



Sand Lake Estates

RR1, Elgin, Ontario K0G 1E0

Newsletter

Summer 2019

Nothing So Sweet

We are at the centre of Eastern Ontario maple syrup production, and there are many local sugar bushes to visit in the spring, and local maple products available year round. For the time and effort involved, this liquid gold is worth every dollar.

The sweet sap from sugar maple trees is approximately 95% water, with the remaining 5% a combination of sugars, minerals and amino acids. The sugar content of the sap can vary from tree to tree, from season to season and at different times within a season. This is enough sugar in the sap to taste slightly sweet straight from the tree, but a long way from the maple syrup you enjoy on the table. It takes about 40 litres of sap to make one litre of maple syrup, so the collected liquid must be boiled and boiled and boiled until its sugar content has reached 66 to 67%. Too low and it might spoil; too high and it might crystallize and you will have to dilute it with water to dissolve the sugar crystals.

If you are up for the challenge, and have the time, then you can make your own rich maple syrup to enjoy all year round.

First, check if you have any mature sugar maple trees on your property. A tree should be over 25 cm in diameter (80 cm in circumference) before it is tapped (one bucket). In a good season, you might get up to 40 litres of sap from each tap, which would give you a litre of syrup. Tapping more than a dozen trees will keep you very busy trying to process the sap before it spoils.

The sap season can be from 4 to 10 or more weeks long - it all depends on the weather. The sap runs when the daytime temperature rises to +2° to +7°C and the night time temperature goes down to -4° to -6°C. The sap does not run continuously, as the weather can freeze down completely for a week or more multiple times in the season. So there is no predicting the amount of sap you will be able to collect and boil in any given year! Some years it only runs for 10 days total within a 40 day period.

Sap can turn cloudy and yellow if left in the buckets for more than a day or so. Even if stored in the fridge, fresh sap will start to lose its sweetness after a few days. So you will need to check and collect frequently. Of course, if the weather has been cold and the sap is not running, there is no need to

Notice of Annual General Meeting

Date: Sunday, June 30, 2019

Time: 10:30 a.m.

Place: Elgin Municipal Complex (beside the Post Office)

Bring: your annual dues (\$100)

See you there - everyone is welcome!

AGM Resolution - Private Roads

An important resolution regarding private road maintenance will be presented at the AGM. For details see the notice emailed with this newsletter.

check the buckets, as anything in them will remain frozen. And if you do find spoiled sap in your bucket, just dump it out and start collecting fresh sap again.

There are two ways to preserve the sap when you cannot do a complete boil from raw sap to finished syrup all in one go. One method is to freeze the sap in pails or ice cream buckets as you get it. The second is to bring it to a full boil for 10-15 minutes, then filter and cool it before storing it in the fridge for a few days until you can continue your boiling. Both of these methods require a lot of storage space.

If the temperature goes below freezing at night, or for several days, it can be stored outside in your collection pails as long as they are securely closed with lids to keep out thirsty raccoons!

So, you have the trees and the time, what next? One excellent reference is an Ontario MNR Extension Notes called "Backyard Maple Syrup Production" available online from the LandOwner Resource Centre at www.lronline.com/Extension_Notes_English/pdf/bckyd.pdf

Comments about the newsletter can be directed to the editor, Ken Watson, at rideauken@gmail.com

Basically you will need:

- a drill and drill bit (sized for type of spile)
- spiles (spouts) with hooks to hang the buckets
- small buckets with lids to hang on spiles
- collection pails (such as 20 litre pails from wine making or hardware stores)
- large pots or pans for boiling the sap
- outdoor setup to boil the sap, such as a BBQ, camp stove, propane burner or wood fireplace
- filter for removing debris from sap before boiling/storing
- felt filter for filtering sugar sand (niter) from finished syrup
- canning jars or bottles
- candy thermometer
- various kitchen supplies such as oven mitts, spoons, sieves, bowls

Many local hardware stores sell basic tapping supplies in the spring. There are also some stores with larger selections of evaporators and other equipment, such as one near Inverary. You can sometimes still buy used spun aluminum buckets (no seams) but most stores now sell plastic sap buckets. If you check online you can find other options such as using 2 litre plastic pop bottles, and special bags. You can even use plastic tubing and special taps to run a pipeline to gravity feed from your trees to a central collection point.

So, where do you start?

1. Find your trees. Identify and mark appropriate sized trees before the leaves fall. Plan out a collection route, because the tree way up the cliff will be hard to collect from in the spring snow!

Remember you will be tapping your trees in February or March, when the ground is snow-covered, so you will need to be able to identify the trees without any leaves. They do have a distinctive bark, but the best bet is to mark them when you can still see the leaves on the branches. Be careful as you look up into the canopy that the maple leaves you are seeing are actually from the tree you are standing at, and not from a



neighbour! Mark them a metre or so above the ground to show over the snow pack.

2. Equipment. Gather your supplies and ask for advice from

the stores you visit. Even better, visit an operating sugar bush before you start to see how it is done and glean as much information and hints as you can. Plan how you will collect, store and boil your sap. You can look for appropriate large pans and pots from yard sales and thrift stores. Pans with large surface areas, such as roasting pans, work better than tall narrow pots.



3. Tapping. On a good day in February or March when the temperature have risen above zero, drill the holes in your trees, at an upward angle, to a depth of about 4 to 6 cm. In deep snow, you may need snowshoes, but remember that you will also be collecting at the end of the season when the snow is all gone, so don't drill too high on the tree or you will have difficulty emptying the buckets!



Only tap into clean, healthy, white wood.

You should see sap start to drip out as soon as you remove the drill bit. Clean any debris from the hole then gently tap in the spile – you don't want to split the bark or crack the spile. Hang the bucket and attach the lid.

4. Collecting. Nothing is better than the first taste of sap so treat yourself to a cool refreshing drink right from the bucket! Then do your rounds to collect - don't wait until the buckets are full! Make it a family activity to collect the sap every few hours and see the tiny drips from the trees turn into pails full of sap. Filter the sap through a cloth to remove any debris before storing it in a cool area out of the sun.

As the weather warms and the season comes to an end, the trees begin to bud and the chemistry of the sap changes. This bud sap produces a syrup with a different smell and taste and is generally not desired. So be sure to store and boil your daily sap runs in separate batches, especially later in the season, so you do not spoil your better syrup. Keep an eye on the branches to see if buds are starting to swell as this is a sign the season has ended.

5. Initial boiling. The sap is about 95% water, so you should try to boil most of this away outside rather than putting all that moisture into your house and your drywall! You can do this on the side burner on a BBQ, or a camp stove, or use a contained firepit if you have one, but another option is to invest in a stand propane burner such as that of a turkey fryer. Of course, commercial operations build a ventilated sugar shack and use specialized stainless steel evaporators, which come in many sizes.

There are two schools of boiling sap. One version is to take a quantity of sap (say 40 litres) and boil it down all the way to syrup in one or two steps (first outdoors, finishing indoors). This may produce a lighter product, but you can only process a certain amount of sap in one day and the rest will be waiting to be cooked.

The other way is to do continuous boiling, which produces a darker product. As the sap boils down, more fresh sap is added to the pans. At the end of the day, this stage one liquid is filtered and stored in the fridge. When there is a lull in the flow of sap, these amounts can be boiled down more, and the stage two product is again filtered and stored. With this method, you can cook up a larger quantity of sap, boiling it long enough to destroy any pathogens to prevent it from spoiling, and removing 1/3 to 1/2 of the water, then finish the process at a later date. At stage one and stage two, the liquid is usually thin enough that it can be filtered through a basket coffee filter placed in a sieve. When you have enough, it can be taken to syrup in a controlled final boiling, which is done in the kitchen.

Fresh sap will often froth up when it first comes to a boil. They sell commercial defoamers, but usually it can be stirred down with a long implement as long as the pans are not too full and you are watching it carefully. Keep at least 2.5 cm of

sap in the pan to prevent scorching.

6. Finishing to syrup. Once you have enough stage two 'almost' syrup on hand you can begin your final stage of boiling. Boiling sap will foam up at the very last stages of becoming syrup. At this point it must be watched closely, as it can fill a pot to overflowing in just a few seconds, so it is best to do this in your kitchen. An ideal pot will fit on your stove burner, and widen towards the top, like a Maslin pan.



Fill the pot about half full of your stage two product, to allow space for boiling up. You will need a candy thermometer to check the temperature. Maple sap becomes maple syrup when the sugar content reaches between 66 and 67%. This is reached when the temperature is 4°C above the boiling point of water ON THAT day. So you need to calibrate your thermometer for that day by placing it in gently boiling water and recording the temperature. Then boil your syrup to 4°C about that temperature. Once it has reached the proper temperature, immediately pour the hot liquid into your filter.

You will need a thick orlon felt filter and some kind of stand over a bowl. The orlon filter is necessary to remove all the sugar

sand, or niter, that has been concentrated in the syrup. Otherwise you will have a cloudy syrup. Syrup is too thick to filter through paper coffee filters. If you don't have an orlon filter, you can leave these mineral solids to settle out in the bottom of your syrup bottles, and later decant the clearer syrup off the top.

These filters are made to hang in large urns, but can be cut down to be suspended in a jelly bag on a plastic stand over the bowl. New filters should be washed in hot water (do not use soaps or detergents) before use, then air dried. The filter will absorb a fair amount of your syrup liquid, which is one of the reasons to wait until you have a quantity of 'almost' syrup before you start this stage of production. Processing several batches of syrup on the same day will mean less is lost in the filter, as it can be used continuously.

The final (optional) sugar test comes after the syrup has been filtered, when a thermometer and hygrometer can be used to measure the temperature and density to calculate the percent sugar. If it is not thick enough, the liquid can be reboiled for a bit longer and then refiltered and tested.

SAND LAKE ESTATES

Our 2018 AGM was held on Sunday, July 1, at the Elgin Community Hall. Several reports were presented including finances and road maintenance. Insurance needs have been reviewed by the board and updated insurance has been obtained to protect both the Board of Directors and the membership of the association.

There was discussion about Lyme disease and tick awareness. This is something that everyone in our association should be aware of and paying attention to. A tick & Lyme disease article is now a permanent feature of our newsletter to provide a yearly reminder of this issue.

Peter O'Neill noted, as per the article in the newsletter, that everyone should check their property deed to ensure that there is a proper right of way agreement for use of the roads registered on the deed. Our annual August volunteer day was a big success, brush along the roads was cleared up ensuring they met municipal standards.

The current (2018/19) Executive is:

President: Phoebe Wright

Vice-President: Mike Miles

Treasurer: Jennifer Quong

Secretary: Reid Barter

Directors at large are: Bill Touzel, Peter O'Neill and David Alderdice. Our Lake Steward and Newsletter Editor is Ken Watson. Our Managed Forest Manager is Mike Miles. Our Road Superintendent is Peter O'Neill.

Dues

2019 dues are \$100 and can be paid at the AGM, online, or by mailing your cheque and annual dues form to Sand Lake Estates, RR1, Elgin, ON K0G 1E0.

To pay your dues using a credit card use the PayPal link on our website at www.sandlakeestates.ca

For questions about your dues please contact us: sandlakeestatesinc@gmail.com.

2019 AGM

A reminder that our 2019 AGM is on Sunday, June 30 at 10:30 am. It will be held in the Elgin Municipal Complex, chairs will be provided. The AGM is the best venue to chat with the directors and ask any questions you might have about our association.

Directors

We're always looking for new blood. If you have an interest in serving on the board, please contact us: sandlakeestatesinc@gmail.com.

7. Bottling. Make sure all your bottles and jars have been cleaned, well rinsed and are dry. Heat the filtered syrup to between 82 and 88°C then pour it into your containers. The hot syrup will help to sterilize the jars and lids. (Turn upside down and back to sterilize lids.) Label cooled jars with date and batch number and store in cool area, fridge or freezer. Syrup will not actually freeze in a home freezer, just become very thick.

8. Clean up. You will have a sticky work surface in your kitchen so be sure to wash everything down with warm water and clean all equipment. Scrape the sugar sand from your filter into a container - it is best not to wash it down your drain as it can clog your pipes. Rinse the filter well in hot water (no soap) then air dry.

9. End of season. Collect all your buckets, lids and spiles from the trees and rinse or leave to soak. Clean everything with a bleach solution of 19 parts water to 1 part household bleach. Scrub as needed to remove any mold from corners (this can develop in buckets left on the trees after collection is finished). Rinse very thoroughly so no traces of bleach remain. Dry completely in the sun. If possible do not store sap pails in a stack, as they can become stuck together over the hot summer. Store them on their side on a shelf, inside each other but not tightly packed.

10. Next year. Record which trees were good producers. Look for additional trees to tap if you want to add more next year. The holes will heal naturally and they cannot be used again, so future holes should be drilled at least 15 cm way in a spiral pattern around the tree.

Now, enjoy your first breakfast of pancakes smothered in your very own liquid gold!

- Pat Watson



LAKE ASSOCIATION GRANT

This spring, the Township of Rideau Lakes announced a new program (Township By-law 2019-25) to provide a modest bit of support for lake associations. For Sand Lake, grants were awarded to three associations; Chaffey's & Area Lakes Association, Birch Island Association, and Sand Lake Estates. In a formula based in part on the size of the lake and the number of members in the association, we were provided with a grant of \$832.00.

Ken Watson has agreed to be our primary representative on this township committee with Peter O'Neill as the alternate. The following is some information from the by-law.

Goal of the Lake Association Committee:

- It shall be the goal of the Committee to support the health and welfare of the Township's lake ecosystems and the enjoyment and use of those lakes by lake residents, visitors and future generations alike.
- To provide a venue for lake associations to network with each other and identify and share best practices, common concerns and emerging trends.
- To provide advice and recommendations to the municipality on a broad range of municipal matters that impact lake health, lake residents and other lake users.
- To foster meaningful, respectful and productive working relationships between lake association leads and municipal elected officials and staff.

Use of funds:

Funds should be used for the following general purposes:

- **Outreach, education and community building.**
- **Enhance the safety or accessibility of the lake.**
- **Scientific study.**
- **Lake ecosystem and/or habitat restoration or conservation.**

We have a fair amount of discretion on how the funds are used as long as they are generally within the goals of the committee and the stated use of funds. Several things that we already do would qualify, such as this newsletter, our website, water sampling of the lake, and our managed forest. Most of these are low to no cost items (i.e. newsletter—no cost since it is done by volunteers and emailed). One idea put forward would be to print our renter's guide and distribute it to all the membership so that there is a hard copy available in each association member's home/cottage.

YOUR IDEAS

We'd like to get your ideas about how to use this funding. Given the stated use of funds of this grant, what do you think? Do you have an idea that could make use of this grant? If so, please contact SLEI—sandlakeestatesinc@gmail.com

TREES and ROAD TRAVEL

Every once in a while a tree comes down and blocks one of Sand Lake Estates roads (Walnut Point, Pine Ridge or Eden roads). The spirit of community and collaboration usually kicks in and the issue is generally resolved rather rapidly!

Here's some guidance on how to proceed in the most expeditious way when you find your way blocked:

1. Assess the situation - if power lines are down stay clear and contact Ontario Hydro (1-800-434-1235). **Remember trees and other objects in contact with high voltage power lines can be conductive for some distance! Stay away!**
2. If the tree can be safely pulled aside or sectioned and pulled aside to make the road passable, feel free to reach out for neighbours and make this happen. Then let the Road Supt. know so final clean up can be done.
3. If the tree is partially fallen and hung up on other trees and is a dangerous or complex removal, go to step 4.

4. If no neighbour is around to assist, or the tree is a dangerous or complex removal, reach out for your SLEI Road Supt. (denoted by "R" on the SLEI phone list) or the President ("P" on the list). Note: You can also email us at: sandlakeestatesinc@gmail.com

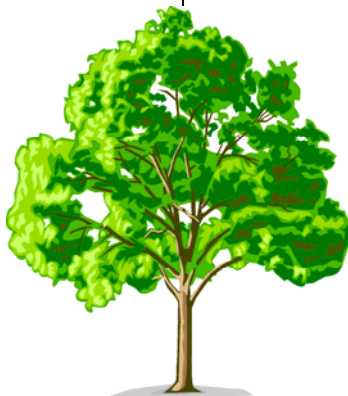
These SLEI executives will undertake to move the tree using equipment or a qualified contractor.

In closing, we have to note that in most instances where trees came down on our roads, there was a local weather situation that caused similar issues across the

region. So please be patient as steps are taken to resolve the inconvenience when your path is blocked. Chances are, other roads will be blocked too!!

What if a tree has come down across Davis Lock Road? If a tree falls on a township road, call the Township of Rideau Lakes during normal business hours at 613-928-2251 or 1-800-928-2250, or at their after hours emergency number: 1-877-798-5725.

- Peter O'Neill



RIDEAU LAKES OFFICIAL PLAN UPDATE

The Township is currently in the process of updating its Official Plan. Our last official plan was done in 2004. The United Counties of Leeds & Grenville Official Plan was updated in 2016 which set the stage for the Township of Rideau Lakes to be able to update their plan. This process is several years overdue.

The Official Plan guides all land use activities within the Township, including those related to waterfront development. Township by-laws, all public work and all planning activities (zoning, permitting, etc.) must conform to the Official Plan. This is a requirement of the Ontario Planning Act.

As part of the update process, a series of open houses are being held. These allow the public to have direct input into the process.

Waterfront Development—Open House—July 12, 2019

6 to 8 pm, Portland Community Hall (24 Water Street)
This open house will include topics such as fish habitat, vegetated shorelines and ensuring the water setback is consistent with the United Counties' Official Plan.

You can find the Official Plan for the United Counties of Leeds & Grenville at:

www.leedsgrenville.com/en/government/official-plan.aspx

The current official plan for the Township of Rideau Lakes can be found at:

www.twprideaulakes.on.ca/services/building-planning/planning/

VOLUNTEER DAY & PICNIC (SATURDAY, AUG 10)

Our annual road clean-up day will be Saturday August 10. Please mark that date on your calendar. Work crews will gather at 10:00 a.m. at the Davis Lock end of Walnut Point Road. A picnic will follow at 12:00 at 302 Walnut Point Road. Please bring chairs and a contribution if you wish. Hamburgers will be provided.

We'll have the details of what we plan to do on that day at the AGM.

To volunteer or for more info contact Phoebe Wright at 613-359-6270 or pwright@wrightmethods.com

ROAD MAINTENANCE

Almost half of your annual dues is used for the summer maintenance of SLEI roads. Our volunteer Road Superintendent is **Peter O'Neill** who does a wonderful job - **thanks Peter!**

After a winter of freeze/thaw cycles and then the final thaw, the drainage around some portions of our roads was tested to the maximum. Some residents may have noticed the culverts near both entrances became plugged with ice. The result was ponding over the road and a subsequent softening of the road bed.

The focus this year will be on ditch enhancement. Initial edge scraping of the roads to remove leaf litter and loam has begun and is half complete, in order to preserve drainage and clear areas where deeper ditch digging will occur.

We'll also be replacing the culvert at the entrance to Walnut Point Road with a larger diameter plastic (HDPE) culvert pipe. We hope to be able to salvage the old steel pipe to be used on Eden Road in an area with a lower flow of water and a similarly damaged pipe.

Residents are asked to:

- watch for tractor/backhoe and volunteers on the road, *remember*, if they didn't see you approaching they won't hear you over the equipment noise! Look for a wave or a wink before you pass!!
- watch for an email bulletin announcing when we undertake culvert replacement. There will be a few hours when the road won't be passable.

Winter Ploughing

Sand Lake Estates does not do (or pay for) any winter maintenance/clearing of the roads. Private individuals are paying for all winter sanding and ploughing. Winter ploughing costs are shared on a volunteer basis. Contact John Ziegler for Pine Ridge/Eden roads or Bob Haapala for Walnut Point Road if you would like to contribute to the ploughing of the main access roads.

Our long time contractor, Terry French of French's Trucking is retiring from the snow ploughing business. We are on the lookout for a new contractor—if you have any ideas, please let us know. As with Terry, we want a single contractor who will do the main roads and any driveways that residents wish to individually pay to have ploughed. We had difficulties in the past when multiple contractors were used.

GARBAGE PICKUP

Garbage pickup for our roads (Walnut Point, Pine Ridge and Eden) is on **MONDAY** (or Tuesday if Monday is a holiday) - **summer and winter!** From Victoria Day to Thanksgiving the Monday pickup is at the end of **your driveway** (NOT at the end of the main roads) and from Thanksgiving to Victoria Day it is a Monday pickup at the Davis Lock Road ends of Walnut Point Road and Pine Ridge Road.

We had an issue a couple of years ago where a bag of unattended garbage was placed beside the garbage box (which is a private box) at the end of Walnut Point Road on a Wednesday. Outside of the fact that this garbage would not have been picked up until the following Monday, it was in a bag (not a container) and unattended. Animals got into it and made a huge mess (see photo).



End of Walnut Point Road – April 26, 2017

If you're travelling to and from the cottage the best solution is to take your garbage home with you.

It is your responsibility to clean up any spills of your garbage in a timely manner. To ensure that spills don't happen in the first place, regular garbage should be placed in a "critter proof" container. Please note that containers you'll see along our roads are private. Organic material should be composted.

The recycling schedule of paper/cardboard/boxboard recycling one week and plastic and metal recycling the next week, continues in 2019. You find the schedule on each page of your Township calendar. Calendars are available at the Post Office in Elgin.

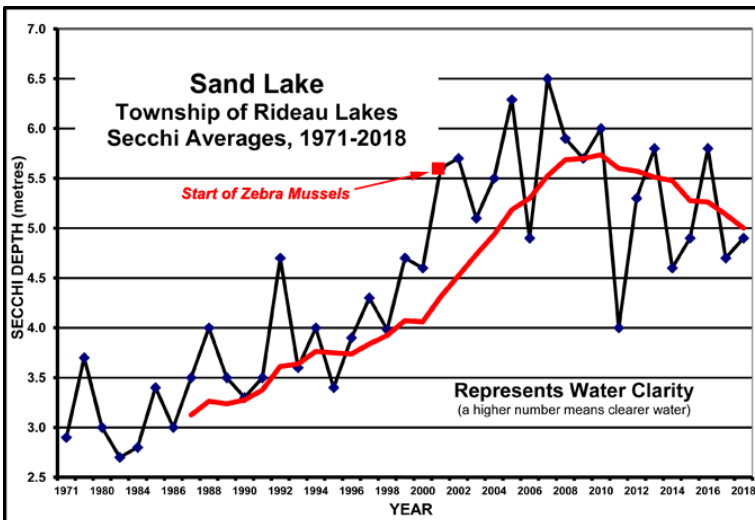
Garbage must be placed in a clear bag and have a Township bag tag attached. A bag without a valid bag tag will not be picked up. Tags can be purchased at Gordanier Grocery in Elgin. Recycling is free and must be in a clear blue bag. Fibres and paper may be bundled but must be tightly tied (or it won't be picked up). There is a limit of 2 bags of garbage and 5 bags of recycling per household, per week and each bag must weigh less than 40 pounds.

Details about the Township's waste collection policy, including a full list of how to sort your recyclables, can be found on the Township website at: www.twprideaulakes.on.ca

Please ensure that **all users** of your cottage (i.e. guests or renters) are aware of the rules.

WATER QUALITY

Your association's Lake Steward, Ken Watson, participates in the Ontario Ministry of the Environment's Lake Partner Program. This involves taking weekly water clarity readings using a secchi disk, taking weekly water temperature readings and taking six water samples, once a month, May to October, that are measured for phosphorus content.



In 2018, the average secchi water clarity reading was 4.9 metres, up from 4.7 m in 2017. The average phosphorus content of our lake (6 samples) in 2018 was 13.8 ug/L, up slightly from 13.4 ug/L the year before (lower is better).

Overall clarity and phosphorus content remain very good for a lake of our type (Mesotrophic, moderately enriched with nutrients).

ICE IN - ICE OUT

Sand Lake froze over on December 8, 2018. The ice was gone from the centre of the lake on April 15, 2019 although it hung around in bays for several days after that date.

BOATING INFORMATION

- Everyone who operates a powered pleasure boat must have a Pleasure Craft Operator's Card.
- No one under the age of 16 may operate a personal water craft (PWC).
- No one under the age of 12, and not directly supervised by a person 16 years of age or older, may operate a vessel with more than a 10 HP engine.
- No one between the age of 12 and 16, and not directly supervised by a person 16 years of age or older, may operate a vessel with more than a 40 HP engine.
- Make sure you have all safety equipment required for your boat, which includes items such as a buoyant heaving line, a watertight flashlight (with batteries loaded) and a manual sound-signaling device.
- A personal flotation device of appropriate size must be available for each person on board (i.e. if you have children in a boat, you must have child-size PFDs.)
- For most boats (including canoes/kayaks), consuming alcohol on board is against the law. And, just like a car, you have to be sober to operate a boat.
- If you are a tow boat for a water-skier, tuber, etc., you must have at least 2 people and 3 seats in the boat. There must be a driver, an observer and a spare seat for each person being towed.
- While refueling, all occupants of the boat must be ashore, all engines must be off, all open flames must be extinguished. Portable fuel tanks must be filled ashore.
- Stand-Up Paddleboards require a PFD and a sound signaling device. If you're not wearing the PFD, you must also carry a 15m buoyant heaving line.



SEPTIC SYSTEMS

This is your yearly reminder to take stock of your septic system - is it working as it should? Have you had it pumped out recently?

An improperly working septic system will allow the release of harmful bacteria such as E. coli (fecal bacteria) into our lake. It can even contaminate groundwater (i.e. your well or your neighbour's well).



Follow these six steps to keep a healthy system:

- Step 1 – Do** have your septic tank pumped out every three years
- Step 2 – Don't** overload your septic system with water
- Step 3 – Don't** give your septic system indigestion
- Step 4 – Don't** drive or park cars or heavy machinery on the septic bed
- Step 5 – Don't** plant trees or shrubs on or near the septic bed
- Step 6 – Do** let your system grow with the family and usage – know its capacity

Does your septic tank need to be pumped out this year?

If you didn't know you had a septic system, If it hasn't been pumped out in the last 3 years, If you can't remember when it was last pumped out, then you should have it pumped this year.

Two local contractors who do this work are Bryan's Septic Service in Westport (**613-273-3078**) and Hogan's Septic Service of Seeleys Bay (**613-387-3432** or **1-800-395-1375**).

RENTER'S GUIDE

As noted last year, Mike Miles has compiled a renter's guide for those renting our their cottage. You'll find it as a PDF download on our website at: www.sandlakeestates.ca

COMING EVENTS

For more details on events see: www.twprideaulakes.on.ca/news-events/calendar/

- June 29 Canada Day Fireworks – from 10 to 11 pm on Big Rideau Lake near Portland (good viewing from Hanna Park in Portland)
- June 30 Sand Lake Estates AGM – 10:30 a.m. at the Elgin Municipal Complex**
- July 12-14 Elgin Days – includes a BBQ and a parade
- July 25-28 Delta Fair
- August 3 Annual Craft Market at Chaffeys Lock – 8 am to 4 pm.
- August 10 SLEI Volunteer Day and BBQ – 10 am to 2 pm**

BASS FISHING

A reminder to all that the bass fishing season does **not start until the third Saturday of June** (June 15).

The problem with pre-season poaching of bass is that if the bass are pulled off their nests, other predatory fish (sunfish, etc.) will swoop in and eat the bass eggs or fry. This means that even catch and release fishing is damaging to bass stocks.

It is illegal to fish for or take bass before the **third Saturday in June** or after December 15th.

This means that it is against the law to do any type of fishing which potentially targets bass such as casting in areas that are less than 1.8 m (6 ft) in depth, using bass lures or using live bait. **This includes catch and release.**

If you see a poacher, report the license number of the boat to MNR at **1-877-TIPS-MNR** (1-800-847-7667).



Bright spots that you can see underwater in shallow areas of our lake are bass "nests." Once the water temperature is high enough (about 18°C/65°F) the female will lay her eggs and the male will continue to guard the nest until they hatch.

ENVIRONMENTAL HEALTH OF THE RIDEAU CANAL

Your Lake Steward, Ken Watson, attended a workshop this spring regarding a three-year research project, involving a team from the University of Ottawa and Carleton University, with support from the Université de Sherbrooke. This group has begun a study of the environmental health of land and water along the Rideau Canal. The project is being funded with a \$600,000 grant from the Natural Science and Engineering Research Council of Canada. The group is composed of conservation biologists, evolutionary and aquatic ecologists, limnologists, water resource engineers and social scientists. Their aim is to study the Rideau as a complex social-ecological system and come up with findings and recommendations to improve the management of the Rideau Canal system. The lead researchers are Prof. Nathan Young (University of Ottawa) and Prof Stephen Cooke (Carleton University).

The first of a series of four workshops involved public representatives including lake associations and Rideau waterway public support organizations such as Friends of the Rideau, the Rideau Roundtable and the Rideau Waterway Land Trust. The purpose of the workshop was to discuss what can be done to maintain or improve the environmental health of land and water of the Rideau Canal, to understand the thinking of Rideau constituent groups, and to identify, where possible, common concerns. The specific goals of the project include:

- The influence of dams and lock stations on abiotic (i.e. water, sediment, nutrients) and biotic (i.e., plankton,

- recreational fish, at risk fish and turtles, invasive species) connectivity at a system and at a reach scale
- Identify the effects of shoreline habitat and aquatic macrophyte management strategies on ecosystem structure
- Investigate the perspectives of key stakeholders related to waterway management scenarios and communication strategies.

Over the coming months three more workshops will be organized, involving the private sector, governments (including Parks Canada) and indigenous groups. The results of the research will be made public over time, as the various phases of the work and analysis are completed, via scholarly publications, recommendations to governments and communities, and other public communications.

A final report will be presented to Parks Canada who are the owners and custodians of the Rideau Canal. There is considerable potential for improvement in the management of water and land resources along the Rideau Canal, if governments at all levels follow up on the results of this project.

IN-WATER WORK RESTRICTIONS

Just a reminder that no work is permitted in the waters of the Rideau Canal during the period **March 15 to June 30**, inclusive, in any year.

BE TICK AWARE!

This is an annual article since Lyme disease continues to increase in Ontario and it is present in our area. Lyme disease is carried by the blacklegged tick (aka deer tick) in our region— the tick picks up the disease from both deer and mice. If you've got a dog, you're well aware of ticks (and likely have some expertise in properly removing them).

Prevention – the best defense is to avoid getting a tick on you. Ticks generally hang out in long grasses and plants (such as we have on most of our properties and the sides of our roads). Covering up (long pants, socks, long sleeves) generally works, but is often not practical in summer. Mosquito repellent containing Icaridin or DEET works against ticks – apply it to any exposed area of skin that a tick might latch onto. Don't rely on insect repellents that don't contain either of those ingredients. For more information see:

www.cps.ca/documents/position/preventing-mosquito-and-tick-bites

It is also recommended that you take a shower when you come in from being in a tick area (any area with long grass) to wash away any tiny ticks before they latch onto you.

Removal – you should do a tick check every day. They can be very small, but look for something that shouldn't be there (they can look like a small seed). They prefer a warm spot – neck, armpit or groin area. The good news is that it takes a tick carrying Lyme disease 24 to 48 hours to transmit the disease to the host – so you can avoid the problem by removing the tick early. The trick is to very gently pull or pry the tick away from the skin, taking care not to leave the head lodged in the skin. Gentle but firm pulling will force the tick to let go. Then swab the affected area with rubbing alcohol to remove any tick-borne bacteria and apply a topical antibiotic (i.e. Polysporin) to prevent possible infection.



Lyme Disease – this can be a debilitating disease for humans and may be hard to detect, although it is easy to treat with antibiotics **if caught early**. The symptoms vary and may include fever, headache, fatigue, depression, and a characteristic circular skin rash. The rash is a clear give-away – a bulls-eye pattern rash that can appear from a few days to a month after the initial bite. **BUT not everyone develops the rash** (about 80% do but **20% don't**).

If In Doubt – if you have a tick that appears to have been on you for more than a few hours then save it once removed (for later identification of type). Unfortunately our nearest health centre, Country Roads Community Health Centre in Portland, does not do tick identifications. However they will do tick removals and if they believe that you've been exposed to Lyme disease, they can initiate a test. You'll be best off in the long run dealing with your own family physician. Be aware that even in 2019, Lyme disease is poorly understood by most doctors and the tests for it are unreliable. There is no vaccine for it and, if not caught very early, there no cure.

Dog Owners – there are new tick prevention meds now available. Ask your vet about your dog's best options.

More Information: the internet of course has tons of information, best to check with official health provider websites. A good place to start is : www.healthunit.org/hazards/documents/lyme.htm

OUR LOONS

There are a number of artificial loon nesting platforms on Sand Lake. We ask that you and your guests avoid approaching any of these during nesting season, early-May to mid-June. This can disrupt the nesting loon, sometimes to the point of nest abandonment.

We also ask boaters to please be aware of the small loon chicks, especially during July and August. Also please make all visitors and renters aware of the fact that loon chicks are in the area and that they are very vulnerable to being run over by a boat or PWC. They are hard to spot in the water and too young to be able to avoid boats. It is up to you to avoid them.

The loons in Ransier Bay nested on May 12 this year. Two chicks hatched on June 9, 2019. Hopefully both will survive to fly south this fall.



Two chicks hatched in 2019 – you can see one riding mum's back and one tucked under her wing.