

KENNEBEC LAKE ASSOCIATION

SUMMER NEWSLETTER

AUGUST 2011

Word from the President

The poor weather this spring has given way to a long, hot summer. I hope you have found time to share quality lakeside time with family and friends.

At the east end of the lake, we were fascinated watching a pair of loons nesting and awaiting the hatching of egg(s). The pair were successful and were seen proudly escorting one tiny chick around. Let's hope this chick fares better than last year's chick that met a sad fate after being snagged by fishing line.

On June 14, developer McIntosh-Perry submitted plans and requests for approval to Central Frontenac Council for its proposed subdivision on the former Baker property. The plans called for the creation of 15 waterfront lots, 9 back lots and a lake access area for the back lots. For the remainder of the acreage, the proposal calls for a common area to be left as green space.

The KLA presented a paper to Council raising a series of questions and comments on behalf of residents, cottagers and other users of the lake. Our recommendations dealt mainly with protecting the lake through site plan control throughout the stages of development, construction and maintenance. Other issues raised were in the area of increased boat traffic in what is the narrowest portion of the lake. Several individuals raised the same issues. The KLA paper will be available either at the AGM or on the website. At this point, Council has not made any decisions, but we will keep the association informed as events progress.

Be sure to read Tony Downs' article on page 4. It raises interesting questions that suggest the KLA may need to rethink our recommendation regarding septic systems for the new development.

Enjoy your summer, but please take a couple of hours to join us at the AGM and share your opinions on lake matters.

Terry Kennedy



ANNUAL GENERAL MEETING
SATURDAY, AUGUST 13, 2011
Kennebec Community Hall, Arden

9:30 a.m. Exhibits and coffee
Talk to committee members
Children welcome

10:30 a.m. Business Meeting
12:15 - 1:15 p.m. Lunch
(sandwiches, fruit, squares, drinks)
Adults \$4, Children \$2

2012 KLA Calendars available
(limited supply, \$10)

Mark your calendars

Keeping the 'Family' in the Family Cottage

August 28, 1:30 to 3:30 p.m., Farrell Hall, 186 Gore St. East, Perth

Are you thinking of passing down your cottage to children or family members? Get the answers you need to make the right decisions for future generations. Peter Lillico, Estate Planning Lawyer and author and *Cottage Life* writer, is the feature speaker. This free event is hosted by FOCA and sponsored by Trantor and Associates Inc., Certified Financial Planners. To register, contact Tracy Logan: info@foca.on.ca or 705-749-3622. cottagesuccession.ca.

19th Inroads Studio Tour, Frontenac and Lanark Counties

September 2-5, Labour Day Weekend, 10 a.m. to 5 p.m.

Come and experience the unique works of local artisans in their studios. The tour is an opportunity to enjoy a daytrip while taking in the area's finer arts and crafts — everything from pottery, painting, batik, jewellery and fashion accessories to printmaking, photography, woodturning, quilting, handcrafted guitars and more. Pick up a map at Tourist Info Centres, or visit inroadstour.ca.

10th Annual Lake Links Workshop

October 29, Civitan Club, Perth

Since 2002, the Lake Links Workshop has been an annual opportunity for representatives of lake associations and other volunteer stewardship groups in eastern Ontario to come together with government and non-government agencies to listen to speakers, share information, and address common lake and river issues that matter most to our communities. To learn more, please contact Barb King at 613-272-5136, king@watersheds.ca.

Public Library

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) to be delivered to your preferred branch.

Arden Branch (335-2570): Tuesday 2 to 6 p.m., Thursday 5 to 8 p.m., Friday (July and August only) 10 a.m. to 1 p.m., Saturday 10 a.m. to 1 p.m.

Mountain Grove Branch (335-5360): Tuesday 2 to 5 p.m., Wednesday 5:30 to 7:30 p.m., Friday (except July and August) 2 to 5 p.m., Saturday 12:30 to 2:30 p.m.

Trash Talk



E-waste is now accepted at no charge during regular hours of operation (Monday, Friday and Saturday mornings and Tuesday and Sunday afternoons) *only* at the Oso District landfill site, southeast of Sharbot Lake at 1122 Wemp Road (off Crow Lake Road).

The Olden landfill site off Highway 7 is open Monday, Wednesday, Thursday, Saturday and Sunday.

Annual free-load waste disposal: October 16 is the deadline for taking a single load (car, van or half-ton truck) to the Olden or Oso waste site. The attendant will require your signature.

For more information, please call 613-279-2935 or visit the township website: www.centralfrontenac.com.

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.

Contact Helen Praskey, 335-2486

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

Contact Diane Nicolson, 335-2845

Fit 'n Fun: Tuesday, 9 a.m. (Sept. 20 for 12 weeks).

Contact Gloria Smiley, 335-2188

Tai Chi: Wednesday, beginners at 9:15 a.m. veterans at 10 until Thanksgiving. After that, one class at 9:30 a.m.

Contact Helen Praskey, 335-2486

TOPS: 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 2011

<i>President:</i> Terry Kennedy	335-3606
<i>Past President:</i> Jack Nicolson	335-2845
<i>Vice-President:</i> Doug Harvey	425-2845
<i>Vice-President:</i> Judy Kennedy	335-3606
<i>Acting Treasurer:</i> Roy Beechey	335-4027
<i>Secretary:</i> Gloria Smiley	335-2188
<i>Lake Steward:</i> Jamie French	335-3553

Please note: At the AGM on August 13, there will be an election for a new executive and members at large. If you would be interested in standing for nomination, please call Terry Kennedy.

Newsletter Team

Editor/Design/Input: Charlotte DuChene

Text Editors: Aileen Merriam, Judy Kennedy

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

Website: www.kennebeclake.ca

Noreen Dertinger: webmaster@kennebeclake.ca

2012 Kennebec Lake Calendars

The 2011 calendar was so popular last year, Noreen Dertinger has produced another. The 2012 Kennebec Lake calendar will be available for purchase (\$10) at the AGM on August 13 on a first-come-first-serve basis. Enjoy a wide selection of photography, including a night-sky picture of our lake by astronomer Terence Dickinson. Copies of the calendar can be reserved by emailing webmaster@kennebeclake.ca.

Being Rashional

by Aileen Merriam

After hearing so many complaints this year concerning swimmer's itch, we felt it was justified and timely to reprint this article from the Summer 2009 issue of the KLA Newsletter.

The worms that cause the skin rash called "swimmer's itch," or "duck itch," are common in North America. They are too tiny to see. They live in the gut of birds, such as ducks, and in some mammals, such as beavers.

Adult worms lay eggs, which are deposited in the water with the bird's feces. Larvae hatch from the eggs and look for snails in which to grow. After the larvae have grown into baby worms, they leave the snail and try to find and burrow into other birds.

When they get onto the skin of human swimmers by mistake and burrow into the skin, they cause swimmer's itch. If you dry off well with a towel as you leave the water, the worms will not have time to burrow in and cause the rash. You may not notice your first contact with these worms, but your body will be more sensitive to future contacts.

If you get swimmer's itch, avoid scratching. An anti-itch cream could provide some relief. If the itching lasts more than three days, or if the rash gets worse, see a doctor.

LAKE CONNECTIONS

We connect with the lake in many ways — some obvious, some very subtle. Considering some of those connections may help us sustain the extremely rich quality of life that we have.

First we think of direct connections: removing shoreline plants, and the inflow of silt from bare shores. Indirect connections are close by: outflow from septic beds, clogged by unpumped tanks, enriching the nutrient cycles of the lake. If solids are not pumped and no output filter protects the tile bed, slugs of water from weekend guests showering or doing laundry can flush solids out to clog the tile perforations. Nutrient-rich liquids flow through clogged tiles, carve a path over bedrock and enrich the lake. Ordinary living can change the quality of life.

Our connections can be subtle. Human presence alone affects the lake. A dwelling on a lakeshore is more than just a building footprint and a manicured area. The “compound” around a dwelling is a behavioural barrier to many species; day-to-day noise, lights and smells can make habitat unacceptable. The effects can extend to shoreline birds and amphibians. Touring minks and otters must either adapt to these new features or relinquish the habitat to the humans. So must foraging bats. Tree frogs, both when mating in the water and later, when foraging in the trees, must adapt or lose the habitat. Cats and dogs spread the impacts far beyond the movements of their masters. In addition, our structures and activities give an

advantage to tolerant competitors such as raccoons. And let's not forget that humans, too, are affected by noise and light across the water.

We have strong connections to the lake through boating, starting with dock construction. This can include removal of the “ribbon of life” from up to 25 percent of the shoreline on each lot. Multiplied by many lots, this can degrade much of the littoral zone of a lake. Combined with too-fast boats near shore, this reduces survival of shoreline species and fish eggs and young. Boating is federally regulated and cannot be legislated locally. Unfortunately, local regulation of shoreline lots, our planning tool, does little to manage intensity of boating — it requires education and consideration.

It is important that we manage our connections to the lake so that we safeguard the qualities of the lake that heal the human spirit. We must value highly an unobstructed view of the entire sequence of canvases and palettes that are a sunset. Would that sunset refresh the spirit as much without the support of those rocks of the Canadian Shield and the white pines that cling to them? We should not miss the great but subtle value of the solitude that is needed to absorb that sunset.

We connect to the lake and affect it in many ways. Perhaps, considering those connections can help sustain the quality of life that brought us here.

by Gray Merriam

Negative on *NOISE*

by Sarah Hines

Along with Water Quality, Air Quality, Nature and Wildlife, and Lifestyle, the KLA's mission is to preserve and enhance Peace and Tranquility. The sounds of nature — a loon's call, waves lapping against the shore — are a sensory part of what makes cottaging enjoyable and memorable. Excessive or persistent noise — from boats, ATVs, dirt bikes, shouting, music, parties, outdoor speakers, fireworks and barking dogs — disturbs our peace and quiet and appreciation of our surroundings and can be annoying, to say the least.

But high noise levels may also adversely affect animals, including their feeding behaviour, breeding rituals and migration paths. It can even increase the risk of death by changing the balance in predator or prey detection and avoidance and can interfere with the use of sounds in communicating, especially in relation to reproduction and in navigation.

What can we do to help prevent noise pollution?

- Be considerate of surrounding property owners. Loud parties, the playing of music that can be heard beyond the confines of your own cottage, and other forms of intrusive noise can disturb others. It is surprising how voices are amplified over the water, especially at night.
- Operate power boats and personal watercraft in compliance with the current regulations, particularly those which restrict speed close to the shore. The law in Ontario provides that power boats within 30 metres of shore must limit speed to 10 kph, or no-wake speed.
- Keep boat motors well maintained, and be aware of the impact of excessive engine noise on those onshore.
- Make sure dirt bikes, ATVs and snowmobiles are equipped with proper mufflers to reduce noise to a minimum.
- To prevent nuisance barking and howling, dogs should not be left outdoors unattended for extended periods.
- Our municipality's bylaw against excessive noise after 11:00 p.m. is triggered by a formal complaint process.

Living or visiting the lake is pleasurable for all of us in different ways. Some come out after a long work week to relax, maybe read a book and enjoy the view; others arrive to let loose and party. We've likely all been in both situations, so it is a matter of tolerance as well as consideration of neighbours and the other wild occupants of our lake.



Here's Looking into Your Septic Tank **AND BEYOND**

By Tony Downs

There has been some recent discussion about septic systems and the so-called tertiary treatment systems. Tertiary, as the name implies, is a three-stage treatment system. Your current conventional septic system may be considered a secondary treatment system comprising two components: the septic tank and the tile field (also known as a leaching bed). The septic tank acts as a settling tank for heavy organic and inorganic solids and then treats the organic solids using anaerobic bacteria (survive without oxygen). The mostly liquid effluent then goes to the tile field, where it is treated by aerobic bacteria and physical filtering by the soil.

Most municipalities employ secondary treatment using a primary settling tank to remove the solids, which are then generally treated in a "digester," anaerobically or aerobically. The liquid from the settling tank passes into the secondary chamber into which oxygen is pumped or a physical mixing system treats the liquid aerobically. That goes into a secondary settling tank, and the effluent is chlorinated and released into the environment. Municipal tertiary systems involve some form of biochemical treatment after the secondary settling tank to further reduce organic contaminants and "polish" the effluent.

In a single-dwelling septic system, the tertiary, or three-stage, process includes the septic tank, an aerobic treatment chamber, and then the tile field to complete the three stages of treatment. With the aerobic second stage, the septic tank may be smaller and the tile field up to 50 percent smaller than a conventional system. This makes it possible to have a much smaller footprint for the whole system.

The aerobic treatment stage can take several forms. The Waterloo Bio-filter uses a synthetic medium through which the effluent from the septic tank trickles. Bacteria grow on the filter medium and digest nutrients from the liquid flowing over it. Some technologies use peat moss as the filter medium. The treatment process is basically the same. The effluent from the filters goes into the tile field to finish the treatment as before. A more expensive option is a small treatment chamber using a mixing device with oxygen pumped in. After settling, the liquid effluent goes into a filter bed for "polishing" or may, depending on the jurisdiction, be discharged directly to the environment. Any system with a pressurized oxygen or pumping requirement will incur higher energy costs.

No doubt, the tertiary system produces a cleaner, clearer and odourless effluent. Some of the key results are

the reduced chance of coliform bacteria entering our lake, reduced oxygen demand on the lake, as well as some reduction in nutrients such as nitrates. Nitrogen removals of 20 to 65 percent can be achieved with a tertiary system.

Phosphorus is now recognized as a serious nutrient in creating algal blooms that eventually can lead to gradual taking over by vegetation, called eutrophication. The total phosphorus levels in Kennebec Lake are high and may soon result in the algal blooms if we do not take steps to control what goes into our lake now.

Removal of phosphorus is only really achievable by additional chemical or biological means. Chemical precipitation is a process of adding a chemical that precipitates out the phosphates. It produces extra sludge that must be dealt with by settling, and that means having a settling tank or clarifier at the end of the process. Biological systems require an additional anaerobic tank in front of the system and then pumping the system effluent back through an anaerobic tank. Some anaerobic microorganisms are effective in removing phosphates, as they are nitrates, basically taking the oxygen from both nutrients. The bacteria take up the phosphorus as part of their metabolism and eventually die and become part of the sludge to be removed. All these systems are fairly large, complicated and expensive and are only practical for large municipal systems. They are not practical for single-dwelling application, and I am not aware of a system currently on the market that will achieve our aim of phosphorus reduction.

THE BEST WE CAN DO

How, then, can we keep the phosphorus out of the lake? Good home practice is currently the best method we have.

- Keep the phosphorus out of your tank. Most laundry, dishwasher and hand-washing detergents are now available in phosphate-free form. Be vigilant. Check the label to be sure any cleaning product that will end up in your septic tank is phosphate-free.

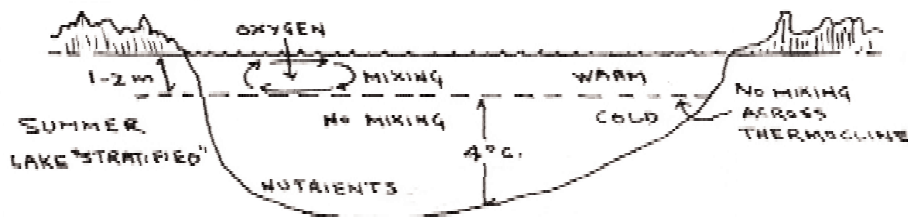
- Think of the phosphorus coming out of your septic tank, and create the best buffer possible to make it hard for the phosphorus to reach the lake. Keep a sufficiently wide area of trees, grass, shrubs, leaf litter, fungus and soil between your septic bed and the water.

Beneath the Waves — Summer and Fall

Text and illustrations by Aileen Merriam

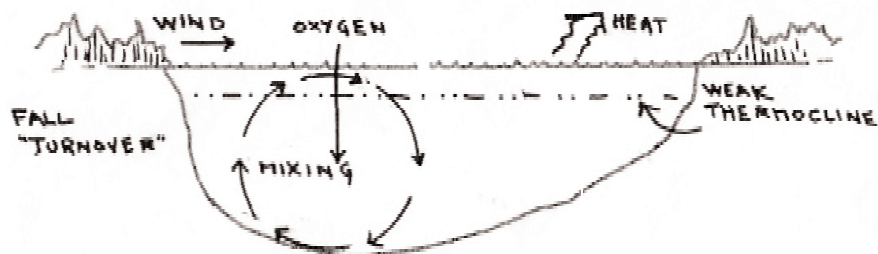
In early spring, just after ice out, the lake gave itself a good shake and stirred up its waters. Well, not quite, but the wind, whipping over the surface after the water reached the same temperature from top to bottom, did cause the annual “spring turnover” of lake water. The water was mixed throughout, taking oxygenated water from the surface to the depths and bringing to the surface the nutrients that sank to the bottom last year.

But now it is summer, and like us, the lake has become more lethargic; a warm layer of water has formed on the surface with the colder water down below. Now the wind can mix the water only down as far as where the warm water sits on the cold: the “thermocline.” No more oxygen can reach down into the bottom layer. And no more nutrients can enter the warm upper layer.



Soon the heat of summer will wane, and the lake will gradually cool down. Water changes density with changing temperature, and the density of water molecules will determine how they float or sink in the lake.

When the lake is again nearly the same temperature from top to bottom, even a little wind sweeping across the surface will again stir up the water from top to bottom — the “fall turnover.”



So when you gaze out at the lake, think about it. It is not just a pretty face but a busy, active water body, changing and going through numerous interesting processes all year, powered by the sun and the wind.

Friends of Arden Update

The Friends of Arden, a grass roots group of citizens working together to revitalize our village, have held three public meetings in Arden — one last November, one in February and one last week — bringing together large numbers of original and transplanted residents who care about the village as central to our community and are willing to work hard toward improvement.

This summer, we are looking to the cottagers to join in wherever possible to continue to promote a Pride in Arden movement. The six working committees are cleanup and property standards; township liaison and public works; involving youth; maps, signage, trails and website; store, tearoom/coffee shop; and funding. Any of these groups would welcome your ideas and/or physical help. Please contact Terry Kennedy at 613-335-3606 if interested.

On July 21, our third public meeting was held. The various committees gave updates, and volunteers were solicited for the big Arden cleanup on July 28. The cleanup was designed to assist anyone in the village who had large items for disposal and/or grounds maintenance that they were unable to complete without assistance.

Arden is a unique community of caring and talented people. Together, we can restore areas that are tired and maintain this beautiful corner of eastern Ontario. Our township and permanent residents have been very supportive, but our cottagers are an integral part of this special place. We invite you to join us wherever possible. Even small bits of help will make a huge difference and benefit all of us.

by Judy Kennedy

Heirloom Tomato Salad

Buying from your local farmer allows you to taste amazing varieties of vegetables, like our native American heirloom tomatoes. Varieties at Elm Tree Farm come in shades of red, tangy and sweet, yellow pears, black-veined, sweet orange and soft ripe peach. (Available to pre-order and buy at the farm late summer and early fall.)

Chop the following into bite-size pieces:

- 5 cups several varieties tomatoes
- 2 small cucumbers (locally grown Asian varieties are sweeter and virtually seedless)
- 1 avocado
- 1/4 cup basil leaves roughly chopped and small pinched tops

Dressing

- 1/4 cup apple cider vinegar (or red wine or balsamic vinegar)
- 1/4 cup good olive oil
- 1/4 tsp. salt
- Pinch pepper

Shake ingredients in a small jar and pour over salad.

In operation since 1995, Elm Tree Farm offers certified organic (biodynamic) produce, seasonal weekly baskets (small and large) from June 21 to Thanksgiving. A full array of greens, lettuces and garden vegetables at drop-off locations. For more information, call Tom and Allaine at 613-335-3361 or email elmtree@kos.net or visit the website: www.elmtreefarm.ca.

NATURE NOTES

A Company of Moles

by Aileen Merriam

Like most of you, I don't have much dirt over the granite rocks in my yard, but still there are several places where the dirt is pushed up. Loose soil mounds and raised serpentine ridges give away the underground presence of moles.

In particularly hard soil near the boathouse, exit and entry holes show wherever the little critter made a short detour above ground. Fortunately I don't live in the city, trying for that perfect lawn, so I can enjoy the evidence of yet another interesting creature sharing our home space.

From what I have been able to find out, there are two kinds of moles that could live here near Kennebec Lake—the **star-nosed mole** and the **hairy-tailed mole**. The mole making tunnels in my yard is probably the hairy-tailed mole which prefers forested areas or old pasture land where soil is relatively dry and loose. Star-nosed moles are usually found where the ground is soft and muddy near water.

Moles live most of their lives beneath the surface of the ground. They are very powerful diggers. Their forelimbs are adapted for digging, with the hands turned outward, and long, curved claws that help them to make underground tunnels quickly. They hunt earthworms, insects, slugs, crustaceans and other invertebrates. Mole saliva contains a toxin that can paralyze its prey which can then be stored to eat later.

The fur of moles is soft and thick. Eyes are tiny; there are no external ears. Moles have a powerful sense of smell.

Moles should not be confused with voles, other small mammals that tunnel underground but also run in above-ground grassy tunnels.

Hairy-tailed Mole

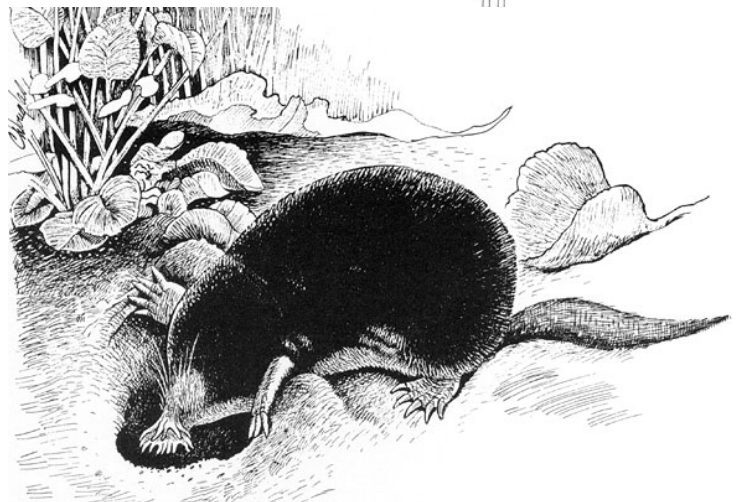
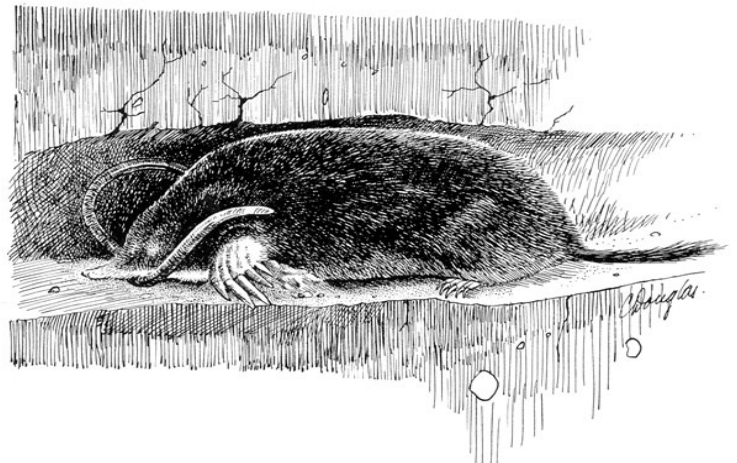
Parascalops breweri

- head and body: 11.5 cm, tail: 2.5-4 cm
- weight: about 65 g
- spends most of its summer in a system of tunnels just below the surface and down about 45 cm. Tunnels and nest are deeper in winter.
- short tail covered with stiff, grey hair.
- one litter per year; average 4 pups.
- pups live in a nest in the tunnel system with mother.
- pups independent in about one month.

Star-nosed Mole

Condylura cristata

- head and body: 11.5-13 cm, tail: 7.5-9 cm
- weight: 35-80 g
- digs system of underground tunnels, some with exits under water.
- active all year; even in winter spends time in the water.
- long, hairy tail that serves as fat storage reserve.
- tip of the snout is expanded into a naked pink disc which supports 22 finger-like tentacles (only mammal in world with such appendages).
- has the ability to smell under water.
- one litter per year; 3-7 young.
- pups independent in three weeks.



Line drawings by Charles Douglas, reproduced courtesy of the Canadian Museum of Nature, Ottawa, Canada.