the east coast of Canada. The fishermen considered the ocean and cod to be an endless resource (and who wouldn't) but the cod were over fished so now the next generation of cod fishermen are suffering because their ancestors did not take care!

If we do not take care of our beautiful area today it won't be a place anyone will want to be in the future.

Water Levels

By Taro Alps

Last August the water dropped to very low levels due to a lack of precipitation. This was true of all lakes in the area, the Tay River and the Rideau Canal. Water levels are ultimately determined by **Mother Nature** and there is really nothing that people can do to change that fact!

We should expect water levels to be lower than normal this year as last summer's dry spell caused the ground to be very dry, so there is not a lot of spring runoff. Any snowmelt that occurred was mostly absorbed directly into the dry ground and did not run into the lakes, streams or rivers.

While the dam at Bolingbroke is controlled by Parks Canada they do have restrictions and objectives to meet as mandated by Environment Canada. Water levels need to be maintained for lake trout in Green Bay and Crow Lake and for the spring spawning of walleye. Water levels are also critical to attempt to keep any ice melt from causing flooding and/or damage to the shorelines.

The Tay River and Christie Lake water levels also depend on water from our lakes but these two water bodies may be lower than it is hoped by people living in those areas in order to keep Bobs & Crow at acceptable levels.

Since 1870 Bobs & Crow Lakes have been viewed as a reservoir for the Rideau Canal. For boating and safety along the canal the draft target is 5 feet. When the draft falls below that

target, water is let out of our lakes as the Rideau Canal water level takes precedent over ours.

A committee was formed to assess the *visual* aspects of the Rideau Canal from Kingston to Ottawa now that the canal has been designated a World Heritage Site. This committee is charged with submitting a report with recommendations to the World Heritage Foundation. Your Association (the GBCLA) is taking an active interest in this endeavor and is pushing for the recognition of the dam at Bolingbroke. We are also working with the FoTW (Friends of the Tay Watershed) who are working to get similar recognition for the Tay River.

Bolingbroke Dam

By Taro Alps

Contrary to some rumours going around about the dam there is no hole in it and there are no problems with the structure.

The dam is controlled by Parks Canada and they had engineers access the structure this spring. An overall Dam Safety Review is being carried out on all the dams that fall under the jurisdiction of Parks Canada. Some work may be done on the Bolingbroke dam this year but any work to be done is not due to issues or problems.

The amount of water that is kept in, or let out of our lakes is controlled by removing or adding logs to the dam. Several years ago a half log was made to better regulate the amount of water let out or kept in the lakes.



What a difference a year makes

Photo from the Editor



Water Quality Testing Results - 2011

By Jeff Carabott

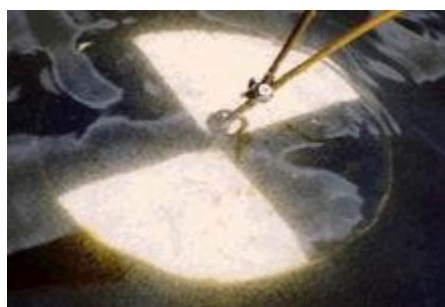
The Lake Partners Program has compiled the Lakes' testing data for 2011. Again, we thank the dedicated group of volunteers who conduct regular water quality testing at various key locations of our lakes, from May through September. Testing includes Secchi disk readings (for clarity) and total phosphorous (TP), the principle nutrient that makes lakes more fertile. The Lake Partner Annual Report may be downloaded by visiting their website at http://www.ene.gov.on.ca/environment/en/local/lake_partner_program/index.htm

*****We are in need of a water quality tester for Mill Bay.*****

Only a few minutes of your time are required, twice a month, between May and September. If anyone is interested, please email Bonnie Carabott at jcarabott@sympatico.ca.

Secchi disk readings are interpreted as follows (the higher the reading, the clearer the water):

- Over 5.0m – oligotrophic lake condition (unenriched, with few nutrients)
- 3.0 to 4.9m – mesotrophic lake condition (moderately enriched, with some nutrients)
- Less than 2.9m – eutrophic lake condition (enriched, with higher levels of nutrients)



Secchi disk

Location	Avg. Secchi disk 2011 (m)	Avg. Secchi disk (m) 1996-2011
Buck Bay	4.4	4.1
East Basin	5.4	5.4
Crow Bay	5.6	4.4
Central Narrows	4.2	4.6
Green Bay	6.4	5.8
Long Bay	3.9	4.6
Mill Bay	-	2.9
Mud Bay	5.9	5.1
Norris Bay	4.6	4.9
West Basin	4.9	4.5
Crow Lake	5.1	5.2

Total Phosphorus (TP) readings are measured in micrograms per litre (ug/L), and are interpreted as follows (generally, the lower the reading, the clearer the water):

- 10 micrograms per litre or less – oligotrophic, few nutrients
- 10 – 20 micrograms per litre – mesotrophic, moderately enriched
- 20 micrograms per litre or more – eutrophic, enriched, higher levels of nutrients



Readings are taken in May or June.

Location	Avg. TP (ug/L) 2011	Avg. TP (ug/L) 2002-2011	Avg. TP (ug/L) Pre-2002
Buck Bay	11.3	10.3	9.0
East Basin	7.9	8.9	11.0
Crow Bay	11.8	10.1	7.0
Central Narrows	9.9	10.1	11.0
Green Bay	7.6	9.6	11.0
Long Bay	10.2	10.0	16.0
Mill Bay	21.7	17.1	17.0
Mud Bay	6.2	8.4	8.0
Norris Bay	12.1	10.7	14.0
West Basin	14.4	13.5	10.0
Crow Lake	8.1	8.5	9.0

RVCA Water Quality & E.Coli Testing

The Rideau Valley Conservation Authority (RVCA) once again conducted water clarity and E.Coli bacteria testing in 2011, as part of their Watershed Watch program.

In summary, there were no major changes in nutrient concentrations (total phosphorus, total Kjeldahl nitrogen), Secchi depth, E. coli, calcium, or dissolved organic carbon. Average concentrations did not exceed guidelines for any of the monitored bays/basins, although Buck Bay, West Basin, Mud Bay, Central Narrows, and Mill Bay all had at least one sample that exceeded nutrient guidelines. Phosphorus and nitrogen are the contributing nutrients for plant (weeds) and algal growth, and when available in high concentrations, favorable conditions exist for their growth. Thus, areas with elevated nutrient concentrations may be prone to abundant aquatic plant growth and algae blooms. Algae blooms create a potential problem for fish and other aquatic species, because as algae dies off it sinks to the bottom and decomposes. This decomposition process requires oxygen, and can result in depleted dissolved oxygen levels in the water, limiting the available habitat for aquatic life.

Care should be taken to reduce nutrient concentrations to prevent the growth of excessive aquatic vegetation and algae blooms and prevent further oxygen depletion. ***Retaining natural shorelines, developing good buffers, keeping septic systems well maintained, and minimizing phosphate inputs (soaps, detergents, fertilizers) are all great ways to improve water quality and keep the lakes healthy for years to come.***

No E.coli bacteria issues were detected.

For more information, check the RVCA Watershed Watch website:
http://www.rvca.ca/programs/wwatch/watershed_watch.htm



The Tay Subwatershed Report

By Jeff Carabott

The RVCA has also produced the Tay Subwatershed Report.

Five water quality characteristics have been used to develop a rating of water quality for lakes. These include:

- Nutrients (total phosphorus and total Keldahl nitrogen) as indicators of excessive nutrient loadings, which may result in excessive vegetation growth and depleted dissolved oxygen
- Dissolved oxygen, as an indicator of suitable fish habitat, as fish are unable to survive in oxygen depleted environments
- pH as an indicator of change from a waterbody's natural state
- Secchi depth as an indicator of water clarity

Listed below are the ratings for Bobs Lake, the different bays and Crow Lake.

Crow Lake = Fair
Bobs Lake West basin (Big Bobs) = Fair
Bobs Lake Buck Bay = Fair
Bobs Lake Central Narrows = Fair
Bobs Lake Long Bay = Fair
Bobs Lake Norris Bay = Fair
Green Bay = Good
Mud Bay = Poor
Mill Bay = Very Poor

For more detailed information, the Tay Subwatershed Report is available at:
www.rvca.ca/watershed/watershed_planning/tay/Tay_River_Subwatershed_Report.pdf

Invasive Species Testing

By Jeff Carabott

The RVCA also conducted the invasive species sampling program (for zebra mussels and spiny water fleas) in Bobs and Crow Lakes this past summer. Great news, there no signs of infestation in either lake!

Our lakes are one of fewer and fewer waterbodies that do not have established zebra mussel populations. Since monitoring for zebra mussels and spiny water flea began in 2003,

veligers (larval mussel stage) have not been detected. Care should be taken by property owners and recreational users that this status is preserved, and steps should be taken to enhance the lake:

- Boats, fishing gear, and other recreational equipment should always be cleaned and inspected before entering a different waterbody, to minimize the spread of invasive species. For more information please visit www.invadingspecies.com.

Fishing and Proposed New Regulations for 2013

By Taro Alps

Warm water fish such as bass, sunfish and whitefish are thriving in the warmer water temperatures while cold water fish such as walleye, pike and trout are struggling to keep their populations healthy and thriving.

Studies have shown that the temperature of the lakes is warming up and there is less ice cover in the winter. This seems to be due to climate change whether you believe in it or not.

With this in mind the MNR is recommending changes to walleye (pickerel) & bass regulations to be implemented in 2013 for all of FMZ18.

The proposal for walleye is to have HARVEST slots. There are two options; one being from 14 - 18 inches; the other from 16 - 20 inches where only walleye within the slot size can be kept; 2 fish with a conservation license, 4 fish with a sport license. This is an effort to increase the walleye populations.

The proposal for bass is to lengthen the season to the 3rd Saturday in June to December 15th. (currently it is the 4th Saturday in June to November 30th). Since the bass population is very healthy and the waters are warming up earlier in the season it is felt that this change will not in any way harm the spawning cycle as the larger more desirable fish are the first to mark their spawning beds.

Details and further information can be found at the MNR web site:

<http://www.mnr.gov.on.ca/en/Business/LetsFish/2ColumnSubPage/268510.html> or if the link does not work try www.ontario.ca/zonecouncils and



Fishing and Proposed New Regulations -2013 (cont'd)

then click on FMZ 18.

The GBCLA, with the help of many volunteers, is also working to help the walleye population. Spawning sites such as the creeks that flow into the lakes have been and are being rehabilitated. This entails clearing the creeks of fallen trees and brush and placing rocks into the creeks so the walleye can access the area and deposit their eggs among the rocks. This endeavor is part of a 5 year plan that was started in 2008.

FireSmart

Protecting Our Properties during Dry Conditions

By Larry Arpaia

BE AWARE!!!! We have had a mild winter with little snow. Although recent spring rains have been welcomed, the country is extremely dry and we must be aware that conditions are still prime for forest fires. Most areas are under a fire ban. Please do not burn any material without checking the regulations in your area. Fire spreads quickly and can travel faster than you can imagine. Only you can prevent a fire that could destroy your property and others. How can we manage our property so that it is best protected?

FOCA, in partnership with the Aviation, Forest Fire and Emergency Services branch of the MNR, delivers the **FireSmart** program to Ontario's rural waterfronts.

Consider these precautions:

- Site preparation: Clear a protection zone around your buildings
- Use fire resistant building materials and techniques
- Always follow **FireSmart** practices when burning in or around your dwelling

Visit the **FireSmart** Website for more information on tools available to help make your property and lakefront community Fire Smart.

www.foca.on.ca/fire-smart

Carbon Monoxide – What you need to know

By Larry Arpaia

These early spring days are so welcomed yet the cool evenings require us to fire up that wood burning fireplace or the kerosene stove that has not been used over the past few months. Some of us head out to the workshop and heat up the propane heater or start that propane light that has sat dormant for the winter. Others look forward to that first BBQ on that grill that we strategically placed under the eave to protect it from bad weather.

You can't see or smell carbon monoxide but it can be deadly if it accumulates inside your cottage, home or workshop. Carbon monoxide is a by-product of incomplete burning fuels such as wood, propane, oil, natural gas, kerosene, gasoline, diesel fuel, coal or charcoal. It is a "silent killer" that shows itself when using appliances that are poorly maintained, damaged, blocked, poorly venting or have inadequate air flow.

What can you do?

- Maintain your furnace, fireplace, and other fuel burning appliance and make this maintenance an absolute priority before using.
- Install a Carbon monoxide (CO) Alarm- These alarms will warn you of rising levels of CO and allow you and your family time to escape. For persons with CO Alarms please note that you should replace that alarm every 7 years.
- Know the Symptoms of CO Poisoning. The symptoms are similar to the flu – nausea, headache, burning eyes, confusion and drowsiness – except there is no fever.

For more information on Carbon monoxide exposure prevention, visit www.COSafety.ca



Grants for Emergency Water Pumps – Final Year!!

By Martin Yates

Our Emergency water pumps program has now been going for two years, and through the program, we have placed six water pump systems at various sites around the lakes. These are available for use by the owner groups and their neighbours in case of an emergency.

We were very pleased with the response in 2010, when five groups came forward with applications, and we approved five emergency water pump systems. Last year, however, the response was a lot slower, as from three groups that came forward initially, one completed their application.

For 2012 the Bobs and Crow Lakes Foundation will continue to fund the program, but will do so for this year only.

This means that if you are thinking of getting a group together in your neighbourhood to purchase a system for your area, don't delay – do it now!!

The emergency water pumps program works in the following way.

A resident or a group of residents (A “group” can be an association of neighbours or a Road or Lane association) comes forward to me with a proposal for an emergency water pump in their part of the lake.

Depending on the groups' location and needs I will be able to recommend and provide costs for a suitable set of equipment based on one of our two recommended configurations. We will then jointly submit an application for a matching grant from the Bobs and Crow Lakes Foundation.

On the success of the application I will place the order on the groups' behalf, take delivery from the supplier, and pass the equipment onto the group.

For 2012 the funding formula will be the same as last year, which provides a minimum of \$500 towards a pump system for an individual landowner and \$100 for each additional participant up to a maximum of \$1,400 for a group of 10 or more. The Foundation will provide grants for as many groups as apply up to the total funding to be allocated for this project.



The Wajax 1.5 inch Mini-striker Pump

By working with one supplier, we are able to get the equipment at an approximate 15% discount. I don't have the 2012 pricing yet, but in 2011 the price of a Wajax mini-striker based system was about \$2,850 (including HST and shipping) and about \$2,175 for the same configuration using a Honda WH15XK pump.

We recommend the Wajax pump for its portability and ability to pump water up high hills, while the Honda is less expensive but pumps at a lower pressure and is a lot heavier.

The most important date to remember is the deadline for applications, August 3rd. This date allows us to purchase and receive the equipment and get your group trained in its use before you have all gone away for the winter!



Grants for Emergency Water Pumps (cont'd)



The Honda WH15XK 1.5 inch High Pressure Pump

If you are thinking of getting an emergency water pump for your road association or group, I will be most happy to send you a document giving full details of the project – preferably by email, but regular mail will work too.

The more emergency water pumps we have available around our lakes, the surer we will be that a small emergency can be contained before it becomes a big one!

My phone number is (613) 273-7505, and my email address is myates@kingston.net,

Keeping Thieves at Bay

By Taro Alps

There have been many reports of break-ins and thefts during the fall and this spring. Thieves know when you close up the cottage in the fall and therefore this is the time they start their “rounds” to scope out possible locations. Theft continues throughout the winter but the OPP have said that many are not reported until spring when people return to their cottages to open up for the season.

If your cottage has been broken into and even if no theft has occurred or if the value of the theft is low the OPP still wants you to report it.

For damage and thefts (non emergency or life threatening situations) phone the OPP at **1-888-310-1122**.

Having an inventory of your valuables is important for the recovery process and better yet, having your items engraved with your driver's license number greatly increases the chance that the police can recover your valuables. Of course the best way to protect your valuables is to not leave them at your cottage.

The OPP have created a new program called SafeGuard Ontario and their tip sheet is included in this magazine.



Heather Irving

Sales Representative

“A Bobs Lake Resident”

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SAFEGUARD ONTARIO

TIP SHEET



OUTSIDE HOME

Are there clear views of all windows and doors?

The more private an area is, the more likely it is to attract the attention of a criminal. Trim trees and shrubs that block sight lines to your windows and doors.

During the evening is there visible interior or exterior lighting that gives the impression that you are home, even if you're not?

Install outside lighting to eliminate dark areas around doors or windows. Use motion lights with a low intensity feature as an alternative to bright constant level lighting.

WHEN AWAY

When you are away from home do you leave lights on timers both inside and outside the home?

Timers make a home look lived in and will potentially avoid leaving your home in darkness or leaving the outside lights on during the day.

Do you have a trusted neighbour or friend pick up your mail, newspapers and flyers when away for more than a day?

The accumulation of mail, newspapers and flyers is a sure sign that nobody's home. Avoid sending the wrong message to burglars.

DOORS

Do all of your exterior doors have a deadbolt with at least a one-inch throw?

Criminals with tools easily defeat conventional key in the knob locks. Deadbolts should be installed on all exterior doors.

Are the screws that secure your entry doors and strike plates of your home at least 2 1/2 inches long?

Most door installations use screws less than 1" in length. This results in a door that appears secure but is relatively weak and easily prone to being kicked in. Door kick break-ins to homes are becoming common. To secure a door properly the screws should be at least 2 1/2 to 3 1/2 inches long.

Have you taken steps to reinforce any windows located in or next to doors?

Glass within 40 inches of a door lock can be broken and a criminal can reach inside to unlock the door.

If you have a sliding door, do you have screws in the top of the track to prevent the door from being lifted out when they are in the closed and locked position?

There is a 1" gap at the top of sliding doors, which allows them to be lifted in and out of their tracks. The addition of 3 flat-headed wood screws in the upper track of the doors in the closed position will prevent criminals from lifting them out. If you have a sliding door, install either a hockey stick in the bottom track or a security bar to prevent the door from opening?

WINDOWS

Do the windows on your home have a pin or secondary after market locking device in case the normal window lock is pried and defeated?

Most window locks are easily broken. Criminals target sliding windows and double hung windows are easy to jimmy open.

Are your basement windows pinned or do you have a wooden dowel in the track of the window?

Basement windows are the preferred entry point for break and enters to homes. Extra security should be used on them.



For Further Information, please visit:

<http://www.opp.ca>

Or contact your Local O.P.P. Detachment



Be Septic Savvy



a free Workshop

**Saturday August 18
8:30 am - noon**

**Perth Lions Hall
Halton St., Perth**

***Learn how your septic system works & how to avoid costly repairs
See displays of alternative septic systems
Learn about voluntary & mandatory septic inspections***

Presentations:

- ✓ **Why we care & what's being done: a provincial perspective**
- ✓ **What we've done & what we've learned: a local perspective**
- ✓ **One township's perspective**
- ✓ **Walk through a septic inspection with a septic inspector**
- ✓ **If I need a new septic system, what are my options?**

**For more information, contact Allison Playfair at:
aplayfair.mvc.on.ca or 613-259-2421**

Sponsored by:

Mississippi Valley Conservation Authority

Otty Lake Association

Pike Lake Community Association

Tay Valley Township

With organizational support from the
Lake Networking Group, an informal affiliation of over 25 lake associations



Private Road Associations Bobs and Crow Lakes

By Larry Arpaia

Bobs and Crow Lakes have approximately 75 private laneways/roads that provide access to our 1424 cottage sites around the lakes. These private laneways/roads are graded (on occasion), repaired (sometimes), cleared of side growth (whenever) by a few conscientious lakefront owners who have the support of some of their neighbours to provide an access way.

These private roads are not serviced by our Townships, do not have garbage pick-up or OPP regular patrol that public roadways receive, and **many of these roads do not have adequate clearance for emergency vehicles.**

Private laneways/roads should be safe and provide legal clearance for all emergency vehicles. If you have a fire or require emergency attention, this access road may save your cottage or your life. In some cases not having adequate road access may void your insurance and leave you without coverage. Check with your Insurer.

Maintaining a private road for access to your cottage is the responsibility of everyone using that road. Factors such as weather, driving speed, size of vehicles and the number of contractors accessing your road during any given time frame may cause road damage. FOCA has informed "incorporated" Road Associations around the province that they have a legal right to receive road fees from all residents who use a private laneway as an access road to their property. In legal terms residents who have not made annual contributions to their Road Association 'receive "unjustified benefits" from an incorporated body'.

To find out more take a look at the 'Risk Management Manual' www.foca.on.ca/insurance-and-risk-management.

FOCA Report – Two Items of Interest

By Larry Arpaia

FOCA's Purpose and New Mission Statement

FOCA is a non-profit, volunteer organization made up of over 50,000 community members from across Ontario's waterfronts. What does FOCA do for you?

- Advocacy: Environmental protection, land use planning, taxation and energy are priority advocacy files for waterfront property owners
- Water Quality: FOCA works with the Lake Partner program (the GBCLA is an active member) one of the largest volunteer water quality monitoring networks in the world, focusing on the health of Ontario's freshwater lakes and rivers.
- Answers: Do you have a question about septic systems, private road issues or blue algae? FOCA has or finds the answer for such issues.

The FOCA Fall 2011 Meeting reviewed a survey conducted in the summer 2011 that gathered data on how FOCA was doing, and what FOCA should work on next.

After considerable input and much discussion, the membership arrived at the following revised FOCA Mission Statement:

To protect thriving and sustainable waterfronts across Ontario.

We hope that the members of the GBCLA will enthusiastically endorse FOCA's renewed and focused purpose. Check out www.foca.on.ca



FOCA Property Tax Update

By Larry Arpaia

The Federation of Ontario Cottage Associations (FOCA) voiced concerns to the Provincial Government about waterfront taxation as it is addressed in the new Current Value Assessment effective January 1, 2012.

This taxation system, designed and first utilized in an urban setting has a number of weaknesses when applied to a rural, waterfront setting. It does not seem to recognize that many FOCA members do not enjoy the usual level of municipal benefits such as road maintenance, emergency services, education, waste removal, etc. It is a FOCA concern that in many communities there has been a significant shift towards regarding the waterfront community as the primary revenue source for taxation.

While FOCA believes that waterfront property owners should pay their fair share, there should be a system which reasonably balances the tax base with the consumption or availability of services. There should be a cap on the increases applied in a given year to mitigate substantial and questionable increases inherent in this opaque and error prone system.

FOCA is now the leader in property tax reform in the province of Ontario after the group WRAFT (Waterfront Ratepayers After Fair Taxation) joined forces with FOCA last fall. For further info on FOCA's action see www.foca.on.ca/property-tax



For Those Who Love Maps and Satellite Imagery

By Bill St Arnaud

From time to time many of us need a detailed map or satellite image of our neighbourhood, cottage or parts of the lake. They can be useful for providing directions to guests, identifying changes to the shoreline or for general exploring around the lake.

Many of us are familiar with Google Maps or Google Earth but there are now many free mapping and satellite image resources available with much higher resolution. The best imagery and highest resolution maps are available from Frontenac County. They are also the most current – usually no more than a couple of years old. With these maps you can see individual boats, vehicles and even trees. These are the same maps that the Township uses to keep track of any illegal building activity. So if you are planning to build a deck, change the shoreline or build an addition without a permit, they can easily spot it with this mapping service. You can also see individual property lines with this service. <http://www.frontenacmaps.ca/Geocortex/Essentials/Web/Viewer.aspSite=Public#>

The Ontario Government also operates a valuable mapping service. Although not as high resolution as the Frontenac County service it does provide additional features such as indicating local geology and types of forests. The data used to make these maps is largely from the Ministry of Natural Resources and Natural Resources Canada, and is suitable for display at scales from 1:10,000 to 1:250,000. These maps provide a host of data such as Crown Land Use Policy, hydrology, watersheds etc. You can create PDF-format maps, print them on a local printer or send them via email. You can also create “bookmarks” which will allow you to store map locations and return to them later.

Ontario Make a Map

<http://www.mnr.gov.on.ca/en/Business/LIO/2columnSubPage/STDPR>

Natural Resources Canada continues to offer their 1:50,000 topo service, but I find many of the maps quite a bit out of date. Some like the one for Bobs Lake (Tichborne) has not been updated in over 10 years.



For Those Who Love Maps and Satellite Imagery

Government of Canada – Natural Resources
Canada

<http://atlas.nrcan.gc.ca/site/english/maps/topo/map>

For those who have an iPhone, iPad or Android and like to explore about the lake, a great app I have discovered is *GPS Gaia*. One of the major problems in and around Bobs Lake is poor cell phone coverage. With GPS Gaia you can get accurate maps and track your trip without a cell phone signal and expensive data charges. It is an ideal tool for hiking, geocaching, exploring or cruising around the lake. It allows you to record details of your excursion so that you can revisit favourite spots of the lake. You can geo-tag photos on different spots of the lake for later viewing or share them with friends on Facebook or Twitter. It is another useful tool for tracking any shoreline changes. Some day, with apps like GPS Gaia, we may be able to create a “Lakes View” similar to Google’s “Streets View”.

<http://www.gaiagps.com/>

Good luck and have fun exploring the lakes and our region.

Lake District Realty
CORPORATION, BROKERAGE
The Waterfront Company™

Looking to Sell or Buy on Greater Bobs & Crow Lake?
Visit us in the Village of Sharbot Lake, 14216 Road 88
www.LakeDistrictRealty.com
1-866-279-2109



Photo from Ministry files



Bobs & Crow Lakes Foundation announces....



**The Frontenac Frolic
Saturday August 4th, 2012
10 am to 4 pm
Bedford Hall, 1381 Westport Road
Just 20 minutes west of Westport**



This event is sponsored by the Foundation.

Plan a great day for all the family this summer. Mark August 4th on your calendar for The Frontenac Frolic. Come and find new treasures at the large flea market. Place a bid on many outstanding silent auction items. Find summer reading and CD music at low, low prices. Bring home homemade pies, tarts and more from the baking tables.

Let the children line up for the pony rides and the petting zoo, while you get something to eat and listen to special music for the day. Also, don't miss the famous COW FLOP BINGO starting at noon. The winners will be determined by where the cow "flops" on the bingo grid. First prize - \$1800. Second prize - \$900. and Third Prize - \$500. (License # M635055). Tickets will be available soon. Look for this sign of the cows in Westport and our general area. For more information go to www.bobs-and-crow-lakes.org or call 613 273-5236.

As you are aware The Foundation is a registered charity that raises monies to fund projects to preserve and enhance the quality of the environment around the greater Bobs and Crow Lakes area. Come and be part of the fun, meet your neighbours, make new friends, play the "Cow Flop Bingo" and have a fun filled summer day with your family and your weekend house guests. Cash door prizes too and more!!!

HELP!!!!

To make this day a success we also need your help especially with item donations for the rummage sale/flea market. As part of your spring cleaning can you collect items from your city homes and cottages to donate to this cause?? All items must be in good condition and in working order. No appliances, TVs, children's car seats or cribs or clothes will be accepted.

Books and CD's welcomed. Rummage sale/flea market items can be delivered to the Bedford Hall on Friday, August 3rd.

However, if that is not convenient earlier arrangements can be made to deliver your items to a specific location by calling (613) 273-5236 or (613) 374-1539.

Look for more information about this event soon.

Mark August 4th on your calendar NOW!!!!!!



Neighbour to Neighbour



Loon Nesting and Bird Studies Canada

(or how you can help protect & monitor loons and their chicks)

By Janice Walker

Anyone who has listened to their wild call echoing across a tranquil northern lake can appreciate how the Common Loon has become a much-loved wilderness symbol. The loon has a special place in the hearts of many lakeside residents and visitors.

With more than 80% of the world's Common Loon population breeding in our country, Canadians have a critical role to play in conserving this species. As more people move into the remote habitats on which loons depend, they need to be aware of human impacts, and enjoy lakeside activities in a responsible manner. This is especially true in high-use areas of Ontario where loon activity is below average.

With nesting season almost upon us, lakeside residents are encouraged to play their part in helping to monitor and protect breeding loons and their offspring.

One of the ways that you can do this is through the *Canadian Lakes Loon Survey*, a Bird Studies Canada (BSC) program. Since 1981, hundreds of volunteers have participated in this survey. Its aim is to assess the long-term health and viability of Common Loons, and the lakes they depend on. Loons breed on lakes throughout most of Canada, and as top predators, their survival reflects broader lake health. Volunteer participants spend time observing loons on lakes at least once in June (for loon pairs), once in July (for newly hatched chicks), and once in August (for young that survive to fledge). Approximate time commitment is 1-10 hours. This information is then used to monitor loon chick survival over

time, and is an important indicator of loon and lake health.

BSC provides participants with easy-to-use data reporting forms, online data entry options, educational pamphlets and reports, loon nesting platform instructions and education and loon awareness signs.

Loons nest between May and July and they build their nests very close to the water's edge. Threats such as contaminants, water level fluctuations and nest disturbances are the result of increasing human activity on lakes supporting loons. These threats can affect loon survival. By practicing loon conservation activities, lake residents and visitors can help ensure that other wildlife and water birds are protected on Ontario lakes.

Some tips to follow while on the lake:

- Watch for loon pairs, nests and chicks along shorelines.
- Avoid loon nests and adults when possible. Disturbance can interfere with nesting and cause distractions that make eggs and chicks more vulnerable to predators.
- When boating, steer clear of shoreline areas that show evidence of loon activity. Watercraft can flood nests and disturb loons, sometimes permanently separating parents from chicks.
- If you must approach the shoreline or shallow areas, slow down and limit your wake.
- Participate in monitoring programs, such as the Canadian Lakes Loon Survey.

Are you interested and able to survey this year or perhaps for the next few years? To get involved and learn more contact:

Bird Studies Canada, Canadian Lakes Loon Survey



Neighbour to Neighbour cont'd

www.bsc-eoc.org

Phone : 1-888-448-2473 ext. 124

Fax: 1-519-586-3532

E-mail: volunteer@bsc-eoc.org

The Canadian Lakes Loon Survey is a self-supporting program so participants are required to purchase a Bird Studies Canada membership. The membership fee covers the costs associated with materials, data processing and program administration.

BSC Bird Surveys

By Janice Walker

Watching Birds is more popular than ever and thousands of Canadians are contributing their bird observation skills to science by participating in Bird Studies Canada's bird population surveys. These "Citizen Scientists" provide a tremendous service to all Canadians by volunteering their time to track the health of bird populations.

BSC co-ordinates bird surveys for many species, ultimately to keep common birds common and draw attention to serious declines. Engaging volunteers in bird observations not only provides essential data but also encourages understanding, appreciation and ultimately promotes the will to conserve Canada's wild birds.

Which program might be for you?

Below is a listing of some of BSC's programs along with the approximate degree of experience and time commitment required.

Project Feeder Watch: Participants count birds at their feeders over a 2-day period every week from November to March. Count for as long or short a period as you like. (Beginner; 11-50 hrs/yr)

Christmas Bird Counts: In late December through early January, groups of organized participants conduct one-day winter bird counts in circular areas, 24 km in diameter (Intermediate; 11-50 hrs/yr)

Baillie Birdathon: The birdathon challenge is to identify as many bird species as possible in a 24 hr period anytime in May. Participants are sponsored, raising money for bird research and conservation. (Beginner; 11-50 hrs/yr)

eBird Canada: Keep track of your bird sightings online and contribute to a continental database

all at the same time. (Beginner; user's discretion)

Great Backyard Bird Count: This free, North America-wide event takes place over four days every February and anyone can take part. Participants create a real-time snapshot of where birds are across the continent. (Beginner; user's discretion)

Nocturnal Owl Surveys: Through regionally-based programs, participants are assigned roadside routes to document owl calls during spring breeding. (Intermediate; 1-10 hrs/yr)

Project Nest Watch: Anyone with a bird nesting in their yard or neighbourhood can help monitor nesting success. Participants check nesting progress and report observations online. (Beginner; 1-10 hrs/yr)

For a more complete listing of the BSC bird surveys: www.bsc-eoc.org/volunteer/

GBCLA Wildlife Sub-Committee

By Larry Arpaia

In the fall of 2011 the Greater Bobs & Crow Lakes Association established the Wildlife Sub-committee. The purpose of this work group is to:

- Learn about and share knowledge of the wildlife around Bobs & Crow Lakes
- Encourage conversation about wildlife and wetlands among GBCLA members and all lake residents
- Learn from and participate in the research of the Toronto Zoo's **Healthy Waters, Healthy Wildlife** initiative;
- Identify and encourage the best actions to protect wildlife and wildlife habitat along our shorelines.

Everyone who loves wildlife and wants to experience this great learning opportunity can be involved. This active committee will organize informative sessions during July and August in collaboration with the Toronto Zoo, Centre for Sustainable Watersheds, Frontenac Stewardship Council and the Rideau Valley Conservation Authority.

If you would like to participate in this initiative or would like further information about the Wildlife Sub-Committee contact Jean Cooke, 613 279 1217 or jean@cookes.ca



Save Our Turtles

By Larry Arpaia

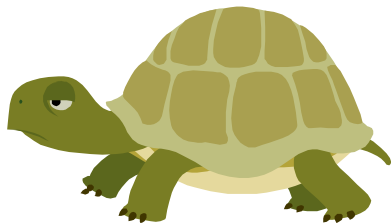
Turtles are amazing animals. They have lived on earth for over 200 million years, and individuals of some species can live to be over 100 years old. They can hold their breath for hours or months. They can grow from the size of a toonie to over a ton. They occupy most oceans and freshwaters on the planet. Of the 300 species worldwide, over half are at risk of extinction.

Turtles play an important ecological, social, and cultural role in our Bobs and Crow Lakes community. They help keep waters clean by eating dead plants and animals. They are an important flagship species for conservation, and are totems in many native cultures. They are part of our natural heritage, but will be lost to future generations unless we work together.

Habitat loss and road mortality are two of the biggest threats to turtles in Ontario. At Bobs and Crow Lakes we are concerned for seven turtle species that are at risk. What can you do?

- Never take wild turtles as pets
- Do not take turtles off the road but ensure they are safely to the side away from traffic.
- Help protect their habitat
- Support local research and education

To learn more about turtles in Ontario visit www.torontozoo.com/adoptapond/TurtleTally.asp



Bedford Historical Society

How many of you are aware that we have a very active Historical Society in Bedford District? The Society meets the first Thursday of every month at 7:00 p.m. at Glendower Hall, 1381 Westport Road. Everyone is welcome. If you have any information that could contribute to their research of the area please contact the Chairman of the Society – Gerald Stinson at 613 273-5588.

Little Know Facts About Bedford District

- The Township of Bedford (now the District of Bedford of South Frontenac Township) was named in 1798 in honour of Frances Russell, 5th Duke of Bedford who was very interested in agriculture and responsible for the development of central Bloomsbury in England.
- In 1856 Bedford population was around 2000 and land was worth from 10 to 25 shillings per acre. (Today's calculation - 4 1/6 British shillings equals 1 US dollar.) There was one church, one gristmill, four saw mills and two schools.
- The Township of Bedford was once responsible for the registration of all births, deaths and marriages. In 1877, Robert Cooke (on behalf of the Township) recorded 36 births, 2 marriages and 7 deaths.
- In 1902 the Dunn Report recorded that Fermoy (overlooking Wolfe Lake) had 5 businesses, including a hotel. (We presume it was a 5 star.)
- Wolfe Lake was known as West Rideau Lake.
- At one time Bedford Township had 11 churches.
- In 1942 the road superintendent received the wage of 35 cents an hour.



Health and Wellness

12 Tips to Clean Up Your Diet and Lose the Winter Flab!

By Trina Alps, B.Sc., RD

Spring is in the air! It's the perfect time to commit to healthier eating habits and lose some excess winter weight. Here are 12 tips.

1. Include more vegetables and fruits in your diet.

Most of us don't even get half of the 7-10 servings of vegetables and fruits we need each day. Most vegetables and fruits are high in nutrients and low in calories. Make sure to include at least one dark green vegetable and one orange vegetable every day for the highest nutritional value. Fill up half your plate with a variety of vegetables at lunch and supper. Choose whole fruits more often than fruit juices for added fibre and less sugar.

2. Don't skip meals.

It's important to eat at regular intervals throughout the day to support optimal energy levels and metabolism. Breakfast is the most important meal of the day! Breakfast kick starts your metabolism for the day and prevents overeating later on in the day. A balanced breakfast should include a wholegrain, a fruit, and a source of protein. Here are some ideas:

- Wholegrain tortilla wrap with banana and peanut butter, milk to drink
- Oatmeal, blueberries, almonds, yogurt
- Wholegrain rye toast, orange slices, boiled egg

3. Fill up on fibre.

Fibre helps us to feel full without adding extra calories. Good food sources of fibre include wholegrains, vegetables and fruits. Aim to include at least three servings of

wholegrains every day such as brown rice, quinoa, and wholegrain bread, cereal and pasta.

4. Include low fat milk products.

Studies indicate that a diet containing adequate amounts of milk products could make it easier to achieve and maintain a healthy weight. Aim for 2-3 servings of low fat milk, yogurt or cheese daily.

5. Practice "mindful eating".

Many of us tend to eat mindlessly while watching television, sitting in front of the computer or driving in the car. When we don't pay attention to what we're eating, it's easy to overeat. How often have you sat down to watch television with a bowl of potato chips and before you know it the chips are gone and you don't even remember eating them? The best way to be more conscious of what we eat is to keep a food journal for a few days. When you write down everything you eat and drink during the day it can be a real eye opener! Many of us underestimate how much we eat. Studies have shown that just the act of keeping a food journal can contribute to weight loss.

6. Avoid "liquid candy".

There is strong evidence that links the consumption of soft drinks, a.k.a. "liquid candy", to obesity. One can of non-diet soft drink contains about 10 teaspoons of sugar and little nutritional value. Also note that specialty coffees such as a chocolate mocha with whipped cream can be laden with as many as 500 calories and the same amount of sugar that you would find in a soft drink. Choose water, low fat milk, plain tea or coffee or fruit juice diluted with soda water as alternatives to commercial soft drinks and calorie laden coffee drinks.

7. Choose lean, high quality proteins.

Protein helps us build, maintain and repair our bodies and is also essential to support a



12 Tips to Clean Up Your Diet and Lose the Winter Flab (cont'd)

healthy immune system. Limit fatty, processed meats such as bacon, hot dogs, greasy burgers, ribs, and sausages due to the high sodium and fat content. Consume fish, legumes, tofu, chicken without the skin, and lean meats (such as inside round, sirloin, and extra lean ground meats) for high quality protein and less fat.

8. Enjoy small amounts of healthy fats.

Too much fat in our diet can lead to too much fat on our midsection, but some fat is essential for our health. Choosing small amounts of the right types of fat is the key. Olive oil, canola oil, flaxseed oil, nuts, seeds, nut butters, avocado, and fish all provide healthy fats. Limit fatty meats, chicken skin, high fat milk products (such as cream and butter), and partially hydrogenated oils (found in hard margarine, baked goods, and processed foods) as these can have a negative effect on our health if we consume too much.

9. Create a healthy eating environment.

Let's face it – given the choice between a chocolate chip cookie and an apple most of us would choose the cookie. The trick is to avoid having temptations in the house – generally if it's out of sight, it's out of mind. Clean out your fridge and cupboards of unhealthy junk foods and make sure to stock up on healthy snack foods such as fresh fruits and vegetables, unsalted nuts and seeds, wholegrain crackers, low fat yogurt, and low fat cheese. It can be helpful to wash and cut fruit and veggies ahead of time so it's easy to grab and go!

10. Move your body!

Adults should aim to accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week. Add muscle strengthening activities at least 2 days weekly for greater benefits. Being active helps us to achieve and maintain a healthy weight, maintain our mental health, improve our sense of well-being, and can also reduce the risk of many diseases. The key is to find something you enjoy so that you'll stick to it and be consistent.

11. Get your ZZZZZZZZ's

Sleep deprivation interferes with our metabolism. When we don't get enough sleep we may tend to reach for unhealthy fast foods because we're too tired to cook healthy options. Sleep deprivation also causes an imbalance of hormones which makes it more likely that we will overeat. Most people should aim for about 7.5 hours of quality sleep per night.

12. Practice the 80/20 rule.

It's what you do "right" most of the time, for a period of time that matters most. Straying from your healthy lifestyle *occasionally* won't make a major impact to your health. Try to do the "right" thing 80% of the time, and 20% of the time allow yourself a treat. This will help you to maintain your sanity, stick to your healthy lifestyle, and most importantly ENJOY LIFE!

Note: please visit

<http://www.healthcanada.gc.ca/foodguide> for more information on recommended serving sizes for specific foods.





Events and Items of Interest

Bedford Mining Alert will hold its Annual Meeting in the summer. Check their web site for details.
www.bedfordminingalert.ca

THE ABC HALL – at the north end of Bobs Lake near Bolingbroke can be rented for activities for your family and friends. Weddings, anniversaries, birthdays or family reunions - keep this spot in mind. Arrangements can be made by calling Joyce at 273-4832

Frontenac Frolic – Saturday August 4th at the Bedford Hall 10 am to 4pm Includes, flea market, silent auction, bake sale, door prizes, food, music and the now famous Cow Flop Bingo starting at noon. Come and be part of this fun day to raise money for projects in our area.

The Classic Theatre Festival in Perth.

Once again this professional summer company will produce classic hits from the Golden Age of Broadway and the London Stage. The season opens with the comedy

Two for the Seesaw

from July 13 to August 5th

and follows with the hilarious comedy

Mary Mary

from August 10 to September 2.

All shows run Wed – Sat at 8 p.m. with 2pm matinees Wed, Sat & Sun.

Performances at Mason Theatre, 13 Victoria Street, in Perth.

Tickets and information: www.classictheatre.ca or call 1-877-283-1283 or in person at Tickets Please 39 Foster Street, Perth.

For those who might like to go to a special spot for lunch or dinner, the editor recommends **The Stagecoach Inn Restaurant** located at 2 Drummond Street in Newboro.

Recent hours have been Wednesday – Sunday open for lunch 11:30am – 3:30pm Friday & Saturday open for dinner 5:30pm – 9:00pm. Excellent food and ambiance.

To check times and reservations are recommended call 613-272-2900



The Greater Bobs & Crow Lake Association 2012 Membership Drive

Your membership has its privileges.

And it's time to renew those privileges.

As a member of the GBCLA you are a waterfront property owner on one of the finest shorelines in Ontario, Bobs Lake and Crow Lake. As a member you support the work of the Association to:

- care about and monitor the quality of our water
- recognize and protect the habitat of the extensive wildlife of our beautiful area
- rehabilitate our spawning creeks to improve our fisheries
- better understand the characteristics of your shoreline property
- contribute to the Toronto Zoo Turtle Tally
- work with MNR on fisheries management to improve the walleye and lake trout habitat
- preserve this beautiful area for our children and grandchildren
- provide and monitor navigational markers for rocks and shoals on the lakes
- work with OPP and Fire Department for cottage watch and emergency access points
- provide your copy of "Lake Views" to get lake information
- distribute fishing regulations and emergency information to residents and camp owners
- work with 3 Townships to monitor proper development and all other issues that affect our lakes, and to promote garbage pick-up and re-cycling

Your membership cost \$30.

Your memories are priceless.

What a privilege!

Renew your Membership with the GBCLA by sending a check for \$30. payable to the Greater Bobs and Crow Lakes Association to:

Edie MacNinch
26 Rutherford Crescent
Kanata, ON K2K 1N2



Greater Bobs and Crow Lakes Association Membership Application / Renewal Form

Name: _____ eMail: _____

Mailing Address: _____ Summer Address (911 number): _____

Winter telephone: _____ Summer telephone: _____

Township (Please circle appropriate) Central Frontenac, South Frontenac or Tay Valley

Cottage Location (select appropriate location):

☐ Big Bobs (Main/West Basin)

☐ Crow Bay

☐ Central Narrows

☐ Long Bay

☐ Green Bay

☐ Buck Bay

☐ Mud Bay

☐ Norris Bay

☐ Bobs Lake East Basin

☐ Crow Lake

☐ Mill Bay

Annual membership dues are **\$30.00**.

If you wish to donate additional funds please indicate amount \$_____. If this donation is to be used for a specific purpose let us know. _____

Please make cheques payable to Greater Bobs and Crow Lakes Association. Membership form and cheques may be given to any Lake Association Board member, or mailed to:

Greater Bobs & Crow Lakes Association
c/o Edie MacNinch
26 Rutherford Cres.
Kanata, ON K2K 1N2

Membership enquiries: emacninch@sympatico.ca

For further information or to volunteer please visit our website at www.bobsandcrowlakes.ca