



Pike Lake Post

Summer 2016

Let's Celebrate Pike Lake!



BOATILLA & BBQ

SATURDAY JULY 2, 11 – 2

We'll gather at the "Westport" end of Pike Lake near Donna Moodie's / Pike Lake Route 13

The Boatilla starts 11 am

We'll canoe, kayak, or slowly motor down Pike Lake gathering others along the way

We'll arrive at 101 Country Lane for a BBQ

- ✓ Prize for the best decorated boat
- ✓ Kids activities
- ✓ Free Pike Lake map with your 2016 membership



– Your PLCA will provide the food –

Cost: \$5 per person; children under 12 free

We hope to see you & your guests there!

Rain date Sunday July 3

PIKE LAKE COMMUNITY ASSOCIATION

ANNUAL GENERAL MEETING

SATURDAY JULY 16

Coffee & Registration at 8:30

Meeting 9:00 – 11:00

Stanleyville Hall

Stanley Rd. Stanleyville

Between Stanleyville Rd & Narrow Locks Rd

Meet Your Neighbours

Tay Valley Township Update, Keith Kerr, Reeve

Board Reports

Election of Board Members (see insert)

Lyme Disease, a personal account, Doug Sinclair

Contribute Your Ideas for New Events or Projects

- ✓ some ideas include a photo contest, loon nests, marker buoys, a social committee, a dock sale, nature talks for kids

The draft 2015 AGM minutes have been posted on the PLCA website. The agenda for the 2016 AGM will be posted by June 22.

Keep up-to-date about Pike Lake
at www.pikelake.ca

See photos of our 2015 Let's Celebrate
Boatilla & BBQ on pages 8-9

NEWS FROM YOUR PIKE LAKE COMMUNITY ASSOCIATION

YOUR PLCA BOARD FOR 2015 - 2016

Working to keep Pike Lake healthy for all

President Terry Kimmel, Rte. 9

Vice-President Glen Bond, Rte. 11

Secretary Sandy Alexander, Rte. 7

Treasurer Anne Ruggles, Rte. 16

Membership Doug Sinclair, Rte. 1

Lake Steward Adrienne Fowlie Larocque, Rte. 17A

Communications Mark Godby, Rte. 9

At large Jack Anderson, Rte. 1

At large John Duguid, Country Lane

At large Kristine Martin, Rte.11

ELECTIONS SATURDAY JULY 16

At this year's AGM, on Saturday July 16, members of the PLCA will elect new Board members for a 2 year term. **Nominations must be received by noon Saturday July 9.** Nominees must be nominated by 2 members of the PLCA & sign the nomination form indicating that he or she is willing to stand for election to a specific position on the Board. Both nominators & nominees must have paid their 2016 PLCA membership by noon Saturday July 9. A non-Board election team is in place to manage the process. A nomination form which provides more information is included with the delivery of the *Pike Lake Post*; it is also posted on our website.

2015 - 2016 ACHIEVEMENTS

- ✓ Over 100 people attended our Let's Celebrate Pike Lake Boatilla & BBQ; see photos pages 8-9
- ✓ Undertook water quality testing & analysis through RVCA's Watershed Watch Program
- ✓ Participated in the Canadian Lakes Loon Survey; see p. 3
- ✓ Expanded the PLCA website; see page 3
- ✓ Cleaned up garbage on the islands
- ✓ Approximately 55 people attended the September Town Hall Meeting to share information & ideas about the role of the PLCA; the report is posted on our website www.pikelake.ca

FINANCIAL SUMMARY 2015

Balance December 31, 2014	\$14,700.77
Balance December 31, 2015	\$16,156.43

See insert for more information

FREE PIKE LAKE MAP
WITH YOUR 2016 MEMBERSHIP
Available at the Boatilla & the AGM

PASSAGES

The Pike Lake community lost two of its steadfast supporters & former board members this past year: Kieran (Pat) Shore & Orest Roscoe. They will be fondly remembered for their many contributions to the PLCA & the Pike Lake community more generally.

THANK YOU TO MEMBERS OF THE PIKE LAKE COMMUNITY

- ✓ All who helped make our 2015 *Let's Celebrate Pike Lake Boatilla & BBQ* a big success
 - Brenda & John Duguid, our hosts, & Brenda for baking the Canada Day cakes
 - Mathew & Steven Duguid for helping with the boats
 - Duncan Campbell & Mike Carson, our BBQ'ers
 - Betty Bone, Richard Cormier & Kelda Sinclair, our judges
 - Marina Petrovic for the bug talk for kids of all ages
 - All our general helpers extraordinaire as well as members of the Board who pitched in
- ✓ Trisha Paul Carson for looking after refreshments at the 2015 Annual General Meeting
- ✓ Richard Cormier for agreeing to review the Association's 2015 financial records again this year
- ✓ Cheryl Fosberry, Naomi Fowlie & Kathy Noxon plus Board members Kristine Martin (chair) & Anne Ruggles, for their work to revise the PLCA constitution
- ✓ Betty Bone & Doug Sinclair, our diligent loonies, who counted the number of loons & loon chicks as part of the Canadian Lakes Loon Survey
- ✓ Jack Anderson & Walter McNamee for taking the RVCA staff out on the lake to take water samples
- ✓ Donna Moodie, Nick Mulder & members of the Board for delivering the 2015 *Pike Lake Post*
- ✓ Kay Rogers for undertaking the *Pike Lake Post*

TOWN HALL MEETING

The report from the informative Town Hall Meeting held last September is posted on www.pikelake.ca. The board has followed up on a number of the suggestions.

EXPANDED COMMUNICATION

- We have expanded the PLCA website to include
- ✓ The 1991 & 2011 Constitution
 - ✓ The *Pike Lake Post* starting in 2004 (except 2005)
 - ✓ AGM minutes starting in 2003 (except 2004)
 - ✓ Board meeting minutes starting in 2010
 - ✓ Presentations & letters to Tay Valley Township starting in 2010
 - ✓ Lake Networking Group meeting minutes from 2012.

Over the coming year, we hope to locate minutes & copies of the *Pike Lake Post* from earlier years. This will provide us with a more complete history of the Pike Lake association since it was founded in the mid-1960s.

We continue to update the News Section of our website. For example, in response to the question raised by some members regarding the **fluctuations of lake levels** over the summer, we contacted the Ministry of Natural Resources & Forestry; the explanation is on the website.

We have also posted the summary results of a **study on water quality changes over the past 150 years & aquatic plants in eastern Ontario lakes**. This study was undertaken by Carleton University in collaboration with the Friends of the Tay Watershed, the Rideau Valley Conservation Authority & the Mississippi Valley Conservation Authority with funding from the Ontario Trillium Foundation.

This study informed the booklet entitled **Algae & Aquatic Plant Educational Manual** recently published by the RVCA & posted on our website.

CONSTITUTION

A Constitution Committee, comprised of Board & non-Board members, has been revising our Constitution to clear up some areas of ambiguity & to make the document more current. A workshop will be held later in the summer to provide PLCA members with the opportunity to fully discuss the pros & cons of a few options under consideration. A vote will be held at the July 2017 Annual General Meeting.

LOONS ON PIKE LAKE

Pike Lake was again host to many loons – at least four territorial pairs & a gaggle of three unmated adults were also observed.



Photo courtesy of Gord McCallum

Common Loons return to nesting lakes as soon as open water patches are available in spring. At Pike Lake, the first report of nesting loons was at the beginning of May last year, observed in Donnelly's Bay.

Studies indicate that up to half of territorial adults do not nest each year. This year, Donnelly's Bay had the privilege of offering a home to the Lake's sole loon chick, observed in July. Sadly it appears that the chick did not fledge, & was not observed into August. Loons typically migrate south for the winter, with non-breeders & failed breeders departing first in autumn, followed by successful breeders & juveniles. Some juveniles remain until freeze-up. Therefore, on account of the unseasonably warm weather this past fall/winter, observers were astounded to spot loons as late as November & December.

We are in need of “loonies” in the centre & west end of the lake. If you are willing to volunteer, please send an e-mail to info@pikelake.ca

Please contact the PLCA to share your loon sightings & photos.

YOUR INPUT WELCOME YEAR-ROUND

The PLCA welcomes your comments, suggestions & questions. Speak to a Board Member, e-mail us at info@pikelake.ca, or write us at Pike Lake Community Association, RR3 Perth ON K7H 3C5



GET TICK SMART: PEOPLE & PETS CAN GET LYME DISEASE

In 2010, Lyme disease became a nationally reportable disease in Canada. The risk for exposure to the disease is highest in regions where the ticks that transmit Lyme disease are known to be established. This includes eastern Ontario. Lyme disease is an illness caused by the bacterium, *Borrelia burgdorferi*, which can be spread through the bite of the blacklegged tick (formerly called deer tick). People can't spread Lyme disease to each other. Although dogs & cats can contract Lyme disease, there is no evidence that they can spread the infection to people. Ticks on a dog can move to humans. Dogs are 50% more likely to get Lyme disease than humans. Lyme disease in cats is very rare.

Reduce your Risk

- ✓ When you are going hiking, working in the yard, or walking in the woods, wear light coloured clothing, long-sleeved shirts, long pants, socks & shoes.
- ✓ Tuck your pants into your socks.
- ✓ Use a tick-repellent that has "DEET" (following the manufacturer's directions for use).
- ✓ Ticks are more visible on light colours & harder to attach on clothing.
- ✓ When you return from being outdoors, check yourself for ticks. Pay special attention to areas such as groin, scalp & armpits. Use a mirror to check the back of your body, or have someone else check it.
- ✓ A quick shower may help remove any ticks not yet attached

Know Your Tick *size exaggerated for illustration purposes*



If you see a tick on your body that looks like the unfed tick above, it means that the tick was probably attached for less than 24 hours & therefore there was not enough time to transfer the bacteria.



If the tick on your body looks like the fed /engorged tick above, it probably means that the tick has been attached for a longer than 24 hours & may have transferred the bacteria. Consult your health care provider.

Tick Removal

- ✓ Don't squeeze the tick or try to burn it off or put anything on it.
- ✓ Grasp the tick by the head as close to your skin as possible. Pull it straight out, gently but firmly. Use fine tweezers if possible. Alternatively, use tick twisters available at your local pet food store & gently twist the tick out.
- ✓ Thoroughly clean the bite area (use soap & water or a disinfectant). Make note of the date you removed the tick. You may wish to put the tick in a screw top bottle such as a pill vial to take to your health care provider.

Lyme Disease

- ✓ Lyme disease is caused by the bite of a black legged tick infected with the bacteria. The tick needs to be attached for 24-36 hours before it is able to transfer the bacteria if it is present.
- ✓ See your health care provider if you experience any of the following symptoms within a few days to a month or so following a tick bite: a bulls-eye rash at the site of tick bite, malaise, fever, fatigue, headache, stiff neck, swollen lymph nodes, & muscle & joint soreness. These are the early symptoms of Lyme disease. You will receive a course of antibiotics. Blood tests are not very accurate in the first few weeks so early treatment is based on symptoms rather than a lab test.
- ✓ If left untreated, Lyme disease can progress & affect the nervous system, joints & the heart.

Source: Leeds, Grenville & Lanark District Health Unit

The Infectious Diseases Society of America recommends preventive treatment with antibiotics only in people who meet ALL of the following criteria

- ✓ Attached tick identified as an adult or nymphal *I. scapularis* (deer) tick
- ✓ Tick is estimated to have been attached for ≥ 36 hours (based upon how engorged the tick appears or the amount of time since outdoor exposure)
- ✓ The antibiotic can be given within 72 hours of tick removal
- ✓ The local rate of tick infection with *B. burgdorferi* is ≥ 20 percent
- ✓ The person can take doxycycline (e.g., the person is not pregnant or breastfeeding or a child < 8 years of age)

Ticks & Pets Talk to your veterinarian about a simple blood test to screen for Lyme disease, vaccination against Lyme disease & the use of preventatives starting early in the spring. Even with the use of preventative measures, your pet will still get ticks; however, they are less likely to cause Lyme disease. You still want to remove any ticks from your pet to reduce the risk of infection & to reduce the risk the tick will migrate to another pet or a family member. Examine your pet thoroughly for ticks everyday & remove any ticks as described above.

LAKE STEWARDSHIP ACTIONS

PIKE LAKE BELONGS TO THE LAKE NETWORKING GROUP (LNG)

Formed in 2004, the Lake Networking Group is an informal gathering of lake representatives from over 30 lakes stretching from Carleton Place to Kingston united by a common desire to discuss items of common interest & concern, learn from the experience of one another, & work together on matters of shared interest such as lake stewardship. For example

- ✓ At one meeting, the Pike Lake association learned about an annual boatilla & BBQ on another lake & adapted the idea for Pike Lake.
- ✓ The LNG has offered “how to keep the family cottage in the family” & “septic savvy” workshops which have been attended by Pike Lakers.
- ✓ The LNG maintains liaison with the RVCA & MVCA, Ontario Ministry of the Environment, & the Leeds, Grenville & Lanark District Health Unit. e.g.
 - To learn about ticks & lyme disease
 - To learn about research or other initiatives of interest to lake association; e.g., a study on 20 lakes in Eastern Ontario on algae.

PIKE LAKE IS A MEMBER OF THE FRIENDS OF THE TAY WATERSHED



Founded in 2001, Friends of the Tay Watershed is a non-profit, charitable association dedicated to health of the Tay River Watershed of which Pike Lake is a part. The FoTW undertakes a number of activities including its annual Watershed Discovery Day. For more info, google www.tayriver.org

PIKE LAKE IS A MEMBER OF



Founded in 1963, FOCA is a not-for-profit association responsible for promoting thriving & sustainable waterfronts across Ontario.

- ✓ Over 500 lake associations across Ontario are members of FOCA.

FOCA represents waterfront property owners.

- ✓ FOCA secured municipal voting rights for waterfront property owners in their cottage ridings.
- ✓ FOCA, along with the Lake Networking Group & others, successfully argued for land owners rights (reunification of surface & subsurface rights) to stop mining claims on lake front properties south of Lake Nipissing & east of the French River.
- ✓ FOCA argued for clearer recognition of the significance of waterfront lands, through participation in the Provincial Policy Statement review.

FOCA sits at the table where individuals or individual lake associations cannot; e.g.

- ✓ on the Hydro One Customer Advisory Board
- ✓ at the Ontario Energy Board hearing to argue for fair energy rates

FOCA offers seminars to waterfront property owners.

FOCA provides discounts to members of lake associations; e.g. the subscription to *Cottage Life* magazine.

For more info, google www.foca.on.ca



2016 Cottage Succession seminar series:

Cottage Sharing Agreements

with feature speaker: **Peter Lillico**, Estate Planning Lawyer

Learn how to “keep the family” in the family cottage,”
with event co-hosts:
FOCA & the Lake Networking Group



Sunday, August 14th, 2016
12:30pm – 2:30pm

@ Perth Legion, 26 Beckwith St. East

Please pre-register
with FOCA to secure your space:
info@foca.on.ca 705-749-3622

FREE to members of FOCA and the
Lake Networking Group, or
\$10 at the door for non-members.

As a member of the PLCA,
you are a member of FOCA.

LAKE STEWARDSHIP ACTIONS

THE RIDEAU VALLEY CONSERVATION AUTHORITY (RVCA)



“Covering 4,241 square kilometres, the RVCA was officially formed on March 31, 1966. The conservation movement in Ontario began in the early 1940s as community leaders expressed concerns about the condition of the environment & management of natural resources. This resulted with the Province of Ontario passing the *Conservation Authorities Act* in 1946. Conservation Authorities began to form throughout the province. The legislation was considered innovative & farsighted, responding to growing concerns that land uses & deforestation were contributing to deteriorating water quality, flooding & soil erosion. It empowered municipalities to address these issues through a single collaborative agency based on a watershed. Today, Conservation Authorities continue to respond to local issues & conditions & are accountable to their municipal partners.” The RVCA is one of 36 Conservation Authorities in Ontario.

- ✓ A Conservation Authority must be a local initiative established at the request of a watershed’s municipalities.
- ✓ Each Conservation Authority operates independently in a co-operative, cost sharing partnership between member municipalities & the Province of Ontario.
- ✓ Each Conservation Authority must have jurisdiction over one or more watersheds & the ability to enforce regulations in order to ensure a complete & rational approach to issues such as flood control & erosion.

The *Conservation Authorities Act* is supplemented by additional legislation such as the *Ontario Building Code*.

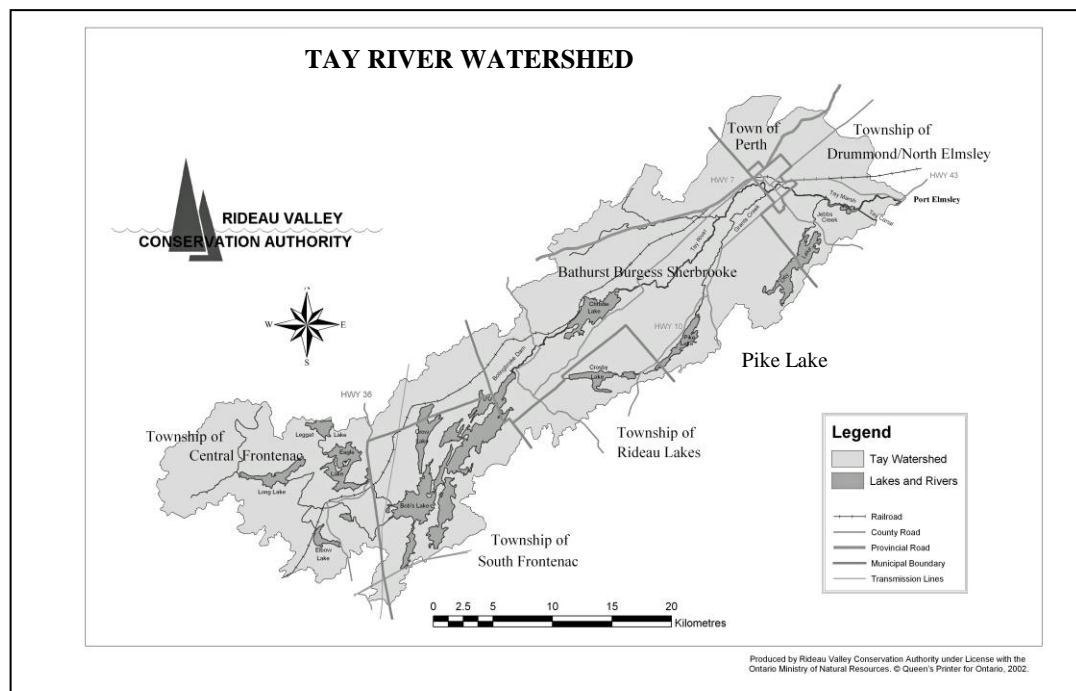
Rideau Watershed The Rideau River drains an area of over 4,000 square kilometres of Eastern Ontario, an area encompassing some 18 municipalities & a population of approximately 620,000 people. **Pike Lake** is part of the Tay River Watershed which, in turn, is part of the Rideau Watershed.

Links with the Pike Lake Community Association

The RVCA

- ✓ Undertakes annual water quality testing on Pike Lake under its Watershed Watch Program established in 2001.
 - On a scale from very poor to very good, Pike Lake has a rating of good. The RVCA notes that: *Care should be taken by property owners & recreational users to ensure that the current level is preserved & steps should be taken to enhance the health of the lake.* Source www.rvca.ca/watershed/subwatershedreporting/tay
 - ✓ Provides native plants & shrubs at cost under the Shoreline Naturalization Program. Many Pike Lakers have taken advantage of this program.
 - ✓ Provides Butternut tree seedlings at cost under the Butternut Recovery Program. Pike Lakers have taken advantage of this program.
 - ✓ Provides information on emerging issues such as blue-green algae found in the Rideau Watershed in 2014.
- And, many Pike Lakers visit Foley Mountain, one of the conservation areas managed by the RVCA.

For more information, google www.rvca.ca



SUBMISSIONS FROM PIKE LAKERS

PIKE LAKE STUFFED GRAPE LEAVES RECIPE

Submitted by Karen Mehmet

- ✓ Pick approx. 3 doz. Pike Lake grape leaves in June & July from the tip of the stem (fresh, young light green from top stems; avoid tough, dark old leaves)
- ✓ Pour boiling water over leaves 3 - 5 minutes, then drain.

Ingredients

- ✓ 1 lb. lean ground beef
- ✓ 1 lb. lean ground lamb
- ✓ 1 finely chopped onion
- ✓ 2 garlic cloves finely chopped
- ✓ 1/2 cup rice
- ✓ 1 egg
- ✓ 1/4 cup chopped parsley & 1/4 cup dill
- ✓ 1/2 teaspoon cinnamon, 1/4 teaspoon allspice. Salt & pepper to taste.

Optional: 2 tablespoon currants, 2 tablespoons chopped pine nuts.

Ingredients may be altered to the cook's preference.

Preparation Mix well all ingredients in a bowl.

Stuff Grape Leaves

- ✓ Place each leaf, shiny side faced down
- ✓ Place 1-2 tablespoons of meat mix (more or less depending on size of leaf) in the middle of the leaf & roll as you would an egg roll till nice & tight. The longer & thinner the better.
- ✓ Place the rolled leaf in a pot in a circular manner, one layer upon another. Two layers are normal. You may need a second pot for extra.
- ✓ Put enough beef stock (or water) with one tablespoon tomato paste plus two tablespoon lemon juice to cover the stuffed leaves. The liquid in the pot should be about 1 inch above the top layer of stuffed leaves.

Cook on medium heat for about 20 - 30 minutes. Check periodically to ensure there is enough liquid, adding more if necessary.

Serve cool or at room temperature with plain yoghurt & enjoy.



BOAT IN MOVIE NIGHT

The Fowlie & Sibbit families invite you to the fifth annual boat-in movie night. Join your neighbours for this family-friendly event, sundown on Saturday July 30 (rain date Sunday July 31). Look for the big screen on the blue boat house on Route 17A.



Aerial view of Pike Lake. *Photo courtesy of David Taylor*

ICE-OUT

Gerry Greenslade & Donna Moodie report that the ice went out on Pike Lake during the night of March 31 / April 1 making April 1 the official date the ice went out (no fooling).

YOUR SUBMISSIONS WELCOME!

The PLCA invites Pike Lakers to submit tall tales, photos, poems, & stories for the 2017 *Pike Lake Post*. Speak to a Board Member, e-mail us at info@pikelake.ca, or write us at Pike Lake Community Association, RR3 Perth ON K7H 3C5

LET'S CELEBRATE PIKE LAKE



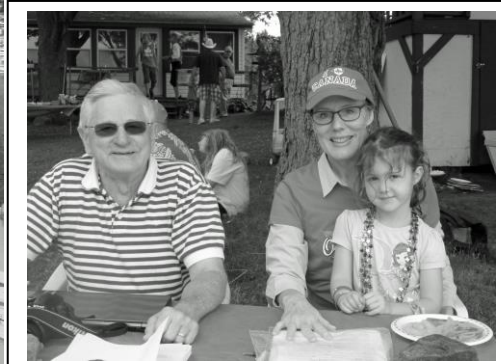
BOATILLA & BBQ 2015



Pat Shore's daughters, Jennifer (Sinclair) & Marianne (Ecclestone), receive an acknowledgement of appreciation for Pat's many years of service to the Pike Lake association & the Pike Lake community.

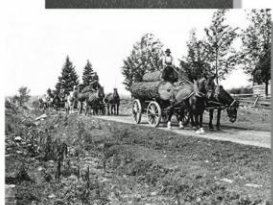
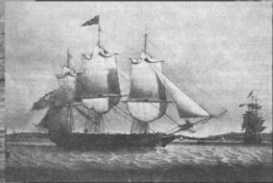


Taking a close look at the wonderful creepy crawly bugs in Pike Lake





200th Anniversary PERTH MILITARY SETTLEMENT



The Perth Military Settlement – encompassing Beckwith, Drummond/North Elmsley, Perth and Tay Valley – was founded in 1816 by War of 1812 veterans and European settlers who arrived here as part of a strategic plan by the British government to create a homeland in the wilds of Upper Canada.

During the year, historic re-enactments, community heritage days, BBQ block parties,

festivals and fairs will be held throughout the settlement area with active participation from community groups and local businesses.

Come together with your family and friends to help us celebrate this significant anniversary of the founding of our communities.

Help us turn your story into part of our history!



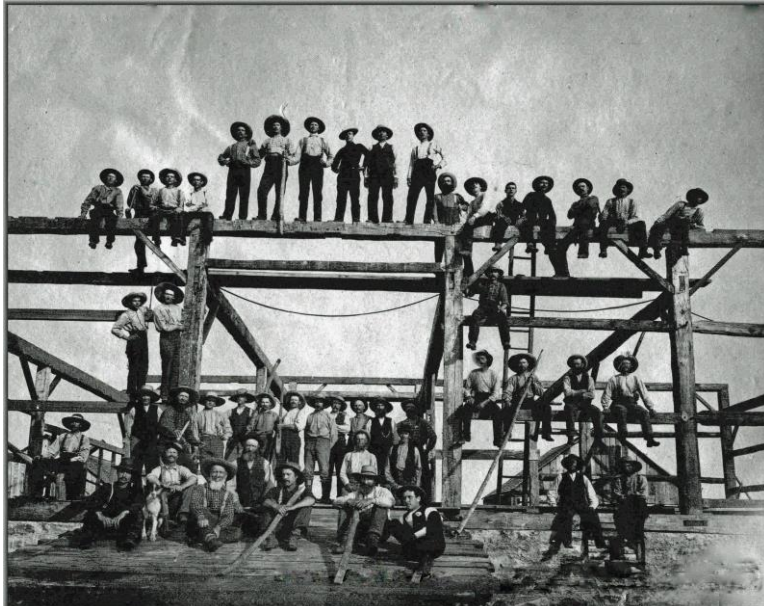
For more information:
1-888-452-6275
2016.lanarkcountytourism.ca

Canada

Beckwith • Drummond/North Elmsley • Perth • Tay Valley

AT HOME IN TAY VALLEY

Legacy book commemorating the people, places & events in the history of your cottage area.



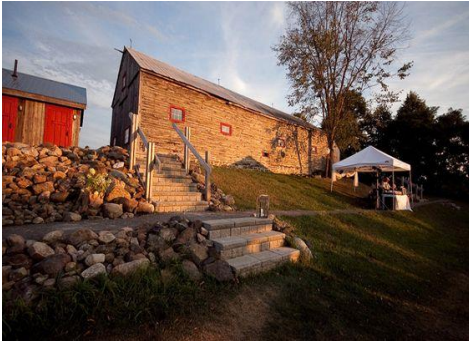
Images from the top left:

- ✓ Barn-raising on the farm of J.D. Moodie, Scotch Line, June 30, 1886 *courtesy of the Perth Museum.*
- ✓ Harvey Miller with plow & horses circa 1910 *courtesy of Betty (née Jordan) Miller*
- ✓ Birchbark canoe made by William Commanda (1913-2011), Algonquin elder & spiritual leader, *courtesy of the Canoe Museum*
- ✓ Spinning in the 1840s kitchen at the Perth Museum *courtesy of Tay Valley photographer, David Zimmerly*
- ✓ Richie's Sawmill, later known as Adam's Mill *courtesy of Tay Valley historian David Taylor*
- ✓ The Lally Homestead in winter *courtesy of Parks Ontario*
- ✓ Blue Shadows oil on canvas *courtesy of Tay Valley artist, Aili Kurtis*

You can purchase your copy of *At Home in Tay Valley*, Kay Rogers, Editor, at the Tay Valley Township office, the Perth Museum, Blackwood Originals, the Book Nook, the Book Worm, the Riverguild, Shadowfax, Sunflower Bake Shop, Balderson Cheese, the Fall River Restaurant, & the Village Green for \$30.

Proceeds from the sale of *At Home in Tay Valley* will be directed to an annual scholarship for a student graduating from one of our two high schools who has been accepted into a postsecondary program & who has demonstrated a keen interest in history.

HELP US CELEBRATE OUR 200TH ANNIVERSARY THIS SUMMER



**Scotch
Line
History
Fair
ECOTAY
Sunday
June 12**



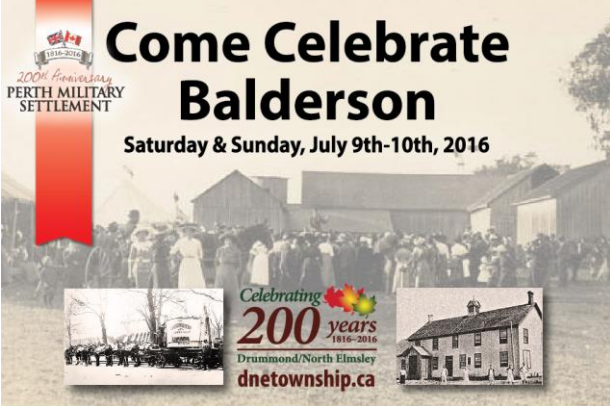

**World Record
Celtic Kilt Run**
June 24-26

Several races including a marathon starting in Rideau Ferry & ending at ECOTAY



**Celebrate our 200th Anniversary
Heritage Golf Tournament**
Saturday July 9th at 2:00pm

Details at www.blueheron.golf 613-264-1062



**Come Celebrate
Balderson**
Saturday & Sunday, July 9th-10th, 2016

200th Anniversary
PERTH MILITARY
SETTLEMENT

Celebrating
200 years
1816-2016
Drummond/North Elmsley
dnetownship.ca



The Glen Tay Block Race Thursday August 25



Settler Heritage Days & Lanark County Plowing Match on the Scotch Line Saturday August 20



**sundance
artisan show
a walking tour
Maberly
September 3-5**

For more information on these & other events in Tay Valley, Perth, Drummond / North Elmsley, & Beckwith
1-888-452-6275
2016.lanarkcountytourism.ca