



Lake Views

Greater Bobs and Crow Lakes Association Magazine
Fall/Winter 2024



Photo by: Ian MacLatchy

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

Edith Sitwell



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

Many of us have now returned to our winter home and can reflect on another remarkable summer at Bobs and Crow Lakes. It was a summer which featured some beautiful days, but several rainy weekends, and then morphed into an autumn of outstanding sunny days, pillowy cumulus clouds, waters that were at times calm and reflective, and outstanding sunsets. Significantly, at time of writing, South Frontenac has just declared a level one fire ban, an indication of how unusually dry our weather has been.

Once again, we were able to meet in person for our Annual General Meeting at Glendower Hall on July 21st. While the development application from Caivan for the property at 162 Campground Lane was on everybody's mind, there was no further report and, to this day, we have heard nothing further from this application. Lynn Watson has included a summary of our AGM in this issue of the magazine.

While the summer brought many happy memories to most of us, some of us once again suffered from tick-borne diseases. There were several reports of Lyme disease and, significantly, an uptick (pardon the pun) in the occurrence of anaplasmosis, a most unpleasant tick-transmitted illness. Jim Flett takes us through his experiences this summer.

Fisheries and Marine Safety are two active committees. Dan Kano reports on the recent activities of his committee, including the stocking of 10,000 walleye on October 11th. Dick Johnston reminds us that the safest policy is to wear your life jackets when boating.

As director of our newest portfolio, Lake Stewardship, Peter Thorp-Levitt has shared his insights into how we can take advantage of government programs to ensure the future health of our lakes. Likewise, in a reprint of an article from the *Frontenac News*, the Rideau Valley Conservation Authority provides advice to cottage owners on how to save their lakes for the enjoyment of future generations.

While many of us have retreated to our winter homes, there are a growing number of cottagers who live year-round on the lakes. Our director of communications, Christine Obbema, reminds us that Christmas decorations can be hazardous to wildlife and suggests ways to decorate without harming our



Board Message (cont'd)

critters. And, whether on the lakes or in our winter homes, good recipes are always welcome. This issue sees a return of *Cooks Corner*.

Larry Arpaia writes of his nostalgia for the peace and quiet of our beautiful lakes and hopes that those who rent cottages on our lakes will someday find the same nostalgia. He provides a link to a Federation of Ontario Cottage Association's (FOCA) website on responsible rental ownership.

Our website at bobsandcrowslakes.ca has been unstable this fall. Currently, it is operational in a reduced capacity, missing some plug-ins. The board is making plans to develop a new website over the winter. Fortunately, you should still be able to renew your membership through the website (PayPal). This portion of the site is functioning well. Our membership renewal process for 2025 is about to begin. We appreciate your ongoing support.

We wish you all a happy and healthy winter and we will look forward to seeing you again in the spring at our beloved lakes.

Board of Directors

The Greater Bobs and Crow Lakes Association

Just Another Day

As I was rowing through the swamp
I saw a small frog sunning
And just beyond there caught my eye
a snake dropping from the field nearby
with customary cunning.

Wondering, I watched him play
the reptile's ancient role
But as he lunged and caught his prey
I suddenly thought to save the day
and struck him with a pole.

The frog, released, played his part too,
small Stoic of the marshland.
He took up sunning in the very same place,
his back to the waiting flicker-tongued face
as I rowed on my way.

Carolyn McGrath



Message from the Editor

As I sit in our log home overlooking the beauty of Bobs Lake, I'm reminded of how this place has truly become home for my husband and me. Just over a year ago, we moved here from southwestern Ontario, and joining the Greater Bobs and Crows Lake Association has been an integral part of that transition.

Becoming part of this community through the Association has offered a warm welcome and a unique connection to the land and the water that surrounds us all. It's a privilege to support and share in the work the Association does to protect and celebrate our lakes—whether it's conserving our natural resources, connecting neighbours, or planning initiatives that keep our lakes vibrant for generations to come.

Through the Association, I was introduced to the writings of Carolyn McGrath. We are pleased to include Ms. McGrath's poem, *Just Another Day*, in this edition of *Lake Views*. Reading her novel, *Two Faces of the Moon*, was the true catalyst for providing me a profound sense of belonging.

McGrath's memoir is a beautifully written and evocative reflection on nature, family, and the human experience. Through her intimate observations of island wildlife, honest portrayal of family dynamics, and insightful reflections on humanity's impact on the natural world, she creates a narrative that resonates deeply. It serves as a reminder of the importance of solitude, the power of nature, and the enduring bonds of family. This book truly illuminated the meaning of being part of this place, guiding me toward a deeper appreciation for the life we've embraced here.

In this issue, we delve into stories that showcase the heart of our community, the resilience of our ecosystem, and the collaborative spirit that makes our lakeside lifestyle so special. Thank you for being part of this journey with us, and for the warm welcome you've extended since we arrived. We look forward to sharing many more moments, memories, and milestones with you all.

Warm regards,
Christine Obbema
Communications Director, GBCLA





Information and Updates

Annual General Meeting Report

The AGM of the Greater Bobs and Crow Lakes Association was held, as usual, in Glendower Hall at 1:00 p.m. on Sunday, July 21st. There were 65 attendees, including 47 members. Five proxies were received, as well.

We were pleased to welcome the Mayor of South Frontenac Township, Art Vandewal, and our Bedford District Councillors, Adam Turcotte and Steve Pegrum, who brought greetings from the municipality. The talented ladies of the Catholic Women's League served their usual exceptional lunch of sandwiches, crudites, and tasty squares and cookies from noon until 1:00 p.m. when the presentations began.

Don Kirk, OPP Marine Frontenac County, and David Yome, OPP Marine Lennox and Addington County, gave a thorough and educational presentation on the rules and regulations for the safe operation of boats on our lakes. Duane Meeks, SSFR Platoon Chief outlined procedures for ensuring that our cottages are fire safe.

Past president, Larry Arpaia called the meeting to order at 2:00 p.m. and led us in a minute of silence in memory of the three young people who died in the horrific boating accident on Buck Bay on the long May weekend: Juliette Côté, Riley Orr and Kaila Bearman.

Reports were received from the chairs of the following portfolios: Finance (Carson Jenn), Fisheries (Dan Kano), Marine Safety (Dick Johnston), Membership (Rick Prudil), Water Quality (Bonnie Carabott) and the newly formed Development Advisory Committee (Lynn Watson) in response to the proposed development on Long Bay.

A new board was elected including two new members. We are pleased to welcome, Christine Obbema in Communications and Dan Kano, Fisheries. Both bring enthusiasm and expertise to their portfolios that is most appreciated. As well, at their August meeting, the Board of Directors appointed Peter Thorpe-Levitt to the new portfolio of Lake Stewardship (replacing the former position Director of Wildlife) and Heather Veltman, as Recording secretary. This latter position was created to assist Lynn Watson, Secretary, who is assuming the role of Acting President from Carson Jenn, Treasurer. This means that all board positions are filled for the first time in a few years – except for the role of President! We look forward to a productive year working together to keep our lakes pristine and safe.

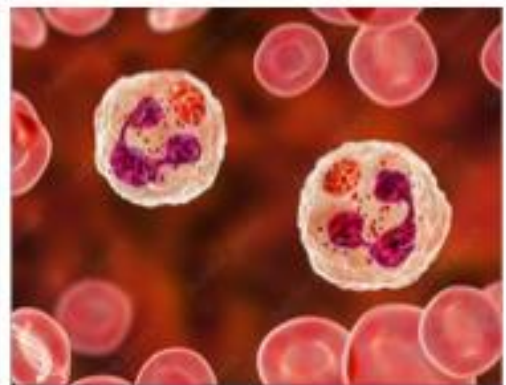
Carson Jenn has served both as Treasurer and Acting-President for several years. We owe him a debt of gratitude for his willingness to keep the ship moving forward. Carson is, also, an active member of the Fisheries Committee so he will still be involved but should be receiving fewer emails and calls for help and advice going forward. Thanks, Carson, for a job well done.

Lynn Watson
Secretary/Acting-President



Anaplasmosis - a bacteria carried by black legged ticks in our area

My recent experience by Jim Flett



Anaplasma bacteria infecting neutrophils - adobe.com

Symptoms of Anaplasmosis infection: fever, chills, headache, muscle aches, nausea, cough, extreme tiredness, loss of appetite, loss of weight, joint pain, vomiting, and rash.

On Saturday, June 29, I began to feel terrible with a fever and chills. On Tuesday morning we contacted our family physician who indicated to us that there was a bad flu in circulation and that I should rest and stay hydrated.

As the week progressed, I deteriorated with vomiting and diarrhea. I had no energy. My wife (Frances) tried to keep me hydrated but I could keep nothing down, and I had no appetite. As we approached the next weekend, it seemed unlikely this was just a flu. My cognitive ability was deteriorating, due to dehydration.

Frances contacted our physician that second Monday and they concluded that I should go to the Emergency Department at Kingston Health Sciences Centre (KHSC). Over the 10 days, I had lost 35 pounds. We waited about 5 hours to see an Emergency Physician. Care was excellent, but there were no beds, and I spent the first night on a stretcher in ER.

The fact I had been bitten by a tick in early June came up during questioning, and, although I had taken the two antibiotic pills at that time, the physician felt confident I had Anaplasmosis. Nevertheless, she did lots of blood tests to rule everything else out and I was put on intravenous to rehydrate and given some doxycycline for the infection.

Apparently, it takes several weeks to get confirmation of Anaplasmosis from a blood test, so other possibilities need to be ruled out. I learned that Anaplasmosis is believed to transfer into people much faster than Lyme disease. It takes 8 hours for Anaplasmosis, not the 24+ hours that Lyme disease takes. In mid-September my blood test came back negative for Anaplasmosis. I was surprised as my illness matched the symptoms and the antibiotics had the expected results. Apparently, one can have a negative result to the test and still have the disease.

I spent much of my life working in hospitals, but this was my first experience as an inpatient. On the second day I was moved to a temporary ward that had been set up in the Cancer Centre. Care was again excellent, but I was not back to myself and still not thinking straight. An Intern came to give me my second antibiotic and I said I did not want it, so he left. Frances had just stepped away for a few minutes so did not know what happened. The next day, Frances was there when he returned, and of course corrected the instruction, and fortunately I started the antibiotic again. It is so important to have a family member or friend present to help when you're unwell.

On the third day I was sent home, hospital beds were in demand, I was eating, and the only treatment was the antibiotic, so there was no need for me to stay. At home it took several weeks to build up my strength and gain weight, but by the end of August I was feeling like my old self again.



Table 1 - Natural tick repellants by “Natlawn of America”

1. Mow your lawn on a regular basis. Ticks like to hide in tall grass and wait for a host to latch on to.
2. Remove leaf debris and keep garden beds clean and dry.
3. Prune shrubs and bushes so they aren't extending into walk areas where people or pets will brush up against them.
4. Create a natural barrier around your property using gravel or wood chips. These areas will be hot and dry and make navigation difficult repelling ticks from your yard.
5. Keep pets out of wooded areas as much as possible.
6. Avoid shady areas; ticks like the shade because they can't tolerate heat.
7. Keep ground covers to a minimum, as ticks like to hide there.
8. Try to keep deer out of the yard as they are the preferred host of deer ticks.
9. Grow plants with a strong odour or essential oil such as mint, lavender, lemon balm, or marigolds. Mosquito repellent plants also help repel ticks naturally.
10. If you have a wood pile, keep it neat and in a sunny area. Remember, moist wood and shade is a tick magnet.

Given this experience and a Lyme disease infection a few years ago, I am now doing my best to avoid a repeat of either. I am now doing daily tick checks. When working around the cottage, I wear light coloured long pants, tucked into my socks. I spray insect repellent on my work shoes and socks, wear long sleeves, gloves, and a hat. Make sure your cloths are light weight so you do not over heat and the ticks are more visible

I love the environment and wildlife around the lake, so I am hesitant to use some sprays that can kill ticks as they can also harm bees and other insects which are needed for a healthy ecosystem. If you choose to spray, be careful what you spray near the lake as some sprays have permethrin or pyrethrin in them and I have been told that these substances are very deadly to fish and aquatic life as well as insects. If you go the route of a spray to reduce ticks, ask lots of questions and please try to protect our lakes and wildlife.

I enjoy seeing deer and other animals although they carry ticks. Mice on the other hand I could live without so I like seeing the Eastern Rat Snakes on my property to naturally control ticks. Mice can carry lots of ticks. Opossums apparently also eat lots of ticks, as do chickens and turkeys.

There are some natural tick repellants that may help reduce the tick population, see table 1. While I do not want to affect the natural environment too much, I am implementing some of these methods in an area close to our cottage where we spend most of our time.

I was asked by Bobs and Crow Lakes Association to share my experience this summer to raise awareness about Anaplasmosis. Please be careful and check for ticks daily when at the lake.

Jim Flett has been cottaging on Bobs Lake since he was a youngster. He has seen many changes on the lake; the arrival of tick-born diseases is one of them.



Thanks To Our Many Volunteers



Quietly and behind the scenes, many of our members are contributing to the quality of our experience at Bobs and Crow Lakes. They make a difference and we appreciate all that they do.

Did you know that we have 9 volunteers who quietly go out with their Secchi discs and measure the **quality of our water** regularly through the season? These results are shared with the Lake Partner Program which is a province-wide, volunteer-based, water-quality monitoring program. Volunteers collect total phosphorus samples and make monthly water clarity

observations on their lakes. This information will allow 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. Bonnie and Jeff Carabott co-ordinate this program.

Our **marine safety program** is well established as well and involves 10 volunteers who place buoys to mark shoals on the lake. These buoys are placed before the long weekend in May and removed after Thanksgiving weekend. Throughout the summer as buoys wander off and are reported lost or damaged, the “buoy boys” return them to their moorings or replace them. Many cottagers on the lake have requested and received signage from marine safety and have voluntarily placed them on their land – especially the Go Slow – No Wake signs. Dick Johnston runs this operation smoothly.

The **Fisheries** Committee is a dynamic group of keen fishermen who work hard in the spring to count walleye returning to spawn, participate in rehabilitation of streams and in stocking of walleye fingerlings. On October 11th, about 20 volunteers, including some of our volunteer firemen, worked with staff from the MNRF to stock 10,000 walleye fingerlings. An article on the activities of this committee submitted by the chair of the committee, Dan Kano, outlines how busy these volunteers have been.

You have probably noticed at least one of our 12 **sign boards** around the lake which announce our Annual General Meeting and the Frontenac Frolic every spring. These signs are in the process of being renewed by our faithful volunteers who monitor them and care for them throughout the cottage season.

In the past, we have had volunteers organize flotillas and Bioblitzes and small regattas. And, of course, we have many past and present who have served on our Board of Directors. This year, we advertised the need for volunteers for the lake quality program and received more positive responses than we required. There is a spirit of volunteerism on our lakes and we are grateful to all.





Stewardship Funding Available

The Bobs and Crow Lakes Foundation (B&CLF) is continuing its partnership with the Rideau Valley Conservation Authority (RVCA) to bring special septic and shoreline restoration projects to permanent and seasonal residents of Bobs and Crow Lakes. With a goal to bring long term solutions to water quality improvement and protection to Bobs and Crow Lakes, B&CLF and RVCA will provide a limited number of grants and funding for septic repair and inspections, as well as shoreline erosion control and buffer creation projects.

The Bobs & Crow Lakes Foundation will provide additional financial top-up support for existing grants available through the RVCA's Rideau Valley Rural Clean Water Program (RVRCWP), Shoreline Naturalization Program and the Mississippi Rideau Septic System Office (MRSSO) septic inspection program. The number of B&CLF top-up grants are limited and will be available on a first come, first serve basis to eligible landowners.



FUNDING AVAILABLE!

The Bobs & Crow Lake Foundation, in partnership with RVCA, is offering special funding for Bobs and Crow Lake residents to complete projects that help protect the health of our waterways.

This program supports:	Natural shorelines help:
<ul style="list-style-type: none">• Free Shoreline Planting projects• Top-up grants for Shoreline Erosion Control projects• Top-up grants for Septic Improvement projects	<ul style="list-style-type: none">• Discourage geese• Prevent erosion• Improve water quality• Reduce algae blooms• Support local wildlife

Book a site visit today!



For more information:
Meaghan.McDonald@rvca.ca
613-692-3571 ext 1192
www.rvca.ca/stewardship-grants



Since 2017, the Foundation has provided top-up funding for 52 buffer planting projects, 9 erosion, 6 septic repair and 4 inspection projects for a total top-up funding of \$26,100. We encourage landowners to consider taking advantage of this program to improve the quality of our lakes. If you are interested, contact meaghan.mcdonald@rvca.ca. Or call 613-0692-3571 ext. 1192.

Contributed by Sandy Cameron, a member of the Board of Directors of the Bobs and Crow Lake Foundation.



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Environmental Stewardship – Government Programs Can Help

Our lakes offer bountiful beauty, peacefulness, and joy. It has always been like that, but we must act now to ensure it remains so.

We can maintain our environment in two ways. One is to wrest control of the natural balance from Mother Nature by direct intervention ourselves. For example, mice are sometimes plentiful on our small island in the western basin of Bobs Lake. The human thing to do is lay traps to “cull the herd”. I have found this option to be limited in its success because it kills only a few mice. Unfortunately, it has also trapped other species of animals such as a song sparrow.

However, if left alone, nature will restore balance on its own, and sometimes quickly. This year we attribute the absence of mice to the presence of a two-foot-long black rat snake, an eagle that visits one of our towering pines and some ospreys.

So, let us change the mindset as to how we maintain our properties so they can return to self-sustainability. To ensure the continued health of our lakes, their value and our enjoyment of them while securing tax benefits, the following should be considered:

- Ontario’s Forest Management Tax Incentive Program (FMTIP)
- Land Trusts
- A financial donation to a provincially governed Conservation Authority,
- Supporting a non-public, charitable organization such as Nature Conservancy Canada (NCC)

Under the Forest Management Tax Incentive Program, if your property amounts to ten acres or more and you choose a qualified expert to write a Forest Management Plan, you will receive an immediate property tax reduction if you agree not to harvest the trees or develop the land in any way. Plus, the plan will give you a list of all tree species, provide a glimpse into its recent natural history and indicate the general health of your forest. Interestingly, the cost of writing the plan may be supported by your Conservation Authority. A Forest Management Plan is an important first step in knowing what you have now. To preserve the integrity of the property and receive a sometimes significant land tax reduction, however, you must apply to the Government of Ontario under the FMTIP.

Not everyone owns large parcels of lakefront property though. So, if this is you, why not create a micro-forest on your holding? While there are no tax benefits, the aesthetic and biological value of planting native trees far outweighs that of the mono-culture lawns that are taking over lake country.

Another way to protect your land is to register it as in a Land Trust. According to the Ontario Land Trust Alliance (OLTA), “Land Trusts are non-profit incorporated charities able to raise funds to purchase land or restrictive covenants (also known as easements) that protect the ecological features of properties. Local land trusts are also able to receive donations of land and easements and are mandated to protect these sites in perpetuity.” While the easement is legally held by the designated land trust, the property owner maintains ownership of their land but cannot alter its natural beauty. If land is donated in this way, the owner is eligible for an enhanced tax benefit. It’s a win-win now and for future generations!

Conservation Authorities are managed by the provincial government. A total of 150,000 hectares of land across Ontario is owned by thirty-six different such authorities and many will entertain a private land trust. The Conservation Land Tax Incentive Program (CLTIP) was introduced in 1998 and provides



Environmental Stewardship (cont'd)

exemption of some or all provincial land tax for eligible properties. Please consult your local Conservation Authority for details - [Rideau Valley Conservation Foundation - Home \(rvcf.ca\)](http://rvcf.ca).

According to the [Nature Conservancy Canada](http://ncc.ca) (NCC) website, it is Canada's leading land conservation organization. Preserving in perpetuity land of high ecological value, it secures properties through donation, purchase or conservation agreement and manages them for the long term. NCC is now responsible for the restoration and conservation of millions of hectares of uniquely Canadian geography. A private, non-profit organization, it too can protect forever your legacy through property purchase or donation that you can continue to use and enjoy as long as you live.

The above options provide unique advantages to property owners like provincial tax incentives, the possibility of deferred ownership transfer and elimination of the burden of capital gains tax. However, you must agree not to alter the property significantly, resulting in the continued health of the forest and the habitat it provides to the benefit of wildlife, water quality and human beings.

We love to sit on our dock and listen to the loons and watch the fish jump. From a "lookout" vantage point we can see ducks swoop down on a mirror finished lake. However, if we do not alter the way we use and manage our lakes, future generations will not be able to enjoy them.

In the coming months I will visit ways of mitigating climate change and protecting our quality of life through lake stewardship.

Peter R. Thorpe-Levitt is the Director of Lake Stewardship, a new position created by the Board to replace the former Wildlife portfolio. He was appointed for his passion for the environment of our lakes, not because he was the only volunteer!

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Eastern Hemlock Trees attacked by the Woolly Adelgid

By: Lynn Watson

As I was driving along listening half-heartedly to CBC Radio, my attention was grabbed by a discussion on a new infestation that was attacking eastern hemlock trees in Southwestern Ontario. I live in London Ontario, but my mind immediately jumped to our cottage property on Bobs Lake. Hemlock? We have these!!!



Along our waterfront on the west basin of Bobs Lake is a stunning row of hemlock trees. They provide shelter and shade when we sit on our deck by the water. Our chickadees like to hang out there in the fall. Hemlock seeds, which are toxic for humans, are a dietary staple for chickadees and other birds. I have spent many happy hours enticing these sweet little birds with sunflower seeds so that I can photograph them! Hemlock trees! During the infestation of LDD caterpillars, I spent untold hours removing these destructive little pests from the many hemlocks that grace our property! Our trees are under attack again!

According to the representative of Invasive Species Canada, this infestation threatens eastern hemlocks in Ontario. He was seeking volunteers to assist in identifying the presence of the **hemlock woolly adelgid**. I was all ears and upon getting back home, I began to research this new threat to our cottage forest.



The woolly adelgid is a tiny little insect about the size of the tip of a sharpened pencil according to the [Invasive Species Centre](https://www.invasivespeciescentre.ca/). While the insect is hard to detect, it leaves white woolly egg sacs which look like little cotton balls or clumps of snow. They spread easily through wind or animals or the human movement of wood, nursery stock, logs, and firewood.

Tsuga canadensis, to use its latin name, is a coniferous tree characterized by short flat needles about a half an inch long, so they are easy to distinguish from pine, or spruce. The trunk is straight and does not usually fork. The brownish bark is scaly. Hemlocks can be very long lived and reach heights of 31 metres or more.

Not to be confused by the hemlock that Socrates drank with dire results, the eastern or Canadian hemlock has medicinal qualities. If you are feeling under the weather in the winter, try making some hemlock tea to cure your aches and pains. Apparently, you just steep the needles or young shoots in hot water for a few minutes.

Photo from invasivespecies.ca



Woolly Adelgid (cont'd)

My fears for the hemlock on our property on Bobs Lake were somewhat alleviated when I finally found a map marking the advance of the woolly adelgid over the years. It seems that the reason that it was featured on CBC London was that the point of entry into Ontario is through places like Fort Erie and Hamilton. However, on the map that I have copied from the Invasive Species Centre, Canada website, I see a little yellow area possibly in Northumberland country that indicates the cursed invasive insect has been spotted in eastern Ontario.

Thousands of eastern hemlocks have been lost along the eastern seaboard, but there is some hope. Preventative measures include caring for your stand of trees, by watering during a drought, mulching around the trees and removing some trees. It seems that thinning a stand of hemlock gives them a competitive advantage, not that I personally am planning on removing any of our beautiful hemlock. I wouldn't do so without the advice of an arborist on which trees to remove.

Once the disease is discovered in your trees, there are some treatments available, such as spraying with insecticidal soap. However, should your trees be near water as ours are, there is not much you can do without harming the environment. A professional pesticide applicator may be able to assist by using trunk injections.

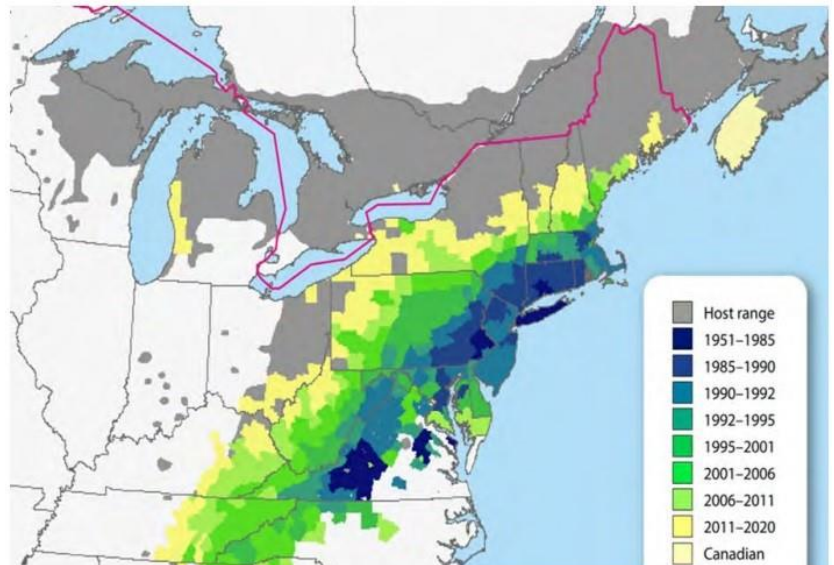


Figure 1. A map of the range of eastern hemlock (*Tsuga canadensis*; grey shading) and the invasion history of hemlock woolly adelgid.

Coordinating with Natural Resources Canada and the Canadian Food Inspection Agency, the Invasive Species Centre of Canada is carrying out research in early detection of the woolly adelgid using traps that capture the insect itself for identification and for DNA analysis. This was the program that was being promoted on CBC that day in February when I happened to be listening.

While it seems that the threat of these pests is not yet in our area, if you do see any sign of the woolly adelgid on your property, report it to the Canadian Food Inspection Agency. For further information on the woolly adelgid visit the following sites:

- invasivespeciescentre.ca
- natural-resources.canada.ca
- inspection.canada.ca

Sources for this article also include the following: Eat the Planet, Wikipedia, and Guide for Managing Woolly Adelgid (March, 2024) available on the [Invasive Species Centre website](https://invasivespeciescentre.ca).

Submitted by Lynn Watson, who is definitely not an expert in trees but would define herself as a tree hugger.



Marine Safety

At the July 12th Greater Bobs and Crow Lake Association's (GB&CLA) Annual General Meeting two Ontario Provincial Police (OPP) representatives, Don Kirk Marine Operator for Frontenac County, and Dave Yome, Marine Operator for Lennox and Addington County, gave a presentation on Marine Safety. Comments from those in attendance found the presentation to be relevant, timely and very informative.

The presentation covered:

- The responsibilities and legal jurisdictions of Transport Canada, Municipalities, the OPP, marine vessel owners and operators
- The required documentation operators must carry with them
- The required safety equipment
- The approved Personal Floatation Devices (PFDs).

They also provided a 'Fatalities Boating Collisions/Incidents 10 Year Trend Analysis' This document showed the breakdown of events by Year, Age, Gender, Region, Causes, Time of Day etc.

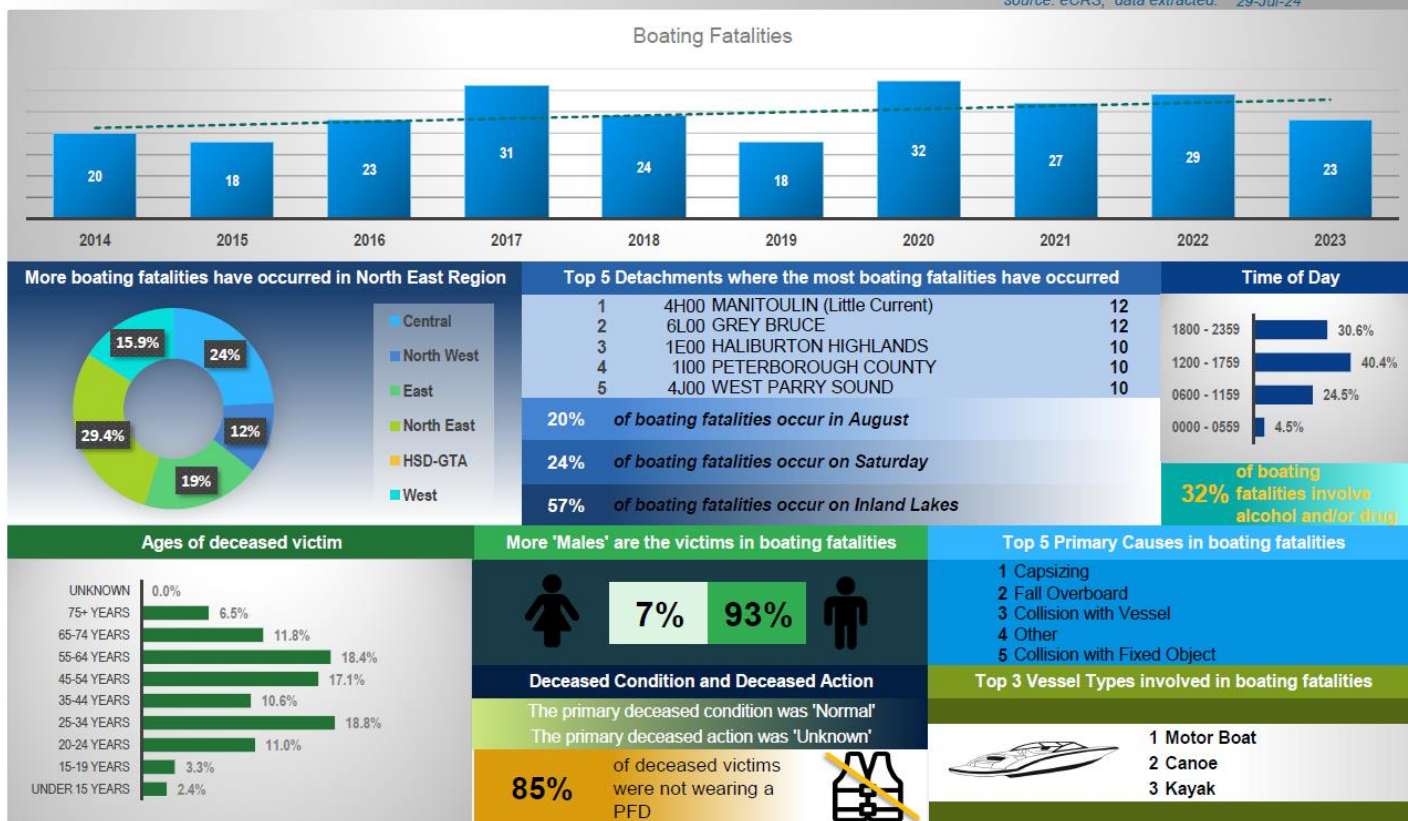
The attached chart highlights some interesting facts: the majority of fatalities (85%) were not wearing a PFD; the majority of fatalities were male (93%); and, 32% of the fatalities involved alcohol or drugs.



Data & Statistical Analysis Unit
ONTARIO PROVINCIAL POLICE

FATALITIES IN BOATING COLLISIONS/ INCIDENTS 10 YEAR TREND ANALYSIS

source: eCRS, data extracted: 29-Jul-24





Fines

D. Kirk noted that the OPP has increased their presence on our lakes over the past few years. To date, the majority of fines issued related to alcohol.

It should be noted that Transport Canada's definition of vessel includes a human-powered boat (canoe, kayak, and paddleboards).

There are two categories and amounts for alcohol related fines: operating /having care control of a boat underway with open container of liquor - \$215.00 fine; having/consuming liquor in unauthorized place - \$125.00 fine.

An operator and passengers can both be charged for the same offence.

Boating under the influence of alcohol, or drugs is illegal. A first-time offence, having a Blood Alcohol Concentration (BAC) between 0.05 – 0.079, will result in a 3-day suspension of your driver's licence and a \$250.00 fine. Fines increase significantly with increased alcohol levels (BAC), or the number of previous occurrences.

There were also fines levied for not having the required Proof of Competency documentation. The documentation can be any of the following:

- a Pleasure Craft Operator Card
- proof of having passed a boating safety course, in Canada, prior to April 1, 1999
- proof of a specified marine certificate
- a completed rental boat safety checklist (good only for the rental period).

Failing to have Proof of Competency, on board, results in a \$305.00 fine.

Reporting to the OPP

The officers emphasized the importance of reporting to the OPP about dangerous boating behaviors and boats operating without mufflers. If you do wish to report an incident:

- If it is considered an emergency call 911. You can call 1-888-31-1122, text OPP, or phone the local detachment. It is recommended that you contact them immediately.
- Gather information: on the location and time of the illegal/ dangerous boating; the description of the boat, registration number, colour, description of the operator; details of the incident; photos and videos are very helpful.
- They ask that you provide your name and contact information. You can ask for a follow up on any outcome. You can also remain anonymous. *Submitted by Dick Johnston, Director of Marine Safety*





Lake Resident Interest Pieces

Advice To Help Cottage Owners Save Their Lake

Rideau Valley Conservation Authority | Published in the *Frontenac News* on Aug 14, 2024

Seasonal cottages can easily become second homes, with all the expectations of city life hitching a ride to the lake. All too often, cottage owners find themselves mowing the lawn, fertilizing gardens and raking weeds out of their swimming area instead of relaxing in paradise.

Not only does this cut into your precious down time, it can also hurt the lake: excess nutrients from fertilizer and pesticides, combined with grassy or hardened shorelines, can lead to weedier lakes, higher risk of harmful algae blooms and increased shoreline erosion. This in turn affects the quality of local swimming, boating and fishing, and can eventually impact property values.

The good news is, a low-maintenance cottage life is easily attainable, all while protecting and improving the lake you love. Top 6 things you can do to love your lake:



Photo by Ian MacLachy

Embrace An Imperfect Property

This summer, do yourself a favour and embrace an imperfect lawn and garden! You'll have more free time, and reducing the amount of lawn care products you use will minimize excess nutrients in the water. This supports clearer lakes, lower risk of harmful algae blooms and improved overall water quality for swimming, boating and fishing.

Go Wild For Wildflowers

Planting native flowers along your shoreline, in a rain garden or simply as a pop of colour in your gardens can do wonders for waterways. Native plants have deeper roots that help fight erosion, aerate the soil, filter stormwater and reduce runoff. They also offer vital food sources for pollinators and other wildlife.

Pick Up Pet Poop

Pet poop left on waterfront lawns can be easily washed into the nearby water, contributing to higher E.Coli levels (and possible beach closures) and encouraging more weeds and harmful algae blooms. Be sure to pick up after your pet as quickly as possible to avoid contaminating your beloved lake.



Buff Up Your Shoreline Buffer

Building a robust shoreline buffer of native shrubs, trees and plants will help reduce erosion, filter contaminants and even discourage geese. RVCA's Shoreline Naturalization Program offers generous grants to develop a custom plan that preserves your water access and views while improving your shoreline. Bonus: by planting just a few metres of your grassy shoreline, you'll have less lawn to mow and more time to enjoy your personal paradise!



Photo from rvca.ca

Drain The Rain

Stormwater runoff washes chemicals, sediment and excess nutrients into our waterways. To help, consider installing sustainable drainage features such as rain barrels, rain gardens, soak away pits or swales to help slow, soak and store rainwater. Other simple solutions include redirecting your downspout to a garden or natural area, adding natural log steps to any steep pathways and aerating your grass for better infiltration. Visit our sustainable drainage page for fact sheets, videos and how-to guides.

Be Septic Savvy

Private septic systems can be a source of contamination in lakes and rivers if they're not maintained properly. Leaking septic systems can also be dangerous for the health of your family and neighbours. Be sure to only use septic-safe cleaners and chemicals in your home, and schedule inspections and pump-outs every three to five years to keep your septic working properly. Book an inspection sooner if you notice a foul odour or water pooling over the bed. Learn more in our SepticSmart handbook!



Photo from rvca.ca

To learn more about conservation and stewardship opportunities in the Rideau Valley, visit www.rvca.ca.



7 Eco-Friendly Holiday Tips to Help Wildlife

As we deck the halls and prepare for the holiday season, it's important to consider the impact our celebrations can have on the local wildlife. Here are 8 eco-friendly tips to help keep our wild neighbors safe and thriving:

Choose Daytime Decorations Instead of covering your home in energy-guzzling lights, opt for daytime decorations like big, festive bows on trees. **Focus on Window Displays**

Rather than draping lights across your entire house and fence, create a festive window display. This allows you to enjoy the holiday spirit while minimizing the impact on surrounding wildlife.

Use Timers and Warm Lighting

If you do use outdoor lights, be sure to set them on a timer and turn them off at night. When choosing bulbs, select warm colors like amber or red, as they are less disruptive to nocturnal species.

Angle Spotlights Downward

When using spotlights, aim them downward and use shields to prevent light from shining into the sky or nearby vegetation. This helps create dark refuges for nocturnal wildlife.

Leave Trees and Shrubs Unlit

Avoid covering your trees and shrubs in lights, as these should remain as dark, undisturbed spaces for wildlife to thrive. Avoid tinsel as it can easily become wrapped around an animal's neck or digestive tract if ingested.

Be Mindful When Traveling

If you're going camping or traveling during the holidays, be extra conscious of your light usage. Minimizing light pollution is crucial for protecting young seabirds, baby turtles, and other nocturnal species.

Educate Your Community

Share these eco-friendly tips with your neighbors and encourage them to join you in creating a more wildlife-friendly holiday season. Together, we can make a real difference for the animals that share our spaces.

By implementing these simple, eco-friendly practices, we can enjoy the holiday festivities while also protecting the delicate balance of the natural world around us. Let's make this a season of celebration and conservation!



Photo by Laura Beth Snipes/Unsplash.com



A Nostalgia and Short-Term Rentals

By: Larry Arpaia

I was introduced to the back woods of New England, Quebec and Ontario when I was four years old. Hiking, canoeing and tenting were all part of my initiation. Learning to be at one with nature, walking off and digging my own cat hole at least 200 ft from a lake or stream, determining where to pitch our tent, placing our food in a tree at least 15 ft in the air in a proper bear resistant container and practicing that anything we brought into the wilderness also came out with us. Our fires were for cooking, warmth, protection from mosquitoes and telling and singing tall stories. Fishing was always plentiful except when it was not.

Some 23 years later we fell in love with the waters around Manitoulin Island and discovered an island “camp” where we had to purchase a 16’ Lonestar with a 25 Evinrude to get us and our supplies to the island. We learned the required maintenance of an outboard and the fiberglass boat that gave us over 40 years of service. We had no electricity on the island and carried buckets of water from Lake Huron to meet our needs. We built a proper “outhouse” and discovered the wonders of Lyme. An outdoor grill was created to cook foods and eventually bake bread. One year we found a propane refrigerator at the dump in Little Current and proceeded to reclaim and eventually successfully restore it. Finally, we could have “refrigeration” on the island. We continued to have outdoor fires yet we discovered the joys of a screened in porch as we expanded our cabin to 550 sq feet. We also planted a garden of herbs and greens to sustain us for our summer stays.

About 20 years ago we found Bobs & Crow Lakes. We had electricity yet our primary heat source was our wood burning stove. Collecting, storing, chopping and burning firewood became a new skill. A well was drilled and we secured drinking water at 165’. Maintenance of the well was required. A septic tank was installed, and the concept of regular maintenance and pump outs every 3 years was part of our learnings. Winter driving and maintenance of our country laneways was required. As boats have increased in size so have the wakes and shoreline erosion. Boat speeds of 10 km / hour within 100 ft of the shoreline may have been understood yet rarely followed by boaters.

I have resided on Bobs and Crow for 20+ years. I have been nostalgic about my experiences involving camping, cottaging and protecting nature. As I approach four decades enjoying the wilderness, I see a new challenge awaiting us that requires us to make good decisions if we are to sustain our lakes.

In retirement, many are choosing to relocate in rural areas, perhaps on or close to a lake or stream. We believe that we need much space to be happy. Others are trying to justify the cost of having a cottage on the lake so that they may relive their youth experiences. Some have justified the high cost of cottaging by renting out their summer homes to justify a high mortgage for a second residence. We also have speculators who are purchasing cottages to be rented through organizations like VRBO.

We do not want to make assumptions about the decision that you have made or the process that you are using to experience life on our lakes. We are concerned about the sustainability of our lakes, the garbage that is produced, the use and abuse of our private laneways, our marine safety and the noise and light pollution that does occur without an understanding of and commitment to the rural experience.




To assist those who have chosen to create Short Term Rentals (STR) I ask you to read the following link from the Federation of Ontario Cottage Associations and hopefully use their suggestions for you and your future renters to experience nature and cottaging as should be. Someday this experience will be your nostalgia!

<http://foca.on.ca/wp-content/uploads/2018/03/Responsible-Rental-Ownership.pdf>

Larry is a past-president of the Greater Bobs and Crow Lakes Association and continues to sit on the Board of Directors.



Photo by Ian MacLatchy



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Cooks Corner

Joan McCalla's Recipe for Trifle:

Ingredients:

- 1 package jelly roll cakes
- 1 package vanilla pudding
- 1 cup whipping cream (35%)
- 1/2 cup dry Sherry
- Pint of raspberries or strawberries for topping

Instructions:

1. Line glass dessert bowl with sliced jelly rolls and drizzle on sherry to soak
2. In separate bowl, prepare vanilla pudding and pour on jelly rolls
3. Cover with plastic wrap touching the pudding (so no skin forms) and refrigerate to set
4. After an hour, remove from fridge and take off plastic wrap to ready for whipped cream
5. In separate bowl, whip cup of cream to soft peaks and slather on top of pudding.
6. Decorate top with fresh raspberries or strawberries. 🍓

Enjoy!

Note: Recipe may be doubled for large crowd



Creamy Pierogi Chicken Soup

Ingredients:

6 slices thick cut bacon, chopped	2 tablespoons all-purpose flour
2 tablespoons extra virgin olive oil	6 cups chicken or bone broth
1 yellow onion, chopped	2 chicken thighs or breasts
6 carrots, chopped	1 ½ cups heavy cream or whole milk
4 celery stalks, chopped	½ cup grated cheddar cheese
2 cloves garlic, chopped	28 fresh or frozen mini potato pierogies (1 package)
2 tablespoons fresh thyme leaves	
kosher salt and black pepper	
2 tablespoons salted butter	

Instructions:

1. Cook the bacon in a large pot over medium heat until crisp, about 5 minutes. Remove the bacon from the pot. If there's excess bacon grease, drain off all but 1 tablespoon.
2. To the pot, add the olive oil, onion, carrots, celery, garlic, and thyme. Season with salt and pepper. Cook for 5 minutes, until fragrant.
3. Stir in the butter and flour, cook for 1 minute. Add the broth. Stir in the chicken. Simmer over medium heat for 20 minutes, until the chicken is cooked through. At this point, the soup can simmer on low for up to 4-6 hours.
4. Shred the chicken using 2 forks. Stir in the cream/milk, and the cheddar. Bring to a gentle boil and stir in the pierogies. Cook for 8 minutes, stirring occasionally, until the pierogies float. If the soup is too thick, add additional broth.
5. Serve the soup topped the bacon (and, if you want, parmesan cheese).

Note: You can add whatever herbs you prefer. I like to use dried Herbs de Provence instead of fresh thyme. You can also add a dash of cayenne pepper if you like a kick. I like to make my own potato, cheddar and bacon pierogies. If you have larger pierogies, add only what makes sense – 28 will be too many! Ravioli pasta can be used as an alternative.



Keith's Layered Crab Dip

Ingredients:

- 1 – 8 oz package of cream cheese
- 1 tbsp. grated onion
- 1 tbsp Worcester sauce
- 1 ½ tsp. lemon juice
- Salt
- Pepper
- ½ cup chilli sauce (I use seafood cocktail)
- 1 1/2 tbsp. mayonnaise
- 1 – 7 oz tin crab meat
- 2 tbsp. fresh parsley

Instructions:

1. Mix cream cheese, onion, Worcester sauce, mayo and lemon juice until smooth. Add salt and pepper to taste.
2. Spread in a shallow serving dish.
3. Drain, rinse and fluff with a fork the crab meat and spread over top of cheese mixture.
4. Spread chilli sauce or seafood cocktail sauce over top
5. Chop parsley and sprinkle on top.

Serve with assorted crackers or scoops.



Janis Trickey's Ultimate Cinnamon Muffin

Ingredients:

¾ cup butter or margarine, soft
¾ cup granulated sugar
1 tsp vanilla
2 eggs
1 ¾ cup flour
1 tsp baking powder
1 tsp baking soda
pinch of salt
1 cup sour cream (or plain yogurt)

Topping:

3 tsp cinnamon
1/3 cup granulated sugar

Instructions:

Cream together butter, sugar and eggs. Add vanilla. Combine dry ingredients in a separate bowl. Pour dry ingredients into wet and blend with a spoon. Pour 1 tbsp of mixture into greased or lined muffin tin. Sprinkle with topping (sugar and cinnamon combined).

Bake at 375°F for 15 – 20 minutes. Makes 12 muffins. Enjoy!