

# KENNEBEC LAKE ASSOCIATION

Summer/Fall Newsletter

August 2010

## A Word from the President...

In our last newsletter, I indicated that the KLA intended to present recommendations to the Township of Central Frontenac for consideration in the approval process regarding the anticipated submission of plans for a development on the former Baker property by McIntosh-Perry Consulting.

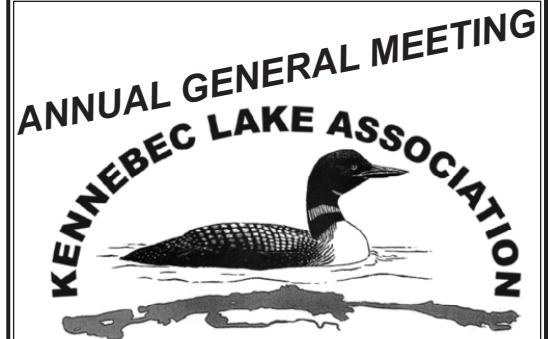
Since that time, staff from McIntosh-Perry has suggested that the KLA be included in pre-submission consultation meetings. These are informal discussions between the developer and the various approving authorities, including County, Township and Conservation Authority representatives. We have now requested to be part of these proceedings and fully expect this to happen. This positive step is encouraging in that the KLA perspective can be part of the process from the outset. For this reason, we have postponed making a formal submission to Township Council; instead, we will seek to work cooperatively with all parties to ensure the inclusion of the KLA viewpoint.

If you have any interest in these issues and what is on the horizon for our lake, then participate in this year's Annual General Meeting on Saturday, August 14. We will inform you about McIntosh-Perry, outlining their draft plans, and provide a brief time for questions.

Your Executive will also share the KLA position and pertinent background regarding the McIntosh-Perry development for discussion and membership approval. In addition, progress on a Lake Management Plan will be presented, along with recommended steps for its review, consideration and potential adoption.

It all promises to be an AGM that you won't want to miss. See you there!

Terry Kennedy



**KENNEBEC COMMUNITY HALL  
ARDEN**

**SATURDAY AUGUST 14 2010**

**10 a.m. Exhibits and coffee**

**11 a.m. Business Meeting**

**12:15 until 1:15 p.m. Lunch  
(corn, hotdogs, sausages)**

**Adults \$4 Children \$2**

**COMING SOON...September 9, 2010**

**"From the Boreal to the Amazon:  
Saving Canada's Migratory Songbirds"  
Bridget Stutchbury, York University**

Details later at [www.kennebeclake.ca](http://www.kennebeclake.ca)

## **Renowned Astronomer to Speak in Arden — August 16**

The editor of Canada's national astronomy magazine and one of the world's most successful writers of stargazing guidebooks will **visit Arden on August 16** to speak to area residents, sponsored by the Kennebec Lake Association. **Terence Dickinson**, former staff astronomer at the Royal Ontario Museum's McLaughlin Planetarium, is editor of *SkyNews* magazine, author of 14 astronomy books and an expert guide to the stars. Among his books are *NightWatch*, which has been reprinted numerous times, *The Universe and Beyond*, and award-winning children science books, *Exploring the Night Sky* and *Exploring the Sky by Day*.

In his presentation "**Exploring the Night Sky**," at **7:30 p.m. in the Kennebec Community Hall**, he will show why the northern half of Frontenac County and most of Lennox and Addington County are among the very best places in southern Ontario to observe the starry night sky. "You can see more stars here than in Muskoka," he says, and he has satellite photos to prove it.

"When our grandparents were growing up, almost anywhere in Ontario the stars were as close as the back porch, whether you lived in the city or country. But not anymore," he says. "Today, city skies are awash in the glow from streetlights, advertising signs, shopping malls and other night lighting. Even worse, bright lighting is beginning to invade rural areas — especially cottage country. The good news is that conditions are still relatively pristine". He will give photographic examples in the talk.

In 1995, in recognition of his lifelong dedication to sharing the wonders of the universe, Mr. Dickinson was appointed to the Order of Canada. He has appeared many times as an interview guest on CBC-Radio and the Discovery Channel.

**After his presentation and weather permitting, he will treat us to telescope viewing.**

**Public Library Hours:** Seasonal resident? Show the librarian a copy of your property tax bill to confirm your resident status, and get your free card. Then borrow books, CDs, books on CD, downloadable books and magazines from any of the 17 branches in the Kingston Frontenac Public Library system, or order books via the Internet ([www.kfpl.ca](http://www.kfpl.ca)) to be delivered to your branch.

**Arden Branch, Community Centre**, 613-335-2570:

Open Tuesday 2 to 6 p.m., Thursday 5 to 8 p.m., Friday 10 a.m. to 1 p.m. (July and August only) and Saturday 10 a.m. to 1 p.m.

**Mountain Grove Branch**, 1455 Mountain Grove Road:

Open Tuesday 2 to 5 p.m., Wednesday 5:30 to 7:30 p.m., Friday 2 to 5 p.m. (except July and August) and Saturday 12:30 to 2:30 p.m.

### Coming Events

Here are just a few ideas. You'll find lots more special events in activity guides at tourist information booths.

Perth Garlic Festival: August 14-15

Parham Fair: August 27-29

Verona Cattail Festival: August 6-8

### 18th Annual Inroads Studio Tour: Labour Day Weekend, September 3 to 6, 10 a.m. to 5 p.m:

Take in the area's finer arts and crafts, from batik, pottery, paintings and stained glass to candles, mosaic tile tables, woodturning, jewellery, photos, quilts and embroidery.

This tour includes 13 stops along the way from Arden in the west to Maberly in the east and Parham to the south. In our own village are Sarah Hale at Arden Batik; Joanne Pickett at Arden Pottery; Judith Versavel at Gallery on the Bay; and Land O'Lakes Artisans' Guild, the Arden Quilters and Jean Finlayson with her landscape paintings at the Kennebec Community Hall. Nearby, at the Eclipse Studio on Highway 7, and new this year are Linda Tremblay and David Daski showing their beautiful stained-glass panels.

Pick up your tour map at tourist information booths and local businesses, or visit [www.inroadstour.ca](http://www.inroadstour.ca).

### Recreation Clubs and Activities

#### Kennebec Community Centre

**Arden Seniors "Happy Gang"**: 1st Tuesday each month, 11 a.m. Contact Jack Patterson, 335-3469

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

**Line Dancing**: Monday, 9:30 a.m.

Contact Diane Nicolson, 335-2845

**Fit 'n Fun**: Tuesday, 9 a.m.

Contact Gloria Smiley, 335-2188

**Tai Chi**: Wednesdays, beginners at 9:15, veterans at 10.

Contact Helen Praskey, 335-2486

**T.O.P.S.**, Wednesday, 6:30 p.m.

Contact Helen Hoogsteen, 335-2700

#### Sharbot Lake High School

**Volleyball**, Monday, 7 p.m. Rick Greenstreet, 279-1962

### KLA Executive 2010

*President:* Terry Kennedy 335-3606

*Past President:* Bill Van Vugt 335-2082

*1st Vice-President:* John DuChene 335-3567

*2nd Vice-President:* Judy Kennedy 335-3606

*Secretary:* Gloria Smiley 335-2188

*Treasurer:* Mike Wise 335-2409

*Lake Steward:* Bernie Dertinger 821-2101

*Members-at-Large:* Cliff Anderson, Roy Beechey, Noreen Dertinger, Stella Dorsman, Charlotte DuChene, Doug Harvey, Aileen Merriam, Peter Smiley, Terry Trojek

### Newsletter Team

*Editor/Design/Input:* Aileen Merriam

*Text Editors:* Charlotte DuChene, Judy Kennedy

*Reproduction:* Judy Kennedy

*Thanks to contributors of articles and illustrations and to those who collate and distribute the newsletter.*

**Website:** [www.kennebeclake.ca](http://www.kennebeclake.ca)

*Webmaster:* Noreen Dertinger

*Email:* [webmaster@kennebeclake.ca](mailto:webmaster@kennebeclake.ca)

### 2011 Kennebec Lake Calendars

The Kennebec Lake Association will be selling a lovely 8.5-by-11 wall calendar full of photos from around the lake by various lake members. It contains Canadian and U.S. common holidays and other important dates. These calendars will be available at the AGM on Saturday, August 14, and are \$10.00 each, including taxes.

For a preview of the photography included in the calendar, please visit

<http://kennebeclake.ca/modules/extgallery/public-photo.php?photoid=106#photoNav> and scroll through the photos.

Please send any questions or comments to [webmaster@kennebeclake.ca](mailto:webmaster@kennebeclake.ca)

### Trash Talk

**Annual Free-Load Waste Disposal:** October 17 is the deadline for taking a single load (car, van or half-ton truck) to the Olden or Oso waste site.

**Tires** (car/truck) are now being accepted at the Olden and Wemp Road sites at no charge.

**Drinking Water Testing:** The Kingston Regional Health Laboratory tests drinking water for free. Pick up sample bottles at your local Health Unit. Samples are accepted at the following times:

Sharbot Lake: 279-2151, Tuesday, 8:30 to 11 a.m.

Cloyne: 336-8989, Wednesday, 8:30 to 11 a.m.

Kingston: 549-1232, Monday to Thursday, 8:30 a.m. to 4:30 p.m., and Friday, 8:30 a.m. till noon.

For faster results, deliver directly to the Public Health Lab (548-6630) 9 a.m. to 5 p.m. at 181 Barrie St., Kingston.

## Report on Kennebec Lake 2009 Loon Egg

by Gray Merriam

Last year, for the first recorded time in 12 years, loons nested here, on the Salmon River, and produced a chick that fledged. A second egg was left on the nest when the first chick moved with the parents into "Nursery Bay," at the head of the river, to learn to feed and to grow.

Five days later, I recovered the abandoned egg, which was, by then, smelly even through the shell. The egg went to Dr. Tony Scheuhammer's lab at the National Wildlife Research Centre at Carleton University in Ottawa. The egg has now been analyzed for mercury and for selenium contents (193 eggs have been analyzed over 15 years). Mercury can be toxic, especially in an organic form. Selenium helps to reduce the toxicity of mercury.

The Salmon/Kennebec egg (K09-23779) contained 0.83 parts/million (ppm) fresh weight of mercury and 0.60 ppm of selenium. Other central Canada eggs had 0.12 to 2.64 ppm of mercury with an average of 0.61. The range for selenium was 0.32 to 1.69, averaging 0.68. Our egg was not significantly above the average for mercury and not significantly below the average for selenium.

Lakes in central Canada are known to have higher than average mercury content. About 72% of the mercury in loon eggs is organic, but the total mercury in loon eggs in central Canada has not yet been shown to be above average. It is good to know that loon food going into eggs on Kennebec Lake does not have significantly high mercury content and is providing normal amounts of selenium.

Last year's loon's nest was again used by a pair of loons that sat on the egg(s) for many days. Unfortunately they abandoned the nest, leaving one egg in the water beside the nest platform. This egg has also been sent to a lab for analysis. There was no sign of the second egg or of a viable chick near this site.

### LOON CHICK 2010

by Noreen Dertinger



On July 9, a loon family with a chick was spotted in the east basin of the lake. The chick appeared to be no more than a day old. It was subsequently established that it had been hatched on nearby Green Island.

Since then, the fuzzy loon baby has been seen with its parents, at times hitching a ride on the back of one of them, at various points in both the east and west basins. Pictures document its rapid growth and transformation from a newly hatched almost black fist-sized chick to a mostly brown, visibly larger chick.

Thanks to the constant feeding by its doting parents, in six weeks it should be almost fully grown and able to dive and forage for itself.

Help the loon chick thrive by watching for its presence and by giving it lots of space and slowing down when you encounter it. Please report any sightings of the loon family to [webmaster@kennebeclake.ca](mailto:webmaster@kennebeclake.ca). These sightings are being reported to the Canadian Lakes Loon Survey and on the KLA website.

### Local family farm and store

by Judy Kennedy

The Elm Tree Farm, south of Arden, has some helpful solutions to many of our food needs.

Run by Allaine Nordin and Tom Waller, this certified-organic family farm provides a variety of fine organic produce, exotic salad greens and gourmet vegetables, growing heirloom cultivars selected for great taste. They also raise heritage breeds of chicken, ducks and turkeys.

Allaine and Tom have taken their produce to the Ottawa restaurants for years and are now experimenting with the local market. The farm store offers handmade organic burgers (beef from Elphin Gold Farm), buns and assorted breads made on-site, seasonal fresh vegetables, field range organic chicken eggs and an array of pantry goods, such as pesto, jams, chutneys and tomato sauce. Their products are excellent, so support our local farm entrepreneurs.

Elm Tree Farm is located at 1090 Hayes Road. From the village of Arden, drive west on Elm Tree Road from the Community Centre, about 10 to 15 minutes. Follow the signs. Hayes Road runs off Elm Tree Road a short distance after the Westgate Road-Elm Tree intersection. Hours of operation are Fridays 2 to 6 p.m. and Saturdays 8 a.m. to 2 p.m., from Victoria Day to Thanksgiving.

613-335-3361 [elmtree@kos.net](mailto:elmtree@kos.net) [www.elmtreefarm.ca](http://www.elmtreefarm.ca)

## **New Zoning By-Law (to replace current By-Law 2002-120)**

The comprehensive Zoning By-Law is the document that implements the policies established in an Official Plan. The new by-law will implement the policies in the Official Plan approved June 18, 2008. The new by-law establishes specific zones and the permitted uses in these zones. It also outlines setbacks and other restrictions or limitations on the size and location of various buildings and structures within respective zones.

It is important that the zones reflect permitted uses, and residents now have the opportunity to confirm that their property is correctly zoned; and if it is not, they can convey this fact to the municipality so that a correction can be made.

The Zoning By-Law draft text and all zoning schedules can be viewed on the township website ([www.central-frontenac.com](http://www.central-frontenac.com)) or in hard copy at the municipal office for review and comment. There will be a public open house on Saturday, August 7, from 10 a.m. to 1 p.m., at the Soldiers Memorial Hall in Sharbot Lake, and staff and the consultant will be there to answer questions and receive input. Public input should be received by August 20.

## **Mining Act Revisions**

Bill 173, An Act to Amend Ontario's Mining Act, passed third reading, and the Mining Act Amendment received Royal Assent in October 2009. Although the actual effects of this will be known only when the new regulations are passed, some gains seem to have been made.

Mining rights held by the Crown in southern Ontario have been withdrawn from staking. Existing staked claims and mines are protected, but if they revert to the Crown, they will also be withdrawn. Also, an expanded list of properties not open for staking, such as residential and cottage properties, will be published.

Staking claims on paper, rather than on the ground, will be introduced. There will be education for prospectors, including reclamation of explorations sites, and obligations and best practices for exploring on private land.

Within two to three years, exploration plans will be required in advance of entering lands, and there will be new rules for exploration and staking on private land. Within five years, consultation in advance of exploration will be required, as will environmental rehabilitation of some exploration sites. No appeal process for the new regulations has been announced.

Clearly there is much uncertainty remaining. Continue checking the Mining Pages of FOCA's website at [www.foca.on.ca](http://www.foca.on.ca).

by Gray Merriam

## **Attn: Neighbours of Newcomers**

Over the past year, many properties around Kennebec Lake have changed hands. If you live beside or near one such property, please call or send me the name, civic number and any other information you might have. I will visit our newcomers with **KLA Welcome Packages**. Thanks!

Judy Kennedy: (613) 335-3606, [jkennedy48@hotmail.com](mailto:jkennedy48@hotmail.com)

## **Salmon Watershed Info Boards Installed**

Information boards have been installed along the Salmon watershed at the bridge in Lonsdale; at the boat launch in Roblin, on the east side of Road 41 at the south edge of the village; and at Story Lake where Road 506 crosses the lake, just south of Cloyne.

Each 4-by-6-foot roofed info board provides general information about the watershed, a map and local facts and colour photos about the area near each board.

These signs were a cooperative project among the three Stewardship Councils of Frontenac, Lennox and Addington, and Hastings Counties, as well as the Friends of the Salmon River, who initiated the project.

Visit [www.ontariostewardship.org](http://www.ontariostewardship.org) and [www.friendsofsalmonriver.ca](http://www.friendsofsalmonriver.ca).

The Friends of the Salmon River are a volunteer non-profit organization dedicated to preserving and celebrating the Salmon River watershed, its communities and natural treasures.

**We welcome you to join FSR** for \$20 for individuals or \$30 for a family.  
Mail to: FSR, 201 Westdale Ave., Kingston, ON, K7L 4S4, or call 613-542-0398 or 613-862-2458.

by Gray Merriam

## **Rhubarb Cake**

This is a low pan cake that can be cut into squares. It's very moist and great as a coffee cake type of treat.

1 tsp. (5 mL) **baking soda**  
1 cup (250 mL) **sour milk** (add 1 tsp. vinegar to milk)  
1 cup (250 mL) **sugar**  
½ cup (125 mL) **margarine**  
1 **egg**  
1 tsp. (5 mL) **vanilla**  
2 cups (500 mL) diced **rhubarb**  
2 cups (500 mL) **flour**  
**Brown sugar**  
**Cinnamon**

Dissolve baking soda in sour milk. In a large bowl, cream sugar, margarine and egg. Add sour milk mixture and vanilla. Mix well. Stir in rhubarb and flour.

Put mixture in a 9-by-13 greased pan. Sprinkle with brown sugar/cinnamon topping. Bake for 40 minutes at 350°F until middle is firm. Cool and cut into squares.

(from Marilyn Meeks of Mountain Grove)

## The KLA remembers Rosemary Wadham

by Judy Kennedy

On the evening of June 21, 2010, Rosemary Wadham lost a long and brave battle with scleroderma and complications from cancer.

Born in Newbury, England, Rosemary was a dressmaker by profession; she worked for Simplicity Patterns and made costumes for actress Glynis Johns. Her other passion was dance. She won numerous ballroom dancing awards and used this skill right through her life. For example, Rosemary started the line-dancing group in Arden and led it right up to this spring.

Rosemary, her husband Peter and their three children immigrated to Canada (Montreal) in 1963. They moved to Ottawa in 1970, where Rosemary acted in the Ottawa Little Theatre and was a founding member of the Bytown Players in Gloucester.

In 1992, Rosemary and Peter retired to Arden. Her activities here included comedy acting as "Rosy," line dancing, Glee Club, United Church, mystery theatre and her famous cross-stitching. Rosemary was also treasurer of the KLA from 1996 to 2000. She and Peter were the 2006 Seniors of the Year for Kennebec District.

We can all take a lesson from our dear friend who fought cancer three times and scleroderma for decades and always had a smile and positive word to say.

Kennebec Lake and Arden will miss you, Rosemary.

### ***Each of us should act as a steward of our lake environment...***

Thus reads one of the headlines in the latest issue of the FOCA Lake Stewards Newsletter. As I write this, the last column in my capacity as Kennebec Lake Steward, nothing could express my hopes for the future of our lake better than those words. The FOCA article urges each of us to make an effort to reduce our own footprint on the lake environment. More intensive use of the lake, increased development and global warming all contribute to incremental pressure on the lake ecosystem. So let each of us do our share so that the next generation finds the lake in at least as good condition as we have enjoyed.

While we as individuals and through your lake association can do much to create and maintain the right conditions, governments of all levels have the responsibility to ensure safe and healthy ecological conditions. Initiatives like the safe water act, tougher boating regulations and regulations to make sewage system inspections mandatory are steps in the right direction. With municipal elections due this fall, we have an opportunity to influence the election of officials with a track record of ensuring all is well on the waterfront or who demonstrate that they intend to act to improve the environment.

During my time as Lake Steward, our efforts have concentrated on improving the fishery of the lake. Work included fish surveys and walleye spawning bed improvements. Water quality monitoring continues. As well, two new loon platforms will be built. In collaboration with the Friends of the Salmon River, a watershed survey has been initiated. Those accomplishments were possible only through the efforts of stewardship committee members and dedicated volunteers. My heartfelt thanks to each one of you.

by Bernie Dertinger

### ***The Curious Grouse Part II***

Ruffy was more than curious. He was a unique being. He loved to play games — ones that he invented. After a game, he may have a snack of sunflower seeds and then just sit beside me and rest with his eyes closed, especially on a hot summer day. However, our enjoyment at having this amazing wild animal befriend us is now a warm memory.

On August 27, 2009, Ruffy came around as usual. He had experienced a traumatic summer, with the clear-cutting of his habitat for the new cottage on Blue Heron Ridge, as well as the Hydro One clearing of the power lines, not to mention the fact that I had to cut down some huge poplars threatening to fall on our cottage.

All this must have been too much for Ruff. We have not seen him since that August conversation. He had shown his friendliness and lack of fear of humans to many throughout the summer, repeatedly trying to chase the tree cutters away. Someone may have taken him for their own selfish purposes. There is the possibility that he was taken by a fox or fisher, a natural way for him to go. There is also the faint possibility that he packed his bags and left due to the stressful summer activities or due to the arrival of a more dominant younger male grouse (unlikely, knowing Ruff).

We would like to think that he just left and has found a new life that is more settled and quiet. His daily visits and games will be sorely missed for a long time to come.

by A. Nonymous

### ***Just a thought...***

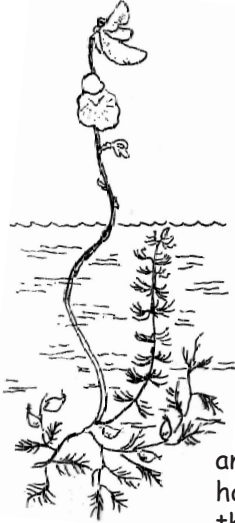
A lawn is nature under totalitarian rule.  
—Michael Pollan, author, journalism professor  
(b. 1955)

# NATURE NOTES

## Plants can be Predators

Around Kennebec we can find three kinds of plants that eat animals. In acidic, boggy areas or on boom logs, we see sundew (*Drosera*); in bogs, there are pitcher plants (*Sarracenia*). In the water in many places, we can find bladderwort.

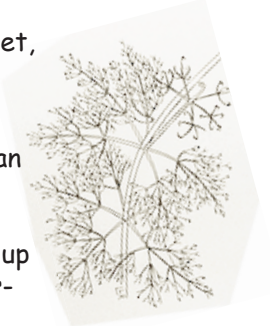
All these plants have mechanisms to capture insects and produce enzymes to digest the animal proteins. This way, these plants obtain nitrogen, which is difficult to get in their environments.



### Bladderwort (*Utricularia macrorhiza*).

Bladderwort may be right outside your door. It is usually found in quiet, shallow water and can form dense mats. (It should not be confused with milfoil, another aquatic plant with feathery leaves.)

Bladderwort is a small, free-floating aquatic plant with stems less than a metre long and small feathery leaves submerged in the water. Leaves are whorled with four to ten side leaflets. Underwater, the leaf branches are fleshy and inflated with air, allowing the plant to float. Seasonally, it sends up a flower stalk bearing tiny yellow flowers with three lobes and a spur underneath.



Some of the leaves are modified to form underwater "traps". These are the "bladders", and they capture small aquatic insects and crustaceans. The bladders are closed chambers and have "antennae", little threadlike appendages that guide swimming prey toward the "mouth" of the bladder. Each bladder has specialized gland-like cells that pump water out of the chamber of the bladder. Because the bladder wall keeps its shape, the removal of water creates a slight "vacuum" in the bladder.

When the prey is guided by the antennae (1), the prey trips a trigger that opens the mouth of the bladder. The slight negative pressure in the bladder sucks in a gulp of water and the prey (2) and snaps shut (3). Digestive enzymes secreted by other cells of the bladder do the rest, and the bladderwort balances its nutrition.

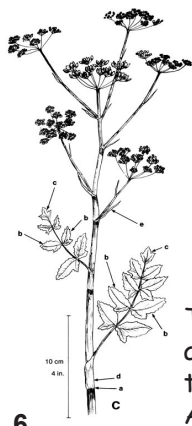


Look carefully next time you are out. Aquatic plants are not just 'weeds' .

by Gray Merriam  
illustrations: Aileen Merriam

## Plants you do not want to touch

Two invasive plants have joined poison ivy as plants to keep away from your skin. The sap of both can cause severe dermatitis. Both are members of the carrot family and spread through dispersal of their seeds.



**Wild Parsnip,**  
***Pastinaca sativa*,**  
is invading more and more  
ditches and fields around Arden.  
Yellow flowers.

**Giant Hogweed,**  
***Heracleum mantegazzianum*,**  
is moving closer to this area.  
White flowers.



These illustrations are examples from the website for Ontario Weeds ([www.ontarioweeds.com](http://www.ontarioweeds.com)), an excellent source of pictures, descriptions and information about the dangers of touching these plants. Or go to [www.kennebeclake.ca](http://www.kennebeclake.ca), click on WebLinks for an Ontario Ministry of Agriculture, Food and Rural Affairs site.

by Aileen Merriam