

# KENNEBEC LAKE ASSOCIATION

## Spring Newsletter

## May 2005

### *A Word from the President...*

Now that the seemingly endless winter has gone, we are all enjoying the advent of spring and beginning to anticipate a long hot summer on Kennebec Lake. Everywhere permanent and seasonal Kennebec residents are renewing friendships and preparing for the summer season.

I would like to share with you the priorities for 2005 identified by your Executive. It is our intention to:

**Distribute the "Living By Water"** brochure to residents of and guests to Kennebec Lake. Your copy is enclosed; more will be made available to local camps and businesses. We all need to encourage everyone who enjoys our Lake to preserve it by living and playing by the guidelines.

**Improve communications** and reduce costs by using electronic mail. To do this we need e-mail addresses for as many people as possible. Please ensure that we have an up-to-date address on file for you by completing and returning the attached form when renewing your membership, or by e-mailing us at [jkennedy48@hotmail.com](mailto:jkennedy48@hotmail.com).

**Maximize membership and participation** in events by following up with property owners and residents around the lake. We will be looking for help from 'zone reps' to ensure direct contact with as many people as possible.

**Represent the interests of property owners** by monitoring and working with Central Frontenac Municipal Council as they establish budgets and make decisions impacting levels of taxation. Mike Wise and a small committee will help provide leadership in this area.

**Continue Lake Stewardship Committee work** led by Aileen Merriam. Plans include: identify pickerel spawning beds, retrieve data on numbers and health of fish in the Lake and construct a loon nesting platform to be installed next to Green Island in the east end of the lake.

**Continue developing a Lake and Watershed Management Plan.** Activities will reflect needs to better understand fishery health, source water protection, water flow into and out of the Lake and the capacity of the Lake for development. Partnerships are needed with Quinte Conservation Authority, Central Frontenac Council and the Ministry of Natural Resources. Our work will acknowledge the contexts of the Friends of the Salmon River and the Frontenac Environmental Partnership. We will be soliciting your input as key stakeholders in determining the future for Kennebec Lake and its watershed.

Happy Spring everyone and let's hope for lots of good weather and a short bug season!

*Terry Kennedy*

### Shoreline Matters...

#### **Beautiful, Easy, Carefree and Effective...**

We keep being told to protect or establish a buffer strip along our shorelines, to keep sediments and nutrients out of the water. Below are some examples of native plants to use in a buffer strip along your shore... AND they will beautify your home place year-round while providing homes for small creatures to thrive.

#### **With their feet in the water and along a wet shore:**

**Buttonbush** (*Cephalanthus occidentalis*) white globe-like flower heads in summer and knobby black seed heads in winter

**Red-osier Dogwood** (*Cornus stolonifera*) red branches in winter and white flowers in spring

**Sweet Gale** (*Myrica gale*) sweet-scented foliage

**Pickereelweed** (*Pontederia cordata*) heart-shaped leaves; blue flower spikes in summer and fall

**Cardinal Flower** (*Lobelia cardinalis*) striking brilliant crimson flower heads in late summer

#### **Where it is wet in spring and/or along a damp shore:**

**Winterberry** (*Ilex verticillata*) bright red clusters of berries along gray branches, attracting birds in early winter

**Meadowsweet** (*Spiraea latifolia*) white flower heads in summer and attractive seed heads in winter

**Steeplebush** (*Spiraea tomentosa*) tall pink flower heads and tall seed heads in winter

**Blue Flag** (*Iris versicolor*) beautiful blue flowers in spring and summer

#### **Along damp to drier shorelines:**

**Swamp Milkweed** (*Aesclepias incarnata*) showy pink flowers and interesting seed pods

**Spotted Joe-Pye Weed** (*Eupatorium dubium*) tall plants with dusty-pink flower clusters

**Boneset** (*Eupatorium perfoliatum*) tall plants with grayish-white flower heads

**Sweet Fern** (*Comptonia peregrina*) fragrant, fern-like leaves on low-growing spreading shrub

And so many more possibilities...

Many of these plants will establish themselves along your shoreline if they are growing nearby and you leave your shoreline undisturbed.

*Aileen Merriam*

**KLA Executive 2005**

President: Terry Kennedy..... 335-3606  
 Past President: Bill Van Vugt..... 335-2082  
 1st Vice-President: Judy Kennedy..... 335-3606  
 2nd Vice-President: Bruce Counce..... 335-2084  
 Secretary: Carol Counce..... 335-2084  
 Treasurer: Jerry Izzard..... 335-4016  
 Lake Steward: Aileen Merriam..... 335-3589

**Members-At-Large:**

Rochelle Cahoon, John Duchene, Keith Feasey,  
 Jack Nicolson, Jack Patterson, Ed Swain, Debbie  
 Trojek, Mike Wise

**Drinking Water Testing**

The Ontario Ministry of Health provides free testing of drinking water; in this area testing is done by the Kingston Regional Health Laboratory. Sample bottles may be obtained from local health unit offices. Samples are accepted at the following times:

**Sharbot Lake:** 279-2151  
 Tuesday only 8:30 - 11:50 a.m.  
**Cloyne:** 336-8989  
 Wednesday only 8:30 - 11:00 a.m.  
**Kingston:** 549-1232  
 Monday - Thursday 8:30 a.m. - 4:30 p.m.  
 Friday 8:30 a.m. - noon

**Some Recreation Activities around Arden**

**In the Arden Community Centre:**

**Arden Seniors "Happy Gang"**

1st Tuesday each month - 11 a.m.  
 contact Jack Patterson - 335-3469

**Glee Club:** Tuesday afternoons - 1 p.m.  
 contact Helen Praskey - 335-2486

**Line Dancing:** Monday mornings - 9:30 a.m.  
 contact Rosemary Wadham - 335-2893

**Dancercise:** Tuesday mornings - 9 a.m.  
 contact Gloria Smiley - 335-2188

**Tai Chi:** Wednesday mornings - 9:15 a.m.  
 contact Helen Praskey - 335-2486

**Euchre:** Tuesday evenings - 7:30 p.m.  
 contact Jim Kirkland - 335-2604

**T.O.P.S.:** Wednesday evenings - 6:30 p.m.  
 contact Carol Patterson- 335-3469

**Marathon Bridge:**  
 contact Diane Nicolson - 335-2845

**Recreation Committee Dances:**  
 May 14 - Music by **Synapse**  
 contact Dave McCourt - 335-3539  
 June 2 - Music by **Ardenaires**  
 contact Bill Miles - 335-4031

**In Sharbot Lake High School:**

**Volleyball:** Monday evenings - 7 p.m.  
 contact Dave McCourt - 335-3539

**911 - NOW HERE - 911**

911 Emergency Service for Central Frontenac, including Kennebec Lake, came into effect late in 2004.

A special envelope with 911 instructions was sent to every landowner last Fall.

Those of us around Kennebec Lake are grateful to the volunteers who walked all the roads to identify properties. Their information was used by Jack Nicolson and the late Marsden Kirk to complete the 911 civic address numbering system that enables Emergency Services to reach us in times of need.

*Many thanks to all for their efforts.*

**Annual General Meeting and Corn Roast...**

Bring your family and friends to the Kennebec Lake Association AGM. Express your concerns and opinions. Elect next years executive.

Visit with your neighbours from around the lake. Enjoy corn and hot dogs. *Mark your calendar now!*

**When: Saturday, August 27, 2005 at 11 a.m.**  
**Where: Arden Recreation Park**

**Important Note - Bass Fishing**



The bass season does not open until the first weekend of July. Please respect these fish on their spawning beds throughout May and June and refrain from fishing for this species during this time.

Casting towards shore is also illegal prior to July.

- • • • •
- **SEPTIC SYSTEMS IMPACT OUR ENVIRONMENT** •
- How well are YOU doing in maintaining a safe SEPTIC •
- SYSTEM? •
- Checklist: •
- \_\_\_ proper size relative to number of users •
- \_\_\_ 15 metres from any open waterway •
- \_\_\_ 15 metres from any building •
- \_\_\_ ground slopes away from the system •
- \_\_\_ pumping system (if required) is working •
- \_\_\_ no woody or dense vegetation on tile bed •
- \_\_\_ no ponding or visible outflow from tile bed •
- \_\_\_ no noticeable smell •
- \_\_\_ no extra bright green spots in line from house to tank •
- \_\_\_ no excess algae around your lakeshore •
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## **Kennebec Lake Fishing - What About Restocking ?**

Some Kennebecers have been heard to say *"The fishing is not like it used to be. Should we be restocking Kennebec Lake with fish?"*

Restocking would work only if fishing is poor simply because we have taken too many fish out. Fishing pressure certainly is one of the variables that can cause 'poor fishing', especially with today's technology of fish finders, fast 'bass boats', down-riggers, etc. But if it is other things that have changed, such as the number or quality of spawning beds, *simply adding more fish will not solve the problem.*

How many and where are the spawning beds on Kennebec Lake? Not just pickerel spawning beds on shoals offshore, but also where the pike spawn up swollen creeks and in flooded areas that will be dried up by midsummer. And where the two species of bass build their nests near shore - marshy for the largemouths and rockier or gravelly for the smallmouths. If spawning areas have been destroyed or degraded, where would restocked fish spawn? *If they can not spawn, restocking can only result in a temporary stock of homeless fish.*

If fish fry or fingerlings are stocked, they will need shallow weedy areas that produce lots of invertebrate or plant food. If larger juveniles are stocked, they will need food production, no excessive competition from other small and mid-sized species and dense cover to protect them against predators, including adults of their own species. Have we protected all these habitat types from the impact of human activities on this lake? *If not, stocking these age groups won't do much except increase the food supply for other things.*

Stocking in a lake that has lost the habitats and the conditions necessary for sustaining the fish that are stocked will lead only to a put-and-take fishery, not one that can sustain itself - a quick fix that won't last. If a lake currently can support only a small number of the fish being stocked, the lake's capacity is not suddenly going to increase to match a truckload of those fish being dumped in.

Our shoreline activities affect the capacity of the lake for those fish with critical shoreline needs. If plants in the shallows are overgrown due, for example, to nutrients from septic seepage, the decay of all that dead plant matter on the bottom can use up available oxygen and cause fish to be killed at night when the plants are producing no oxygen or are under the ice where gas exchange is blocked.

Our activities in draining or filling wetlands and in preventing spring high water reduce the capacity of the lake for pike. We hardly notice our effect on smaller foodfish and their foods but our impacts on water quality, hence on plant growth and on dissolved oxygen, affect them and in turn affect the larger species.

*Responding to 'poor fishing' by calling for stocking may be just an avoidance of a critical look at how human activities are affecting the ability of Kennebec Lake to sustain the natural processes that make it possible for the lake to sustain its fish population.*

*Gray Merriam*

## **A Special Request to our Fisherfolks "PLEASE GET THE LEAD OUT"**

Lead sinkers and jigs, commonly used to lower fishing lines, are killing loons and other water birds at a startling rate.

Currently all lead sinkers and jigs are banned from our National Parks. A proposal to the Canadian Government has been introduced to extend this ban to all fishing areas (see website [www.cws.scf.ec.gc.ca/fishing/regs\\_e.csm](http://www.cws.scf.ec.gc.ca/fishing/regs_e.csm)).

Because lead is poisonous when ingested, birds such as loons, ducks, geese, eagles, hawks, osprey and herons - all of which live around Kennebec Lake - are in danger of losing their lives. As well, humans handling lead fishing gear can absorb the lead through their skin.

Environment Canada tells us that about 500 tonnes of lead in the form of sinkers and jigs are lost in Canadian waters each year.

Birds suffering from lead poisoning may act strangely, fly or walk poorly, lose weight and not eat and/or become defenseless. They will not build nests, mate, lay eggs or care for young already present. All will eventually die.

Your Kennebec Lake Association asks all of us who enjoy the sport of fishing to help protect our wildlife, our children and our lake by using sinkers and jigs that do not contain lead. Safe alternatives are available.

Let's not wait for legislation. Please help save a life and **"GET THE LEAD OUT"**

*Judy Kennedy*

## **Loons get help from volunteers and a local contractor**

Kennebec Lake has participated in the **Canadian Lakes Loon Survey** for a number of years. Recently no young loons have been sighted on our lake.

Loons are certainly here - why have they not been able to raise young ones?

One reason may be the normal water level changes that can flood loon nests or leave them high and dry, too far from the water.

This spring volunteers have built a loon nesting platform which will be anchored near Green Island (east end). It will rise and fall with the water level. Local contractor Glen Matson has donated the cedar poles needed for the raft part of the platform. *Thank you, Glen.*

**You** can help by giving loons space. Please leave them undisturbed at Green Island and other nesting sites. Stay away from feeding loons. Thank you all.

*Aileen Merriam*

## Kennebec Winter Sightings

Although this winter has seemed quite long, we have been entertained by a variety of wildlife.

Bald eagles have been sighted several times by Gord Wright, Si Tucker and Kay and Keith Feasey. At freeze-up a bald eagle actually swooped down and plucked a stranded loon right out of the water. This was bad news for the loon but in the cycle of nature, meals were provided for two eagles, a fox and several ravens.

Aileen and Gray Merriam spotted a mink floating down the Salmon River on a small piece of ice. Otter have been seen playing on the Salmon River and at numerous locations on Kennebec Lake.

A Great Gray Owl spent part of its winter at the intersection of Highway 7 and the Arden Road. We all looked for this beautiful bird each day we went to Arden to shop or get mail.

Elk have been reported in the area and at the eastern end of the lake moose tracks were spotted several times by Cliff Anderson.

Red fox, deer, coyote, squirrel and hundreds of winter birds have been regular visitors and a special part of our daily lives.

A few residents reported seeing wolves and wolf tracks. Wolf sightings are unusual as this area is outside their known perimeter but Bill Van Vugt has the pictures to prove it.

Now the snow and ice have melted we are enjoying chipmunks, loons and ducks and hearing the chorus frogs and spring peepers. Great harbingers of Spring!

*Judy Kennedy*

## Kennebec Seniors Impressive in Whitehorse!

By now most people will have heard about the achievements of our fellow Kennebecers at the Seniors' Games in Whitehorse last fall. Nine of our number participated in the Games and managed to bring home an impressive total of ten medals among them. This represented 17% of all medals won by Ontario!

Congratulations to Tom Christiansen, Evelyn Izzard, Diane Nicolson, Jack Nicolson, Doug Smith, Marg Smith, Pat Tucker, Si Tucker and Bill Van Vugt for having the courage and perseverance to train and enter this level of competition. We are proud of you and your achievements.

*Terry Kennedy*

## Pride in Our Lake

We are pleased that so many of you are wearing the bright-coloured **T-shirts, golf shirts, sweats, vests and hats** with the Kennebec logo.

Marshland Canada assures high quality will continue at competitive prices. Please complete the attached order form and forward it along with payment to Jerry Izzard, prior to June 11.

## Kennebec Lake Contour Maps

These maps, created by Judy Kennedy and one of her students, have been very well received.

The maps are laminated and sell for \$6.00 each.

Some Kennebec residents have framed them; others use them for place mats.

Please call Judy at 335-3606 to purchase copies.



## Spicy Rhubarb

2 cups	<b>rhubarb</b> , diced	500 ml
1/4 cup	<b>sugar</b>	60 ml
1 tbsp	fresh <b>ginger</b> , grated	15 ml
1 tsp	<b>orange zest</b> , grated	5 ml
1/4 tsp	<b>cinnamon</b>	1 ml

Place all ingredients in saucepan. Bring to boil. Lower heat and simmer 10-15 minutes, uncovered, until rhubarb thickens.

Set aside to cool.

*A great garnish for pork.*

## Rhubarb Butter

1/2 cup	<b>butter</b> , room temperature	125 ml
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1/2 cup	<b>spicy rhubarb</b>	125 ml
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In food processor, puree butter until smooth. Mix the spicy rhubarb into the butter with a couple of quick pulses. Place soft butter on plastic wrap and roll into a log, about 8" x 1" (20 cm x 2.5 cm).

Freeze or refrigerate to set.

*Melt a slice of rhubarb butter on roast pork, or enjoy on toast.*

*Adapted from recipes in June 2003 Cottage Life*

## Frog Chorus - the Music of Springtime

The music of springtime in forests, meadows, swamps and along rivers and streams includes the croaking of frogs. This spring song is almost exclusively the male mating call; the female whose voice is quieter and often silent, listens. In their courtship behaviour the male frogs just croak; this attracts the females and as soon as a female comes within reach of a male he clasps her. He even clasps other males that come too close, but is promptly discouraged by a short protesting grunt.

Most frogs mate in water and the eggs are usually fertilized as soon as they are expelled by the female. Often numbering in the thousands, the eggs are held in a jelly-like substance and are attached to water plants or deposited in shallow water. The eggs hatch into tadpoles, completely aquatic creatures with eyes, mouths, gills and long flat tails. They eat algae, water plants and tiny animals floating on the water.

Many frogs are land dwellers but some live in trees or in the water and others burrow beneath the earth. Females are usually larger than males. Frogs eat almost any small animal that moves, including other frogs. Their huge appetite for insects makes them valuable to farmers, gardeners and cottagers.

The evening chorus of Kennebec's spring peepers is a marvel of sound. With its mouth closed, this inch-long frog produces high-pitched whistles that are amplified by a balloon-like sac on its throat. The spring peeper is brownish with a dark cross-shaped mark on its back. It has small toe disks that enable it to climb up trees, screens and window glass.

In contrast, our largest frogs, the bullfrogs, have a booming call. "Bottle-o-rum, jug-o-rum, more rum, more rum". Male bullfrogs select certain perches from which their concert can be heard far and wide. On Kennebec we notice that they use the same places over and over. Breeding in June or July depends on the warm temperature of the air and the water. The eggs are black and white and float in the foam of the surface slime. The tadpoles grow very large (4-6 inches) and take more than a year to develop into adult frogs. Adult bullfrogs feed on small frogs, fish, snakes, birds, mice and insects. Their leap is a blur and they control their direction in flight by twisting their webbed feet.

Leopard frogs often wander far from water. Remember that amphibian means double life - water and land. Leopard frogs are green to brown in colour and have dark brown or black round spots on their backs. Kennebec's pickerel frogs are cream to brown in colour and have two rows of dark squarish spots on their backs.

*Dave and Sheila McCourt*

### Canadian Lakes Loon Survey (CLLS)

Once again in 2005 we need your help to monitor the loons on Kennebec Lake as part of the CLLS program of Bird Studies Canada.

**Please report sightings of loon pairs, nests, and downy, small and large young to Rochelle Cahoon 335-4132 or Ron Henry 335-2585.** See Spring 2003 Newsletter for a description of how to tell if it you are seeing a pair, and how to determine which class of young you see.

NOTE: No loon chicks have been reported in the last three years. If you see one, please let us know.

WANTED: Dedicated loon observer in the west end of the lake.



Downy Young



Small Young



Large Young

### Property Taxes - 2005

The tax bills for February and April total half of what we paid last year, as mandated by the province. They are not an indicator of our total 2005 taxes. What can we expect this year? For most of us, any change in our taxes will equal, in percentage terms, the change in the tax rate. The Municipal Property Assessment Corporation (MPAC) has not undertaken a general reassessment of property values. Only those with new construction have been reassessed.

Our mayor and Councillors have completed their budget discussions. From the outset, they were committed to making every effort to avoid another tax increase. They were successful - the Township budget, including a 6.1% tax rate reduction, will be presented for formal approval at the May 9, 2005 Council meeting. Approximately 60% of our property taxes go to the Township.

The County tax rate, representing about 20% of our tax bills, has increased by 8.9%. The education levy, also about 20% of our tax bills, is the same as last year.

Assuming that the Township budget is approved, 2005 property taxes for most of us in Central Frontenac will be 2% lower than last year.

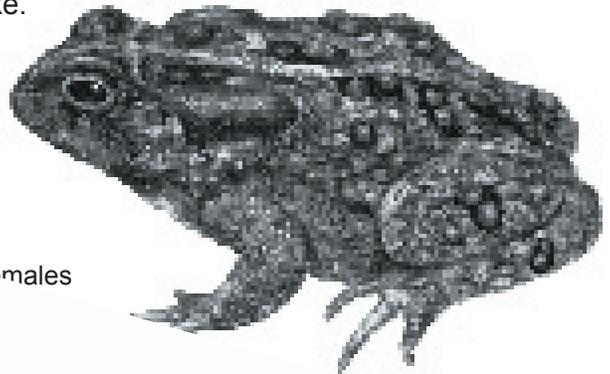
*Mike Wise*

## Did you know that around Kennebec Lake we can hear toads singing?

The American Toad is the only toad around Kennebec Lake. Its mating call is a high-pitched musical trill lasting up to 30 seconds. Calling begins in mid-spring.

### AMERICAN TOAD *Bufo americanus*

- 5.1 - 9 cm
- One or two “warts” per dark spot on body
- White belly covered in dark spots
- Males have a dark throat and tend to be smaller than females
- Breeds in a wide variety of habitats, from ditches



## Did you know that here in Central scrambling across sunny rocks?

The Five-lined Skink is Ontario’s only lizard.

### FIVE-LINED SKINK *Eumeces fasciatus*

- 12 - 15 cm. half of which is tail
- five yellowish stripes from nose to tail; stripes fade with age
- young have bright blue tails that turn gray with age
- adult males have bright orange jaws and chin
- leathery eggs hatch into 4.5 - 6 cm young

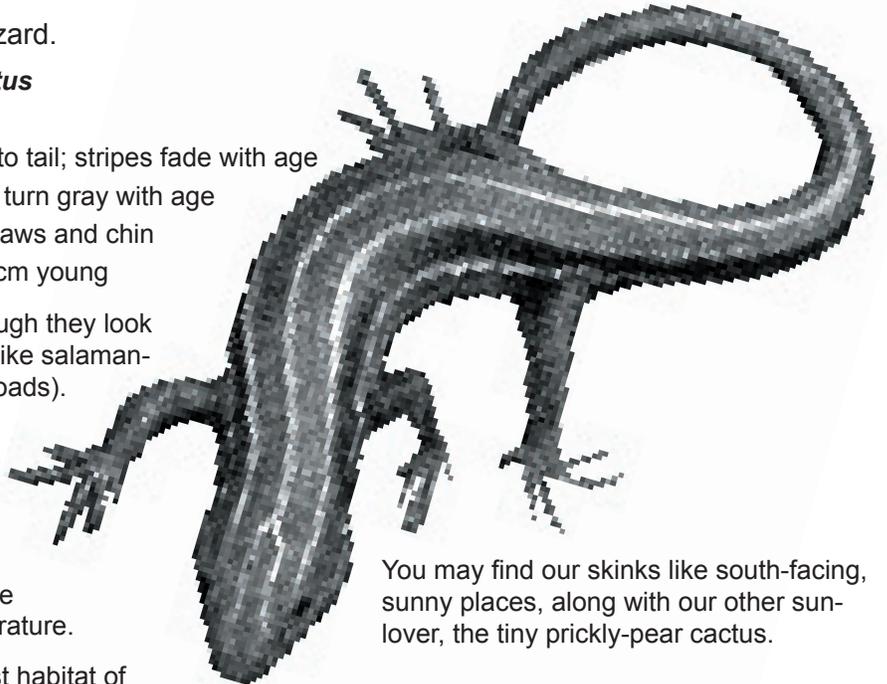
Skinks are covered with small scales. Although they look shiny, they do not have moist, smooth skin like salamanders (which are amphibians like frogs and toads).

Skinks cannot regulate their body temperature as mammals and birds can. Lizard temperature is controlled by the lizard’s behaviour relative to heat sources in its environment. Lizards are sometimes called heliotherms (sun/heat) because they use the sun to get their bodies up to working temperature.

As well as sunny rocks, skinks like the moist habitat of open woodlands where the female will lay about 9 eggs in a nest, often in rotting wood or under rocks. She guards the eggs only until they hatch and the young are a few days old.

Handle skinks carefully - the tails break off easily. Actually the tail is shed by special muscles as a way to escape from predators. The tail will grow back again with time.

The Five-Lined Skink reaches the northern part of its range here. It is the only lizard in Canada and is designated as of “Special Concern” by the Committee on the Status of Endangered Wildlife and as “Vulnerable” by the Ontario Ministry of Natural Resources.



You may find our skinks like south-facing, sunny places, along with our other sun-lover, the tiny prickly-pear cactus.

*Aileen and Gray Merriam*

Your newsletter brought to you by:  
 Desk-top production: Aileen Merriam  
 Editor: Judy Kennedy  
 Reproduction: Bruce and Carol Counce  
 Thanks to all contributors of articles and to volunteers who helped with distribution.

**KENNEBEC LAKE ASSOCIATION**

Membership dues for 2005 are \$20.00 per family, due June 15, 2005.

We urge you to renew your membership and encourage your neighbours to join the association, so that we can continue to keep our Lake healthy. Please make cheques payable to: **Kennebec Lake Association and send to Jerry Izzard, Treasurer, Box 117, ARDEN ON K0H 1b0**

Name .....

Local and Civic Address (911 number) .....

Mailing address (if different).....

E-Mail Address .....Telephone.....

- I would like more information about.....
- I am interested in serving on the KLA executive  I am willing to help with KLA activities
- KLA should .....

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