

KENNEBEC LAKE ASSOCIATION

SPRING NEWSLETTER

MAY 2019

Welcome Back and Take a Hike!

by Kevin Laporte, Chair

Greetings! After a particularly challenging winter, it is really nice to see spring arrive. The blackflies may be starting, but the ice is gone, the loons are back, and it is wonderful to see friends and neighbours both new and old returning to the lake for another fabulous summer.

Mark your calendars: the annual Canada Day/Independence Day Flotilla and BBQ will take place again this year on Saturday, June 29, and the KLA AGM is set for Saturday, August 10. Watch our Facebook page, the KLA website and email messages for further details as the dates get closer.

Your current KLA Executive members are Doc Maiorino (Vice-Chair), Terry Kennedy (Past Chair), Roy Beechey (Treasurer), Sandra Dunham (Secretary), Noreen Dertinger (Webmaster), Gord Brown, Gabriel Chartier, Charmaine Chartier, Judy Kennedy, Carrie LaPorte, Jack Nicholson, Peter Smiley, Gloria Smiley and Bill Wong. The position of Lake Steward is currently vacant, and we are looking for a dedicated volunteer to take on this important role. If you would like more information to see if this would be of interest to you, please contact the KLA at kennebeclakeinfo@kennebeclake.ca.

In other news, Central Frontenac has instituted a mandatory septic inspection program that will start with five trout-sensitive lakes. Kennebec Lake does not fall into this designation, so there is no known timeline when our property owners will be affected. For details, visit the Central Frontenac website (www.centralfrontenac.com).

Many lakefront property owners will have received or will be receiving a letter from Watersheds Canada regarding the Love Your Lake program that Kennebec Lake participated in last year. The letter will give you instructions on how to view your confidential property assessment. This private report is for your information only to do with as you wish. (See more details below.)

The Kennebec Wilderness Trails saw some activity over the winter, and the spring cleanup is ongoing. I encourage you to "go take a hike!"

Wishing you all a safe and healthy summer at the lake!



Love Your Lake Update

Notice to All Kennebec Lake Waterfront Property Owners

You may recall that a team from Watersheds Canada (WC) spent two weeks on the lake last summer doing shoreline assessments as part of the Love Your Lake (LYL) program. The data input phase has been completed, and the personalized LYL reports have been developed.

During the last two weeks of April, property owners should have received a letter describing how their reports can be obtained as a downloadable free PDF from the WC website; alternatively, members can order a printed report for \$20, including taxes and shipping.

With just under 300 waterfront properties on the lake and the upper reaches of the Salmon River, it becomes a challenge to maintain pace with ongoing ownership and address/email revisions. With that in mind, if you are a waterfront property owner and **have not** received your letter by mid-May, please send a note to info@loveyourlake.ca or contact me at gord.brown53@gmail.com or 613-335-4843.



— Gord Brown

What Are You “Droning” on About?

by Charmaine Chartier

Whether or not you're comfortable with drones, you must agree that they are an undeniable presence in our society today. And whether you're ready or not, Canada's national aviation authority will be implementing new drone laws that come into effect on June 1, 2019.



To help you navigate the revised regulations and to ensure drones are operated responsibly and safely, let's zoom in on what's new.

First of all, you need to identify your drone operations as **Basic** or **Advanced**.

If you meet all three of these conditions, you're conducting **Basic** operations:

- You fly your drone in uncontrolled airspace
- You fly your drone more than 30 metres (100 feet) horizontally from bystanders
- You never fly your drone over bystanders.

If you don't meet any one of the above three conditions, you are conducting **Advanced** operations. The following general rules apply to all **Basic** and **Advanced** drone operations:

- All drones that weigh between 250 g and 25 kg must be registered with Transport Canada
- All pilots must mark their drones with their registration number before they fly
- All pilots of drones that weigh between 250 g and 25 kg must obtain a Drone Pilot Certificate
- Fly your drone where it can always be seen
- Fly below 122 metres (400 feet) in the air
- Always respect the privacy of others when flying.

More in-depth details can be found on either the Transport Canada or the Government of Canada websites. We would like to thank all would-be Kennebec drone pilots in advance for respecting the new directives so that everyone is able to enjoy the upcoming summer season.

Mark Your Calendars

May start: Seniors Baseball (55+). Wednesdays & Sundays 6 to 8 p.m. at Kennebec Recreation Park.

May 18 (rain date May 19): Annual Victoria Day Fireworks. Dusk at the Arden Recreation Park. Sponsored by the Kennebec Recreation Committee (KRC).

June 21: Trivia Night. 7 p.m. at Kennebec Community Centre. Prizes, 50/50 draw, refreshments & snack bar. Sponsored by the KRC; a rink fundraising event.

June 29 (rain date June 30): 8th Annual Canada Day/Independence Day Boat Parade & BBQ. Have your boat, canoe or kayak ready, decorating it red, white and blue for the big celebration! Boat parade starts at 11 a.m., with BBQ at Kennedy beach at 12:30 p.m. Details will be posted at www.kennebeclake.ca.

June 29: Strawberry Social. 1 to 3 p.m. at the Kennebec Community Centre. Enjoy some strawberry shortcake with tea or coffee (\$6). Sponsored by the Historical Society.

July 15 & August 9: Masonic Frontenac Lodge. Open invitation to all Masons in the cottage community. BBQ and social at 6 p.m. and lodge open at 7:30 p.m. Located at 14177, Road 38 Sharbot Lake.

July 20: Arden Garden Party & Blueberry Social. 10 a.m. to 5 p.m. at the Kennebec Community Centre and Arden Batik, Arden Pottery and Gallery on the Bay. This popular event showcases a diverse selection of local artisans' work. Refreshments served. Sponsored by the Arden Artisans and the Historical Society.

July 26-28: Bon Echo Art Exhibition & Sale. 10 a.m. to 3 p.m. at Bon Echo Park. Sponsored by the Friends of Bon Echo Park.

July 27: Arden Seniors Happy Gang Summer Sale. 8:30 a.m. to 2 p.m., Kennebec Community Centre. Enjoy peameal bacon on a bun for breakfast, the sale by crafters, the bake table and prizes. BBQ lunch at noon with ice-cream sundaes in the afternoon.

— CC

Spring Nature Observations and New Blog

by Noreen Dertinger

Since mid to late March, the signs of spring have been emerging: more animal tracks in the snow, geese returning to the area, and birds singing in the forest. Birds' nesting activities have become more noticeable. Near wet areas, you hear frogs and toads calling; our furry forest friends are more visible too.

On Easter Sunday, Terry Kennedy mentioned that he had heard the loons calling. On Sunday, May 5, while kayaking in the east basin, I encountered three loons in the narrows. They seemed to be getting along peacefully at first but soon started to fight. You can watch some video footage of this via Kennebec Lake's home page. Loons and other wildlife can be fascinating to watch, and your feedback can provide helpful information about them.

You can help the loons by signing up for the annual Loon Survey by Bird Studies Canada at their website. A donation of any amount will enrol you as a member. Volunteers receive an annual update on loon reproduction rates and stewardship information. No experience is necessary, but be available to conduct a

survey at least once in June, July and August.

You can also continue to send your sightings to me via our website (<http://kennebeclake.ca>), and I will submit it to Bird Studies Canada on your behalf.

If you'd rather keep tabs on frogs or turtles, check out Ontario Turtle Tally and FrogWatch Ontario. These belong to the Toronto Zoo's "Adopt-a-Pond" program (www.torontozoo.com/adoptapond), which monitors the distribution and range of turtles and frogs. Resources and species guides are available online to help you in monitoring and reporting activities. You'll learn about salamanders and snakes and find species guides about the five-lined skink, Ontario's only lizard, at the Adopt-a-Pond site. You can also send me your sightings of frogs and turtles, and I will submit them to the above-mentioned surveys.

A new page about wildlife and nature sightings is available via Kennebec Lake's website (<http://kennebeclake.ca/nature>). In time, I will be adding more resources to it. Kennebecers are invited to submit their nature sightings for inclusion on the page.

Gardening Naturally

Many beautiful native wildflowers, flowering shrubs and trees have adapted over time to thrive in this area. Why not use them for landscaping your cottage or home? They will return year after year to brighten your space.

May sees a number of wildflowers in the woods, blooming and producing seed in the short time the sun can reach the forest floor through the bare branches of the trees. Hepaticas, bloodroot, Dutchman's breeches, violets and red and white trilliums are blooming now. All of these will brighten your garden every year after snowmelt.

Buttonbush and mountain holly, spiraea and dogwood, juneberry and wild cherry are among the many native flowering shrubs that also bloom here in spring. Through the season, more beautiful native plants will come into bloom around us. Stroll behind the community hall in Arden to see a naturalization project in progress.

There are many sources for native plants. One of Kennebec's cottagers has a native plant nursery near Belleville, with demonstration gardens just west of Frankford (email bea@naturalthemes.com). If you already have some in your woods and open areas, most transplant well. Friends are usually willing to divide plants or share seeds. Please do not take them from parks or other public areas.

— Aileen Merriam

Kennebec Lake 2020 Calendar – Last call for photos

The final deadline to submit photos for the 2020 calendar is May 31, 2019. Photos received after that will be considered for the 2021 calendar. If your device takes photos that are 4 megapixels or greater, your photo's resolution should be sufficient. Additional guidelines are as follows: they should have a horizontal orientation, not be too dark or too light, and be in line with the lake association's values, with an emphasis on nature and wildlife.

Use our "Contact Us" page at www.kennebeclake.ca/contactus. Alternatively, you can also email us at KennebecLakeInfo@kennebeclake.ca. A committee will assess your photos for quality and suitability.

Once the photography for the 2020 calendar has been selected, a preview will be posted on the website.

— Noreen Dertinger

Newsletter Team: Charmaine Chartier, Charlotte DuChene, Judy Kennedy, Aileen Merriam and Gloria Smiley.
Thanks to contributors of articles and illustrations and to those who collate and distribute the newsletter.

Winter Fun Day 2019

The eighth annual KLA Winter Fun Day took place on February 16, under sunny skies and a temperature of minus 2 degrees C. During the afternoon, 80-plus people attended, including 20 children, several dogs and more ATVs, quads, sleds and snowmobiles than we have ever witnessed. Three of our Township Councillors, as well as our District Fire Chief, dropped by, and a light aircraft performed a low pass over Baker Valley International.

All of the hot dogs and marshmallows were consumed after roasting over the open fire, plus six batches of hot chili and soup, several packages of cookies and candies, a pan of brownies and 14 litres of hot chocolate and cider. For the third year in a row, Del Garcia's ice-fishing display was a big attraction. The rink, snow slides and snowshoe trail were also popular for the children and youth, while the more seasoned attendees stuck pretty close to the fire, food and beverages. Thank you to everyone who attended, and to the host of volunteers for helping to plan the event, prepare the site and provide the food, goodies and drinks.

— Gord Brown

Figs with Maple Syrup, Bacon & Chili

This delicious fig recipe is sweet, salty, sticky and acidic — everything you want in a one-bite appetizer.

5 oz. slab bacon, sliced 1/2 inch thick, then sliced crosswise same size
3 Tbsp. pure maple syrup
8 ripe, fresh figs, halved lengthwise
2 Tbsp. sherry vinegar or red wine vinegar
1/2 tsp. crushed red pepper flakes, finely chopped

Cook bacon pieces in a large nonstick skillet over medium-low, stirring often, until brown and crisp, 8 to 10 minutes. Using a slotted spoon, transfer bacon to a small bowl. Pour off all but 2 Tbsp. fat from skillet. Add maple syrup to skillet, swirling to combine, and heat over medium-high.

Arrange figs in skillet in a single layer, cut-side down. Cook, swirling liquid occasionally, until figs are slightly softened and caramelized, about 5 minutes.

Place figs cut-side up on platter, and press pieces of bacon onto the surface of each fig.

Set the skillet over medium heat, add vinegar, and stir into juices. Bring to a simmer and cook, stirring constantly, until syrupy, about 1 minute. Drizzle syrup over figs, then sprinkle with red pepper.

Makes 8 servings. (Source: epicurious.com)

In Memoriam

The KLA lost several members since our last newsletter. Our sympathy to the families of John McGuire, Jean Beach and Ron Henry.

On Thanksgiving Day, 2018, 17-year-old Josh Eardley, son of Chris Eardley and grandson of Judy Eardley, was killed in a tragic accident on a construction site in Ottawa. Josh loved to fish and was often seen in his aluminum boat up and down the southeast shore of Kennebec Lake. He is sadly missed by all members of the Eardley family and Kennebec neighbours.

Rink Reconstruction

I recently read an article written in 1992 regarding the Arden skating rink. The Youth Group at the time ran the canteen, Stephen Arney was the Rink Supervisor, and the Parent Group worked to fundraise to maintain the rink. All the village children learned to skate on the rink, which was open for hockey players sometimes and public skating (no hockey sticks) at other times.

Unfortunately, the rink needs to be totally reconstructed. The children who learned to skate are now the fundraising parents and grandparents. The youth are helping with skate-a-thons and other ventures to fund a remake that will cost over \$12,000.

They hope to have the rink rebuilt by this fall. Donations are appreciated, and tax receipts are available if requested. Please call Judy and Terry Kennedy at 613-335-3606 for details.

— Judy Kennedy

Friends of Arden Summer Projects

The Friends of Arden has several projects on the go for this summer. The largest is rebuilding the footbridge at the south end of the Arden village park. This bridge became unsafe after spring floods several years ago. A call for help to either rebuild or help donate to costs (tax receipts available) will go out in the summer.

Also on the schedule will be the usual village trimming and tidying, providing dinner for the July Council Meeting and repainting the fence and benches at the village cenotaph.

On the Kennebec Red Trail, a bench will be installed, donated by the Duthie family in memory of Jim Duthie, former Friends of Arden member and Big Clear Lake resident.

If you'd like to help with any of these or other ongoing projects, please call Terry and Judy Kennedy at 613-335-3606.

— JK

Circumstances Permitting

by Gloria Smiley

Building permits are required to ensure that all buildings are constructed in a safe and healthful manner in accordance with Ontario Building Code, the Township of Central Frontenac Zoning Bylaw, as amended, and all applicable laws. They are required for most building projects: homes, cottages, garages and other accessory buildings, additions or renovations, demolitions, new or replacement decks, solid fuel appliances (woodstoves, etc.), pools, roof-mounted solar panels, as well as plumbing changes. You do not typically need a permit for a new single-storey building that is less than 107 square feet with no plumbing.

Whether you are planning to build a structure of any size, installing a trailer on vacant land, putting in a dock or adding livestock to your property, please be sure your plans adhere to the zoning bylaw requirements (see www.centralfrontenac.com for details).

Fire permits are required from April 1 to October 31 for any open-air burning, including incinerators. You can purchase your seasonal fire permits in Arden at the Royal Canadian Legion, or in Sharbot Lake at Gray's Grocery, Ram's Esso or Bob Bazra's Petro-Can.

Three types of permits for outdoor burning are available and very reasonably priced. Make sure you have the correct one(s) for your purpose(s). Permits expire at the end of the season.

Burning materials such as hay, tires, garbage, building materials or other materials restricted by the Ministry of Environment is not allowed at any time. Carelessness regarding a fire can result in fines of up to \$2,000 plus all costs of extinguishing the fire. A burn ban is occasionally in place due to dry conditions. Check the Burn Status at 613-279-2935, ext. 441, or at www.centralfrontenac.com to see if burning is permitted.

Source: Township of Central Frontenac

Lake Partner Program

by Gloria Smiley

Every year, hundreds of volunteers across Ontario donate their time for water monitoring of the province's inland lakes. We are pleased to announce that the 2018 sampling results have been analyzed by the scientists at the Dorset Environmental Centre and are now posted for PDF download through the FOCA (Federation of Cottagers' Associations) program webpage: <https://foca.on.ca/lake-partner-program-sampling-assistance>.

Lake Partner Program (LPP) data is used in a variety of ways, from assisting lake associations in monitoring the long-term health of their lake to advising lakeshore capacity assessment on cold-water lakes. LPP data has been especially useful in academic research, which would not be possible without this information. Using the phosphorus, calcium, chloride and Secchi data gathered by volunteers across Ontario, researchers have been investigating the health of Ontario's lakes.

Source: FOCA Newsletter March 2019

Stormy Weather

by Judy Kennedy

"Severe wind and rainstorms are occurring more frequently in Canada and with more vigor."

FOCA has some tips to help you prepare your property to limit damage from these extremes.

RAIN Repair damaged roof. Clear eavestroughs and make sure downspouts feed away from the foundation. Ensure sump pumps are running and connected to battery backup if possible. Keep valuable items off floor or stored in watertight containers. Clear floor drains of obstructions. Grade property away from the foundation.

HAIL Park cars under shelter, move patio furniture indoors, and close drapes in case windows shatter.

LIGHTNING If lightning strikes, check for signs of fire or charred marks on the roof and through the home. Check smoke detectors and electrical panel for functionality; using surge-protector devices reduces chance of damage to electrical equipment. Shut off propane lines. If fire starts, call 911 and evacuate.

WIND To prepare for an imminent windstorm, close all windows and doors, move light furniture and other loose outside items to a safe location. Designate a meeting place in the home in case of severe wind; it should be a low spot outfitted with an emergency kit, blankets, etc. In general, keep trees near the house trimmed.

INSURANCE & WATER DAMAGE Review your insurance policy to see whether you are covered for various kinds of water damage. Some policies will have higher deductibles or sub-limits of insurance when it comes to water-related damage.

Visit FOCA website www.foca.on.ca for more information.

Source: CottageFirst Insurance, www.cadeinsurance.com

NATURE NOTES

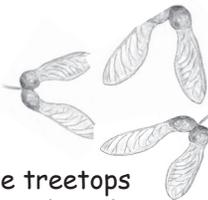
MAPLE KEYS, CHIPMUNKS and OVENBIRDS

"When we try to pick out anything by itself, we find it hitched to everything else in the universe"
— John Muir, *Naturalist*

Connections among living things are everywhere in the natural world, but who would have suspected that a bountiful crop of maple seeds could create a threat to Ovenbirds?

Everyone has noticed that in some years there is a huge production of acorns and other seeds and in others there are almost none. Also, we often see spectacular changes in mammal populations, such as chipmunks. Recently ecologists in northwest New Brunswick* showed how these changes can be related. They monitored seed production, chipmunk activity and Ovenbirds over four years. It makes an interesting story.

Researchers counted seedlings found in mid-May. They knew that all maple seedlings came from seeds produced the autumn before, because maple seeds do not survive more than one winter. So a high seedling count meant the previous year had produced a huge crop of maple seeds.



Maples

A good year for maple trees could start with soft spring breezes that blow pollen through the treetops from male to female flowers. A summer with just enough rain and sunshine will see thousands of winged maple keys develop, each containing two seeds. By fall they spiral down to the forest floor, become covered with fallen leaves and snow, and, over winter, prepare to germinate.



Eastern Chipmunk — Tamias striatus

Chipmunks

Many maple seeds means a good year for our cute little striped rodents, the chipmunks. Adult chipmunks, storing food in their winter burrows, benefit greatly from the seed surpluses. A good supply of winter food will result in more and larger litters of young chipmunks emerging in the spring; in a poor seed year some may not emerge the following spring but remain torpid most of the summer.

Chipmunks will not hesitate to eat Ovenbird eggs, nestlings or fledglings; they are just another natural food source.



Ovenbirds

A good spring for chipmunks, thanks in part to the high numbers of maple seeds produced the previous year, is NOT a good year for a beautiful little warbler—the Ovenbird. A bit larger than other species in the warbler family, it is named for the shape of its nest. Ovenbirds use vegetation to weave a nest on the ground, with a dome-shaped roof over it, then cover it with bits of leaves and twigs. The oval opening is on the side so the nest is hidden from above.

The female incubates 4 to 5 eggs for 11 to 14 days. The hatchlings are helpless; both parents feed them in the nest for another 10 days with a diet of small creatures found in the leaf litter in the forest.

When the young leave the nest, the parents separate the brood. Half are cared for by the male on the home territory; the rest go with the female to an adjoining one. They forage on the ground until the young can fly.

The researchers linked high maple seed production to high chipmunk activity the following year, when the lowest Ovenbird nest survival was recorded.

Quebec and New Hampshire also recorded high seed production the same year as New Brunswick—suggesting that songbird populations could be significantly affected over large areas at the same time.

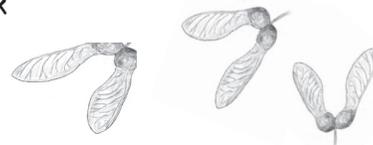
*with thanks to Marc-Andre Villard and the other researchers from New Brunswick



Ovenbird — Seiurus aurocapilla

Did you know?

Cats allowed to roam outdoors are efficient predators and a significant cause of Ovenbird mortality. They also kill many songbirds during both spring and fall migration (when migrants rest near the ground during the day).



by Aileen Merriam