

May
2021



Bobs Lake Mosaic Artist Shares Creative Journey to Essence

Our Lakes

Celebrating South Frontenac's Waterfront Lifestyle

Turtle Time

Sudden Life

*Create a Cardiac
Safe Neighbourhood*

Flakey History

*The Old Perth Road's
Mining Past*

Windblown Walleye

*Learn How Weather
Impacts Spring Fish*

South Frontenac's Red Hot Real Estate Market Discussed by Pros

Hockey Icons Reminisce About Our Game & Lake Living



Andrew Cannizzaro Photo

Our Lakes

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On Tap This Month

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Bobs Lake
Buck Lake
Bulls Eye Lake
Collins Lake
Cranberry Lake
Cronk Lake
Crow Lake
Desert Lake
Devil Lake
Dog Lake
Elbow Lake
Gould Lake

So which lakes are *Our Lakes*?



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Upper & Lower Rock Lakes
Wolfe Lake
& Others, too!

No matter where you enjoy the South Frontenac waterfront, we invite your comments and submissions for articles, photos or announcements. All written submissions must be compatible with MS Word. Photos should be full resolution. We reserve the right to edit for space, clarity, and good taste. Email editor@ourlakes.ca.



Live turtle instinct:
A meal, a mate, a flat rock
- Content janitors.

Steadily Growing, One *Click* at a Time

Our Lakes Embraces New Contributors & Advertisers

Welcome back to *Our Lakes*, pull up a chair on the dock and dive into the amazing issue we've put together for your enjoyment.

As a Canadian journalist, I can tell you that any time you get a chance to ask Don Cherry a question for a story, it is one of those professional bucket list moments and definitely *a clipping for the file* as the old hacks used to say. Thanks again to Paul Elsly and the Rotary Club of Kingston for the quick dip into those halcyon days when hockey players *didn't need* helmets, and professional athletes were still enough like us to work summer jobs.

Things are heating up in more ways than one around South Frontenac these days.


First off, the weather continues to improve as our days grow longer and that's brought the turtles out around area roads and waterfront properties early this year. This issue is packed with information on these ancient marshland janitors. We've done a news feature on the state of the season from a turtle's perspective and Mabyn Armstrong of Turtles Kingston has joined *Our Lakes* as regular columnist – as has David Radcliffe, a

retired educator and outdoorsman who, prior to COVID, traveled the world fly fishing and experiencing other cultures. I hope you enjoy the unique perspectives each has to offer.

Secondly, our local real estate market has caught fire and, what few listings there are out there, are selling at record levels – six figures over asking in some cases! We talk to a group of experienced real estate professionals about the state of the township market and what you should do if you're considering listing a property.

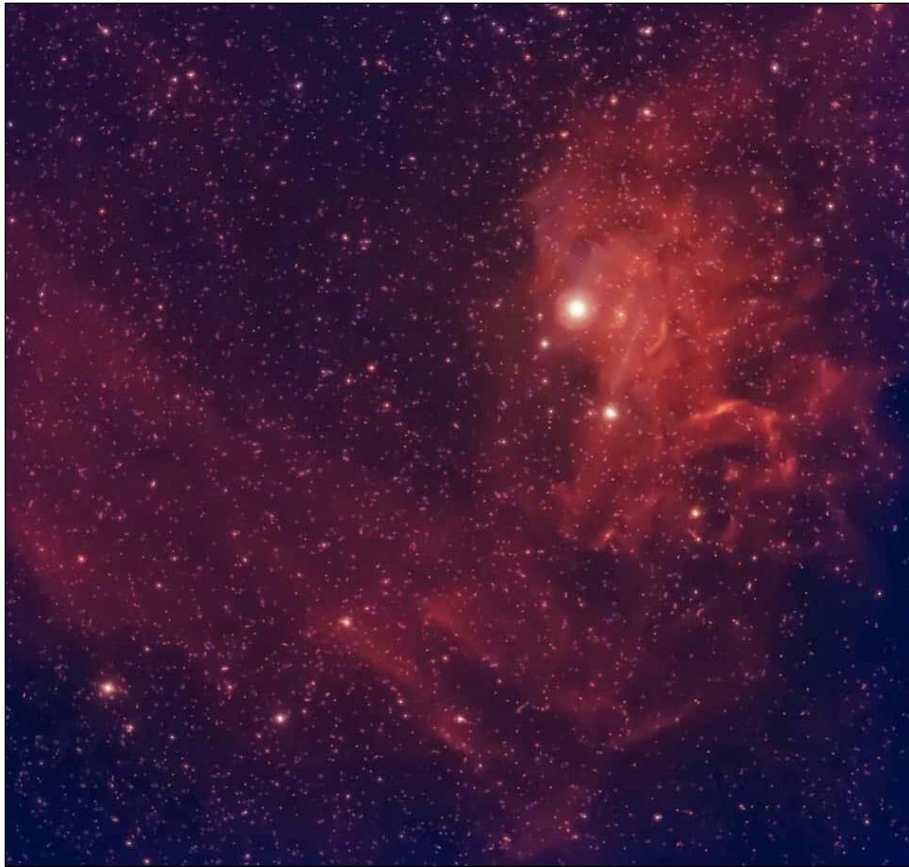
We would also like to acknowledge our growing slate of monthly advertisers, without your support our little venture would never have made it off the ground. Thanks as well to all of you lake lovers out there who donated money to *Our Lakes* personally. We don't charge for subscriptions, but it still costs money to do what we do. Donating a little something in support of local grassroots journalism is a great way for individuals to show they like the content we're producing and want to read more.

Think of it this way: If a musician played a song for you that you enjoyed, you'd throw a sawbuck in her case; why not do the same for the local scribe?

You can e-transfer any gratuities or donations to john@curranandassociates.com. 

John Curran
Publisher/Editor

The Light Show from My Dock on Bobs Lake



Photos by Robin Kasem

Left: This is IC405, the Flaming Star Nebula. It's an emission Nebula in the constellation Auriga, surrounding the blueish star AE Auriga. It is 1,500 light years away.

Above: The Waxing Crescent Moon was 2.6 days old at 8% with a distance of 405,564 km away.

Waste Watchers of South Frontenac

**Story by
Kelli McRobert**

By the time you read this, hopefully the stay-at-home-order in Ontario will be lifted or some of the restrictions reduced as we ease into yet another new season. As the pandemic continues to unfold, and lockdowns start and end, many of us are feeling a small sense of relief that we have survived yet another winter and upon reflection, thinking it was not “too bad.”

We were able to get outside and enjoy many days of sunshine and crisp snow as we traversed frozen lakes and explored new lakeside properties, meeting new friends who were ice fishing, sledding, or skating on frozen inlets. As my daffodils sprout, I get a renewed sense of hope that this year will get

better and that nature will continue to replenish, repair, and restore our gardens and yards one bloom at a time.

As many lakeside and rural owners know, Spring is a time to get outside, rake some leaves, and start putting out the patio, deck, and dock furniture. Oftentimes, the yard can be a bit daunting, as you see the debris that has been left saturated and dirty amongst the flower beds, gardens, and even more so the roadside ditches.

One group in Inverary, called the ‘Waste Watchers’ has taken it upon themselves to spend their outdoor ‘exercise’ hours ditch diving and cleaning up our roadways with fierce determination. They can be seen most days in bright yellow or orange shirts combing the

Continued: Some Appear to be Driving Drunk



Photo by Kelli McRobert

A short stretch of road takes multiple visits to clean.

sideroads and main highways, bending, grabbing, pulling, and sorting garbage and empties and waving at those that take the time to honk or yell out a window a quick 'thanks' for their efforts. Some days the group can gather between 100-150 empties within a few kilometers, and three to five bags daily are picked up along major arterial routes with most areas needing multiple visits to clear a short two-kilometre stretch.


These residents are an active part of the volunteer community helping with food and clothing drives and could often be found serving up eggs to locals during the weekend breakfasts, a gathering that kept the community close and connected. Since the pandemic hit,

it was more difficult to find a connection, so the group decided to venture outdoors, distance themselves and give back, just a little, to those that may not be able to climb down steep ravines or are unable to find the time to pick up spilled recycle bins as they juggle tele-work and home-schooling duties.

Since the closure of indoor dining, it has become apparent that take-out containers, alcohol cans, cigarettes, and everyday garbage, are now being tossed roadside and the major cross-roads are bearing the brunt of the dumping as people come and go from isolation. It is an incredibly sad situation, when the road is pristine on Friday morning and by Saturday afternoon, bags and bags of trash have been tossed overnight into ditches, ravines, streams, and playing fields.

I am uncertain how we became such a consumer-driven, disposable society, and one that does not treat litter as the utmost insult (and crime) to both the environment and the residents of the roadways we travel along who are our friends, relatives, and neighbours. Of great concern is, why are people tossing empties into the ditches, are they drinking and driving? And if they are, not only are they littering, but they are putting others lives at risk every second they are on our roadways, risking injury to animals and humans while playing a dangerous game of Russian Roulette with wanton disregard for our safety and the security.

We share one Earth, and it seems like such a simple request to dispose of our trash properly so we can all enjoy the beauty of South Frontenac Township and the surrounding areas, while staying safe and supporting this great community of people, one ditch at a time. We are so fortunate to call this place home, let's pitch-in and do our part.

You can find out more about this great movement online at <https://pitch-in.ca/>. 



Bruins all-time greats Don Cherry, Rick Smith, Rick Middleton, Terry O'Reilly and moderator Mark Potter were guests of Rotary Kingston for the virtual hot stove session.

Icons Talk Hockey & Lake Life

Rotarians Host Hot Stove with Don Cherry, Rick Smith, Rick Middleton and Terry O'Reilly

As part of its 100th anniversary celebration, the Rotary Club of Kingston recently hosted a hot stove session with NHL legends and Kingston cultural icons Don Cherry and Rick Smith.

The pair were joined by fellow Bruins alums and Hall of Famers Rick Middleton and Terry O'Reilly for the online event moderated by Mark Potter.

During the hour-plus trip back to the 1970s- and 80s-era NHL, the four old friends and former teammates shared laughs, great stories and their

time in support of the organization, which Club President Paul Elsly said is currently investing \$700,000 into 14 projects and five events around the community as part of its centennial celebration.

There was talk of the old rough-and-tumble-style that used to be played. Referencing a rare fight against former Leafs' captain Darryl Sittler, Middleton joked it was his claim to fame. "He speared me in the groin area... I remember going crazy!"

Cherry quipped, "I didn't know you guys could fight!"

They also talked about forgotten moments in big games. In 1970, the year he won the Stanley

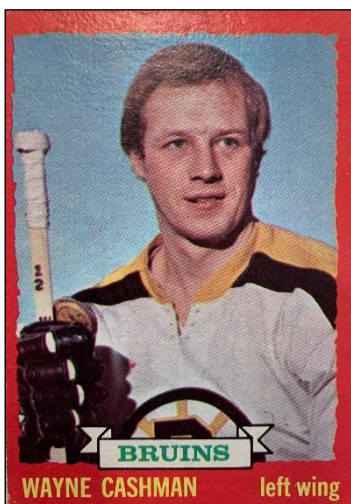
Continued: Cashman Cherry's Best Captain

Cup with Boston, Smith was a young defenseman out of Kingston not known for his offensive skill.

"In that game, when Orr flew through the air and scored the deciding goal... not many people remember that I scored the opening goal and set up Johnny Bucyk for the tying goal to send it to overtime," reminisced Smith.

Cherry shared fond memories of all three of his former players, but singled out O'Reilly in particular at one point. "Terry [O'Reilly], you led the team in points and penalty minutes in the same season, today you'd be worth \$8 million or \$9 million a year."

The group also highlighted what it was like to play with South Frontenac native and former Bruins' captain Wayne Cashman.



"He was a true leader," said O'Reilly. "I learned a lot from him."

Cashman was initially given the "C" by Cherry when Bucyk was hurt heading into a game against New York.

"He was the best captain I ever had as a coach," said Cherry. "The guys loved him. He was just like John Wayne."

Cashman, who nowadays calls Florida home, was actually the

first teammate Middleton met when he was acquired by the Bruins from the Rangers. He recalled walking into the Holiday Inn where the team was staying and, "I'm heading down the hallway and there's Cash in his room wearing his cowboy hat and boots and says, 'C'mon in for a beer.' After a couple I remember thinking, *I'm gonna like it here*, and I hadn't even gotten to my room yet."

On the topic of rituals related to the game, O'Reilly said to Cherry, "Did you know Panda [Smith] still shoots 100 pucks a day?"

"Out on frozen Buck Lake!" exclaimed Cherry. "He loves Buck Lake, I remember good times out there visiting with his parents."

Smith explained that his 100-shot daily routine during the winter was actually something that started when he came back for his second stint with Boston, after meeting his new coach Cherry for the first time. Cherry told him he wasn't much use on the point if he couldn't hit the net, so every day after practice Smith would stay behind and shoot 100 pucks on the net before calling it a day.

"I was out on the ice a week ago taking my shots, but two days ago the ice went out, so I'm done for the year," he joked during the March 31 event.

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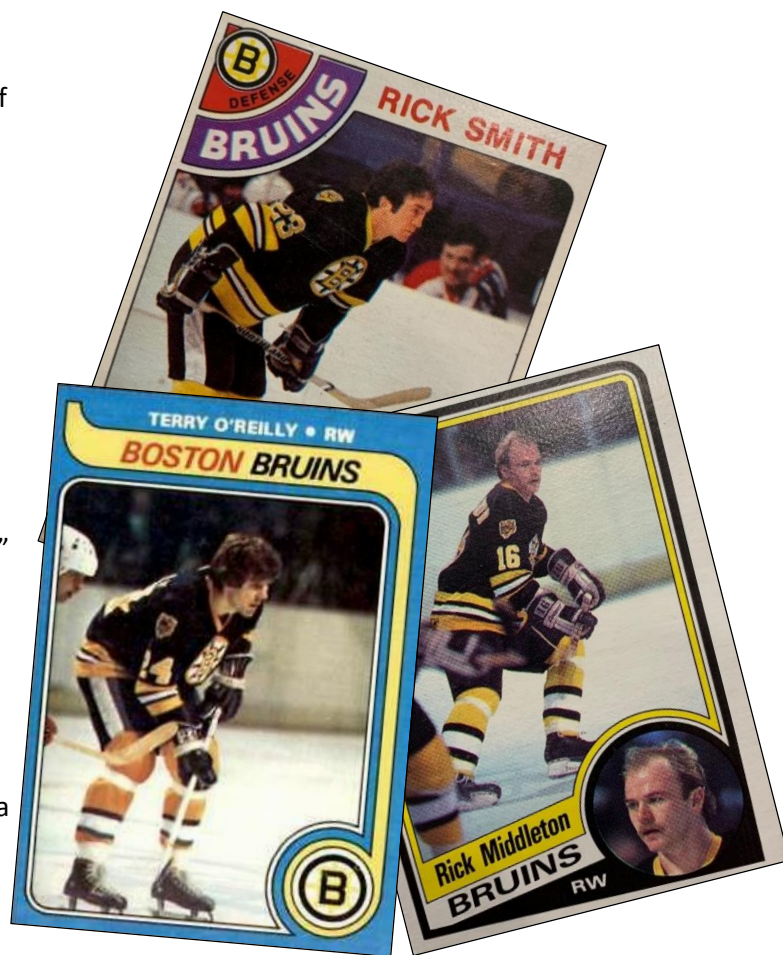
Continued: Cottage Life was Offseason

That certainly wasn't the only lake talk of the evening. Later the group discussed their memories of the offseason and what they did to relax and recharge. Modern-era players spend their break in the gym, but the four explained things were a lot different in their time and that just wasn't done.

"I bought a little cottage on a lake up in Ontario, Lake Kashwakamak, and did all the renovations and improvements myself," said O'Reilly. "So, I would be up there and get my hammer and saw out to put up some knotty pine panelling, or make some cement steps... I'd pull flat stones out of the lake and make flagstone steps and sidewalks. It was a nice way to get some exercise and it was very peaceful up there."

Smith enjoyed similar offseason breaks as O'Reilly – always close to water.

"North of Kingston on Buck Lake [is where I would go], but in my first couple of seasons I went to Queen's University and picked up a degree there," said Smith. "Later in my career we bought the marina on the lake, so there was always something to do. Most importantly it was a good environment to stay in shape, especially biking and swimming. I'm still there on the lake."




Bruins Team Scoring Record Still Stands

The 1977-78 Bruins set an NHL record with 11 players who scored 20 or more goals.

Peter McNab topped the list by a fair margin with 41. From there it went Terry O'Reilly (29), Stan Jonathan and Bobby Schmautz (27 each), Rick Middleton and Jean Ratelle (25 each), captain Wayne Cashman (24), Gregg Sheppard (23), Brad Park (22) and Don Marcotte and Bob Miller (20 each).


As a group all four panelists agreed it was one of the greatest team accomplishments in NHL history.

"It will never be broken," said Cherry, "not in today's NHL." 

Cherry also recalled his own cottage on Wolfe Island which he had for 40 years, and how much he enjoyed visiting the area when his summer hockey school schedule would allow. He said Kingston will always be home, no matter where he lives.

"I spent a lot of time in Kingston and I hate to say it, but that's where our cemetery is, we've got two plots down there in Cataraqui Cemetery," for when the time comes, said Cherry.

The hockey greats were extremely entertaining and said their chemistry was all thanks to one man. "We were a family back in those days – Don's family," explained Smith. "What we're doing here tonight is having a family reunion."

O'Reilly said the team really took on Cherry's persona and that's what made them so formidable as a group. "We were the lunch bucket, blue collar brigade!" 

Area Turtles Emerge Early

Nesting Season Vulnerable Time for Kingston's Oldest Stones

The Kingston area is home to five of Ontario's eight native turtles, including the Musk, Snapping, Map, Midland Painted and Blanding's, all are considered "Species at Risk," with the latter currently in the worst situation, classed as "Threatened."

Working tirelessly to protect each and every one of these vital creatures is Mabyn Armstrong, the self-described "old hippie" behind philanthropic powerhouse Turtles Kingston.



Photo courtesy of Turtles Kingston

"The nesting season is so crazy early this year," she said during a phone interview with *Our Lakes*. That, combined with a number of local priority projects, has so far this year kept her moving much faster than the creatures she represents.

"If the nests aren't covered within the first 24 hours, you might as well write them off due to predation."

One of Turtles Kingston's signature initiatives over the years has been its nest protectors, vital at this time of year when turtles are emerging onto roadsides and lakeside properties to lay their eggs. It's a relatively simple construction involving four pieces of lumber assembled into a box shape with galvanized wire mesh over one end and several big spikes to secure in the ground (*see photo above*). This simple contraption increases the odds of survival for young turtles dramatically as it helps ensure their safety when they are at their most vulnerable, still in the nest. Without them, less than 1% of turtle eggs survive to sexual maturity.

The group had previously worked with the local Lee Valley store to create the Turtle Nest Protection Program, which was delivered in two streams. The store built a number of turtle nest protectors that it also sold locally. For those who aren't handy, it allowed you to protect a nest without any *do-it-yourselfery* required. The store also offered several 'Turtle Nest Protector Seminars,' where members of the public were invited to construct their own protectors at the store.



Continued: Engineering Victories Add Up

Photo courtesy of
Turtles Kingston



Unfortunately, COVID-19 forced the end of that partnership last year although part of the program has been reborn in 2021 thanks to some generous supporters of the cause.

“Rob Clarke, a professional carpenter from Godfrey, is going to make them and Marshall’s Lawn and Garden Centre has offered to store and sell them from both of their area locations,” said Armstrong. “I expect they’ll go fast so people should watch on [Turtles Kingston’s Facebook](#) page for availability now and hopefully in future years, too.”

Beyond protecting nests, Turtles Kingston has also been very active in engaging with local

planners, engineers, and the road construction community about issues their work creates for turtles and how best they can mitigate the disruption for impacted colonies.

“The installation of exclusion fencing at Kingston’s Number 1 turtle road mortality hotspot is underway,” she said, adding construction started April 13, along Princess Street (Route #2) between Collin’s Bay and Westbrook Roads. “Kingston City Council voted unanimously to support this initiative earlier this year. This project has been the principal goal of Turtles Kingston since its relaunch in 2018.”

The organization said it was able to leverage the influence of its 4,000 local members to help make the project a reality.

“The turtle populations in the Collin’s Creek Wetland will be protected for decades to come. Turtles Kingston spent 39 straight days on the wetland last year protecting the adult reproducing turtle populations as they are the saving grace for their species. Losing just one adult reproducing turtle means it will take 60 years for her to replace herself.”

Armstrong said success comes slowly sometimes, but it’s a great feeling when you reach someone, and they start taking the turtles into consideration from the outset of a project. Last year the Old Perth Road was resurfaced and widened in part to better accommodate cyclists through a joint initiative between South Frontenac and Kingston.

“In doing their work they plowed up the substrate on the roadside and created a two-foot ridge of rock and gravel right on top of the nesting line,” she said.

After a few enlightening conversations with Armstrong, the problem was addressed and it’s clear the message really sunk in. “That engineer has been a gem to deal with since then. He’s starting a new project along Abbey Dawn and showed me how they have incorporated both



Continued: 320 Million Years, Now What?


temporary fencing and permanent exclusion fencing into the plans.”

Even with wins like these, there’s still plenty of work to keep the organization busy, mind you. Turtles are the most imperilled vertebrate species on the planet, she explained. They have been around for more than 320 million years and in less than 50 years we have sent them down the road to their extinction primarily because of habitat loss and road mortality. Turtles are vital for humanity’s survival, she said.

“Turtles serve us well by keeping our freshwater sources clean,” she explained. “Only 2.7% of the world’s water is a freshwater source and 20% of that is found in Ontario. More than 3 billion people on the planet do not have access

to a freshwater source. The wetlands are our freshwater reservoirs – they filter our waters and sequester huge amounts of carbon.”

Turtles are referred to as the ‘janitors’ of the wetlands because of the vast amounts of bacteria producing carrion and decaying vegetation they consume.

“Remove them and the wetlands will implode with bacteria, possibly irreversibly,” she said. “The only thing they ask for in return for providing this essential and humble service is their survival.” 

– *Our Lakes is happy to present a new monthly column from Turtles Kingston starting this issue, see page 40.*



Submitted photo

The Giffin-Peachey-Bagg Real Estate Team, seen here in pre-COVID times, stands ready to serve.

COVID Ignites Township Real Estate

Pros Discuss State of Market & Tips for Would-be Sellers

With COVID variants and lockdowns still an ongoing fact of life in Ontario, a few South Frontenac residents are reaping the rewards with one of the hottest residential real estate markets in the province.

Partners Mike Giffin, Korinne Peachey and Rob Bagg have never seen anything like it before in their time in the business – Giffin and Peachey have been with Royal LePage ProAlliance since 2012 and 2011 respectfully, with Bagg joining the team in 2019 after hanging up his Roughriders jersey following his pro football career in the CFL.

Peachey explained there is really a lot going on in the market these days contributing to the skyrocketing prices.

“One answer relates to the COVID factor of course, and how that has definitely impacted the last year – a shift for buyers from larger cities to smaller, more affordable communities, now that work from home is prevalent and enjoying the space we are in for so much of our time is that much more important,” she said. “However, there are two equally big additional factors – incredibly low interest rates, and, supply and demand. There is just not enough inventory of homes for sale versus the number of active buyers.”

Also weighing on prices as more of a long-term trend is the lack of skilled labour, which is pushing new construction costs ever higher.

Continued: Most Buyers Local, Some Urban

“The younger generation is not working in the trades as much as needed – without the manpower to build more homes, demand is quickly outpacing supply.”

Prices Continue to Climb

The result: it is a great time to be a seller.

“The market is hot for sure! It's a tough market to buy in, but great for sellers,” said Adam Rayner, Sales Representative at Sutton Group Masters. “I have seen some properties receive 25-plus offers in South Frontenac and sell for well over \$100,000-\$150,000 more than asking price.”

Marisa Quintal, Real Estate Broker and Licensed Assistant on the Mary Kathryn Mackenzie Team at Royal LePage ProAlliance, said the demand is also thanks to all the benefits of living in the township.

“South Frontenac has a lot to offer which is driving the positive influx in prices and active buyers,” she said. “It offers close proximity to the city while also having the luxury of living rurally; close to (or on) the water, trails and property privacy.”

All of the real estate professionals said while the majority of would-be buyers are primarily Kingstonians looking to relocate a little north, every day more people from Ottawa, Toronto and even Montreal are looking at our region as a potential new place to call home.

“We are seeing buyers come from larger cities for sure, the GTA. Who wouldn't want a taste of peaceful country life, or a waterfront spot on some of the best lakes around?” said Peachey.

“But the countryside of South Frontenac has been an increasingly popular destination for ‘local’ buyers for years – with the larger lots, allure of new build construction, and younger families shifting their focus from city subdivision living to rural homes.”

At the Giffin-Peachey-Bagg Real Estate Team things have been brisk to start the year and are



Submitted photo

Adam Rayner said some properties are selling for up to \$150,000 more than the asking price.

only accelerating as the calendar advances toward the warmer months.

“Directly from our Kingston and Area Real Estate Association and the last recorded statistics, February 2021: ‘On a year-to-date basis, home sales totaled a record 520 units over the first two months of the year. This was up by 28.1% from the same period in 2020,’” reported Peachey. “The average price of homes sold was a record \$597,427, a substantial increase of 36.7% from February 2020.”

Because the majority of Canadians have no near future travel plans, the way they are thinking about personal and family enjoyment and what we do with our future recreation and leisure time, has changed. Cottage prices have increased by an astronomical amount as a result, she added.

“The average sale price increase in South Frontenac specifically is up 15%-plus, the key driving factor is the number of units available,” said Rayner. “The demand is very high and the supply is relatively low and down 34% compared to this time last year.”

The impact on waterfront has been staggering, he said. “The prices on your entry level cottage is at what I believe is an all time high in our area and properties are selling well over asking price in the majority of the cases.”

Continued: Professional Insight

As far as maximizing your property's value if you do decide to put it on the market, all three offered some valuable insight based on their extensive experience.

"In the majority of situations, the home will be sold within 10 to 14 days, we generally hold off on offers for five to seven days to allow as many buyers safely through as possible," said Rayner. "It's ideal to have a place to stay, I would suggest making arrangements if you have a cottage or something to stay at during the selling process so it's less disruptive to your life."

First impressions related to cleanliness and decluttering continue to weigh heavily on potential buyers, he said. Quintal agreed and added that although it is a hot seller's market, it is still important to find an agent to market your home well.


"Especially in the world of COVID, it is very important to bring in a listing agent that has the tools and resources to maximize online and offline exposure, while being there to walk you through the sale process," she said.


If you are on septic, she suggested having it inspected and pumped before you actually list your

property; and if you are on a well, have your water tested in terms of both quality and quantity.

Thanks to the pandemic, more initial viewings are now being done online than ever before,

said Peachey. "Some offers are even made site unseen," she concluded.

"Professional photos, virtual tours and floor plans, are just some of the marketing tools that must be utilized in this hot market." 




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All photos courtesy of Madeleine Kenny, Becky Black, Naomi Levesque and Essence.

Artist Offers Bobs Lake Classes for Would-be Creatives

Life has changed a lot over the last few years for long-time Bobs Laker Naomi Levesque. Even before COVID, she had recently said goodbye to a 12-year career with the federal government and was beginning a creative journey of self-discovery.

She worked in the heavily security-based environment of IT software awareness within Canada's communication security establishment, but after some extremely shrewd and well-timed investing several years earlier, she was now able

to replace her salary with royalty cheques. At that point she didn't think twice about giving up the regular grind of work life.

"I woke up one morning and suddenly had all this freedom," said Levesque.

That new-found independence and time, thanks in part to the global pandemic which arrived not long after, led her to spend much more time focusing on her glass mosaic art.

Continued: It's All About Colour & Cascading Light

"A lot of my work is very abstract," she explained.

"I get an idea, I might base it on a waterfall, or a wheatfield ... you'll see the colour, it's really about the colour and how the light cascades through a piece."

Levesque has been making her glass creations for years after taking a workshop a long time ago while staying at the family cottage on Bobs Lake in Long Bay.

"I did one of those studio tours and got a chance to try it and I've been at it ever since," she said, adding it opened a world of creativity to her that she'd never been able to access previously.

"I couldn't and still can't draw a pear to save my life," she joked.

"Now I just find it so relaxing to make a beautiful piece of art."

In an effort to stay busy and meet people, this single mother has taken her love of mosaic art to an entirely new level and recently began offering classes at what has been the family's Bobs Lake cottage for roughly a quarter century. Her venture is called Essence and you can look her up (or book your own creative journey) online at <https://www.essencecreativejourney.com/>.

"People can come out to the lake for the day and in the midst of this beautiful setting, make a piece of art they'll cherish afterwards," she said. "Everyone can learn how to cut glass. After such a long year it is time to treat yourself to a new adventure. [Once the lockdown is lifted, all required] safety measures will be in place to allow us all to be comfortable. Challenge yourself to make a beautiful piece of art."

To really enjoy the process, her advice to new people is to lose the idea of the perfect image before starting.



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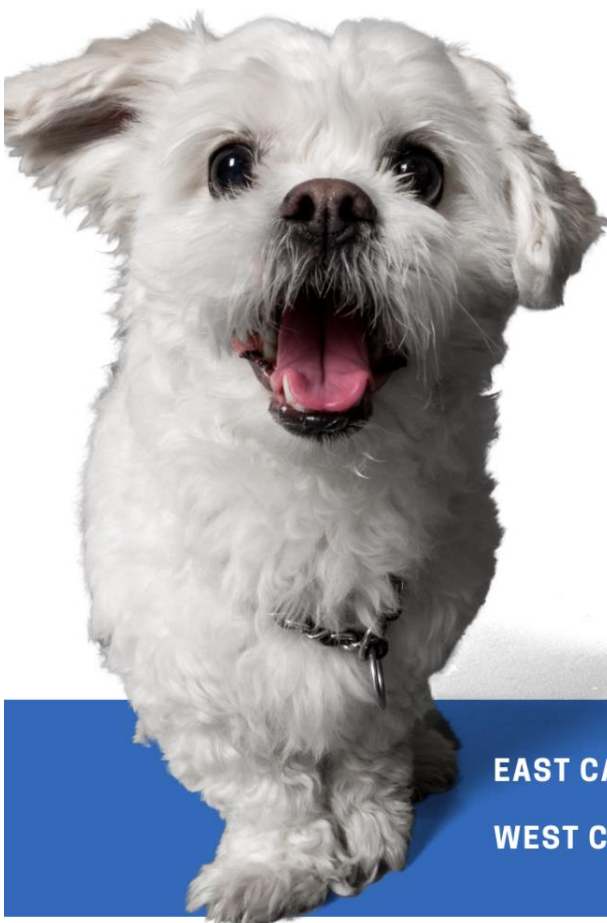
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Continued: Classes Offered Through Essence



"You're going to make what you're going to make," she said. "Some people, no matter what they think about, their going to make that flowerpot. Me, I like to focus on nature: Ski hills, Waterfalls, Sunsets. I paint, too, and it's usually all about the water, trees and wind."

For those taking one of her classes, they are asked to arrive at about 10 a.m. "When they get here, I serve them coffee or tea and they can



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Continued: Be Inspired by the Beauty of the Lake

tour the property and dock, that's where everyone always wants to go first."

From there it's into an all-important safety lesson.

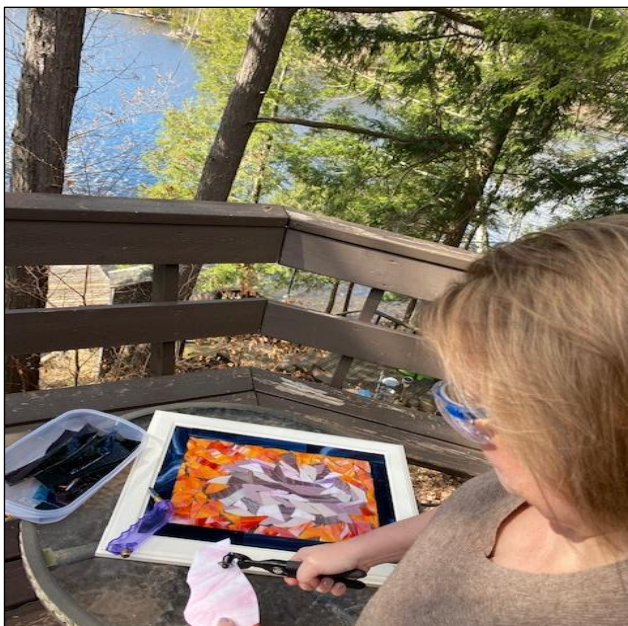
"Glass mosaic is a unique art. In this class, you will learn how to cut and score glass, lay out a pattern, work with colour and how to grout your piece," she said. Everything is taught first on plain glass first before moving on to the coloured glass students will use in their creation.

"Some people are a little slow at cutting, so I have a bin with over 350 pre-cut pieces in case they need a little assistance," she said. "Our small, private classes of up to four people include all materials, parking, safety goggles, a lovely lunch, water, coffee, fruit, and a dip in the lake. Dietary needs will be met. Your class will run from 10:30 am to 4:30 pm."

Classes cost \$225 per person, but that's reasonable when you consider everything that's included, the expensive tools and supplies required, as well as the fact you'll make a beautiful creation that you will treasure for years.

"I chose five-by-seven-inch frames for the classes so that people can get the full frame done before they leave," she explained. "If you come out for the day for a class from Kingston (40 minute drive) or Ottawa (90 minute drive) say, it's six hours from start to finish and you'll leave with a finished piece of art and make it home in time for dinner."

Levesque herself relishes the opportunity to work with people new to the process.



Continued: Learn from a Great Teacher

“Taking charge of the vision I had for myself and with lots of perseverance, I have built a life that brings me joy,” she said.

“Discovering my Essence was a journey that was not always easy. Artistic creation was integral in shaping my vision and guiding the transformation from one life to another. Today, I'd like to bring that gift to you. Life is what you make of it, let's create something beautiful!”


Her experience in a teaching capacity helps make the process fun and easy for all.

“I have had a great many opportunities to teach some wonderful students over the years from swimming, skiing, software skills, and IT awareness,” she explained.

“I am bilingual, so we can enjoy our class in English or French. Teaching is something that brings so much to me personally,” Levesque also explained.

“I love meeting people and helping them discover skills they thought did not have or work on their next goals. I am Naomi, and I can't wait to meet you!” she concluded.

One of her former students, Josee, said of the teacher and the class: “Naomi was a wonderful art teacher, she was patient and insightful.

“I just love my piece and would do this workshop again. My experience was fantastic!” 





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Buck Lake's Mining Era

Mica, Phosphate Plucked from 'The Massasoggy' to Scoffield Camp and Everywhere Between

May 10 to 14 is National Mining Week and this industry continues to play a critical role in our national economy, while also enabling today's modern, high-tech, low-carbon society (in addition to creating thousands of good-paying jobs from coast-to-coast-to-coast).

Around our township there is a rich past, however, the mining industry itself has been largely relegated to the pages of history. Buck Lake is a prime example, with its rich mining history, the final chapter of which was written more than 60 years ago.

One of its best-known and earliest pioneers was heavily involved. Jabez Stoness, who is better known for being the first driver and longest to hold the reins of the Perth Road stagecoach (in addition to a few other

Warning!

Never go exploring near old mines alone and don't play around them if they exist near your home or cottage. You could easily end up the next layer on a pile of bones 100 feet or so underground!

List your products or services in the
Our Lakes

Trading Post Directory

See Page 41

Because of our own experiences in business, we understand not everyone can afford to spend a lot on advertising.

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Connect with us and other folks from around South Frontenac's lakefront neighbourhoods & communities, but do it virtually without contact.

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Join the discussion,
be a part of the community!

Continued: Perth Road Launched Mining Boom

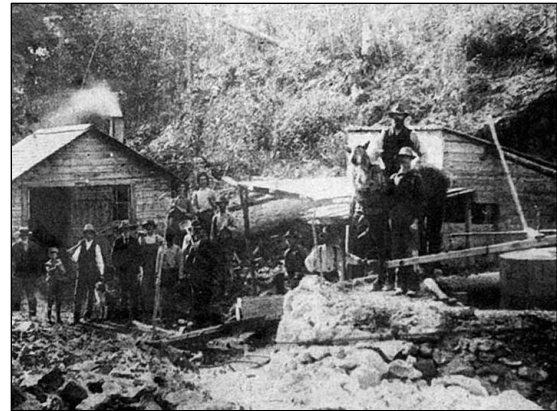
ventures and activities), was among an early group of residents to profit from mining on his land in the area.

The mining boom around Buck Lake began in earnest after Christopher Roushorne discovered lead in the area around what is now Perth Road Village.

The Frontenac-Draper Lead Mine opened soon after and between 1866-1870 the No. 1 shaft was sunk to 80 feet and 2,000 tons of ore was mined. By the time the [1878 Meachem Map](#) was produced, there were nine phosphate mines operating on waterfront lots around Buck Lake and its principal outflow, Massassauga Creek.

The owners of these properties included Stoness, whose property was on the north side of the mouth of the *Massasoggy*.

The other property owners with active mines on their land as of 1878 included: H. Sears, David Sears, C.W. Darling, Jas. Darling, Jos. Darling, Thos. Galliger, L. Cobett, and Pat Gahan.



This is an image of the Tett Mine near Devil Lake.

Initially Stoness worked his property solely for phosphate. In about 1878-79 he leased the mining rights to Webster and Co. – a large mica mining conglomerate that controlled numerous mines as well as two of the three main mica cutting works in the province with facilities in both Perth and Sydenham. Shuttered a year later, the Buck Lake

Love Your Lake information webinar



Learn about the Love Your Lake Program being delivered on Cranberry Lake in summer 2021 and Dog Lake in summer 2022!

Barbara King of Watersheds Canada will deliver a free webinar to discuss this voluntary shoreline assessment and educational stewardship program and show how you can help improve Dog and Cranberry Lakes' water health.

Thursday, May 6, 2021 from 7:30-8:30pm

Register: watersheds.ca/LYL-DCLA



Love Your Lake is developed and coordinated by Watersheds Canada and the Canadian Wildlife Federation



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Continued: Revived in 1894 as Stoness Mine

Mica Mine as it was then known, included a main shaft measuring to a depth of 30 feet.

In 1894, Stoness personally revived the property after encouraging several investors to join him in bankrolling what would now be called the Stoness Mine and it began producing high quality mica at a time when the world needed it most. It would go on to become the largest mine ever to operate on Buck Lake. From the Province of Ontario's *Report of the Bureau of*

Mines 1901, the market conditions had been ideal for Stoness when he reopened the mine:

The interest in mica mining has grown to an extraordinary degree, due to the high prices for this mineral which prevailed until recently, and

Regional Employer


The Frontenac-Draper Lead Mine (just outside what is now Perth Road Village), drew its workers from several townships around the area when it was in operation. We know the names of several of the workers from Loughborough Township who worked in mining-related activities during 1878.

The Mine Manager of the day at the Frontenac Mine was John Hancock. He lived in Perth Road, but had been born in England and only moved to Canada in 1873.

Some of the other 1878 Loughborough Twp.-based mine workers as well as their related occupations, nationality and ages included:

- Arthur Bishop, miner, Perth Road, born in Canada 1833 (45 yrs);
- David Chambers, engineer, Perth Road, born in Ireland 1861, moved to Canada (17 yrs);
- JW Freeman, miner and farmer, Loughborough Twp., born in Canada 1850 (28 yrs);
- John Guthrie, miner and farmer, Perth Road, born in Canada 1847 (31 yrs);
- DA Ruttan, miner and farmer, Perth Road, born in Canada (date missing);
- Norman Switzer, carpenter and miner, Sydenham, born in Canada 1841 (37 yrs); and,
- PW Freeman, Canada Co. Land Agent, Loughborough Twp., born in Canada 1824 (54 yrs).

Especially for the lower-level workers, mining in the later half of the 1800s was quite lucrative.

At a time when a labourer in Kingston or a typical farm hand could expect to earn about 90 cents a day, miners commanded 20 to 30 cents more for a total of \$1.10 to \$1.20 a day. 



This antique toaster still has its internal sheets of mica intact.

Mica's Many Uses


Mica was used in a variety of ways, including in sheet form in early electric toasters and oven windows or scrap mica could be ground to make a lubricant, but primarily mica was desirable as an insulator.

"My grandfather was the foreman at Lacey Mica Mines north of Sydenham," said Terry Clark. "Most of the mica went to General Electric in New York State. The men would scratch their name and address on the mica sheets and the men at GE would send back letters and they became pen pals."

Sydenham was a key location for the entire mica mining sector.

"The sorting sheds where in the village across from the park on Sydenham Lake," added Clark.

The mines there were also world famous for their massive, high quality mica.

"According to a booklet published in 1964 by the Ontario Dept of Mines 'Crystals of up to seven feet across were mined,' from the Lacey operation," said Dave Ferguson. "I understand one of the largest ones from the Lacey Mine is in the Smithsonian Institute (in Washington, D.C.), and also locally another one is at the Miller Museum at Queens." 


Continued: East of Sydenham Among Best Districts

also to the fortunate circumstance that very remarkable deposits have been discovered in eastern Ontario ... The most highly productive localities are east of Sydenham, Frontenac county, and 10 to 14 miles south of Perth in Lanark county. In these districts are some mines of considerable dimensions, and innumerable small pits worked in a desultory way by farmers.

A marked feature of the mica industry is uncertainty of output. A mine may suddenly acquire prominence as a large producer of exceptionally fine material, and in a few weeks

Critical Ag Resource


Phosphate was an important resource of the day and was a key ingredient in agricultural fertilizers.

“The ore, we understand, is readily known, easily mined, and of excellent quality; and is, and always will be, in addition to its other valuable chemical properties, a staple agricultural commodity, when converted into superphosphate,” reads a 1900 report on Ontario’s minerals. At one point around the same time in Smiths Falls, superphosphate was selling for \$26 to \$30 a ton. “The farmer who is fortunate enough to have a bed of it on his land, either sells the mining right or leases it at a royalty of from \$1.50 to \$2 per ton ... or he employs his farm hands or his sons, when not otherwise engaged, to turn out a few tons, and thus materially enhances the income of his farm.” 

The Height of Mica Mining on Buck Lake

According to the Province of Ontario’s *Report of the Bureau of Mines 1901*, here is an extremely detailed description of Buck Lake’s largest mine ever – the Stoness Mine – as it existed at or near its peak of operation:

“A syndicate consisting of Messrs. Robert Kent and Joseph Franklin of Kingston, and Mr. Jabez Stoness of Stoness Corners [now Perth Road Village], now control what was formerly known as the Buck Lake mica mine, located on lot 4, concession XII of Bedford. It is at the northeast end of Buck lake, about 9 miles from Stoness Corners ... The shaft is now 440 feet deep on a 45-degree incline toward the north northeast. There is also a vertical shaft 100 feet deep into the workings at the southeast end of the stoping chamber. Hoisting is done with a 20-hp engine, winding a 7/8-inch steel cable, drawing a kibble mounted on a four-wheel truck. Steam is derived from a 50-hp water tube boiler. Drilling is done by steam drills. The lower part of the mine is quite dry, but water nearer the surface is drained to a sump at the bottom of the 100-foot shaft and is pumped to the surface by a Northey pump, 4 1/2 by 2 3/4 by 4

inches. The average cross-section of the incline is 16 by 40 feet, and the stope varies from 30 to 40 feet in width, with an irregular elevation, at places reaching to a height of 60 feet. Above the mine is a building divided into rooms for the boiler, hoist, storeroom, and for mica trimming. Dynamite is stored in a frame magazine 400 feet east of the shaft, with a hill between. A dwelling house of 8 rooms has also been erected 300 feet north northeast of the shaft. The output of mica from this mine has been a ton a day for many months. The crystals of mica here are of exceptionally large size, and very free from blemishes. The body of the vein consists of pink calcite, the mica occurring along the walls between the calcite and this bounding pyroxene. The trend of the vein is about north northeast, cutting the gneissoid country rock. The mine is said to be the heaviest producer of fine mica in Ontario. The manager is Mr. Joseph Franklin, with Samuel Hunter as foreman. The number of workmen employed is 30.” 

Continued: Mica Oversupplied, Prices Crash

or months the outlook may grow so discouraging that the mine will be abandoned. Again, mines which have been thus abandoned have been re-opened by courageous prospectors, with the result of discovering bonanzas.


This was most certainly the case with the Stoness Mine. Despite its success, the mine would close in 1902 after mica prices crashed due to new suppliers coming online in the U.S. (previously the largest market for Canadian mica) and cheaper options of almost equally high quality also arriving from India. The Stoness Mine re-opened intermittently over the next three years but was closed for good in 1905.



This photo of a mica mine in Mattawa gives you an idea of what the workings of the Stoness Mine may have looked like in 1901.

Mica's Value

It is hard to get an exact fix on the value of mica for the full course of South Frontenac's mining history. An historical report produced by the Ontario Government in 1968 provides a few benchmarks from this era.

- The Tett Mine located on Lot 4, concession VIII, Bedford Twp., operated in 1899, 1900, 1902, 1907, 1908, 1913 and 1924. During that time, the total production was 99 tons of mica with a value of \$27,279.
- In 1906, on the southeast shore of Devil Lake, the Antoine Mine was worked by Jabez Stoness and the Kent Brothers of Kingston. It produced 27 tons of mica worth \$8,000.
- In 1920, on Lot 2, concession XI, Bedford Twp., a pit sunk by George Green of Perth Road yielded 2,756 pounds of mica valued at \$2,676.
- In 1934, W.W. Lee and son of Bedford Mills worked Lot 13, concession V, Bedford Twp., and produced 320 tons of scrap mica valued at \$2,855, and 2,400 pounds of trimmed mica valued at \$480. 

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May 2021 – Our Lakes

Continued: By 1940s Mica Mining had Largely Vanished from Ontario


By the 1940s, Buck Lake's mica mining era had largely passed and many of the mines in the area had long been sitting dormant with only a few intrepid souls still involved in the business around the area.

In 1946, the Marks family began mining the Crab Lake site in what is now Frontenac Provincial Park.

Father Oliver Marks had been first hired at the General Electric Mine (originally the Lacey Mine) near Eel Bay of Sydenham Lake in 1901.

He was joined by his son Ray among others and together they worked the property for eight years. They would blast on Mondays and Wednesdays. Tuesdays and Thursdays were spent hauling ore back to their farm for trimming during the winter.

They sold all of their mica to Walter Cross in what was then Hull, Que. One-foot by one- to two-foot crystals two inches thick were worth 90 cents a pound. A one by three crystal paid out at a rate of \$1.25 a pound. The biggest sheets, four-foot by six-foot, commanded up to \$5 a pound.

The last known mica miner thought to have been actively working on Buck Lake was an American named Frank Feddigan. He lived on the lake year-round and mined mica from a mine said by a former worker to extend beneath the lake from a property on Roost Lane. He sold his land on Buck Lake in July 1960 after his wife Margaret grew very ill and the pair moved back to the U.S. for her to seek treatment. 

– If you've got a piece of history related to the lakes of South Frontenac Township that you'd like to share in a future edition of *Our Lakes*, please email editor@ourlakes.ca.

Do you have a passion for some aspect of the South Frontenac waterfront lifestyle and long to share it with others?

***Our Lakes is seeking
Columnists &
Contributors
who don't want to
get paid very much!***

Send us an overview of who you are, what you want to write about, and a sample piece.

Please remember: 1) Pictures make every story better; 2) A one page column in *Our Lakes* is about 400 words; 3) Our editorial deadline is the 20th each month.

Email: editor@ourlakes.ca

OUTDOOR BURNING PREVENTION & SAFETY TIPS



Ensure there is no Burn Ban.

Confirm there is no burning ban in place by calling our office, visiting our website or checking the newspaper.

Don't Build it too Big.

Campfires should be no more than 2 x 2 ft in size and 1 meter in height, and brush fires cannot exceed 10 x 10 ft in size.

Having a Brush Fire? Call us.

If you are planning to burn brush, ensure you only burn **approved items** & notify the Fire Department at 613-376-3027 ext. 2234.

For more information, see By-law 2012-68 on our website at www.southfrontenac.net/bylaws/

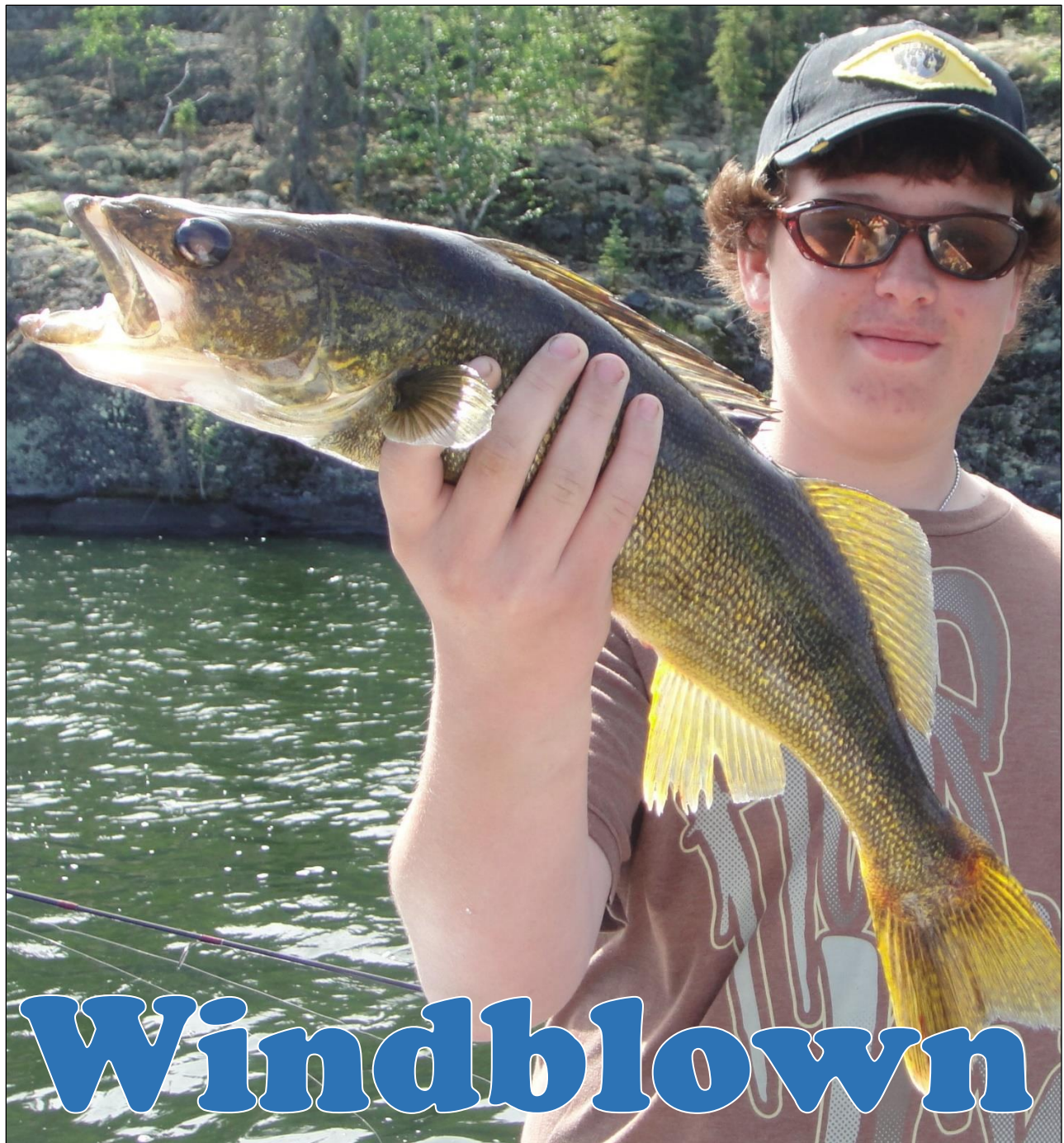
**Grass fires
can burn
more than
just grass...**

Sunrise & Sunset.

Hours of open air burning are restricted to occur between sunrise and sunset, except for camping or cooking fires.

Infractions.

Residents are reminded that any infraction of By-law 2012-68 can result in significant **financial penalties**.



Windblown

Walleye

*Knowing How Spring
Weather Impacts Fish
Key to Catching Them*

Fish – and walleye in particular – are from an evolutionary perspective, extremely lazy creatures. They live their lives trying to eat as much as possible, as efficiently as they can.

They have evolved to expend as little energy as is necessary as they go about their regular routines so they can save valuable calories for the lean times, which if you're a walleye, are frequent and long.

Continued: A ‘Walleye Chop’ Means the Bite is On

We’ve all heard the expression *make hay while the sun shines*, well with walleye it’s more like *make hay when the wind blows*.

There is another old expression in fishing circles, “there’s a good walleye chop;” meaning of course that the wind is blowing, so the bite is on somewhere! No other species swimming in our region is so influenced by wind in terms of feeding. Particularly if you happened to be fishing a sand bar or shallow black mud bay, spring walleye will always be most aggressive in the area receiving the most amount of wind.

It is the basic predatory instinct of large fish to put forth the maximum effort to feed when conditions are optimal, but there are really multiple reasons why wind is such a key

ingredient for a good day on the water, especially early in walleye season.

As waves roll, they disturb the baitfish living in the mud and sparse remnants of last year’s vegetation. The walleye has learned over millennia to take advantage of that chaos in the minnows’ world and quickly move to pick them off as they are separated from their previously protective structure.

In a big lake, schools of fish are more likely to be resident to certain spots or areas and literally turn on when the wind gives them the opportunity. In smaller systems, they will be more likely to cruise the entire lake in search of the best spot to feed on any given day.

Bigger is Better

To understand why walleye, and in fact all underwater predators to some extent, feed when and where the wind blows, look at life on the surface. When it is windy, bigger boats have an easier time navigating the waves than smaller boats. A 20-foot bowrider can manoeuvre in whitecaps much better than a canoe. Well, when things get rough a two-pound walleye has a similar advantage over a 6-ounce perch and even more so over a four-inch minnow.

Wind can push schools of baitfish and other food sources into the mouths of shallow bays or up against any sort of structure and walleye seem to cue up to feed. The smaller prey make easy pickings when they are stuck helplessly swimming against strong lake currents.

Just remember, it is not uncommon for an even bigger fish, a large northern pike or muskie for example, to use their same advantage in rough conditions over the relatively smaller walleye. If bigger predators show up, the bite will likely cool off and you might as well go search elsewhere.

Dim the Lights

Walleye, as their name suggests, have unique vision in the fish world. Their eyes have evolved to include a light gathering membrane called the tapetum lucidum. This is what gives walleye vastly superior



Continued: Can You Adapt to Tough Weather?

sight under low light conditions than the baitfish they are targeting. *(It's also what makes their eyes frequently look so glassy in photographs.)*

Wave action on the surface breaks up the amount of light penetrating into the water column. Additionally, the associated turbidity, created by wave stirred sediments from the bottom, also further reduces the amount of light penetration. The resulting conditions mean the walleye is like the bad guy in a slasher film wearing night vision goggles while everyone else is running around bumping into each other in the dark. *Come and get it!*

Of course, not every day serves up perfect conditions. Being able to adapt to the weather is what separates true anglers from the non-intelligent pressure.

There are two systems in particular with little to no associated wind that can be almost impossible to overcome unless you consider how the fish are being affected: Nicer than normal weather, and sudden cold snaps.

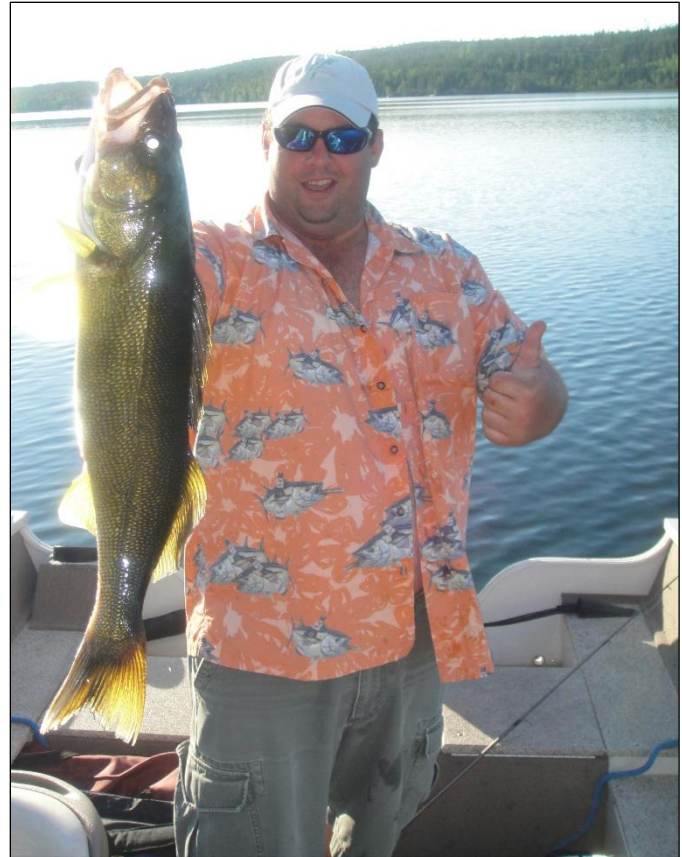
Timing Warm Fronts

Think about times when we have bright, sunny, calm conditions for several days in a row. While fishing is initially very slow, as time progresses weather like this can result in an amazing walleye bite. Here's one former guide's explanation behind that situation.

On the first nice day of a warm front, when a walleye would have to work pretty hard to get a belly full of food, the majority of the population remains in a less aggressive mood.

They might open their mouths to inhale a suicidal minnow, but even that is debateable if they've just come off a big feed the day prior.

Day 2 and temperatures in the shallows are rising as are fish metabolisms. It's still not really worth the effort unless something practically hits them in the nose.



Timing a warm front right can mean an amazing bite.

Day 3 and most of the population is getting hungry. Conditions are still awful, from a walleye feeding perspective anyway, bright, sunny and calm. *Great spring cottaging weather mind you.*

At this stage, some fish will start making short sprints to chase down stray minnows, but the bite is still relatively slow.

Day 4, *hang on to your hat.* Now the majority of walleye are ready to go on a feeding bender. Small groups of fish will start cruising shallow flats hunting like wolves after whitetails, carving huge swaths in the schools of minnows heretofore basking in the unseasonably calm, warm spring waters.

If there is any slight break in the weather, a warm breeze say for example, these are the days that can become legendary ... 50 walleye in an afternoon legendary. Great weather, piles of hungry fish, what else do you need in life to be happy?



When the temperature drops on the heels of a warm spell, try the nearest main lake structure.

Continued: When the Mercury Drops, Go Deep


Often on the heels of a prolonged warm spell, spring gives us a sudden cold snap that gets woodstoves burning again after their extended pause. It also takes those same fish that yesterday had been so greedily feeding and locks them down tighter than a Nun's habit. Especially if the surface temperature of the spot you're fishing has dropped five, 10 or more degrees Fahrenheit overnight, fire up the big motor, *you gotta go hunting if you wanna find active fish.*

You don't often need to go too far, mind you. Especially in larger lakes, certain populations of walleye will spawn at slightly different times during the spring. Also, larger females will typically abandon spawning grounds sooner. These early bird fish begin transitioning to summer locations sooner than the majority of

smaller males. When a cold front hits and your spot turns to ice overnight, start moving out to the nearest main lake structure available from your previous honey

hole. Maybe it is a deeper shoal a few hundred feet in front of the bay you were in the day prior. Maybe it's a small island surrounded by deep water just a bit beyond your now lifeless sand bar. Chances are the fish you find won't be super aggressive, but they will be more active than their still shallow-dwelling cousins. As an added bonus, the average size of the fish you catch will likely be bigger since

you're more apt to catch larger, post-spawn females the deeper you fish.

Catching fish under whatever conditions spring throws at you can be a lot easier if you always keep in mind how the wind, weather and walleye all work together. 

Walleye – Zone 18

Season: January 1 to March 1 and second Saturday in May to December 31

Catch Limits: Sportfishing 4 and Conservation 2

Slot Limit: Must be between 40-50 cm

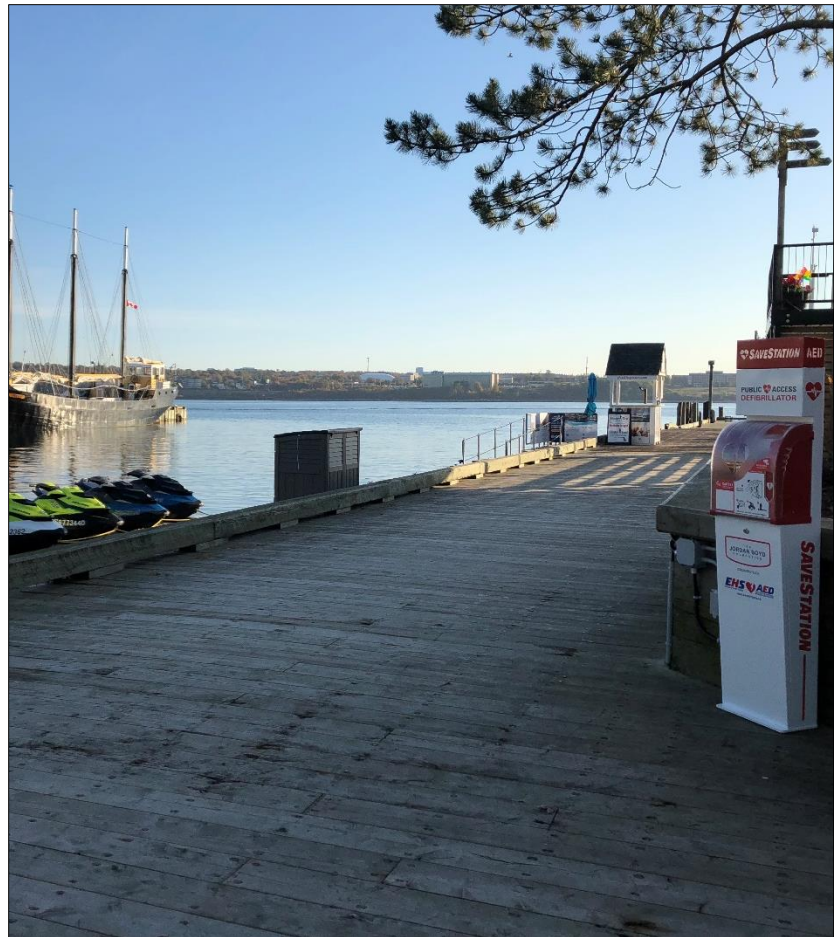
Sudden Life

Creating a Cardiac Safe Waterfront Neighbourhood

On Feb. 5, the anniversary of Randy Boyle's passing, his widow Sharon woke to the news that not only was his memorial SaveStation crowdfunding campaign fully funded – they had doubled the original target with no signs of slowing down.

The communities of Barrie and Midhurst rallied behind the Boyle family and their campaign to install an outdoor Automated External Defibrillator (AED) in honour of a beloved husband and father who was lost too soon to a Sudden Cardiac Arrest (SCA). Fast forward to now, just a few months later, and at more than four times the original amount raised to date through the campaign, Sharon is planning a second outdoor SaveStation AED installation with the help of Action First Aid.

Sadly, losing a loved one is sometimes what it takes for someone to recognize the importance of having timely access to an AED, explained Action's Partnership Manager



Photos courtesy of Action First Aid

A SaveStation will make your favourite waterfront safer.

Katrysha Gellis. It is her job to help educate communities, organizations and individuals about the importance of 24/7 publicly accessible AEDs. She and Action's team of AED experts help identify the most appropriate defibrillators and housing options for outdoor placements and can deliver training programs that help people feel confident and prepared to step in and take action during an emergency. They even help create and host fundraising campaigns through their online SaveStation crowdfunding platform to help rally your friends and neighbours to the cause. To learn more about this option, visit

<https://crowdfunding.savestation.ca/> online or view some of the many educational video resources that are available for anyone to watch and share at: <https://savestation.ca/videos/>.

"Especially when we think of cottage neighbourhoods, down a long, windy gravel road or on an island for example, they are oftentimes quite remote, even when there is a good road, it can take a long time for first responders to arrive," she said. "For every minute that goes by after SCA strikes, the chances of survival decrease by 10% and brain damage can start to set in

Continued: Cardiac Arrest Survival Rate at 10%

after just about four minutes, so every second matters – it is critical to start chest compressions right away to keep blood flowing to the person's organs and use an AED as soon as possible to deliver a life-saving shock to their heart to give that person the greatest chance of survival."

Every year approximately 40,000 Canadians suffer SCA outside the protective confines of a hospital, but unfortunately there is currently only a 10% survival rate and few victims make it without some level of brain damage – response time makes all the difference. Gellis beat those odds herself six years ago, when, despite being very fit and active with no family history of such medical issues, her own heart suddenly stopped beating at just 30 years old. "I was eating lunch at work one second and the next I collapsed suddenly and wasn't breathing," she explained. "My coworkers started CPR and called 911 immediately and I was lucky there happened to be a team of firefighters right around the corner just finishing another call and they got to me with a defibrillator in just two minutes." Even under ideal urban conditions, response times can average six to 12 minutes, she said, adding rural areas can be much longer.

"We want to flip those statistics by helping people protect their communities, one publicly accessible AED at a time," she said. "SaveStation's

How to Get an AED in Your Neighbourhood

Pick a Location

- Your home
- Boathouse
- Garage
- Park
- Marina
- Sports field
- Community hall
- Trailhead
- Beach

Choose a SaveStation and AED

- Wall mounted or standalone tower unit
- Ventilated
- Heated
- Monitored

Funding Options

- Purchase
- Identify local sponsors
- Start a crowdfunding campaign

Place a SaveStation with Life-Saving AED in Your Neighbourhood

- Install the SaveStation
- Host a CPR party for your neighbourhood
- Launch a public awareness campaign using online tools like CPR & AED refresher videos
- Work with *Our Lakes* e-magazine to publicize your initiative
- Spread the word about the importance of outdoor publicly accessible AEDs and inspire others to do the same.




A SaveStation Wall Mount provides 24/7 public access to a life-saving AED.

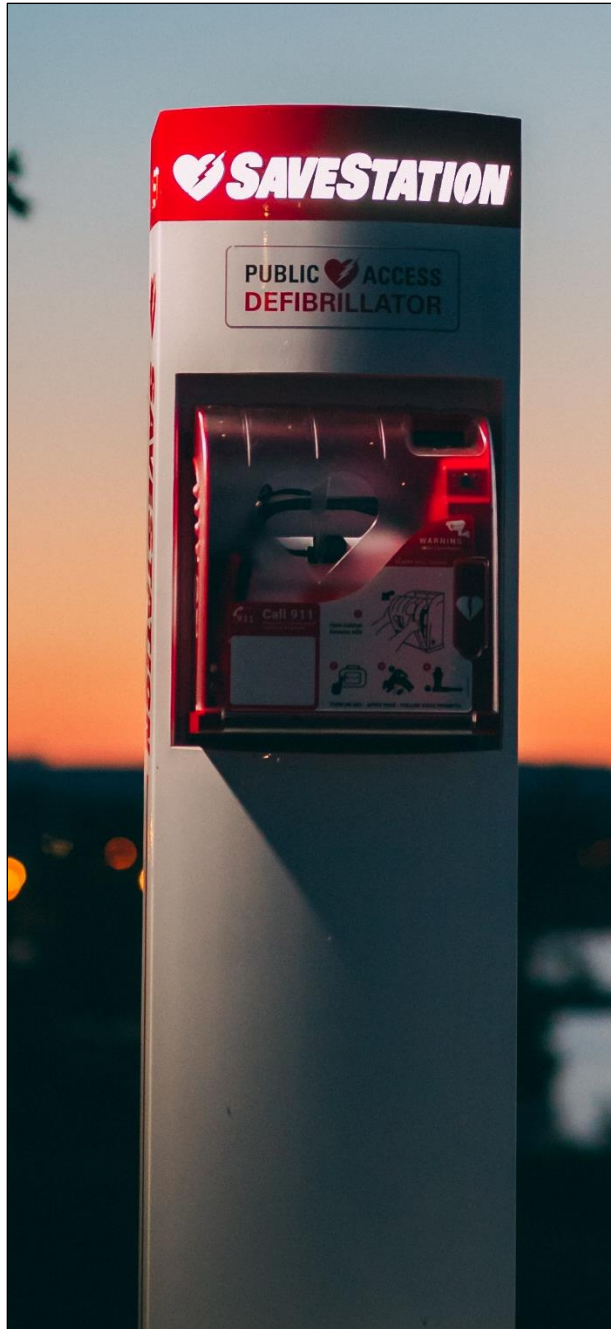
Continued: Access, Awareness and Education

mission is to save more lives from sudden cardiac arrest and it comes down to three important pillars: Providing access, awareness and education for AEDs. Just one person can create life-saving change.”

While the uptake has been slower in our area than some, there are already six SaveStation AED

units installed in and around nearby Chaffey's Locks. Although there are many AED models and outdoor configurations to consider, Gellis said that a typical waterfront property owner could install a 24/7 accessible heated and ventilated SaveStation cabinet with a life-saving AED on the side of their dwelling for under \$3,200. That's not a lot when you consider the difference a unit like this can make in an emergency.

“The more locations the better,” she concluded. “Given the statistics it's not a case of if someone will suffer from SCA again, it's a matter of when – will you be prepared when it happens?” 



Standalone tower units are ideal for remote, public locations like a beach or pickleball court.


Attn: Lake Association Boards, Event Planners

Action First Aid can also arrange to deliver webinars or training sessions as part of your next AGM or regular association function. The company has previously worked with the Federation of Ontario Cottagers' Associations (FOCA) to deliver a session titled *Creating a Cardiac Safe Cottage Community*, as a free Lunch and Learn online event.

The one-hour program helped participants learn about the importance of 24/7 access to Automated External Defibrillators and how to create a cardiac safe cottage community.

Highlights:

- ✓ Hear a story from a Sudden Cardiac Arrest (SCA) survivor;
- ✓ Understand the difference between SCA and Heart Attack, and when to use an AED; and,
- ✓ Learn how to use crowdfunding to place 24/7 accessible AEDs in your waterfront community.

To explore options related to hosting an event for your lake association board or members, contact Katrysha Gellis, katrysha@actionfirstaid.ca, 866-347-7824 ext. 417. 

Fishing Off a Bridge

Many, many years ago, one of my great Aunties, as an early teen, was playing on the wooden bridge on the North Shore Road that crosses the Fishing Lake Creek before it drains into Loughborough Lake. The bridge was of pole construction with some gaps.

My Auntie, playfully, perhaps, stuck her barefoot down between the poles to splash her toes in the

water. A large snapping turtle immediately locked onto her big toe with its powerful jaws.

I was told over the years that my Auntie and her associates put up a hell of a fight to extract her foot, but the gaps were not big enough to pull the foot and turtle up through. To make a long story shorter, I can tell you that my aunt's toe was, or had to be, removed.



By Glen E. Smith

There were risks to playing in Grenville Province.




Photo courtesy of Glen E. Smith

Here is an erratic from our area, aren't they fascinating?

Erratics

Everyone familiar with the term "erratic?"

These are stones that the glaciers brought south thousands of years ago and they lie about or were driven into the limestone south of Loughborough Lake on the Perth Road. This one pictured above weighs several hundred pounds and the weather is slowly extricating it, perhaps to drop onto the highway. Maybe a hazard?

This erratic possibly had its origin near the bottom of James Bay where it was likely cracked apart by a comet eons ago, and then came through the glacial-mill to our part of the world. Our history is so fascinating. 

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Are you enjoying reading this issue of *Our Lakes*?

Our little venture takes time and money to produce, but we've committed to making it available to all readers *for free*.

Tips and/or donations are always welcome.

E-transfer your gratuity or donation to
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Our Two Moms

My husband and I have two moms living in our house now. A friend of mine says it's a sitcom script waiting to happen.

This past February, my 92-year-old, healthy for his age, father-in-law, Peter, suddenly died of pneumonia. My husband, the only surviving child of three sons, flew to Yorkshire, settled their affairs, and brought his 88-year-old mother, Peggy, to live with us.

My mother-in-law is from a working-class Yorkshire family who had little money but plenty of laughter and love. She fell in love with a new bobby at seventeen and married him three days before turning 20 because that was when he could get the time off from work. Peter and Peggy would have been married for 67 years, in March.

They had sailed from Liverpool to Montreal in 1956. A bush plane eventually took them to Yellowknife, NT, where they began their life in a log house with no running water. They had a great life raising three sons and retired back to England 30 years later.

My 87-year-old mom, Taejeong, was glad when we told her Peggy would be moving in with us. My mom has been living with my husband and I since we retired to the ranch country six years ago.




By Sandy Lee

My mom was born in North Korea and lived a comfortable childhood, thanks to a successful businessman-father. When she was 14, the communists took him away for being a capitalist. Her family never saw him again. When the Korean War broke out two years later, they became war refugees fleeing south on a U.S. military supply ship.

Taejeong eventually fell in love with a politically ambitious scholar who betrayed her to marry a wealthier bride. All she ever wanted in life was to have a

long, married life like Peggy and Peter's but settled down to an independent life with two girls.

Combined, our two moms have lived 175 years of pioneering adventurous refugee/immigrant life traversing three continents, cresting at the Canadian Arctic for over three decades for each of them.

Peggy is very sociable and always sees a glass-half-full while the years of heartbreaks have made Taejeong more subdued and cautious about people – though Peggy would tell you, “they’ve always gotten along famously,” and that is true. Peggy’s memory has been waning for a while, and Taejeong’s hearing is not so good. But they will have a few more chapters to write in their new life together under our roof. My husband and I wouldn’t want it any other way. 

Sandy Lee is a lawyer, former politician and has always been a country girl at heart.



Peggy and Taejeong couldn't be more different, but together we all get along famously.



NEW LEAF LINK

Grow. Connect. Belong.

New Leaf Link (NeLL) is a rural grassroots non-profit organization based in Harrowsmith, Ontario that provides programming in arts, healthy living, and community participation to adults with developmental disabilities.



You may see Cody and Joel out on the Cataraqui Trail this month as they join their other NeLL friends in participating in the Move-A-Thon for New Leaf Link! Please consider a donation to the Team "New Leaf Link Participants" and help support educational programming to local adults living with developmental disabilities. ([click here to donate!](#))

MOVE-A-THON For New Leaf Link FUNDRAISER

Walk. Run. Hike. Bike. Roll. Paddle.
How will YOU move?

Create your own fundraising page using the "register here" link below, and then share it with your friends and ask them to donate to your personal campaign in the Move-A-Thon for New Leaf Link!

Everyone is welcome to JOIN or DONATE to this event until May 31st!

Each registrant who raises \$50 or more will receive this official event T-Shirt!



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Ergonomics are Critical in COVID

Most people think about ergonomics with regards to their office workstations, but now cottages and homes are office spaces.

At first people were doing great working from home. It had advantages such as less travel, less parking, saving money and only casual clothes required. Several months on, that upside down laundry basket making an improvised standing desk is no longer cutting it. Be aware of the chair is a common jingle. Standing desks allow people to stand then sit for a rest. This gives your back and posture a rest. When you do not have a standing desk, you are sitting to work, sitting to relax, sitting to eat, sitting for screen time.

How is your reading chair for your spine: great or do you end up all *slouchy*? Is your head looking down at the screen of a tablet, Kindle or cell phone right now? This is called tech neck. Technology can create forward head position such as looking down while texting – it is so bad for peoples' posture. I say to my teenagers "how do you eat?" The fork can get to your mouth; well, the same holds true for our devices. The tablet screen can be lifted so that your head is in a neutral position.

Making sure home office spaces are ergonomically correct means having the monitor at the middle of the eyes for height so that only the eyes move up and down not the neck; a lumbar support to stop slouching; and, setting a timer for 45 minutes to remember to check and adjust your posture.

We don't just suffer from poor ergonomics when we're awake, mind you. Using a large pillow when sleeping is extremely bad for us. We spend eight hours on a pillow. A good night sleep is vital to good health! Waking already suffering from fatigue and stiffness makes for a



By Dr. Alana Way

grumpy day. What position is your neck in when you sleep?

All these habits lead to our bodies having to compensate for our awkward posture. Looking down while texting results in poor alignment of the neck which can extend to the lumbar, spine and tailbone. Large pillows push your neck forward, too. You would not


look down all day so please do not look at your toes due to a large pillow all night.

Is your ear close to your shoulder as if you fell asleep on the arm of the couch? OUCH! Your neck is vital to being healthy and being able to move well. Headaches are caused by poor neck health! Couches are for sitting, not sleeping.

The cottage can be a lot of fun once opening season is over. While you're working, keep ergonomics and proper movement in mind. *Raking tip:* Do small areas and never reach beyond two feet in front of you. (*The same goes for washing floors.*)

When lifting the dock, outdoor furniture or even a full cooler, bend your knees and lift properly. With gyms closed during much of this past year, a few of us may have lost some strength.

The biggest question you need to answer: Can you turn your head easily when backing the boat into the water? This is a huge sign that you have lost the normal range of motion of your neck. Can you look evenly over each shoulder?

Life is sweeter when you have your health! And much more FUN when you can enjoy your weekends not suffering from aches and pains that are completely preventable. 

Dr. Alana Way owns and operates the
Barriefield Family Chiropractic Centre
613-531-3131 or info@dralanaway.ca

Just Nature Being Nature

If you like to see the sparkle of fireflies, this first picture from April 11, is of the larval stage, and there's lots of them around at the moment.

A swan was doing a little flex/stretch at the marsh.

And on the way to the marsh, we came across a little garter snake spring "get together" (I know, not everyone's fav, LOL). Just nature. 🐍

Bill Kendall

Verona

"Live, Love & Protect Nature"

Be sure to [follow Bill on Facebook](#) for an almost daily photographic peek into the nature & wildlife all around our area.



Safety & Fun on the Pickleball Courts

In the last edition we touched on the sport of Pickleball and how it is continuing to evolve in our area. This month we are going to provide a few tips and tricks so that you can play safely on the courts.

With summer just around the corner, I would be remiss if I did not mention the need for proper hydration and sun protection whenever we venture outside. For those of us that are sensitive to the sun, it is also recommended to wear proper protective clothing that has an SPF rating to ensure we are covered and safe while at work, rest, or play. Some great hydration options are electrolyte tablets (I love the taste of NUUN) that provide the necessary blend of sodium and potassium while reducing our intake of unwanted sugars.

Pickleball requires minimal investment, when you are first starting, such as a good pair of runners (indoor and outdoor preferred), a ball, and a paddle. Paddles come in various weights, colours, and brands, and you really should try before you buy so you can get a feel for what paddle works and what does not taking into consideration your experience and preferences. Paddles are versatile and can be bought and sold easily amongst fellow enthusiasts to adjust to your playing wants and needs.

Passionate players will offer you a spare paddle to try and then refer you to various local dealers where you can find a bargain for a new, or used, one to suit your budget and style. Some enthusiasts carry their own preferred balls and will oftentimes have a portable net in their car, and again, it is a partiality as to which style and brand they could choose from for indoor and outdoor play.

As with most sports you will want to have comfortable active wear so that you can move freely, and it is recommended to wear some type of eye protection for those balls that get re-directed back at you and can strike you in the face, if your 'ducking' skills are not quite up to snuff. I wear a pair of safety glasses that auto-tint for indoor and outdoor play and I can add my prescription lenses (clip-in) for clear vision during



my games. Others opt for a Dollarama frame and they just take out the lens portion to help prevent eye injuries. If you have a health condition, perhaps invest in a RoadID/MedicAlert bracelet, so your information is readily available if you require medical aide.

Many players use different forms of supportive braces and tapings that help with sideways mobility, repetitive strain and tendonitis and a physiotherapist can recommend what works best for your individual requirements. You will also see players that sport a baseball cap or visor, and this is a two-fold addition that helps reduce glare, and it also provides an additional buffer for random shots at your head. As with any court sport, be sure to warm up and cool down to avoid injury.

There are a variety of other items that I could recommend adding to your sports bag and each player will have customized their contents to ensure they are well prepared for most courtside situations.

In closing, if you do decide to take up the sport of pickleball, and I hope you do, I recommend getting a membership through your local club, so you have the necessary insurance coverage, information, and support for joining this great community. Introduction to Pickleball sessions will start back up mid-May, email: kattgrrrl@gmail.com or call 613-545-5288.

Paddles up! 

Kelli McRobert, BEd., CRSP, CHSC, CES
Pickleball Ontario Ambassador

Musings from the Bush About Danny

Many years ago, I was at a lake, well more of a swamp than a lake, to take in the sights and get out of the first heat of early summer.

It was one of those places where unscrupulous people go to dump unwanted refrigerators, hold drinking parties under the cover of dark, or go to get 'more acquainted' without prying eyes.

A few minutes after arrival, a band of school kids arrived on banana bikes, each well-armed with all manner of gear in the way of fishing equipment. They dismounted and dumped the bikes. They were draped with ragtag nets, fishing poles and tackle boxes, many nothing more than repurposed tool or lunch kits.

Cautiously, I got out of the truck and approached, hoping not to be mugged in this parking area of ill repute. They addressed me as 'Sir' and began to assemble their obviously well used, worn equipment, and after stringing poles with reels, line and rusty lures, suggested I join them down at the lake/swamp. They told me it was just the beginning of summer school break and this was the closest lake to town they could bike to and do a little fishing.

We walked a short distance to what I was told was a good spot and after a few obviously skilled casts with red devils, spinners and five of diamonds spoons, a nice pike was landed by a lad named Danny, who claimed to eat every fish they caught.


Bashfully, he said his family loved fish and could not afford the store-bought variety very often and he came from a large family. After an hour or so, all of the boys offered me a fish to take home, although I declined. Each one was very kind and as gracious as any adult, all the while having the time of their lives. Danny said, weather permitting, they would come to this spot every day to fish, build a fire, laugh, swim (Yuck!) and tell stories about girls they wanted to kiss or brag about girls they had kissed.



Danny and I after a great day at the 'lake' fishing.

In this day and age of digital media, updates that are out of date before you get them, a billion television channels and all the pressures faced with being a kid, all those years ago, I saw in those kids what I wish I could see more of nowadays. Those three kids made the best of the summer by getting out into nature, catching a few fish, sitting on a rock in the sun and just being kids.

Fishing, hunting, camping or just being outdoors helps make great kids and they in turn, for the most part, grow into great adults. Not the sort that will maybe change the world or cure cancer, but better human beings because of the experiences they had during a short, fleeting youth spend in the bush. Those boys grew up to be generous, kind and caring adults... I know because I wasn't actually the one driving the truck, I was one of the youngsters on a bike.

This musing is dedicated to my dear friend, Danny Ruman, who passed some years back. A true fisherman who I will never forget. 

David Radcliffe is a retired schoolteacher, fly fisherman, trapper and hunter. Pre-COVID he travelled the world to fly fish & experience other cultures.



Let's All Give the Turtles a Brake

Each May and June motorists should be on the alert for turtles crossing the road. Thousands of turtles are killed each year when they are struck by vehicles as they migrate to their traditional nesting sites.

Ontario has the highest density of roads of any location in Canada which is why road mortality is a major factor in turtle population decline second only to habitat loss.

It takes an average of nine minutes for some species of turtles to cross a road making them highly vulnerable.

Additionally, 70-90% of local wetlands have been lost to development so the remaining wetlands are crucial habitats for freshwater aquatic turtles, especially when you consider that all 10 species of turtles in Canada are classified as "Species at Risk,"

including the eight species of turtles found in Ontario.

The death of an adult reproducing female is extremely detrimental to the turtle populations as it will take 60 years to replace her. In addition, less than 1% of all turtle eggs laid will reach sexual maturity. Less than 1%!

Turtles are the most imperilled vertebrate species on the planet. They have survived more than 320 million years and in less than 50 years, we have sent them down the road to their extinction.

Slow down, look ahead and give them a brake! 🚗

Mabyn Armstrong
Turtles Kingston

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Unsure about lead?

Weigh the science:

Current research around the U.S. has found that lead poisoning is responsible for 12% to 50% of adult loon deaths.

Alternatives exist in many styles!



Who is New Leaf Link (NeLL)?

There is a non-profit organization located in the heart of South Frontenac that provides much needed programming to adults living with developmental disabilities.

It is one of a kind, and the people who attend, deliver, and support the programs have created an environment that is like gathering with family and friends at Grandma's house on Sundays. Everyone who walks through the door is welcomed with a smile and supported despite any challenges they may have. The organization is affectionately nicknamed "NeLL."

After high school, adults with developmental disabilities have limited options for "what's next." For our participants, their disabilities will keep them from ever joining any workforce, and individual government funding for programs all but ceases to exist for this demographic.

For the last 11 years, New Leaf Link has provided a place for its participants to embrace their limitations and nurture their interests, skills, and abilities. Meeting three times a week they learn and interact with various people from our communities in art, healthy living, and community participation.



This is also an important time for respite for parents and caregivers.

The participants of New Leaf Link are people that you may recognize but may not necessarily know. They are people whom you went to school with, see in the local grocery stores, and live next door to. They are music lovers, artists, book nuts, nature enthusiasts, athletes, puzzle solvers, tech connoisseurs, car gurus, dancers, fishermen and foodies.

The organization also consists of a board of directors, support staff, and facilitators. Guests from within the community are welcome to visit anytime to show the participants a new interest or skill. Every guest, donor or supporter becomes a friend to New Leaf Link with superstar status.

Due to the current COVID pandemic our participants cannot come together in person, but the programs have continued virtually for those with internet access. The participants have been joining their friends and facilitators online with almost as much enthusiasm as they have for the in-person programming. New Leaf Link is much more than a local non-profit within the community. New Leaf Link *is* the participants, and therefore a "who" and not a "what." 🍁

Mackenzie Lee
New Leaf Link (NeLL)

– New Leaf Link does not receive any government funding and relies heavily on community support. To learn more, or to donate, please visit www.newleaflink.ca and watch this space for more NeLL stories, pictures, profiles and more.