GREATER BOBS & CROW LAKES ASSOCIATION

Lake Views

Greater Bobs and Crow Lakes Association Magazine

Fall/Winter 2022

Photo by: Molly Couch Ward

"Every sunrise is an invitation to brighten someone's day."

Jhiess Krieg

Message from the Board of Directors
The Greater Bobs and Crow Lakes Association (GBCLA)

The summer of 2022 lived up to its advanced billing and was a wonderful departure from the past two summers. Many residents and guests take the water levels and water quality for granted while they enjoy the lakes. The reality is that Parks Canada is diligently operating the new $6.6 million Bolingbroke dam which controls water levels, while the Rideau Valley Conservation Authority monitors the water quality through testing. Kudos go out to these critical organizations to support our enjoyment on the lakes.

Speaking of the dam, Jean Faucher has written an informative article on how the Bolingbroke dam is operated based on a spring tour by dam owner Parks Canada for local lake associations. The GBCLA and Parks Canada are planning a similar tour in 2023 for lake residents. For the first time since 2019, the Annual General Meeting (AGM) and the Cottage Safety and Security Fair were held at Glendower Hall. Approximately 50 attendees came out of Covid hibernation to listen to the reports by the Board Directors and enjoy the buffet lunch by the Catholic Women's League of Bedford. The Cottage Security and Safety Fair participants included the OPP, South Frontenac Fire, Rideau Valley Conservation Authority, and several other local service providers.

The other big event was the Bobs and Crow Lakes BioBlitz. Over 100 adults and kids came out over the 24-hour period under sunny skies, to listen to the 12 scientist experts, during their exploratory walks and talks. The displays on lead free tackle, birds, insects, and fish were also a magnet for the curious. The opening of the event was solemnly blessed by Chief Doreen Davis of the Algonquins in honour of Chief Shawinipinessi who lived on Bobs Lake in the 1800's.

The Fisheries Committee for the GBCLA in partnership with the Ministry of Natural Resources and Forestry (MNRF) completed a stocking release of 28,000 walleye fingerlings. The story in this issue provides some context for the MNRF stocking policy plus how the actual release was coordinated by MNRF staff and an army of volunteers. There is also a comprehensive report by Paul Patterson and Jim McIntosh (Co-chairs of Fisheries Committee) on the state of the Walleye spawning beds in Bobs Lake. The data in these spawning surveys is critical to supporting the stocking programs authorized by MNRF. The GBCLA also participated in the Fish Lead Free program created by the Wolfe Lake Association.

Message from the Board of Directors (cont'd)

On a personal note Kimberly and Bill Powis have penned a sentimental recollection of their 34 years as owners of Sunset Country Campground in the western basin of Bobs Lake. As the largest of the campgrounds, Sunset is a popular destination for visitors looking for a wide range of accommodations. Finally, the consultant working on the new Rogers cell tower near the Central Narrows (as well as others in the vicinity) has indicated that the tower project is expected to start construction in 2023.

Please don't forget to renew your GBCLA membership. Lake Views is one of the benefits of a paid-up membership. You can go to our website at bobsandcrowlakes.ca and use our secure online payment methods of PayPal or E-transfer (cheques are ok too).

Board of Directors
The Greater Bobs and Crow Lakes Association

Photo by: Lynn McIntyre

Seasons Greetings

Information and Updates

Rogers Tower Update

By: Carson Jen

As of the first week of October 2022, there has been no further update from Rogers on the status of the proposed tower on Burns Road (north end of Green Bay). According to Christian Lee who is acting as a consultant on behalf of Rogers on this project, there has been no definitive start date for construction. Although there was some initial optimism that preliminary work could begin in 2022, it is most likely that construction will start in 2023.

Since early 2022, Rogers has been financially impacted by the recent power outage and the significantly higher costs associated with the acquisition of Shaw Communications. The perceived risk is that capital spending on rural projects such as this tower might be deferred, reduced, or even cancelled. Mr. Lee indicated that these outcomes are not likely. These additional rural towers are part of the EORN (Eastern Ontario Regional Network) Cell Gap Initiative. They are funded through a Tri-Party agreement between Rogers Communications, the Ontario provincial government and Canadian Federal government. Because of this multiparty arrangement, the funding commitments by all three parties are unlikely to be changed.

Stay tuned for any updates in the spring of 2023.

What is an Automated External Defibrillator (AED)

The following is a continuation of the AED article by Sharron Dean and Dr. Andrew Samis that was featured in the Spring 2022 magazine.

For brevity, a Question and Answer format was used by the authors:
Sharron Dean: Retired ICU nurse
Dr. Andrew Samis: Critical Care Physician, Surgeon and Coroner

Why are you so passionate about the life-saving benefits of an AED?
Sharron: I remember from my first week working as a young nurse in the Cardiac Care ICU at Henderson Hospital in Hamilton. I can still hear the ICU door thud open and see the stretcher whirl into the arrest bay. A 50-year-old man was wheeled in. What was supposed to be a magical and memorable day for his family had changed in a second when he had collapsed at his daughter's wedding reception. He was in full cardiac arrest and despite our best efforts he passed away soon after his admission. After the physician spoke to the family outside the ICU, I went out to gather the family and prepare them for what they would see when they came into the arrest bay. A dozen or more relatives came in, including the bride. One by one they folded over their dad and soon you could not even see the man or the stretcher he was on amid the circle of family. The gut-wrenching anguish and sobbing of profound despair echoed through the unit.

I was a young woman who knew little of grief and nothing about dealing with families in crisis. I could only put my arms around them and be present. Fifty years later the grief of this family still resonates through me. This outcome could have been so different if there had been access to a modern AED.

What is an Automated External Defibrillator or AED?

Sharron: An AED is a computerized device that automatically diagnoses an irregular heartbeat (Cardiac Arrhythmia) that may respond to electrical defibrillation. An AED is easy to use, and operating one is often referred to as "Goof Proof". In an emergency situation, one merely needs to retrieve the device, place the device pads on the person who has collapsed. The AED automatically does a scan of the heart and then delivers the shock if needed. Most machines also talk to the user and guide them through the steps. According to Heart and Stroke Foundation, over 400 lives per year are saved in Canada by an AED.

How does an AED save someone's life?

Andrew: The most common cause of someone collapsing unconscious in the community is related to the heart. Sometimes the heart flips into a rhythm in which the coordinated contractions that pump blood to the organs are replaced by very rapid ineffective contractions. This leads to insufficient blood pumping, or no pumping at all. Suddenly the organs of the body are starved for oxygen due to no blood supply. Within seconds of the brain no longer receiving oxygen from the heart flipping into this rhythm, the person loses consciousness. There are many medical conditions which can predispose someone's heart to flip into this type of "shockable rhythm".

An AED emits an electrical shock, which reorganizes (resets) the contractile efforts of the heart cells in a shockable rhythm. The shocked heart then begins pumping blood and in many cases the person's life is saved. But the harsh reality of this condition is that the probability of the heart responding to the shock and returning to normal pumping decreases with each minute of delay of defibrillation. A defibrillation with a delay of less than two minutes may leave a person only dazed, confused, talking, and breathing (although sometimes it's worse) which is miraculous considering they had no pulse and were approaching death. However, it only takes a few minutes of a "shockable rhythm" before the heart will no longer respond to a shock and recover, and the person will die. The chance of dying goes up with each minute of delay. A shock after ten minutes usually doesn't save the person. The goal of defibrillation is within one to two minutes.

Heart Attacks Seen Through the Eye of a Doctor:

Andrew: I am a lead physician on the cardiac arrest team for arrests which happen in the hospital, and I also receive patients to the ICU who have had an out of hospital cardiac arrest and survived. I have defibrillated patients in hospital less than two minutes after their arrest and seen how it can re-establish the pumping function of the heart and reverse the arrest. Some of these people, who had full cardiorespiratory arrest, don't even need life support afterwards and are awake and talking. I have also seen in those who have cardiac arrests outside the hospital, the devastating brain injury that happens when heart function is re-established too late, after the sensitive brain has been irreversibly damaged by a lack of oxygen. As a coroner I have attended deaths throughout the Frontenac Region of those who have not survived a cardiac arrest. This role constantly reminds me of how long it can take for EMS to reach remote rural areas.

Of all cardiac arrests that occur outside of a hospital, an AED is used only 3% of the time. The death rate for community (outside of a hospital) cardiac arrests is over 90%. This is a grim statistic. However, if someone suffers a heart attack in the community and an AED is used on a cardiac rhythm that requires defibrillation, the rate of survival increases five-fold to 38%. This is a dramatic improvement. There are no other healthcare devices that can match this impressive survival track record for the estimated 35,000 cardiac arrests in Canada, most of which occur outside of a hospital. As a coroner with direct local experience, I can say unequivocally that cardiac arrests are occurring at cottages. Without quick access to an AED, the prognosis for cardiac patients is grim indeed.

What about CPR (Cardio-Pulmonary Resuscitation)?

Andrew: A bystander performing CPR will extend the time available to restart the heart, and along with rapid defibrillation, are the two most important things in a cardiac arrest. CPR done properly can keep someone alive for reasonable period of time, but it has limitations, especially CPR by only a single person (even if properly trained). Fast and convenient access to an AED is as critical as good bystander CPR. Each minute of delay in defibrillation decreases the chance that the shock will work. This observation was supported by a study showing higher rates of survival for people living on lower floors than higher floors in Canadian high-rise buildings as there is less delay getting a defibrillator to them.

Cottage Fair and AGM Update

By: Carson Jen

For the first time in 3 years (since 2019), the Greater Bobs and Crow Lakes Association (GBCLA) held their first in-person Annual General Meeting (AGM) at Glendower Hall on July 24, 2022. Approximately 75 attendees enjoyed a nice buffet lunch prepared by the Catholic Women's League of Bedford, while listening to informative updates from the Board of Directors of the GBCLA.

Equally notable was the return of the Cottage Safety and Security Fair, which was held prior to the AGM. The featured participants in the Fair included:

- Paul Hanmor: Kingston Radon
- Donald Kirk: Sharbot Lake OPP Detachment
- Brandon Northrop, Duane Meeks: South Frontenac Fire Department
- Duncan McGregor: Frontenac Technology Solutions
- Eric Kohlsmith: Rideau Valley Conservation Authority
- Joseph Morley: Let's Get the Lead Out Program

The concept of the Safety and Security Fair is to offer residents and guests an opportunity to protect themselves while enjoying the lakes. The primary topics revolve around fire safety, drinking water, crime, boating safety, invasive species, Lyme disease, septic systems, and wildlife. The GBCLA hopes to continue to expand the number of participants going forward and offer them an opportunity to present their area of expertise directly to attendees. If you are interested in participating, please contact Kathy at cityviewky@rogers.com.

Bolingbroke Dam – Parks Canada Tour

By: Jean Faucher

New Bolingbroke Dam

On June 21, 2022, the Friends of the Tay Waterway (FoTW) invited Board members of the Greater Bobs and Crow Lakes Association (GBCLA), and the Rideau Valley Conservation Authority, to an onsite tour of the Bolingbroke dam. The owner of the dam, Parks Canada, presented a full description of the design specifications, operating procedures, and environmental safeguards of the dam. The Bolingbroke dam is the most critical water management tool of the Tay Valley Waterway and Rideau Canal network, which justified the $6.6 million price tag.

The Rideau River **drains an area of over 4,000 square kilometres in Eastern Ontario**. The main stem of the river flows in a northerly direction from Upper Rideau Lake near Newboro, to the City of Ottawa, where it tumbles over the Rideau Falls into the Ottawa River. The Tay River is part of the Rideau River watershed. Water flow management in the Rideau Canal system is a key responsibility of Parks Canada, whose water management team actively monitors water levels/flows and weather forecasts, as inputs to dam operations. Proper dam operations offer benefits in the areas of boating, flood mitigation, water recreation, fish and wildlife habitat protection, water quality and hydroelectric generation.

Wooden logs for water flow control

When establishing water flows and levels, Canal staff must weigh the risks and requirements of these various uses to arrive at optimal levels. They must take into account variables over which no control is possible such as topography. They must also allow for variations in climatic conditions (rain, snowfall, temperature, etc.) based upon records of trends, extremes and averages. Daily readings from automatic water level recording stations and from streamflow and precipitation gauges are evaluated at Canal headquarters in Peterborough to guide the engineers' decisions about dam settings, levels, and flows.

For brevity, the most useful information provided by Parks Canada has been summarized below:

- Bolingbroke dam is the newest of all PC dams (also owns all locks on Rideau Canal Waterway).
- Bolingbroke is the only dam holding water of Bobs and Crow lakes and only controlled reservoir of Rideau River watershed.
- New dam replaces the old dam built in circa 1930 with many repairs done over time.
- Cost of the new dam is $6.6M and built 40 meters upstream from the old dam.
- During construction, PC found an older dam structure. An archeologic study was done.
- Dam has double spillway for redundancy and additional capacity.
- Design includes an emergency spillway to cover a 1/100-yr violent storm (risk is rising).
- Monitoring is with sensors (snowpack/density, precipitation, water level) in dam vicinity and Bobs/Crow lakes. Data transmitted to Peterborough office.

Mark Bru, Manager of Operations – Parks Canada

Bolingbroke Dam (cont'd)

- Adjustments to the dam logs is done by a PC Operations staff based in Smith Falls.
- Operations crew manually checks dam settings to help calibrate the PC system.
- Actual water flow control is provided by logs, manually positioned in drainage opening (weir).
- Logs are made of BC Douglas Fir carved by PC employees. Sizes are 12" X 12" X 10' or half log is 6" thick.
- In spring, water levels raised quickly. In summer/fall the lowering of the lake is done by 6" increment.

Lowering logs

- Takes 2.5 days to drop the lakes 6 inches and 2.5 days for water to reach Rideau waterway.
- New dam offers improved control of water flow through spillway. Residents will notice fewer fluctuations in water level.
- Dam holds eight logs or a total height of 8 feet.
- 4 full logs are removed to bring the lakes to their fall/winter level.

We would like to thank the Staff of Parks Canada for their time and the sharing of information on the dam and the Rideau watershed. We also would like to thank the FoTW for organizing the tour with Parks Canada. For more information on Parks Canada and the Rideau Valley Conservation Authority, please click on the following links:

https://www.pc.gc.ca/en/lhn-nhs/on/rideau/info/infonet/point-gestion-eau-water-management-updates

https://his.rvca.ca/rvcafwl/ISG/StandardGraph_Bobs_Lake_Level.html

Carbon Monoxide Safety

By: Larry Arpaia

If you heat your cottage with gas, oil, propane, wood, and/or you use a portable generator or have a gas appliance, you need to have a working smoke and carbon monoxide (CO) alarm. Do not put your family at risk! It has been noted that over 100 persons died of CO poisoning in Canada since 2021.

This year, Health Canada is reminding everyone to check their alarms for a recognized certification mark to ensure they meet Canadian performance standards.

Learn more: http://foca.on.ca/beat-the-silent-killer-co-safety/

Get the Lead Out - Update

By: Joselyn Morley

Wolfe Lake Association launched their Let's Get the Lead Out: Fish Lead Free (Fishleadfree.ca) on March 31, 2022. Their education, lead buy-back, and collection programme has been a success this year and they will continue to expand their supporters through into 2023. We at Bobs and Crow Lakes will continue to support this effort going forward. We hope to help with education and collection, and plan to install collection sites and signage at the two public boat launches on Bobs and Crow Lakes.

Lead is a neurotoxin which permanently and fatally damages the central nervous system. Studies have found some 50% of loons die from some level of lead poisoning. It affects all puddle and diving birds, as well as fish-eating birds such as eagles. Birds ingest it when consuming fish that have swallowed lead lures or sinkers, or when they dive to the bottom of the lake to eat gravel. Loons and many other birds eat gravel to help digest food and it is impossible to tell the difference between a pebble and a sinker on the bottom of the lake. When they scoop up some gravel from the bottom, it is easy to ingest a sinker and just one sinker can kill a loon.

We have taken lead out of our gas, paint, and water pipes, yet continue to put it into our water systems and food chain when fishing. We let our children handle lead tackle without a thought. Federal wildlife conservation areas and national parks have banned lead in fishing, but it has not yet been banned at the Provincial levels.

Toxic Fishing Tackle

We are relying on groups such as the Wolfe Lake Association and hopefully you, to spread the word and help get the lead out of our waterways, food chain, environment, and birds such as loons, eagles, swans, and ducks. Lead-free tackle is not a novelty product and there is no fishing tackle that cannot be replaced by a lead-free alternative. You can get lead-free tackle wherever you buy tackle, and the cost is negligible when compared to the overall cost of fishing, and cost to our environment and wetland ecosystems. The Lead Fishing Tackle Buy Back Programme offers a $10 voucher to put toward the purchase of lead-free tackle when you turn in your lead tackle. You can also turn in tackle at the Westport Lions Reuse and Recycle Centre. Please check out Fishleadfree.ca for a list of participating retailers and drop-off locations.

OMYA Canada Inc – (The Bobs Lake Connection)

By: Larry Arpaia

In the Fall of 2021 OMYA Canada Inc. renewed a 20-year agreement with the Ministry of Northern Development, Mines, Natural Resources and Forestry (MNDMNRF) in consort with the Township of Perth and Tay Valley Township to use water from the Tay River (sourced at Bobs Lake) for limited industrial purposes.

Who is OMYA? What do they produce? How significant is the amount of water taken from the Tay River?

OMYA is a leading global producer of industrial minerals, mainly fillers and pigments derived from calcium carbonate and dolomite (mined north of Perth). These fillers and pigments are used in construction, printing, packaging, pharmaceuticals, agriculture, and farming. Founded in Switzerland in 1884, OMYA has a global presence extending to more than 180 locations in over 50 countries and employs over 8000 people. OMYA Canada was established in Perth in 1982. It is located on Highway 7 in Tay Valley just west of Perth.

As a courtesy, which has been extended by OMYA over the past 40 years, Parks Canada, the Greater Bobs and Crow Lakes Association (GBCLA), Christie Lake Association, Friends of the Tay and, the Conservation Authorities have been invited to yearly water usage updates by OMYA, MNDMNRF and an independent Engineering Firm.

The percentage of water negotiated in the agreement is approximately 3% of a seasonal flow yet the actual amount used by OMYA per year has consistently been less than 10% of this figure. Data produced by an independent Engineering Firm, were consistent with the information collected concerning water use by OMYA and the Townships.

In conclusion, it has been agreed on by participants involved in the yearly review of water management and usage by OMYA, that the company has been a good corporate citizen and considerate community partner.

In managing “our” lakes great commodity, water, we look forward to a continued open and transparent relationship in the future with OMYA.

Postscript: The word Omya has Nepalese origins that means ‘helpful; kindness’.

BioBlitz Update

By: Bill St. Arnaud

The second Greater Bobs and Crow Lakes Association BioBlitz held August 12-13, was a great success. Special thanks to the numerous volunteers that made the BioBlitz work so smoothly, to the experts who contributed their knowledge and enthusiasm to the varied areas of biodiversity found on the Bedford Tract, to chief Doreen Davis for her opening contribution to the BioBlitz, to Seed to Sausage (Mike and Derek) for their contribution of lunch that was a wonderful way to end our BioBlitz and, the Foundation that supported our vision.

Marine Safety

Pleasure Craft Licence

By: Dick Johnston

At this year's Greater Bobs and Crow Lakes' Annual General Meeting the Association hosted a Cottage Safety Fair. One of the organizations represented was the Ontario Provincial Police (OPP). The officer who participated is stationed out of Sharbot Lake. As it turned out, he is one of the officers who patrols our lakes. During our discussion we touched upon Pleasure Craft licences and specifically how and when to get one, when to update and renew an existing licence, and the requirement to be able to produce one if requested. Following our chat, when I got back to the cottage I checked to ensure I had the required documentation with my boat. Since I am not the only one to use the boat, I protect my licence in two zip lock bags and place in the orange safety kit container, which I keep in the boat. Well, that plan did not work out well. The result was a very soggy, hard to read, Pleasure Craft Licence. I then investigated how to get a replacement document.

If you are a new cottager who possibly got a boat as part of your cottage purchase, if you are a boat owner who has misplaced your licence, if you have had a change of address since getting your licence, you may be interested in the following information. In my case I replaced my 9.9 hp motor with a 15 hp motor. This change required me to re-license my boat.

Detailed information is found on the Transport Canada web site under Marine Transport - Applying for a Pleasure Craft Licence. Here are some important highlights:

The licence, and corresponding numbers are unique for each pleasure craft. This identification allows search and rescue personnel access to important information in an emergency. The information can also be used by law enforcement to assist with missing watercraft.

A pleasure craft licence which was issued or updated after 2010, is valid for 10 years. At the end of that period, you must renew your licence.

There are two ways to apply for a Pleasure Craft Licence. One is to use Transport Canada's online Pleasure Craft Electronic Licensing System (PCELS). The second is to apply by regular mail. I have used the online system and it worked well.

There are 6 different application types:

- Request for a new pleasure craft licence e.g., new purchase
- Transfer a pleasure craft licence e.g., sale of boat, inherit a boat.
- Update information on your pleasure craft licence e.g., address change, name change, engine change.
- Get a duplicate of your pleasure craft licence e.g. lost licence, damaged licence
- Renew your pleasure craft licence.
- Cancel a pleasure craft licence.

Display the number on both sides of the bow. The number must appear in block characters which are 7.5 centimeters (3 inches) high in a colour that contrasts with the colour of the bow. There is a $250 fine if you are found operating a vessel without a licence.

As I mentioned the best source of information is the Transport Canada – Marine Transportation web site. https://tc.canada.ca/en/marine-transportation.

Fisheries

Fisheries Update – Fall 2022

By: Jim McIntosh and Paul Patterson Co-Chairs GBCLA Fisheries Committee

'In the upcoming year the committee will focus on attempting to find out why we have not been able to entice walleye to spawn at these sites as well as continue to evaluate any possible new opportunity for enhancements to the great fisheries we have.'

Jim McIntosh, GBCLA Spring Magazine

In our update to members of the Lake Association in the Spring of this year, we reported on the findings of the Walleye Spawning Survey and communicated our objective to further evaluate the existing Spawning sites and other potential sites this year. While Fish Creek continues to be an exceptional spawning site, it is insufficient to supply the whole of Bobs Lake.

The big question is why Walleye are not returning to these rehabilitated, historic spawning grounds. Walleye imprint to where they were spawned and tend to return to these sites year after year. All the restored sites were destroyed by the Ice Storm of 1998, clogged with debris that prevented Walleye from accessing them. It wasn't until 2006 through 2009 that GBCLA restoration work was completed. It may be that whatever imprinting there was, was lost through this period.

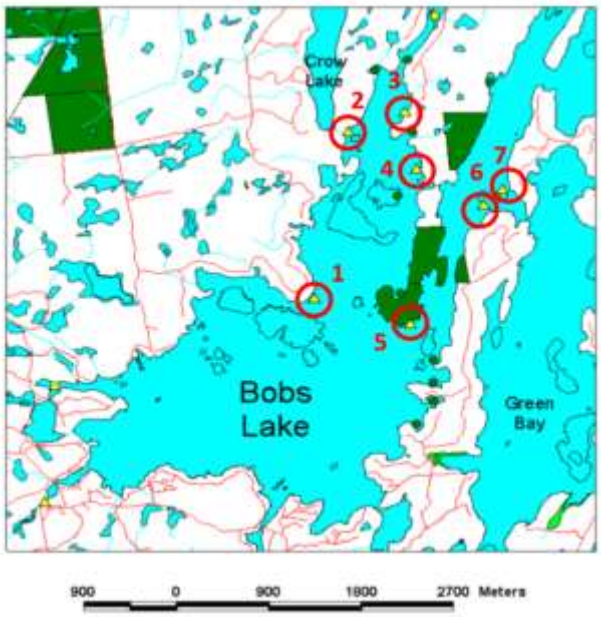
In May members of the Fisheries Committee met with biologists Jennifer Lamoureux from RVCA and Jeff King from McIntosh and Perry, for site visits at the redeveloped spawning sites at Thompson Creek, Camsel Creek, End Creek, Eagle Creek and McEwen Creek.

Of these sites Eagle and McEwen were determined as having the most immediate potential. The biologists recommended that we consider extending the beds at Eagle Creek down to the lake. McEwen was awarded a gold star by the biologists for the quality of its redevelopment. Good clean stone beds with a good rate of flow. If you wanted a photo of a classic Walleye spawning bed, McEwen would be it. We discussed releasing stock fish at these sites, but the biologists were skeptical that this would cause the released fish to imprint to the site.

McEwen Creek, May 2022

The Fisheries Committee also discussed looking at shoal sites on the lake. Fish don't spawn much deeper than 5-10 feet and need shoals with clean, round rock at these depths with consistent wind and waves to provide oxygenation. Potential sites were identified from the 2002 report Fish Habitat of the Tay River Watershed: Existing Conditions and Opportunities for Enhancement developed conjointly by OMNR, RVCA, DFO and Parks Canada. In late August members of the committee undertook site reviews of 7 locations. Of these, Site 2 and Site 5 were determined to be the most likely to support Walleye spawning. Site 2 required further investigation in the spring to see if Walleye are using the Channel between Bobs and Crowe and whether there was sufficient current throughout the spawning period to provide required oxygenation. Site 5 was the largest of all, covering approximately 3500 square meters with a mix of medium and large rock together with small cobble. Flow and wave action would be present as this area is open to the larger bay below and the channel to the east.

As this magazine goes to press members of the Fisheries Committee will once again be taking to the water to assist MNRF with this year's Walleye Stocking program. We have been allocated 28,000 fingerlings which will be released in different locations around the lake in deep water to minimize predation.



Other issues that the Fisheries Committee have been engaged in this year include:

1. Work with the municipality to ensure bridge and culvert works take into account impacts to the Fishery with the Fish Creek bridge replacement being the most critical.
2. Work with MNRF to determine whether Green Bay is a candidate for Lake Trout stocking.
3. Work with MNRF to determine the effectiveness of the provincial Broad Scale Monitoring Program and Netting Surveys
4. Work with MNRF Conservation Officers to monitor poaching activity at Fish Creek during the Walleye spawn

There is lots to do and new ideas are always welcome. If you would like to volunteer to help support the Fishery at Bobs Lake, we would love to hear from you.

Walleye Stocking on Bobs Lake

By: Carson Jen

Ministry Stocking Program

MNRF Truck from White Lake Fish Culture Station

The Ontario Ministry of Natural Resources and Forestry (MNRF) is responsible for regulating the stocking of fish in inland lakes in Ontario. While the fish population on Bobs and Crow Lakes for most species is relatively healthy, that is not the case for all species. The consensus among long time fishermen on the lakes, is that walleye populations on Bobs Lake have been declining for several years. The Fisheries Committee of the Greater Bobs and Crow Lakes Association (GBCLA) has been working with Lisa Solomon, Management Biologist with MNRF for several years, to support fish populations. The fish stocking policy of MNRF relies heavily on a data driven scientific approach. Yearly data from the GBCLA annual walleye surveys and other water quality data from the Rideau Valley Conservation Authority (RVCA), is deemed essential for supporting MNRF fish programs.

Bobs lake is located within MNRF Fish Management Zone 18 (FMZ 18). Six species of fish are stocked on an annual or biannual basis in FMZ 18. Walleye stocking is undertaken on a rehabilitative basis where Walleye are reproducing but stocks are seriously degraded. The depleted population is augmented with a

few years of stocking to enhance the natural reproduction that will eventually (hopefully) maintain the population. Put, Grow and, Take stocking occurs where there is little reproduction of the native species. In concert with the stocking strategy the GBCLA will continue to monitor and provide data of spawning walleye numbers at several creek spawning sites.

Stocking Day: West Basin Bobs Lake

Loading Fingerlings into Containers with Nets

On October 11, 2022, MNRF staff assisted by a team of volunteers from the GBCLA Fisheries Committee, released over 28,000 walleye fingerlings into the western basin of Bobs Lake. The eggs were hatched in mid-May at the Ontario White Lake Fish Culture Station on Highway #7. The fingerlings were 5 months old, and about the length of a human finger (i.e. fingerling). The MNRF Release Guidelines ideally require strict release conditions to maximize the chances of the fish surviving. With so many fingerlings in a container, they are under significant stress and must be released within 15 minutes. This limited the farthest drop sites to the midpoint of the Central Narrows. The 20 drop sites in the west basin were in shallow water (less than 15 ft or 4.5 m) with vegetation for hiding and, close proximity to small forage fish and invertebrates. Ideally this is near islands and shoals. Hopefully within a few years, these fish will grow to a decent size and offer some real fights!

Stocking programs do not succeed without some very capable people in charge. The release was supervised by Graham Branscombe of MNRF Peterborough-Kingston Office with help from Alex Marunde, and Kyle Reynolds from the Whitefish Hatchery. The 12 volunteers included Duane Meeks (+Judy Meeks), Brad Greenslade and Braden Greenslade of the South Frontenac Volunteer Fire Department; Ken Connolly, Don Anderson, Christian Bihum, Diane Stevens, Gord Thompson, Bev Mahon, Carson Jen and Conservation Officer Hayley Ferguson.

Fingerlings Being Released

Water Quality

Water Quality Testing Results – 2021
By: Jeff Carabott

Moon Over the Lake *Photo by: Sally Brink*

The Ontario Lake Partner Program (LPP) is a province-wide, volunteer-based, water-quality monitoring program. Volunteers collect total phosphorus water samples in May and make monthly water clarity observations on their lakes through to October. This information allows for the early detection of changes in the nutrient status and/or the water clarity of the lake due to the impacts of shoreline development, climate change and other stresses. Testing includes Secchi disk readings (for clarity) and total phosphorous (TP), the principal nutrient that makes lakes more fertile.

Thank you to all of the volunteer water quality testers. A special thank you to Edie MacNinch, who has passed on her Secchi disk after testing since 1998! Quite an accomplishment and a fine example of volunteer dedication.

Testing results from the summer of 2022 are not yet available, and we will report on these in the Spring newsletter.

Why Sample?

High levels of phosphorus can lead to algal blooms and in some cases affect the habitat of cold-water fish such as lake trout. By sampling the total phosphorus in May of each year it is possible to detect a change in the nutrient status of your lake. It is important to note that several years of data must be collected to observe the normal, between-year-differences, before a trend can be identified.

Take these simple steps to prevent the growth of algae blooms:

- use phosphate-free detergents, personal care, and household cleaning products
- avoid using fertilizers on lawns, especially fertilizers that contain phosphorus
- maintain a natural shoreline on lake and riverfront properties
- reduce agricultural runoff by planting or maintaining vegetation along waterways and minimizing fertilizer use
- check septic systems to ensure they do not leak into the water source

While total phosphorus concentrations are the best way to describe the nutrient status of your lake, regular Secchi disk visibility depths can also help to identify changes in water clarity that are not linked to nutrient status (zebra mussels, climate change, etc.).

The LPP Annual Report may be downloaded by visiting the FOCA website: https://foca.on.ca/lake-partner-program-sampling-assistance/

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

High transparency (Secchi depth >4 m)
Moderately transparent (Secchi depth 2-4 m)
Low transparency (Secchi depth 0-2 m)

The Minimum Provincial Water Quality Objective (PWQO) is 2 metres, indicating that waters are usually clear, and sufficient sunlight can penetrate the water column to support aquatic life.

Location	Avg. Secchi disk 2021(m)	Avg. Secchi disk 2020 (m)	Avg. Secchi disk 2019 (m)	Avg. Secchi disk 1996-2018 (m)
Buck Bay	-	-	-	4.4
East Basin	5.8	-	5.3	5.5
Crow Bay	4.8	-	-	4.4
Ctrl Narrows	4.8	4.7	-	4.4
Green Bay	-	6.1	6.4	6.0
Long Bay	4.5	-	-	4.6
Mill Bay	-	-	2.7	3.1
Mud Bay	5.4	5.8	5.8	5.3
Norris Bay	5.0	5.1	4.4	4.8
West Basin	5.0	4.8	3.4	4.5
Crow Lake	6.0	-	5.4	5.2

Secchi Disk

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

Location	Avg. TP (ug/L) 2021	Avg. TP (ug/L) 2019	Avg. TP (ug/L) 2002-2018*	Avg. TP (ug/L) Pre-2002
Buck Bay	-	-	9.8	9.0
East Basin	6.3	10.7	8.7	11.0
Crow Bay	7.8	-	9.2	7.0
Central Narrows	7.5	10.9	9.6	11.0
Green Bay	-	8.5	8.7	11.0
Long Bay	7.9	10.2	9.1	16.0
Mill Bay	-	11.2	16.0	17.0
Mud Bay	7.9	9.5	8.1	8.0
Norris Bay	6.3	8.6	9.5	14.0
West Basin	8.8	14.0	11.9	10.0
Crow Lake	7.4	8.7	9.1	9.0

* Possible outliers not included

Calcium and Zebra Mussels

Calcium, at a concentration of 20mg/l, allows the likelihood for zebra mussels to establish colonies and complete their life cycle. Calcium was below the threshold of 20 mg/l in all bays, except Green Bay and Long Bay. However, calcium concentrations are very close to exceeding this threshold in Mill Bay, Mud Bay, East Basin, Norris Bay, and Crow Lake. Zebra mussels have already taken a strong foothold Mud Bay. It is very important that property owners and users of the lake remain vigilant in protecting against the spread of this invasive species, particularly at public access points in these areas.

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. Drain water from the motor, live well, bilge and transom wells while on land. For more information please visit www.invadingspecies.com.

Invasive Species

Invasive Species – Update

By: Joselyn Morley

The summer of 2022 saw some cautious optimism that the destruction by the Spongy Moth (Lymantria Dispar Dispar Moth or LDD Moth, formerly known as "Gypsy Moth") was less severe than in previous years. Winter 2022 saw some periods of sustained cold which can destroy some of the Spongy Moth's eggs. It was also a relatively cold and damp spring allowing for the proliferation of both the fungus (Entomophaga Maimaiga) and a nucleopolyhedrosis virus (NPV) that can kill the Spongy Moth, limiting their destructive capacity. Historically, an outbreak of the Spongy Moths collapse in two to four years as do other such enemies such as mice, birds, predatory insects or mites, and parasitic wasps and flies. Nevertheless, this latest outbreak of the Spongy Moth was particularly disastrous to many areas in Ontario including around Bobs and Crow Lakes. Trees under stress from other factors such as drought and development are still struggling to recover. They will continue to do so for a few years, hopefully without another major outbreak of Spongy Moths. Your best option for control going forward is to destroy any egg sacks you find now through the winter. Keep watch for any emerging caterpillars in the spring and dispose of them.

LDD Moth

The invasive Eurasian water-milfoil continues to be a problem. It looks similar to our native Northern water-milfoil but the invasive Eurasian variety forms thick mats of vegetation, making the water inhospitable to native plants and animals. It can choke other plants and itself out with decomposing plant matter reducing oxygen in the water. This can affect many plants and animals and can destroy fish spawning areas. Eurasian water-milfoil can interbreed with native Northern water-milfoil and create a more aggressive form of the plant. Small parts of the plant can grow into new plants making it very easy to spread by boats, trailers, fishing gear, and water currents. Eurasian water-milfoil has the unhappy distinction of being one of the most widely distributed invasive aquatic plants in North America. Native

Eurasian Milfoil

water-milfoil has 11 or fewer leaf segments whereas the leaves on the Eurasian water-milfoil have 12 or more thread-like segments. It is a perennial plant that grows under the water surface with groups of four or five feathery green leaves. They bloom in late July or early August and they have small, reddish flowers that grow on spikes that are 5 to 20 centimeters long, rising above the water. Your best defense is to learn to identify Eurasian water-milfoil in contrast to our native Northern water-milfoil and remove it. Be vigilant that you do not transport parts of the plants to other areas by boat, fishing gear or trailers. As with all invasive species, you can call the Invading Species Hotline 1-800-563-7711 or report online at http://www.invadingspecies.com/.

Zebra Mussel

Zebra mussels and Quagga mussels have been in Ontario since the late 1980s. Quagga mussels tend to be found in deeper water, so we are more familiar with Zebra mussels in Bobs and Crow Lakes. They are usually two centimeters long but can grow to four cm, triangular shaped, brown and yellow in colouring and, can grow on flat surfaces. They filter lake water which, although sounds nice at first thought, is extremely detrimental to native species. Zebra mussels filter the water until there is not enough food for native filter feeder species. Clearer water allows sunlight to penetrate to a greater depth allowing more detrimental algae growth. Mussel waste can harbour botulism, infecting and killing off fish eating birds. Zebra mussels can destroy fish spawning areas and make lakes inhospitable to native fish. Report sightings and find information at https://www.eddmaps.org. You can also find information on all invasive species at the Ontario Invasive Species Awareness website http://www.invadingspecies.com/.

Lake Resident Interest Pieces

Some Thoughts on Choosing a Generator

By: Dick Johnston

On July 19th, 2022, a major storm called a derecho, left devastating impact across the region. The hurricane level winds left many without power for days.

Here was my situation and the steps I took to get through this outage, which was longer than previous ones. I have a small generator (1700 watts) which by laying out a power bar and some extension cords, I was able to keep some lights on and the fridge and small freezer cold enough to ensure we did not lose any food. When the fridge and freezer were not running, I was able to keep the internet going. We could not use the jet pump to get water from the lake. We could not use any other appliances as the capacity of the generator was too small. We did not have to worry about the septic system as it is a gravity system. Following that experience I decided to investigate upgrading my current generator to better meet my needs.

Here is what I found out as well as some helpful tips I was given by those folks who deal with generators and emergency backup equipment. I have tried to consolidate a mountain of information into something simple and practical.

There are basically three types of generators:

Portable/Luggable

These have a small wattage capacity with the average around 2000 watts. They are primarily used for running power tools and small electrical appliances. Many of the newer models are well insulated and are quiet compared to other larger models and they use standard automobile gasoline. This the type that I have, and it worked for me during the recent outage. Mine weighs about 21Kg.

Portable

Referred to as open frame generators, they are larger and are moved around on wheels. They are the most common and come in a large range of wattages. They indicate two wattage ratings with the upper number designating the starting wattage capacity. The lower number designates the running wattage capacity. The larger units have the capacity to provide enough electricity to power a small home however, the greater the wattage capacity the greater the cost.

Standby or Whole House

These are the large generators that are permanently connected to your household power. They are usually fueled by propane but in an urban environment they may use natural gas. They are designed to start the instant they detect a power outage. Once the outage has been fixed, they automatically stop providing power to the house. They can be programmed to perform tests by turning on a preset time to ensure they are functioning properly. New models have built in Wi-Fi to notify you of testing and to identify any possible problems. They will also monitor your propane usage.

At the time of writing this article the demand for standby generators is such that, depending on the product and availability of electricians, there could be a 6-month delay in having one installed.

Determine Your Requirements

Make a list of all the electrical requirements you currently have. This would include all large appliances (fridge, freezer, dryer, stove, electric furnace etc.), all small appliances (coffee maker, microwave, electric kettle etc.) electronics, pumps, motors, lighting, basically anything that uses electricity. Check to see what the wattage is for each item or group of items. This type of information will be found in owner's manuals or on the internet.

Calculate Your Wattage Needs

This is an important step if you want to have an accurate list of your requirements. It will help determine what size and type of generation you will need. When I was calculating my wattage requirements I learned that motors and compressors have two different electrical draws. The first is the starting wattage and the second is running wattage. A rule of thumb is that the starting wattage is approximately 3 times the running wattage. So in my case, the pump I use to get water from the lake has a running requirement of 1400 watts but a starting requirement of 4400 watts. My small generator did not have the ability to run my pump. The result - trips to the lake to haul water back up to the cottage.

There are helpful internet sites that will assist you when calculating your requirements.

Additional things I learned:

- If you have any questions on what you require you should consult an electrician.
- Any connections to your cottage or home electrical system should be done involving both Hydro One and an electrician. An incorrectly installed set up may result in serious injury or fire or both.

- Devices that are hard wired into to your electrical system e.g. water pumps and hot water tanks require a permit to be disconnected.
- Follow all the safety instructions outlined in your user manual.
- Determine where you are going to store your generator. It should be easily accessible.
- Determine where you are going to run the generator. There may be an issue with the exhaust and carbon monoxide. Some newer generators have a CO Shield. The CO Shield will automatically shut off if it detects harmful levels of carbon monoxide.
- Determine how much gas you want to have on hand for your generator. The larger the generator the more gas it will use. A neighbour who has a larger generator, keeps about 40 liters stored with the generator. Refilling the generator using a 20-liter gas container may be too awkward for some people, consider using smaller containers.
- Larger generators may be difficult to start manually. Consider getting one with an electric start.
- Make sure you have the appropriate number and proper type and gauge of extension cords.
- Test your generator periodically.
- Have additional cash available. Gas pumps may be working but if the internet is not functioning, retailers my only take cash.

Sunset Country Campground

By: Bill and Kimberly Powis

Overhead View of the Site Lake Front

In March 1985, we (Bill and Kimberly Powis) purchased and began operating Rider's Campground. Ron and Marsha Rider developed the site in 1971, after buying the property from Charles Kelly. The campground investment was a perfect fit for us. No more weekend commutes from Ottawa, an income to live on, a relaxing lake to fish on, and ice skating right in our own front yard. Bill's 16 years as a police officer and my hair dressing experience did not lend itself to managing a campground with a store, gas pumps, 3 cottages and 72 camp sites. It only made sense to run Sunset as a seasonal park. Nonetheless, it was a gruelling pace from April 1 until October 31, all work, work, and more work. Thankfully, the Riders did not move far away and were a tremendous help in getting us going in the early years. It was always on a long weekend that things went wrong! A blocked septic system, a hydro outage (melted ice cream!) or overbooking the same site are examples of the drama we faced. Our children Michael and Jaimie, aged 7 and 12, had to adjust to their "new summer vacation". Many times, they would disappear into their friends' trailers especially when it was time to clean the washrooms. It's no surprise neither of them wants to take over the business!

In 1987 we incorporated and renamed the park Sunset Country Campground Inc., after the incredible views of the lake and spectacular sunsets. The best part of owning a campground was the people we met. We enjoyed meeting new people, some as far away as Germany, whether an extended stay or even for a couple of days. The folks we welcomed back each season became family members to us. We watched their children grow up and even their children's children. The saddest times were when we lost campers to illness and death. All our dear campers organized a surprise 25th anniversary as park owners, where we were presented with gifts, cards, and a great party. To commemorate that special occasion, we were thrilled to receive a mounted and framed carving of Bobs Lake. That event made us consider selling after 25 successful years. We changed our minds and did not let go for almost 10 more years! We have so many fond memories during our 34 years. Some were a little scary like the time Bill left the tractor in neutral in

Sunset Country Campground (cont'd)

End of Season Dinner

front of the Rec Hall and it rolled back down the hill into a trailer! Thankfully, no one was in the trailer. One time I let off fireworks upside down. People ran for cover as fireworks shot sideways across the beach barely missing spectators. Yep … no more fireworks for me. Labour Day weekend was our favourite for hosting our end of season roast beef dinner, with so much delicious food. It was our way of thanking our very sociable campers for a great season.

We were truly fortunate to have excellent work associates. People like Don Schauber who could fix anything and if he could not find a part, he would "MacGyver" a part and save us big bucks. His wife Dorothy was our quality control expert. If she was not happy with the results, it was done again until it passed her inspection. Then there was Freya (who still works at the park), who did EVERYTHING, from lawn maintenance, gardening, recycling, garbage pickup, trench digging, dock removal, store clerk, chip truck chef and of course unplugging the toilets. We loved hiring and, were blessed with the local folks especially students. Young men and women like Taylor, Tanner/Judy Meeks, Katie Howes, Angie Brown, Cheryl McEwen, Holly McNeish, Stephanie Babcock, Donalda Tryon, Donalda Anne Tryon, Maggie Sutcliffe, Pam/Tanner Workman, Evan Kyte, Bailey Lewers, Nic Smith, Eythan Steward, Aimee Houde, Jenna Hunt and our grandson Austin Seeds. "Teamwork makes the dream work", aptly described our staff.

Bill and Kimberly Powis

Our goal was to improve, enhance, and grow the park to its full potential. When we sold, we feel that is what we had accomplished. To say we miss owning and operating the park would be an understatement. What we do not miss is the long hours, missed meals, late night skunk removal, overflowing septic systems, and rescuing stranded folks in our rented pontoon. In retirement Bill and I are still busy, but active with fishing, swimming, and all the other lake activities we had to forgo for 34 years. Do we have any regrets? Not one. If anyone is thinking of embarking on a similar journey, do not hesitate. We highly recommend it.

Finally, we want to thank all the people who supported us over 34 years both in the park and the cottagers who came from everywhere to buy gas, groceries, and ice cream. Bobs Lake will always hold a special place in our hearts. We will continue to show our support to the Greater Bobs and Crow Lakes Association for their work in keeping our lakes healthy and inviting.

Proposed Riding Move

By: Bill St. Arnaud

It is interesting to note that the new proposed riding moves Bedford District (which mostly encompasses Bobs Lake) into the new riding.

Some historical context is needed to understand the makeup of this new riding: During amalgamation of the townships years ago there was quite a debate as to whether Bedford district should be part of the new Central Frontenac or South Frontenac townships. Many residents of Bedford Township at that time felt a closer affinity to the new Central Frontenac township. The Bedford township councillors at that time advocated Bedford district to join Central Frontenac. But for whatever reason, the powers that be in the Harris government decided Bedford should be part of South Frontenac.

As an example, for those who follow Frontenac news, you may have noticed South Frontenac council is often focused on issues like suburban development, garbage collection, sewage treatment etc. Central Frontenac on the other hand, supports septic re-inspection, dumps, and other issues more relevant to us on the lake.

To my mind this alignment of Bedford district with a largely lake and rural Ontario riding is a good thing and, is more in line with our historical alignment with other lake focused townships.

However, it is a minor issue whether we are part of this riding or not. Our interaction with federal authorities and MPs is very small compared to their provincial or municipal counterparts and so the final makeup of this riding will have little direct impact on our activities around the lake.

https://www.frontenacnews.ca/frontenac-county-news/item/16002-county-boundaries-breached-in-new-riding-proposal

Wildlife on the Lakes

Loons and Platforms

By: Joselyn Morley

I was shocked when I read that a nearby Lake Association (Wolfe Lake), had recorded only ONE surviving loon chick from this summer. There were at least three known loon nests, and at least six eggs, four of which definitely hatched, yet there was only one surviving loon chick! I would like to compile some data for Bobs and Crow Lakes. Volunteers at Wolfe Lake have built some loon nesting platforms.

These platforms aren't without risks, and they take sustained effort from dedicated volunteers. They can make loons more visible to predators. We can't assume that the loons need our help, or would benefit from our help, but I would like to collect some information from all of you who are on the lake. The loons have either left or are leaving very shortly for their wintering grounds. They'll be back in May, and I'd like to start gathering some information.

Birds Canada carries out a loon survey every year. This year there was 575 Canadian Lakes Loon Survey participant teams. I understand that loon surveys have been

completed in the past on Bobs and Crow Lakes. I've only been part of the GBCLA board since 2019, and the pandemic derailed most things for a couple of years, so I'd love to hear from those of you who have participated in the surveys and studies, or those of you who are familiar with them. I'd appreciate any information as I have no idea if loon nesting platforms would benefit our loons … but I'd like to look into it. Human intervention isn't always helpful, but knowledge and information usually is! Species such as the wood duck have been helped back from the brink of extinction thanks to some human intervention, such as Wood duck nesting boxes. They were on the brink of extinction due to human activities such as habitat destruction and hunting pressure specifically. The Wood Duck requires a very specific habitat, and as such is extremely susceptible to human pressure.

Loons nest right at water level, in amongst the vegetation where the water meets the land. We can help by favouring natural shoreline and participating in shoreline naturalisation projects. Rideau Valley Conservation Authority has information about shoreline naturalisation projects at RVCA.ca. Some projects qualify for assistance both financial as well as assistance with labour, plants, and information.

Loons have low reproduction rates to begin with, as they do not reproduce until 6 to 7 years old and, only have one or two eggs per couple per year. They average ½ chick per year. Their nests can be easily flooded out by changing water levels and wakes. Their eggs can simply be washed out of the nest when the water goes up, or even a small wake hit it. Please always reduce your speed near shore.

Please get in touch (jmorley@ncf.ca) with any loon information. Also, I'm always interested in hearing about your experience with wildlife and all flora and fauna. Is anyone interested in knowing more about Bat Houses or how to help native species of animals and birds by growing native plants and building naturalised areas at your property around the lake? Although we all hate Spongy Moth caterpillars that decimated our beautiful trees, including old oaks, most birds eat caterpillars when young. Planting a garden of native species, with a focus on supporting pollinators, will help bird populations much more than a bird feeder and it will attract fewer bears!

Let me know what you're seeing out there!

The Three Amigos of Bobs and Crow Lakes

Osprey Landing at Bobs Lake

Photos by: Ian MacLatchy

Cook's Corner

Stuffed Squash

Ingredients

Produce
2 Acorn squash
1 Carrot, large
2 Celery stalks
3 tbsp Cranberries, dried
5 Garlic cloves
1/2 Granny smith apple
1 Red onion, large
2 tsp Rosemary, fresh
1 tbsp Sage, fresh

Condiments
1 tbsp Lemon juice, fresh
3 tbsp Lemon juice, freshly squeezed
2 tsp Maple syrup
1/4 cup Well stirred tahini

Pasta & Grains
1 cup Brown rice, dry

Baking & Spices
1 Pinch Black pepper
1/4 tsp Red pepper flakes
1 Pinch Salt
1/2 tsp Sea salt

Nuts & Seeds
1/3 cup Pecans

Liquids
1 Water to, thin

INSTRUCTIONS

Filling

Cook the brown rice according to directions. Once cooked, fluff with a fork and set aside, covered until needed. Meanwhile, preheat the oven to 375ºF and line a baking sheet with parchment paper.

Cut the squash in half (from stem to tip) and scoop out the seeds with a fork and discard (or save for later and toast)! Pierce the flesh a few times with a knife, then place the squash halves face down on the baking sheet. Bake for 40 to 45 minutes or until the squash begins releasing some juices and the flesh gives when pressed. Baking time will vary depending on the size and type of squash used.

While the squash is roasting make the stuffing. In a large non-stick sauté pan, sauté the onion, celery, carrot with about ¼ cup water for 10 to 12 minutes until the onions are translucent and the carrots are tender. Then add the garlic, red pepper flakes, pepper, sage, and rosemary and continue to cook for another minute. Turn the heat off. If the rice isn't cooked yet, set the veggies aside until the rice is ready.

Add the cooked rice to the pan of veggies. Mix in the lemon juice, cranberries, apples, pecans, and salt. Taste and re-season with salt and pepper as needed. Cover to keep warm until the squash are ready.

Tahini Sauce

To make the sauce, whisk the tahini, lemon juice, maple syrup, and salt in a small bowl. Add water, 1 tablespoon at a time, and continue to whisk until smooth.

Assemble

Carefully turn the squash halves over. Add a drizzle of the tahini sauce to the bottom of each squash half and then fill with the brown rice stuffing. Pile the stuffing high until it's spilling out. Drizzle with more tahini sauce if desired, and garnish as you wish! Enjoy!