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Lake Views  
**Greater Bobs & Crow Lakes Association Magazine**



Spring/Summer 2010 Magazine

[www.bobsandcrowlakes.ca](http://www.bobsandcrowlakes.ca)

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Spring Garden on Green Bay

***It is not so much for its beauty that the forest makes a claim upon men's hearts,  
as for that subtle something, that quality of air, that emanation from old trees,  
that so wonderfully changes and renews a weary spirit.***

**Robert Louis Stevenson  
Scottish poet (1850 – 1894)**



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### Editor's Notes

Once again **Lake Views** grows and I sincerely thank all those who have made excellent contributions to this issue. We are discovering some very good writers as well. Please keep the articles coming. If you are interested in contributing, October 20th will be the next deadline for copy material for the Fall/Winter issue. Questions, articles and subjects of interest...contact me or send submissions to [obmact@rideau.net](mailto:obmact@rideau.net)

We "wintered extremely well"; so much so I think we wondered if it happened. As you notice the thaw came much earlier this spring and leaves us slightly confused as to when to plant or what might happen next. All in all nature will reign so we just have to follow her lead.

Several items in the magazine are of importance and should be noted. Please read and respond to the update from Martin Yates on Fire Pumps. This is an extremely important issue and more so right now due to the predicted dry conditions for this summer. The article 'Fire! Fire!' alerts you to these very real concerns.

Your membership...have you renewed?? With many receiving the magazine by electronic mail now some of you may have forgotten. Please check your status and respond to Edie.

Another important item is a request from the Historical Society on stories about places on the lakes, especially those owned for many years (even generations) that are a founding part of the history of our lakes. If you can please recall the history of your property, even in point form, and send it to me at the above email address or by snail mail it would be greatly appreciated.

Also, don't forget the coming election on October 25<sup>th</sup>. It is so important you choose a strong representative for your area and remember that person will be in office for the next four years. What is even more important is that you vote!!

Have a safe and happy summer. Hope to see you sometime!

Susan O'Brien Mactaggart

Editor: Susan O'Brien Mactaggart  
Technical/Printing support: Tammy O'Neil





## President's Message

I welcome all of you to the lakes whether you have been here all year or are just coming back or thinking about spending a great time on the lakes this summer. It is also my wish and hope that wherever you resided over the winter you passed it with comfort and prosperity.

Spring is officially here although it felt like spring had arrived in February! There was very little snowfall this winter and the month of February was one of the warmest we have experienced in many years. While all of us who live in the snowy climates enjoyed the lack of snow it does raise concerns for the water levels of the lakes this summer. The water is up from its' winter low but not yet up to the high water mark of summer. Low water levels means more boating hazards on the lakes as some of the stumps, rocks and shoals that are deep enough during the boating season may be a hazard this summer so keep your eyes on the water levels and take caution when you are out boating.

This year is an Election Year in the Frontenac's. **Voting day will be on October 25<sup>th</sup>**. I encourage all of you to vote in this election as you own property and pay taxes to the townships. You may ask why you should vote if you own a cottage as a second residence and only spend the summer or even just a week or two on Bobs and Crow Lakes. Again, ask yourself why you enjoy the area and love to get to your cottage. The local politicians do have a big say and impact on the care and stewardship of the environment and the lakes that you enjoy coming to each year. Whatever your inclinations are as to political parties or local representation the people who are voted into office for the next four (4) years will have a direct impact on development, keeping the lakes and environment in their current, or as we all hope improved condition. Any decisions made by our representations do impact you directly!

Our mandate to encourage mandatory septic re-inspections within the three townships was not done over this winter. Part of the reason is that this being an election year it was felt that our local representatives would not be too inclined to "rock the boat" as they say with such a contentious issue. While many of you think mandatory re-inspections is a natural and proper thing to be done there are many within the townships that would oppose what is thought to be an "invasive" program. It is also now believed that the Province of Ontario is looking at mandatory septic re-inspections across the province by 2012. However, the Greater Bobs and Crow Lakes Association will pursue this effort during 2011 on behalf of all of our members and residents.

Fishing on our lakes is still good although the walleye population is down. For a more in-depth write-up on fishing please read the article in this magazine by our fisheries director, Gordon Thompson. While we all think that such a huge body of water should certainly sustain limitless fish; in reality the pressure, we as anglers have put on the fish population has caused concern for the long term viability of our fishery.

The new, improved hazardous marker buoys will be distributed this spring. There are approximately sixty (60) spots that are marked with buoys by volunteers and we prepared forty (40) of the newer buoys to be put out this year. I am still trying to get a map of the lakes with marked hazard spots on to our website. At the present I am finding it a challenge to get a proper map of the lakes that can be altered and modified to mark the shoals, rocks and stumps. You can help by letting us know if there are spots that we do not currently mark or if there is a shoal or rock or stump near your place that needs marking.

Last year GB&CLA produced an 11" X 8.5" laminated boating card and guide (free of any charge for you) with a map of the lakes on one side and general and courtesy information the other side. This was widely distributed but if you did not get one and would like a copy for yourself or maybe your neighbours please let us know and we will arrange to get copies to you.

This summer we will be involved with a **Shoreline Naturalization** project in conjunction with RVCA (Rideau Valley Conservation Authority). This project is purely informational in nature and if your shoreline is reviewed you as the property owner will be provided with a written report on what steps if any that can/should be done to most benefit the health of the lakes. Since Bobs and Crow lakes are so large only a portion of the shoreline will be looked at in 2010.



*President's Message (cont'd)*

South Frontenac is planning to close the landfill sites this September and transitioning to garbage pickup on all township roads. Everyone on a private lane (including myself) will have bins at the beginning of the private lane where all garbage is to be dumped. The township has just asked for proposals which are to be returned by May 12<sup>th</sup>. As further news comes to light I will keep everyone informed.

I hope that you get to enjoy Bobs and Crow Lakes, the environment and your house or cottage to the fullest this summer. We all look forward to a warm and mostly dry summer this year, a contrast to the past few years of cool wet weather.

Taro Alps



**Joyce Babcock Barr**

On March 4<sup>th</sup>, 2010 the community of our lakes lost a very special resident, Joyce Babcock Barr who was known, loved and respected by many. Joyce lived her whole life on Bobs and Crow Lakes and her knowledge of these lakes and the people who lived here over many years was nothing less than extraordinary. Many will first remember Joyce when she managed her family store on Green Bay.

Joyce was a person of great integrity. She was highly regarded in her real estate practice and later, as a councilor first for Bedford and then as councilor for Bedford District, Township of South Frontenac. She was greatly respected by her peers as she worked tirelessly for issues that would improve this area for everyone. Joyce willingly took on the trust of representing Bedford because she cared, cared more than anyone might imagine about Bedford and the people who lived here.

Joyce also quietly supported the Bobs & Crow Lakes Association over many years. Her tremendous knowledge of the lakes, her good judgment, advice and suggestions guided the Directors on more than one occasion.

Charlie Stewart, a past president, expressed these thoughts. "Joyce was a friend, supporter and a truly dedicated person. She gave her all to the community and the Township. She loved the lake and its environs and was a tireless advocate for its preservation. Her passing is a great loss to us all."

Our sincere sympathy is extended to her husband Sam Barr and all her family.

Joyce your memory will be cherished always.



## Membership: It's Renewal Time!

By Edie MacNinch

Spring arrived early this year – at least as of March 31!

Now is the time to **renew your membership**. We do not mail out renewal notices in the Spring, so please consider this your notice. If there are no changes, you can just send me a cheque – make sure your name and address are on it. If there are changes, please print a membership form (if you get your newsletter electronically) and enclose it with your cheque. Our year runs from June 30th to the following June 30th. Please talk to your cottage neighbours and encourage them to join our association. **The more members we have, the more effective we can be!**

You now have the option of joining/renewing via the Association website. It is easy to use (I tried it!) but you need to mail me a cheque. You can also renew for more than one year.

If you wish, you can make a donation to the Association or the Foundation (or both). Please note that Association donations are added to your membership fee for additional Association support. Foundation Donations (for which there is a tax receipt) go to the Foundation.

You will note that your membership expiry information in the lower right corner of your mailing label is in a different format. Most will say 30-June-10. Please check that it is accurate. Please make sure that your email address is up to date and please PRINT it.

There is a membership form in the magazine.

If you need to get in touch or are unsure of the status of your membership, my email address is: [emacninch@sympatico.ca](mailto:emacninch@sympatico.ca).



## Fire, Fire, Fire!

By Susan O'Brien Mactaggart

**One of the greatest fears living in the country is FIRE!!** You have no idea how quickly it can spread, go underground, follow root systems and then jump up a distance away. We have had minimal snow cover this winter compared to other years, little spring rain and the ground is already very dry and the lakes are down to prove this fact.

**All predictions are for this trend to continue and we may be in for a VERY DRY HOT SUMMER.**

Please watch for the fire ban and burning information from the Fire Department. Be very cautious even with BBQs and grills, even candles outside to say nothing of cigarette butts. **IT ONLY TAKES ONE SPARK TO START AN INFERNO.** Take every precaution not just for your own place and personal safety but for your neighbours too. Alert any renters to this particular danger this summer.

Once a forest fire starts it knows no bounds!



## Emergency Water Pumps for the Lakes

By Martin Yates

For some time the Greater Bobs and Crow Lakes Board has been concerned about our vulnerability in the event of a fire emergency, particularly in areas of our lakes with poor or non-existent road access. We feel that a network of Emergency Water Pumps around the lakes that can be used to help contain any fire until the local Fire Emergency Services arrive would be beneficial.

After much thought and discussion with other lake associations, and with the support of the Bobs and Crow Lakes Foundation, we have put together a plan to achieve this.

Here's how it will work.

We will encourage lake residents, which can include Lane / Road Associations, Commercial Camps, a group of neighbours, or even individual owners, to come forward with a plan to purchase a pump for their location.



**Emergency Water Pumps for the Lakes (cont'd)**

We will have available several pump configurations to suit the different situations – local geography, ease-of-use and budget - and will recommend the most suitable options for each application. We will have costed these out and negotiated attractive pricing from our suppliers. Although we don't yet have any confirmed prices, depending on the configuration we expect the cost to range between about \$1,300 to \$2,500.

The GBCLA will then make an application to the Bobs and Crow Lakes Foundation for a grant to reduce the cost to the owner group. (Depending on the response, we may have to prioritise the projects to match the funds available.)

The group will then purchase the equipment.

After purchase of the equipment, we will provide the owners with training in its use and maintenance, and will publicise the location of the pumps so others can use them in an emergency.

In summary:

The GBCLA will:

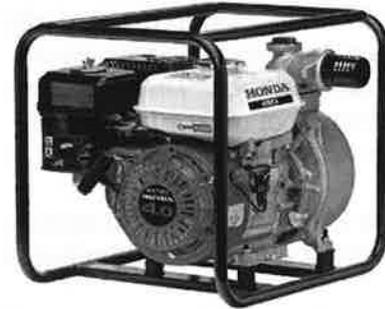
- Recommend the most suitable pump configuration for each user.
- Submit an application for funding from the Foundation.
- Provide training
- Publicise the locations of the pumps.

Our expectations from the owners are that they will:

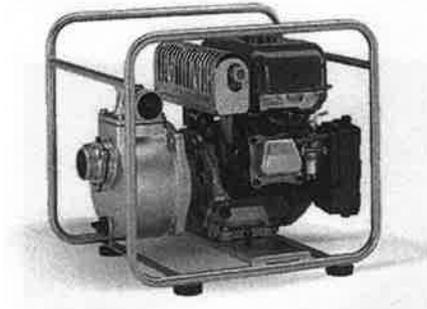
- Maintain the equipment and keep it in an accessible location.
- Allow their neighbours to use the pump in an emergency
- Notify the GBCLA if they move the pump, or, importantly, if they leave the Lake

Right now we are putting the details together, and our next step is to find out who wants to participate! Please contact me if your group is interested in obtaining a pump under this program. I'll also be very happy to answer your questions!

Pictures of two potential pumps are shown.



Honda two inch pump



Yamaha two inch pump

**Action:**

For more information and to declare your interest in obtaining an Emergency Water Pump contact:

Martin Yates  
613-273-7505  
[myates@kingston.net](mailto:myates@kingston.net)

or

Taro Alps  
613-273-8495  
[mtalps@kingston.net](mailto:mtalps@kingston.net)

You can also email the association at:  
[gbcla@ca.inter.net](mailto:gbcla@ca.inter.net)





## Water Quality Testing Results - 2009

By Jeff Carabott

The Lake Partners Program has compiled the Lakes' testing data for 2009. 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/envision/water/lake\\_partner/index.htm](http://www.ene.gov.on.ca/envision/water/lake_partner/index.htm)

**\*\*\*\*\* We are in need of a water quality tester for Mill Bay. If anyone is interested, please email Bonnie Carabott at [jcarabott@sympatico.ca](mailto: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 2009 (m)	Avg. Secchi disk (m) 1996-2009
Buck Bay	5.1	4.2
East Basin	5.7	5.4
Crow Bay	4.6	4.2
Central Narrows	4.7	4.6
Green Bay	5.8	5.7
Long Bay	4.4	4.6
Mill Bay	-	2.9
Mud Bay	5.6	5.1
Norris Bay	4.7	4.9
West Basin	4.5	4.5
Crow Lake	4.8	5.1

We will report on the Secchi disk yearly trend data in the Fall/Winter newsletter, which will give you a better idea of the progressive clarity and health of our Lakes.





### Water Quality Testing Results – 2009 (cont'd)

**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) 2009	Avg. TP (ug/L) 2003-2009	Avg. TP (ug/L) Pre-2002
Buck Bay	10.8	10.3	9.0
East Basin	7.8	8.5	11.0
Crow Bay	7.7	9.5	7.0
Central Narrows	8.3	10.2	11.0
Green Bay	11.9	10.1	11.0
Long Bay	10.7	10.3	16.0
Mill Bay	---	16.3	17.0
Mud Bay	7.9	8.9	8.0
Norris Bay	10.6	10.5	14.0
West Basin	10.5	13.7	10.0
Crow Lake	8.5	8.7	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 2009. To summarize, the lakes as a whole look to be in pretty good shape. *E. coli* concentrations were well below the Provincial Water Quality Objective (PWQO) of 100 colony forming units (CFU) per 100mL, and nutrient concentrations (phosphorus and nitrogen) were for the most part below guidelines.

Average concentrations of total phosphorus (TP) were below the PWQO for each site. A few sites did have samples that exceeded the guideline of 20 micrograms per litre (µg/L), however the proportion of samples that exceeded was fairly low.

Concentrations of Total Kjeldahl Nitrogen (TKN) also had a similar trend. Average concentrations were well below the guideline of 500µg/L for most basins, with few if any exceeding. The only exception was West Basin, where a slight increase in TKN was seen (529µg/L compared to average level of 435µg/L), 50% of these samples also exceeded the guideline. The elevated results might be due to sampling site K, which is at the mouth of Fish Creek. Fish Creek also had high levels of TKN, and this loading effect may have impacted site K. Little change was seen in both calcium concentrations and Secchi depths.

For more information, check the RVCA Watershed Watch website:  
[http://www.rideauvalley.on.ca/programs/wwatch/watershed\\_watch.htm](http://www.rideauvalley.on.ca/programs/wwatch/watershed_watch.htm)

### Invasive Species Testing

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!



## Let's Go Swimming!

By Joe Slater

Okay, but only if it is warm enough. I wonder if it is warm enough today?

A data chart has been kept of daily water temperatures for the past decade showing maximum, mean and minimum water temperatures of Crow Lake for the period 1 April through to 31 October. From mid-June until mid-September the mean daily water temperature is 20 degrees Celsius or higher. The best time to plan your swim holiday at the cottage is the three-week period starting the last week of July until mid-August. During this time the water temperatures vary from a low of 18 degrees to a high of 27 degrees with a mean temperature of 23.5 degrees.

The data set used to prepare this water temperature chart was collected and assembled by the author at his lakefront property on the north western shore of Crow Lake. The thermometers used were standard swimming pool thermometers rather than scientific ones. These instruments were immersed in at least one half meter of water during April and October, however, most of the time they were in about a meter of water off the end of my removable dock. This water temperature data is supplementary information collected whilst obtaining daily lake water level readings which the author collects throughout the year from either a manual staff gauge during open water conditions or by direct water level readings of a gauge plate inserted through the ice onto a submerged bench mark during the winter.

Anyone wishing to learn more about either of the water temperature or water level data sets should contact the author by phone at 613 279-1167 or by email [slater@kingston.net](mailto:slater@kingston.net).



## The Bobs and Crow Lakes Fishery

By Gordon Thompson

In the fall magazine we reported on the activities undertaken in 2009 aimed at improving the health of our fishery. Some stocking of Lake Trout and Walleye occurred along with a huge effort at rehabilitating some of our streams to encourage more natural production of Walleye.

The hope was that this spring we would be able to monitor the walleye runs on both McEwan and Thompson creeks to see if our work really worked. Bottom line is that we missed seeing the run so unfortunately we don't know for sure. If anyone witnessed the event I would appreciate hearing from you. Both creeks wintered well and the spawning areas we rehabbed are in excellent shape. The ice went out on April 2 almost two weeks earlier than the norm and the temperatures rose quickly in the lake and the creeks. The only week I couldn't be here was the week of the 29<sup>th</sup> of March and that's when it happened. The following week we observed the suckers running which normally happens just after the walleye run. Just based on the sucker run I am somewhat confident that the walleye run should have been good.

There were a couple of problems this year that may have affected the walleye run but I have no evidence. Water levels are low for this time of the year. As of April 14<sup>th</sup> the lake level is still over a foot below the normal high water we experience at ice out. The low levels may have impeded the access to the spawning beds in the lake and creeks. The other issue was the air temperatures we experienced over that period and the effect that has on water temperatures. Walleye spawn when the temperatures of the lake and creeks are between 3C and 6C. This year that window was very short in duration due to the high temperatures we experienced. We can't control the weather so we move on.

In the fall magazine, I made a pitch to get more ideas on what we need to do to manage our fishery more efficiently. We didn't get much feedback so we ended up working on a plan that involves finishing the rehabilitation of Thompson Creek and exploring opportunities with adjacent land owners to rehabilitate Fish Creek. A plan and budget was submitted to the MNR in January



**The Bobs and Crow Lakes Fishery (cont'd)**

but as yet we have not received word on funding. Government cut backs may affect our chances here however, we will have to wait and see. In the meantime, I would appreciate your ideas on what you think needs to be done and if you are interested in being a part of the fisheries team please contact me and I will get you on our group.

Ice fishing went well this winter on the lake. Ice conditions were excellent all winter long. Our hut went out on the 30<sup>th</sup> of December and we removed it on the 6<sup>th</sup> of March. Lots of pike were caught as well as rock bass and some Walleye, a couple of which were over 10 lbs. The lack of small walleye still is a concern for me and we encourage fishers to release larger breeding sized fish whenever possible. We were hopeful in getting the MNR to assist us in starting a viable whitefish fishing group on the lakes but they haven't got around to helping us with expertise or a workshop or two to get us going. There are lots of whitefish in our lakes and they make excellent table fare.

Although fishing seasons don't get underway for major species until mid May there are excellent opportunities this time of the year. One can see lights around the lake and creek mouths as fishermen use the cover of darkness to catch mud pouts (brown bullhead) . As soon as the temperatures in the shallow bays reach around 10C the perch, sunfish and rock bass become active. There is nothing better than a feed of coldwater perch in the spring. **Get out there and enjoy!**



**Heather Irving**

Sales Representative

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Kingston – Bobs Lake – Land O'Lakes

**Septic Re-inspection Update**

By Rich Phillips

-In 2008, 61 re-inspections were done on Bobs Lake in Tay Valley Township

-In 2009, 210 re-inspections were done on Bobs and Crow Lake in South Frontenac Township.

Of the 271 inspections, 19 were deemed to either be at high risk or to require system replacement. This relatively low number (7% of the total) does not include the 145 systems (54% of the total) at moderate risk or requiring remedial work.

This summer, the South Frontenac re-inspection team will examine systems on Islands on Bobs Lake. This may be one of the first re-inspection programs to include islands, and despite the difficulties involved with access, it may be very useful in assuring the continuing health of our lakes.

"The Living By Water Project" c/o Nature Canada, recommends that waterfront residents should have septic tanks pumped once a year, but regardless of location tanks should be pumped out at least as frequently as indicated in the chart below.

Tank Size (L)	Household Size (Number of People)							
	1	2	3	4	5	6	7	8
1890	5.8	2.6	1.5	1.0				
2700	9.1	4.2	2.6	1.8	1.3	1.0		
3600**	12.4	5.9	3.7	2.6	2.0	1.5	1.2	1.0
4730	15.6	7.5	4.8	3.4	2.6	2.0	1.7	1.4
5670	18.9	9.1	5.9	4.2	3.3	2.6	2.1	1.8

\*Source: Tay Valley Township Sewage System Re-inspection Program Report (2008)

\*\*Minimum size of a new tank





## Marine and Cottage Safety

By Heather Irving

### ENVIRONMENTAL INFO & Interesting Things to Think About

....Get the septic pumped regularly. Every two years is highly recommended to help protect our environment.

....Wash your fruit and veggies over a container...you will be amazed at how much water you use and you can then water your plants and gardens with it.

....Old and inefficient refrigerators consume more energy and can cost several hundred dollars more per year in electricity.

....Buy locally when possible...good for economy and saves energy.

....An average of 3 gallons of water is wasted when you run the tap when brushing your teeth.

....Recycle as much as you can...it takes 400 years or more to decompose most plastic items.

....You can save several hundred dollars a year by using rechargeable batteries.

..Electric kettles use half the energy needed to boil water on the stove.

....Plant a tree or three or more to increase oxygen and help shrink the ozone.

....Stop with the chemical herbicides...that stuff does run down hill and right into your lake!!

Reduce ✦ Re-use ✦ Recycle



## Bedford Historical Society

By Pat Barr

Spring is upon us and everybody seems anxious to get on the water. Already some have been seen in their boats when the ice was still floating and jamming some of the bays.

Has the ice ever gone out so early? Does anyone keep a record? Please pull out those diaries and check your notes. All in all it was quite an easy winter, not terribly cold and not too much snow or ice to make driving a nightmare.

Last year our historical committee attended several events related to the history of our area. They also took books, our information, antique tools and household items for displays. All was very well received and we plan to attend these events and more this year to raise awareness of our organization.

We would also like to invite property owners to write the history of their home, cottage or business on the lakes. It could then be part of the historical files for future reference.

It would be especially nice to have the history recorded for older cottages, homes, businesses, and farms on Bobs, Crow and Green Bay.

Please know you are welcome to attend our meetings and present ideas for future projects. More ideas and feedback help us build a better organization.

Our Historical Research room will be open the evening of July 1<sup>st</sup> as part of Canada Day celebrations and on July 25 during the Greater Bobs & Crow lakes AGM. Other times would have to be arranged with our executive. Have a great summer and I hope to see you at one of our historical committee meetings



## Bobs and Crow Lakes Foundation

By Susan O'Brien Mactaggart



As this issue of *Lake Views* goes to press it is the end of April and everyone has the tax man on their mind. Undoubtedly, you have been approached by many charities over the last year and probably have your favourites but I would like to ask you now, to please remember a special giving this year that can have a direct impact on maintaining your quality of living on and around the lakes. The Bobs and Crow Lakes Foundation needs your continued support and you can receive a tax receipt for your 2010 return. This applies to both Canadian and American residents. There is no greater way that you can be personally involved in the work for this area and see the benefits of your contribution.

Please find a donation form in this issue of the magazine for your use (or go on line) and as a reminder of this giving opportunity in the coming months.

### YOUR CONTRIBUTION CAN MAKE A HUGE DIFFERENCE.

Last year we approached many residents in a direct campaign for donations and we were heartened and pleased with your response. During that campaign, the Foundation also received a substantial donation that is to be directed toward fisheries and this support will help tremendously in that area. We sincerely thank all those who have responded to this campaign and our hope is that you will continue to support our goal to preserve and enhance the quality of the environment around our lakes.

Another suggestion for a significant way you can give to the Foundation is in memory of someone, especially those who may have either lived in or regularly visited and loved our beautiful area. Also, a donation as a tribute birthday gift for a person who just has everything is another way to support the work of the Foundation.

The purpose of the Foundation is to raise funds for projects that meet the mandate of the Foundation thus benefiting the whole community of our lakes. Proposals can be submitted to the Foundation Board for funding consideration from the GBCLA, other organizations, even individuals who are undertaking worthwhile projects for the community.

Together we can do so much and appreciate the results of our work.

For more information please access [www.bobs-and-crow-lakes.org](http://www.bobs-and-crow-lakes.org)





# The Lloyd Jones Corner of Lake Views

## The Coyote Population

By Lloyd Jones

If you stand outside after dark on a quiet night around the lakes, you might hear the howls and yips of coyotes communicating. Their howls are similar to a wolf's call. Their numbers have increased considerably over the past few years and they regularly intrude, or live in urban areas and show very little fear of human beings. The reasons for these changes appears to be directly related to food supplies.

When the food supply is high, the female coyote's fertility cycle appears to speed up, and alternatively slow down during periods of hunger. For several years, the Ontario deer population greatly increased as a result of controlled hunting practices which protected female deer. Perhaps you noticed how often deer appeared in your headlights not so long ago. The deer herd has now collapsed, apparently because coyotes have preyed heavily on them. Coyotes are stealthy, patient hunters which observe their prey carefully until they gain an advantage. Recently, for several hours, a large dog-sized coyote was noticed lying in a field along the Anderson Road (west side of Crow Lake) quietly watching a woodchuck wandering further and further from its hole. Coyotes often hunt in pairs and eat whatever is available, which includes a wide range of small animals and birds, as well as large animals such as deer and elk.

As the coyote population increased, and its traditional food supply began to diminish, concerns have arisen especially after coyotes have been frequently seen, carrying away family pets, mainly dogs and cats, in both urban and rural locations. In Prince Edward County, near Belleville, coyotes have killed so many cattle, sheep, and various other farm animals, and have shown such aggressive behaviour toward some people, that the municipality is about to pay a bounty for each coyote shot or trapped. The plan is creating conflicting positions among County residents.

Coyotes look like medium-sized, to large-sized dogs. Their colour is predominantly brown and grey, with a variation of other colours, because of their hybrid ancestry. They live in holes dug in the ground, usually among trees, and hunt a territory in about a 20 km. radius of their den. A family is called a band, a pack, or a runt, with sometimes more than a dozen offsprings per birthing event, although that many pups usually do not survive. Only occasionally have they attacked and killed people, but they can be a threat to children.

During this food crisis for coyotes, lake people should take some precautions. Do not leave garbage around the cottage which might attract them, because they will investigate. Supervise children in the usual way, but consider having a few short poles in convenient places for clubbing a coyote, should one appear. When walking in the woods or along roads, carry a walking stick for clubbing- should the need arise. Listen at night to determine if you are close to a pack's residence- in case you ought to take additional care. Keep track of your pets night and day. Some dogs do not have much fear of coyotes, and become easy victims.

In the unlikely event that you confront a coyote, do not panic, or turn and run because that reaction can trigger a chase and they are fast runners (about 40mph). Face them, throw stones, yell, swing your club, and back away slowly. Be prepared, and do not give the appearance of being afraid.





## The Lloyd Jones Corner of Lake Views (cont'd)

### Crow Lake Schoolhouse Available for Events

By Lloyd Jones

The next time you are looking for a group meeting place or someplace to hold a social event, consider the Crow Lake Schoolhouse, which has been renovated and equipped with a complete kitchen, chairs and tables, a stove and washrooms. This past summer, the first wedding on-site was held, which included a large tent in the yard. The grounds and nearby roadside can accommodate several cars .

The school, the second one on the same lot, opened in 1905 and operated until 1964, when a decline in school population forced the remaining few students to be bussed to Sharbot Lake. The first school was a 16 X 20- foot log building, built in 1867, several years after a few families of settlers first arrived at the north end of Crow Lake in 1852. Fortunately the early settlers were literate, and were able to teach their own children at home during the early years before the first school was built.

The contact person for booking the school is Marion Ratzinger, 613-279-2986. Information on rates is also posted on the school door.



Crow Lake Schoolhouse



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*"A lawn is nature under  
totalitarian rule."  
Michael Pollan*



# Neighbour to Neighbour



## A Day in the Life of a Wintertime Laker

By: Heather Irving

Yippee! I am excited. I got the chains put on the ATV before it turned -35 and before snow or freezing rain. Very little cussing, just a few scraped knuckles, a new chain link, bruised hip from laying on the gravel, one broken nail and a broken line on the tire pump. Discovered that after pumping my brains out for 10 minutes and not being able to inflate the tire.

Sure enough, it snows overnight. I shovel by hand much to my physio's horror I am sure as ergonomics on a hill do not fit into this equation. I drive up the hill and start shouting in the truck "I'm Free", "I'm Free".

Yes, you know where this is going. Off I toodle again enroute to Perth. I take the Crow Lake road. Things are good until I hit the boundary line for townships and then I get that look on my face like the deer in the headlights of the car. The radio has some sort of wine tasting discussion on, which isn't fair, my lunch has fallen on the floor and the grapes will no doubt be raisins by the time I find them in the Spring, so again, I let my mind wander to entertain myself.

I start thinking about past cottage episodes as a kid. We rented a place one year with my godparents. I start laughing about the time my mother was in the outhouse and my godfather locked her in as the "honey wagon" was coming....old term for septic truck...We all hide and watch. Driver pulls up, gets out, opens back of trap door to outhouse, puts his hand in and pulls the pails out...right from under my mother's butt....she starts hollering...we are hysterical...she is shouting so loud that cottagers for miles around can hear...we finally let her out...she is hoppin mad and threatens to kill all of us. I then

think of the cottage walls...they never went to the roof back then so you could turf stuff back and forth over them...and yes...if the person in the next room farted, it was heard by all!! Built that way for air flow so the story goes...and water was from a huge pump on the sink that required priming and someone who did not swear to swing on it like a monkey for about 5 minutes to get water. We only had an ice box. Dad went and got ice and then drove back like a maniac with it in a cardboard box before it melted. 25 cents/50 lbs.

Slam...I hit the brakes on Althorpe Road for those pesky turkeys again...all 17 of them. Why are they out now? My water spills and now I have to go shopping looking like I have wet my pants. I then begin cussing the road superintendent. I have this wild idea that I would like to invite him to ride with me across a real bad part of that road....but...I will make him drink one of those huge 4 litre jugs of stuff you have to take before you have a colonoscopy, then eat a lot of fibre with his lunch, a can of juice and a couple of bottles of water and then drive him across that road. I bet those bumps would be fixed pronto!!

I begin laughing hysterically again. On arrival in Perth at the grocery store, people stare because of my wet pants. Who cares at this point. I get my supplies. Thanks for asking; the turkeys and chickens were great. Smurfette was the only problem one; I think she was chased around the barn yard too many times by the rooster. Then I go to Home Hardware and the nice men there load 10 bags (500 lbs) of clean sand in the back of the truck to attempt to hold it on the slippery subdivision road better. One funny guy asks me if I had an accident in my pants. We exchange sassy comments. I head to Perth Physiotherapy



## Neighbour to Neighbour

### *A Day in the Life of a Wintertime Laker (cont'd)*

Clinic. My pants are still wet but they won't know because I change into other work-out clothes on arrival. Then it starts to snow like you wouldn't believe. It has snowed 6 inches in a couple of hours, manage to get back, turn in to my area....poof...no road...can't see; no plow... a foot of snow...I cuss about the newbie plow driver...get home only because the road is memorized after years of being on it...of course...I can't even drive the 4x4 down the hill; park, slide on foot, drop my purse, groceries are freezing in truck, I am now bowling on the hill with my oranges that I dropped, cuss, pants wet again ! get in, change pants, get out, shovel, fall down, dry pants now wet again ! can't use ATV to plow...battery dead...cuss again...put spare battery on charger...zap myself...I am now also charged to 1300 volts....yipee !!



Winter Scene

Photo by: Heather Irving

## Noise

By Richard Kind, Sunset Shores

The article by Jiri.Soukup on light pollution, in the Fall/Winter edition of Lake Views, has inspired me to write on another form of pollution that degrades the environment around our lakes, noise.

Most people who come to the lakes place a high value on peace and tranquillity. We yearn to escape to a setting where the only sounds to be heard are the call of the loon, the breezes rustling the leaves, the chirping of crickets, and so on. Unfortunately the hoped for peace and tranquillity is all too often disrupted by noise. Of course we all make noise and a certain amount of noise is unavoidable. This is simply a plea to recognize that sounds which carry beyond the immediate vicinity of your boat or property may be an imposition on neighbours. On those wonderful calm days and evenings noises can carry for literally miles. Out of consideration for neighbours near and far, please try to minimize the noise you make, especially during normally quiet periods.

There are many sources of noise. One definition of noise is 'someone else's favourite music'. While power boats are a major source of noise we all know that some boats are far noisier than others. There is no need for an inboard-powered boat to be any noisier than a typical passenger car. Owners of loud boats perhaps crave attention but their imposition of needless noise on others does not gain respect. At least the noise of power boats is transient – it comes and goes. Incessant noise, noise that goes on and on, can be particularly annoying, for example power lawn mowers and leaf blowers. There are a number of reasons why manicured lawns are inappropriate in cottage country; the noise associated with frequent mowing is one of them. As for leaf blowers, an old-fashioned leaf rake is just as effective and is totally noiseless. Fireworks are another source of noise, reasonable around Victoria Day and July 1<sup>st</sup> & 4<sup>th</sup>, but must we be startled by random loud bangs during the rest of the summer?



## Neighbour to Neighbour

In summary, let's all protect the peace and tranquillity on and around our lakes by making as little noise as possible.



### Sweet Spring at the Lake

By Gordon Thompson

Spring at the lake means receding snow and melting ice. It also signals the beginning of the run of maple sap in the trees around Bobs Lake. For an immigrant, like me from the prairies, just the thought of taking sap from a tree and converting it to sweet maple syrup is an irresistible challenge.

I am lucky to have 17 sugar maple trees on my property at Bobs Lake. Some of my neighbours were taping their trees a few years back and loaned me a few pails and showed me how to boil down the sap with the aid of a camp stove and some propane. The first year I got a litre or so of syrup and I was hooked. For me and others the tell tale sign of warm days and freezing nights galvanizes us into action and this wonderful rite of spring becomes an obsession for a couple of weeks. Making maple syrup is another way in which we can use the wonderful treasures of Bobs Lake during the early spring season. This year we went from ice fishing to maple syrup production in two days.

On March 1 the spigots were placed in the trees and on March 2<sup>nd</sup> we made our first batch of syrup. The season ended on March 17<sup>th</sup> with the arrival of consistent days of warm weather coupled with nights where it did not freeze. The trees on my property are not huge so we had about 26 pails out and ended up with 10 litres of very high quality syrup. That will be enough for the family for the year and will provide wedding favours in the form of little 75 ml bottles for my son's wedding this fall.

If anyone wants to try making this tasty treat it's very easy to get started and it is a relatively inexpensive undertaking that the whole family can get involved in. You can buy pails and

spigots at several locations in the area or you can fashion your own pails from coffee cans and plastic orange juice jugs. I used a propane burner and a large flat bottomed roasting pan to render my sap. I think I used about 5 tanks of propane this year to make 10 litres so my production cost was about \$90.00 including filters and propane. The best part is that you get two weeks of outdoor entertainment during one of the most interesting times of the year.

Some will tell you that it's hard work because you have to stay up all night boiling the sap. Not true! I fell asleep one night a few years ago and boiled my pot down to a molten lump of aluminum before I realized I needed a routine that would allow me to finish earlier in the evening to ensure I could stay awake and enjoy a hockey game or two as well. The routine I follow is to collect sap until I have 30 litres or so stockpiled and then start boiling at around noon. I continue to add sap until about 4pm and by 7pm the syrup is ready and that generally gives me a litre or two of finished product.

From my perspective our environment at Bobs Lake offers so much during every season that it's hard to stay away. Making a little maple syrup is just another of those magnets that draw us back to the lake 12 months of the year; enriching my life and that of my family. If any of you want to give this a go....just give me a call and I will be glad to give you a quick "how to".



Photo by: Gordon Thompson



## Neighbour to Neighbour

### Solar Photo Voltaic Boats

By Bill Brison, Pine Island Bobs Lake

We have put an array of small solar panels on the prow of an old 14-foot aluminum rowboat. The panels produce electricity from the sun's rays and power an electric outboard. We are still experimenting but it looks great.

The materials to rig the boat consisted of 6 solar PV panels, 14 feet of electric cord, 2' x 2' piece of plywood, a car battery and an electric outboard motor. The installation, including labour (and the help of a Canadian friend who has a similar solar PV boat 15 years ago) cost \$500. The way it works is: the solar panels produce the electricity, which powers the outboard; the battery is for back up. We are in the experimental stage but last summer we used the boat regularly to our Pine Island. We did have to recharge the battery however. Perhaps we went too fast, too far, and too often and outstripped the charged capacity. Range appears to be about a mile at 3-5mph. As the solar panels are charging the battery (both from direct sunlight and ambient light) even when the outboard is not in use, a better battery may be required. There is still the probability that we will be able to power the boat without re-charging the battery at all. We may decide to fit more or larger PV panels to give us a greater traveling range. We are not interested in going faster.

The advantages are many: no gas, no pollution, no noise with the quiet outboard and the slower speed eliminates shore erosion. Think what the lake would be like if everyone had one.

### St. Andrew the Fisherman Chapel – Bobs Lake

(West side of Bobs Lake near the Badour farm)

By Bill Brison

Everyone is welcome to attend the Sunday, ecumenical service at 11:00am at the chapel during the months of July and August. The order of service follows the Anglican Eucharist and worshipers may receive communion or not as they wish. The congregation is varied: mixed denominations, nationalities, permanent residents and summer visitors. St Andrews is a small church that holds about 25 but there is always room for more. Hymns are usually sung without accompaniment and the hymn often sung at the start of worship is:

"Morning has broken  
Like the first morning  
Blackbird has spoken,  
Like the first bird  
Praise for the singing,  
Praise for the morning  
...God's recreation of the new day."

Join us any Sunday this summer.

The Ven. Bill Brison

**The editor sincerely thanks Bill Brison for his contributions to "Lake Views" from his winter home in Bury, Lancashire, England.**

**A history of St Andrew the Fisherman Chapel will be in the fall issue of Lake Views.**

*"Nature does not hurry,  
yet everything is  
accomplished."  
Lao Tzu*



## Neighbour to Neighbour

### Nature Notes

By Jenepher Terrion, Eden Isle – Bobs Lake

#### Helping Frogs to Thrive

The sights and sounds of frogs on our lakes make for many people a quintessential aspect of cottage life. They also tell us a lot about the health of our waters, since they are considered an “indicator species.” This means that frogs are susceptible to pollution and toxins and respond to these more dramatically than other animals, by either declining rapidly or by showing birth defects or other signs of ill health. Both of these symptoms have been seen in Ontario frog populations. In fact, frogs and toads have been disappearing world-wide for the last 15 years, according to biologists. While there are lots of potential causes, including pollution from fertilizers and other chemicals, acid rain, septic system run-off, and ozone depletion, scientists think that loss of habitat is the major cause of amphibian decline.

Habitat decline occurs when woods are cleared, wetlands are drained and roads are built in areas where frogs live.

Loss of habitat also occurs on vast, seemingly healthy lakes like Bobs and Crow when cottagers clear their shorelines to create better vistas, build retaining walls, and plant lawns or other non-native species close to the shoreline.

Inadvertently, cottage owners may destroy the very thing that makes waterfront living so special: the waterfront! As native plants, bulrushes, dead logs, water plants are removed, the shoreline vegetation can't do its job of preventing erosion. In fact, over time, the shoreline can disappear into the lake. At the same time as it destroys the value of your waterfront, the loss of the shoreline destroys the homes of many animals, including amphibians, fish, and turtles.

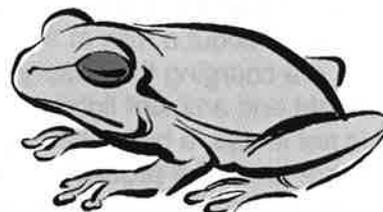
So what can you do? To restore the habitat along the shoreline of your cottage, you can reduce mowing your lawn by at least a couple of metres (researchers say that the 10-15 metres from the

edge of the water, or what they call the “ribbon of life”, should be left natural). You can also plant native species, such as red-osier dogwoods, Virginia creeper, willows, elders, and joe pye-weed to restore your shoreline. Finally, you can ensure that no chemicals enter the lake. This includes eliminating fertilizers and pesticides, checking your septic system, and avoiding washing your boat, dock or deck with chemical cleaners.

For more information, check these two excellent websites:

<http://www.dfo-mpo.gc.ca/regions/central/pub/shore-rivages-on/03-eng.htm>

[http://www.lronline.com/Extension\\_Notes\\_English/pdf/shrlns.pdf](http://www.lronline.com/Extension_Notes_English/pdf/shrlns.pdf)



#### Backing Bats When They Need it Most!

While you may not relish bats flying inside the cottage, and many people fear bats getting tangled in their hair, the sight of these small mammals flitting over the lake at dusk is part of what makes cottage life so special for many of us.

In addition, you are probably well aware of the positive contributions that bats make to our lives, including gobbling the equivalent of 50 to 100% of their body weight in insects such as moths, beetles, mayflies, and midges or no-see-ums each summer's night (apparently, while bats will eat mosquitoes, they prefer more high calorie snacks!). This nightly bug feast is the same as if you ate twice your weight in food every day!



## Neighbour to Neighbour

Worrisome for those who welcome bats for their bug-eating ways, brown bats are battling a mysterious illness that has killed upwards of 500,000 bats in the northeastern United States since it was discovered in Albany, New York in 2006. Researchers have been tracking the progress of this disease, known as white-nose syndrome, and have reported that it was discovered in a few bats in the Bancroft-Minden area in eastern Ontario this past February. White-nose syndrome got its name from the smudges of white fungus that appear around the nose, mouth and wings of sick animals. While it is not harmful to humans, and it is not believed to kill bats directly, researchers believe that something associated with the fungus is responsible for the extremely high mortality rates of bats where it is found.

Although you may not be able to do much to change the situation for bats in infected areas, you can support the health of bats generally by creating safe habitats for them. In terms of safe habitats, bats need trees or caves to roost but when these are unavailable they'll choose an attic or cottage eave. If you want to remove them from these areas by blocking entrances, then it is best to wait until the fall so that you don't trap young bats inside.

One project that many cottagers enjoy is building a bat house, a box-like structure specially designed to attract and protect bats. There are many plans available, or, for those who are less handy, these can be purchased online or in nature stores or garden centres.

Check the site below for a bat house plan:

<http://www.hww.ca/hww2.asp?cid=43&id=323>

Or a simpler plan:

<http://www.ofnc.ca/fletcher/howto/htbats.php>



## Where Do the Otters Go?

By Taro Alps

I have only seen the river otter's on Bobs Lake in the fall and spring when the ice is forming or just melting off. All other times I have not seen them at all. Are they playing in the rivers where I cannot see them or are they hiding from us noisy humans?

This is really a question that I am interested in knowing the answer to. Anyone who knows about their habits please let me know.



## Safety and Etiquette on Country Roads

By Susan O'Brien Mactaggart

Have you ever had a "near miss" as you rounded a blind road curve in the summer and scrambled to avoid an on-coming vehicle going just as fast as you are? SLOW DOWN!! That is the first and most important lesson for Driving 101 on country gravel roads and lane ways.

Our summer traffic steadily increases and it may be my imagination but cars also seem to go faster than ever before. Remember you are not the only one around even though you have left the city and all the aggravating traffic jams behind. Now you can take your time, open the window, appreciate the scenery, enjoy the winding road and still get all the chores done and make the run to the dump.

Once upon a time there were specific rules for the first motorized vehicles to respect and not spook horses on roads. Today, especially on our area back roads, you might still meet horses and their riders, bicycles, walkers with dogs, to say nothing of the wild turkeys, deer and other four-legged residents. Please, for their safety and yours do not take for granted you have an open road ahead.

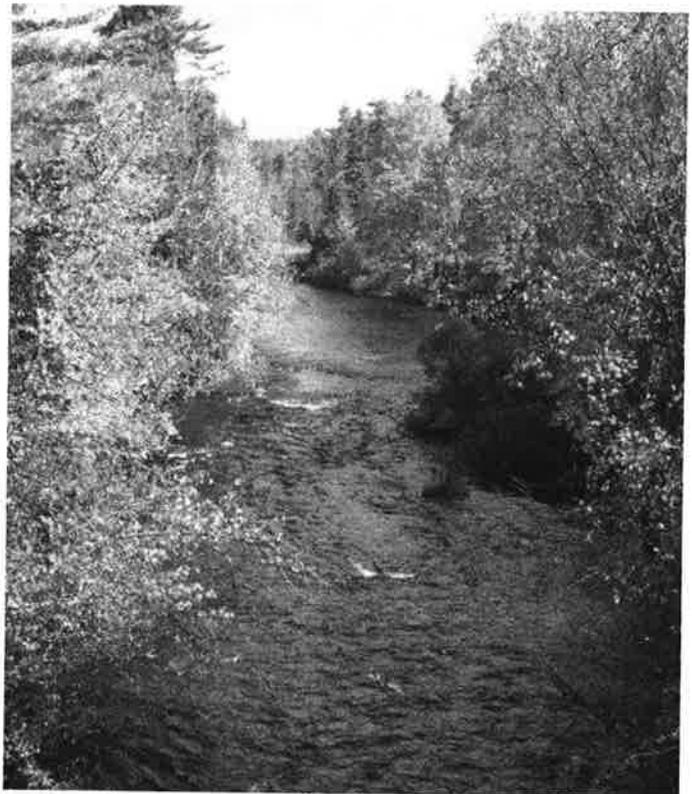
Etiquette and courtesy, beyond the traffic act, are also part of driving in the country. We know



someone is new when they do not wave and speed by with a stony face. That simple wave is so appreciated by everyone. It is mandatory to keep to the right especially on these narrow roads but when you see an approaching car don't play chicken! See if you have the best road shoulder and slow down a little so you can pass at a comfortable place ....and wave.

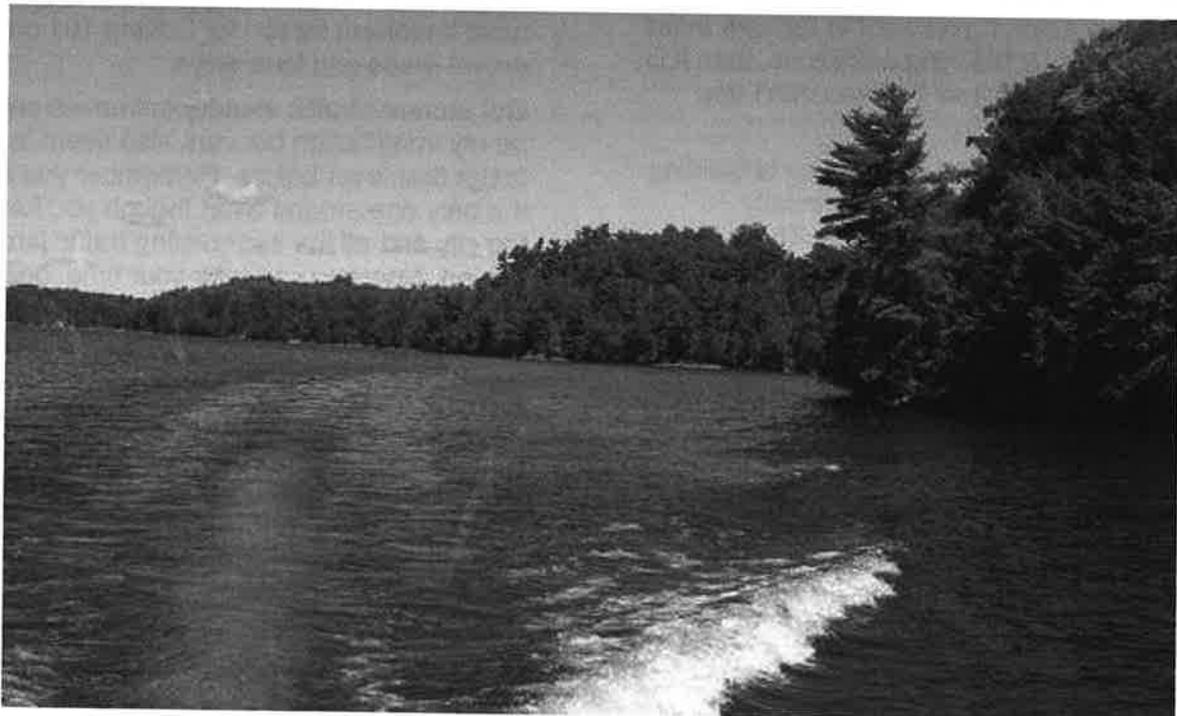
Another piece of etiquette in the country applies when you meet a funeral cortege. Only by living in the country would one know this, as it is a tradition that can no longer continue in urban areas. If you are driving in the opposite direction it is custom to pull over to the shoulder of the road and stop until all the cars have passed. Earlier this Spring I was one car of a mile long cortege for a funeral. It was such a tribute to the deceased to see cars and trucks waiting patiently (even on Hwy 38) for this line to pass. People do care and they take the time to show they care.

Hope to meet you on the road.....and I will wave too!



Tay River

Photo by: Heather Irving





# Health and Wellness

By Heather Irving

## Tick Talk

Ticks have become quite prevalent in Eastern Ontario....so learn about them. Visit : [publichealth.gc.ca](http://publichealth.gc.ca)



Protect yourselves, the kids and your pets. Be aware. Lyme disease is caused by the bite of a black legged tick. Symptoms may include fever, headache, fatigue, muscle and joint pain and a bulls-eye rash .

DO NOT let this go untreated. Don't squeeze the tick..Grasp by head with tweezers and pull straight out. Thoroughly clean the bite area. Get to the Doctor or nearest emerg unit even if you think you got it.

The Health unit will identify and test if you save it.

PLEASE review the information on the internet web site regarding ticks. Bring this to the attention of the kids. Some Health Units supply great posters and fridge magnets.

?? Got your bucket list ready for this year.

....take a walk, get up off the couch, exercise a wee bit, eat healthier, ride a bike (ha !) just be more active. Swim, golf, play !!

### SO, YES THE BIKING/HEALTHY SAGA CONTINUES....

I take back the comment from last newsletter about the new bike rack working well....NOT....driving back from Perth along the Althorpe Rd...Bikes have disappeared. Slam on brakes, get out, bikes there, just bent over and held on rack only by Velcro strap...thank goodness for bungee cords.

So, backing up to last fall... Head out for last ride of year and load bikes. Get to Perth. Too cold so decide to go explore Murphy's Point Provincial Park and walk.

MY SNIVELLING \$13.50 TRIP THROUGH THE PARK...Last time I was in a Provincial Park it cost \$2. Decide to pay anyway and take what was called a "moderate" hike path.

Moderate...NOT...It is cold, windy, slippery, Olympic mountain goat path, coyotes howl, it is getting dark, my nose is running, eyes are watery from wind, can't see, can't find path markers, out of Kleenex, start wiping nose on my sleeve. Gets worse. I am whining, eat all my snack, refuse to share the smarties with friend, figure I will die on the trail, have bad thoughts about "little red riding hood"...Did I mention my nose was running...No, not true. Actually I was like a little snotty person... not pretty... cussing... starts to rain, nose runs faster, start wiping it on sleeve two ...3 and ½ hours later, The End....8 kms. I stand and yell at the sign.... Now I can finally see the small print that says 8 kms.....At this point I don't care about my Health & Wellness Bucket List. I am a mess. So much for the bad knees !! Yes, now Spring is here...first outing with bike went well...no road putty scares....my new support



*My Sniveling Trip through the Park (cont'd)*

hose which you could use to sling a cannon ball across the lake with, are working well after a winter of leg/vein treatments. May I recommend Dr. Beaupre Vein Clinic in Ottawa. Lady is fabulous. Visit: [www.drbeaupreveinclinic.com](http://www.drbeaupreveinclinic.com)



### Health Tips

Health tip: Almonds...a good snack; they have protein, fibre and vitamin E and are cholesterol free; an ounce of almonds is 6 grams of protein.

Health tip: Blueberries, raspberries and strawberries offer high levels of antioxidants which protect cells from harmful free radicals.

Health tip: Try some new lettuce. Use dark leafy greens such as baby spinach and mesclun instead of iceberg or romaine..it boosts your vitamin E, potassium and other antioxidants.



## From a Pharmacist

By Marg Hetherington, R.Ph.

So, you cleaned out your medicine chest last Fall (you did clean it out didn't you?). If not, then empty everything into a bag and take it to your Pharmacist for proper disposal. Now it's time to get ready for the spring and summer 'itches and owies'. The first complaint usually is the black flies. Remember to protect yourself from these voracious predators. If they do manage to feed on you then wash the areas as soon as possible (you don't want to scratch dirt into the bites). To stop the itch you can use calamine lotion as often as needed. For stronger help take an antihistamine such as Benadryl® or Reactine®. Special attention must be paid to ticks. These small bugs will bite into the skin to suck blood and can hide from you. It's very important to check your whole body after you have been walking in the woods. If you discover a tick, use tweezers to pull it straight out then wash the area well with soap and water. You may want to save the tick in a jar and take it to the Health Unit for identification. Lyme disease is carried by some ticks in this area and can result in serious illness.



Did you know that many medications increase your risk of sunburn? Ask your pharmacist if you are taking anything that makes you more susceptible. When you are going to be outside for longer than 15 minutes make sure to wear a hat and cover arms and legs. Children and older adults should use a sunscreen of at least SPF 30 and apply it 30 minutes before going outside.

Scratches and scrapes are an inevitable part of summer at the lake. Your medicine chest should contain an antiseptic (Bactine® or rubbing alcohol), gauze pads, bandages, and an antibiotic cream. Again soap and water are often the best defences.

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### From a Pharmacist (cont'd)

Pain and fever medications should be included in your medical arsenal. However, these should be kept in a safe as well as a cool, dry location. A locked box in a bedroom may be the safest at the cottage. For most people, acetaminophen is the best to use for both pain and fever. It doesn't interact with the majority of other medications and it comes in a variety of forms from liquid to chewable to easy-swallow. Ibuprofen also reduces fever and pain and tends to last longer. Just be sure not to use it in people with some medical conditions such as hypertension or stomach problems.

Stomach aches and diarrhoea may threaten your holiday. Remember to keep a supply of Gravol® and Imodium® to treat these illnesses and check the directions so they can be used appropriately.

Your pharmacist will assist you with any further information you need when planning your first aid kit. Some Pharmacies have kits pre-packaged that may suit your needs. Open them up so you know what they contain and keep them up to date.



## Reducing Gardening Injuries

By Catherine Ball, Registered Physiotherapist & clinic owner of Perth Physiotherapy

During the spring & summer months, our clinic always sees an increase in injuries related to the wonderful hobby of gardening. Gardening can be a strenuous activity which causes strain to the lower back, shoulders, knees & arms. If you are out of shape & do not move properly you are more likely to injure yourself.

The Canadian Physiotherapy Association recommends the following tips & techniques to help you make the most of the gardening season.

- Warm-up before you start – walk around your garden, do some shoulder rolls, trunk rotations, raise up your heels & toes.
- Do the following stretches, aim to hold each one for 20 seconds.

- Repeat the stretches when you have finished gardening.

### When raking or hoeing....

- Keep your back straight & tools close to your body, use your arms & avoid twisting your trunk.
- Consider using an ergonomic rake.

### When weeding or planting...

- Stay close to the ground, sit down, squat or kneel on a kneeling pad. Use a bench with handles if you have trouble getting up.
- If you have to stand, use long handled tools.

### When digging or shoveling...

- Insert the head of the shovel vertically into the ground & step on the blade. Lift small amounts at a time. Keep your back straight & bend at the knees, avoid twisting.
- Spread heavy tasks over a week rather than a weekend. Recruit help if needed.

### When lifting or carrying...

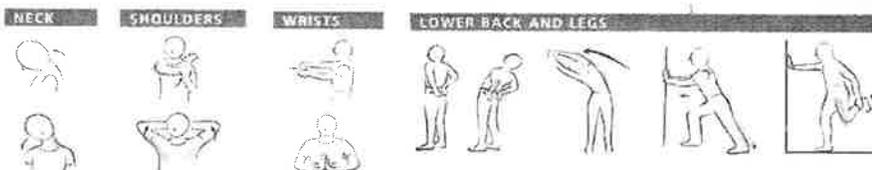
- Know your limits, & don't lift items that are too heavy. Keep the load close to your body, use a wagon or wheelbarrow to transport supplies & move heavy items.
- Always keep your back straight, tighten your abdominals & lift with your legs

### When pruning or trimming...

- Get as close to your work as possible. Don't stretch beyond your reach or past your stable footing.
- Match the size of the tool to your own hand. Consider padding tools for comfort or use hockey tape to improve grip.

**Talk to a physiotherapist:** Most aches & pains gardeners experience can be prevented. Physiotherapists have the education, applied knowledge & skill to help you keep your gardening pain-free & fun. Physiotherapists can help you to enjoy the fruits of your labour!

Perth Physiotherapy,  
3 Beckwith Street E., Perth, ON, K7H 1B2  
Tel: 613267 6789,  
www.perthphysiotherapy.ca





## Poison Ivy

By Susan O'Brien Mactaggart

If any of you have ever experienced a serious poison-ivy rash you will commiserate how dreadful it can be. For years I was immune, or thought I was, and then one year a brutal rash appeared on my face and neck that was so severe it warranted a visit to the hospital. BEWARE!! Learn to identify the plant and teach your children to recognize it as well. Believe me it will save everyone much grief in the end.

### Here are some of the facts about poison ivy:

This vine produces urushiol, the oil that causes the rashes and skin blisters.

It grows in wooded areas, has three large leaves, spreads quickly and is hard to eliminate.

You cannot get a rash by touching someone who has poison ivy. You have to come in contact with the plant or the oil.

The rash generally appears one or two days after exposure. For some it can only take 5 hours or more.

Wash the affected area separately and carefully, as you do not want to spread the oil to other parts of your body.

The oil urushiol can linger on tools, clothes and animal fur so use caution if you think these areas have any oil residue. The oil does not affect animals as it does humans. Wash any surface areas well that may be contaminated.

Recently on a gardening program I heard the following solution to getting rid of poison ivy. Instead of toxic sprays that kill everything else around, it was suggested to cover the area with about 10 sheets thickness of newspaper (thus depriving the plant of sun) and cover the newspaper with a good layer of mulch and/or topsoil. You can then start other plants on the site and the newspaper will eventually disintegrate. It may work.

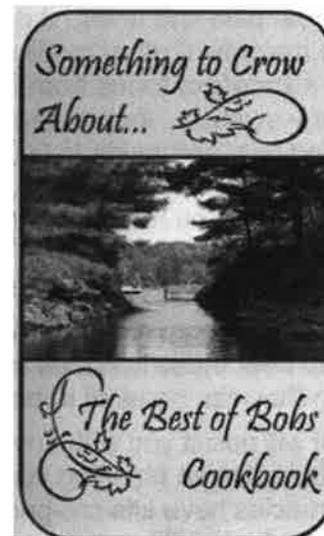
Consult your pharmacist for further information.

See [www.poison-ivy.us](http://www.poison-ivy.us) for one site of photos of the plant and more information.



## Cook's Corner

No recipes in this issue of Lake Views..... there are wonderful ones in the cookbook!! Please get a copy!!



\$15.00 per copy .... to order, contact [bobscrow@kingston.net](mailto:bobscrow@kingston.net)

Perth Brewing Co. Ltd.  
 Make 30 Bottles of Wine for \$77.50 + tax  
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 Hwy#7 (beside Wendy's) 264-1087



## Out and About

There are so many places of interest near our lakes. This section of the magazine will give you information on spots that would be well worth a visit. If you know of others for future issues please let the editor know.

### **Classic Theater Festival in Perth Presenting the classic hits of Broadway & the London Stage.**

GREAT NEWS!! Professional summer theatre is opening in Perth this year!

The 2010 season will feature productions of Noel Coward's classic comedy "Blithe Spirit" (July 9 to August 1) and John Van Druten's "The Voice of the Turtle" (August 6 to 29), a timeless WWII-era romance that was one of the longest-running shows on Broadway in its day. Plays are produced, directed and starring alumni of the Shaw and Stratford Festivals, among other professional stages across Canada.

*Where:* The plays will be presented at the Studio Theatre, 63 Gore Street, Perth

*When:* Shows will run Wednesday to Saturday at 8 p.m.

Matinees at 2p.m. on Wednesday, Saturdays and Sundays

The Festival tickets will be \$21-\$30 with group discounts available and reduced rates for those under age 30. Tickets available at 1-877-282-1283 During the day in person at Tickets Please, at Jo's Clothes, 39 Foster St. Perth and at the box office 6 – 8 p.m. The Festival is also partnering with several restaurants nearby.

### **Kirk's Kanoes**

This I read in the HUMM, a publication out of Almonte. 3 Day courses on "How to Build" a cedar strip boat. Courses to be held in June, July and August. Kirk is located on Christie Lake road just 10 minutes outside Perth.

His web site is very interesting

[www.kirkskanoes.com](http://www.kirkskanoes.com). Thought this might appeal to many of you retired gentlemen (and ladies) out there.

### **Nature Lover's Bookshop & Gifts in Lanark**

This spot I have talked about before and it is well worth a visit. Excellent book selection and is a treasure trove for different gifts for the country.

Access their web site

[natureloversbookshop@belinet.ca](mailto:natureloversbookshop@belinet.ca) for more information. Lanark is only 10 minutes north of Perth, an easy drive right through Balderson and cheese!!

### **Fall River Restaurant in Maberly**

Now here is a special place already known as "Ottawa Valley's best kept secret".

Owned by Michelle and Paul Zammit who have developed not only an environmental model in the restoration and operation of their building but their restaurant serves elegant meals at lunch and dinner of local and organic foods.

Reservations are recommended and they are closed on Mondays during the summer. There is also an interesting shop "The Country Gift Store" adjacent to the dining room. Call them at 613 268 – 2882 or visit [www.fallriverinc.com](http://www.fallriverinc.com)

The Crème Caramel is fantastic!!

### **Foodsmiths in Perth**

Wonderful place to shop! This is an excellent natural foods retail store and the largest retail outlet for locally grown foods. The produce is simply excellent. They also carry a wide range of gluten free products. They are located on Wilson Street in Perth, which unfortunately is going to be under major road repair this summer. For information on the best way to access the store during this time call them at 613 267 – 5409 or connect to their web site [www.foodsmiths.com](http://www.foodsmiths.com) Well worth a visit!!

### **Hidden Garden Floral Designs – Main Street in Newboro, just beyond Westport.**

Here you will find the most beautiful flowers and the designs of Colleen Kahrman. Colleen has filled several orders for me and her work is just beautiful. For those who bank at the BMO in Westport, the weekly arrangement there is from this shop. Please call her for directions 613 272-0358 or access the web site [www.hiddengarden.ca](http://www.hiddengarden.ca) You will not be disappointed.

### **Bravo Restaurant in Verona**

Located on the west side of Hwy 38 this restaurant parking lot is full at breakfast time. The food is good. The Greek family that owns the well-known Mino's in Kingston operates Bravo. The Greek food choices are special, particularly the cakes and desserts, as the father of this family trained as a pastry chef in Greece. An excellent stop to fit in on a day trip to Kingston.



# Kid's Corner

## For the Kid in All of Us

By Heather Irving

2 Challenges.... Everyone.....pass this on to all the kids who visit our lakes

"THE FISHING KIT CHALLENGE ...for kids 10 yrs. and under. Be the first to correctly answer and email the following and..... Marine & Cottage Safety will supply you with a gift card to buy a fishing kit.

#1: What are the names of the rabbits?



#2: Please tell us a short "Bunny Tale " or a "Funny Tale" about visiting a lake.

#3: I forgot my lifejacket for the boat....if I borrow one, does it have to fit me?

#4: Who am I??



#5: Who am I??



#6: What Kind of Fish was Nemo?

THE "iTunes" CHALLENGE for KIDs.....11 to 16 yrs. Be the first to correctly answer and email the following and Marine & Cottage Safety will supply you with an iTunes Card....

#1: When should I apply sunscreen? a) once I get to the beach (b) never (c) after an hour of tanning (d) about 15 minutes before I go out

#2: Is it the Jonas Brothers or Hansons? Which ones were born 3 of 7 kids in Tulsa, Oklahoma?

#3: Harry Potter & The Chamber of Secrets: How do you score a Famous Witches & Wizards card while denoming the Weasley's garden?

#4: I am 14 yrs. old. Can I operate a boat with up to 40 hp motor without direct supervision?

#5: Hannah Montana -- The movie. How did Miley explain to Travis that she knew Hannah Montana?

#6: What are the top 10 Coolest Cartoon Dogs?

#7: I am under 16 yrs. of age. Can I operate a personal watercraft (PWC) if I am supervised?

#8: What side of the boat is Starboard?

#9: Grandpa or Grandma is rippin the boat through the water at 25 km/h and they are about 75 feet off shore. Is this o.k.?

#10: I am under 16 yrs. of age. Can I wear an inflatable PFD (Personal Flotation Device)?

Email your answers to: bobslake1@gmail.com

Deadline: July 25, 2010 11:59 p.m.....bobs lake time

Note: The best of the "Bunny/Funny Tales" will be printed in our next issue.



# The Bobs & Crow Lakes Foundation

Our Lakes • Our Voice

c/o 1262 Green Bay Road, R.R. #2

## PLEDGE FORM

This is to confirm my/our intention to make a gift

of \$ \_\_\_\_\_ for:  
please indicate where you would like your gift directed

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- General Fund

My/our cheque is for \$ \_\_\_\_\_

This pledge will be made over a \_\_\_\_\_  
year period. Please bill me:

- Semi-annually (Mar. - Nov.)
- Annually (Nov.)

\_\_\_\_\_  
Name please print

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Street Address

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City

\_\_\_\_\_  
Province / State Postal Code / Zip

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Phone (Home)

\_\_\_\_\_  
Phone (Cottage)

For recognition purposes (if desired and different  
from above), I would like my gift listed as follows:

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\_\_\_\_\_  
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### Thank you for your gift.

Your gift will directly support the area you designate.

For your records, all gifts will be acknowledged.

All gifts are deductible as provided by law.

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