KEEPING PIKE LAKE HEALTHY

Whispering Pines. *Photo by Gord McCallum.*

OUR LAKE STEWARDSHIP HANDBOOK

WITH PRACTICAL HOW-TOs

PIKE LAKE COMMUNITY ASSOCIATION, SUMMER 2011

CONTENTS

ACKNOWLEDGEMENTS

The Pike Lake Community Association (PLCA) would like to thanks the many Pike Lakers who contributed their knowledge and ideas during the workshops and community meetings over the past few years as well as those dedicated volunteers who helped with the Pike Lake stewardship planning process. The participation of so many people is a clear indictor that Pike Lakers care about the future of our lake.

The PLCA would also like also like to thank our Community Partners and the Rideau Valley Conservation Authority (RVCA) Lake Management Planning Program for the support and help provided. Special thanks to Andrea Klymko, RVCA, for her ongoing support throughout this process. The Ontario Trillium Foundation, the Community Stewardship Council of Lanark County, Fisheries and Oceans Canada, TD Friends of the Environment Foundation, Rideau Lakes Environmental Foundation, and the RVCA provided funding.

Aerial view of Pike Lake. *Photo by Glenn Cook.*

Pike Lake Community Association

Rideau Valley Conservation Authority

Tay Valley Township

Friends of the Environment Foundation

Fisheries and Oceans Canada / Pêches et Océans Canada

Rideau Lakes Environmental Foundation

The Ontario Trillium Foundation / La Fondation Trillium de l'Ontario

… boats and cabins are among the few stable things
left in a mad, reeling world
to indicate the quiet, abiding rhythm that endures
beneath the outward disorder of our times.

Canadian author and journalist Bruce Hutchinson

INTRODUCTION

This lake stewardship handbook provides an overview of Pike Lake, a summary of the key issues facing Pike Lake, and simple, inexpensive, and effective actions we – individually and collectively – can take to keep Pike Lake healthy for present and future generations. It draws on the outcomes of the several-year process in which Pike Lakers identified issues affecting the present and future quality of the water and the Pike Lake environment more generally, and discussed how to preserve, indeed improve, the water quality and the lake environment. We hope you keep this handbook as a handy resource.

Hoar Frost. *Photo by Cathy Cameron*

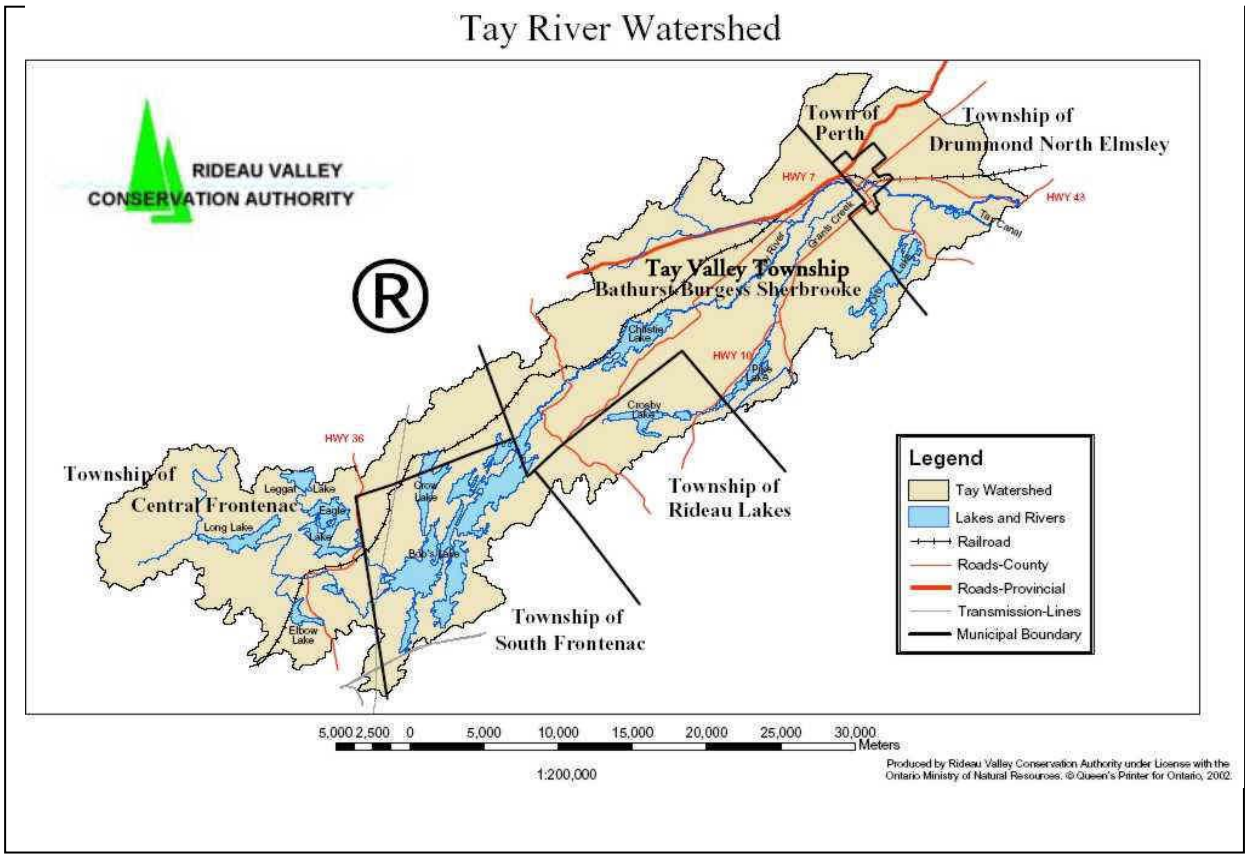
We all live in a watershed.

THE PIKE LAKE WATERSHED

Simply expressed, a watershed is the area of land that catches rain and snow which then drains or seeps into a marsh, stream, river, lake, or groundwater. In other words, it is a region of interconnected lakes, streams, and rivers which function as a unified system for water transport.

The Pike Lake watershed encompasses the area of land that drains into Pike Lake, including Crosby and Little Crosby lakes, as well as all the wetlands and permanent and intermittent streams that drain into those lakes. From west to east, the water flows from Crosby Lake into Little Crosby Lake, through Cedar Bridge Creek and a marvelous swamp into Pike Lake. Pike Lake slowly drains at its northeastern tip into Grants Creek, its only outlet. Grants Creek meanders north-west toward Perth for 12 kilometres where it flows into the Tay River, just west of Perth. The Tay River eventually drains into the Upper Rideau Lake at Burridge Locks, near Port Elmsley.

Aerial photo showing Pike Lake, Cedar Bridge Creek, Little Crosby and Crosby lakes. *Photo by Glenn Cook.*



The Pike Lake watershed is one of fourteen sub-watersheds that make up the Tay River watershed.

The Pike Lake watershed lies in the transition between the Canadian Shield and the Smiths Falls Limestone Plain. Most of the Pike Lake watershed is underlaid with Precambrian faulted and folded rock such as quartz, calcite, and dolomite (crystallized) marble. This area is part of the Frontenac axis that extends south to the St. Lawrence River. A small portion of the lake watershed's southeastern tip is composed of sedimentary rocks such as limestone, shale, and sandstone.

The topography has steep slopes, thin soil cover, many exposed rock outcroppings, and poor drainage, creating localized wetland areas.

Precambrian shield bedrock.
Photo by Gord McCallum.

INTERESTING FACTS ABOUT PIKE LAKE & ITS WATERSHED	
Watershed Area	66 square kilometers
Watershed Orientation	southwest to northeast direction
Latitude	44 degrees 47 minutes north
Longitude	76 degrees 21 minutes east
Lake Surface Area	3.16 square kilometres
Lake height above sea level	145.1 metres
Length	6 kilometres
Width	0.5 kilometres
Shoreline Length	22.5 kilometres
Average Depth	8.2 metres
Maximum Depth	32.6 metres
Number of Islands	25 Crown Land islands, 1 private
Size of Islands	Range from small outcrops, approx. 3 square metres, to the largest which is approx 1.21 hectares (3 acres)

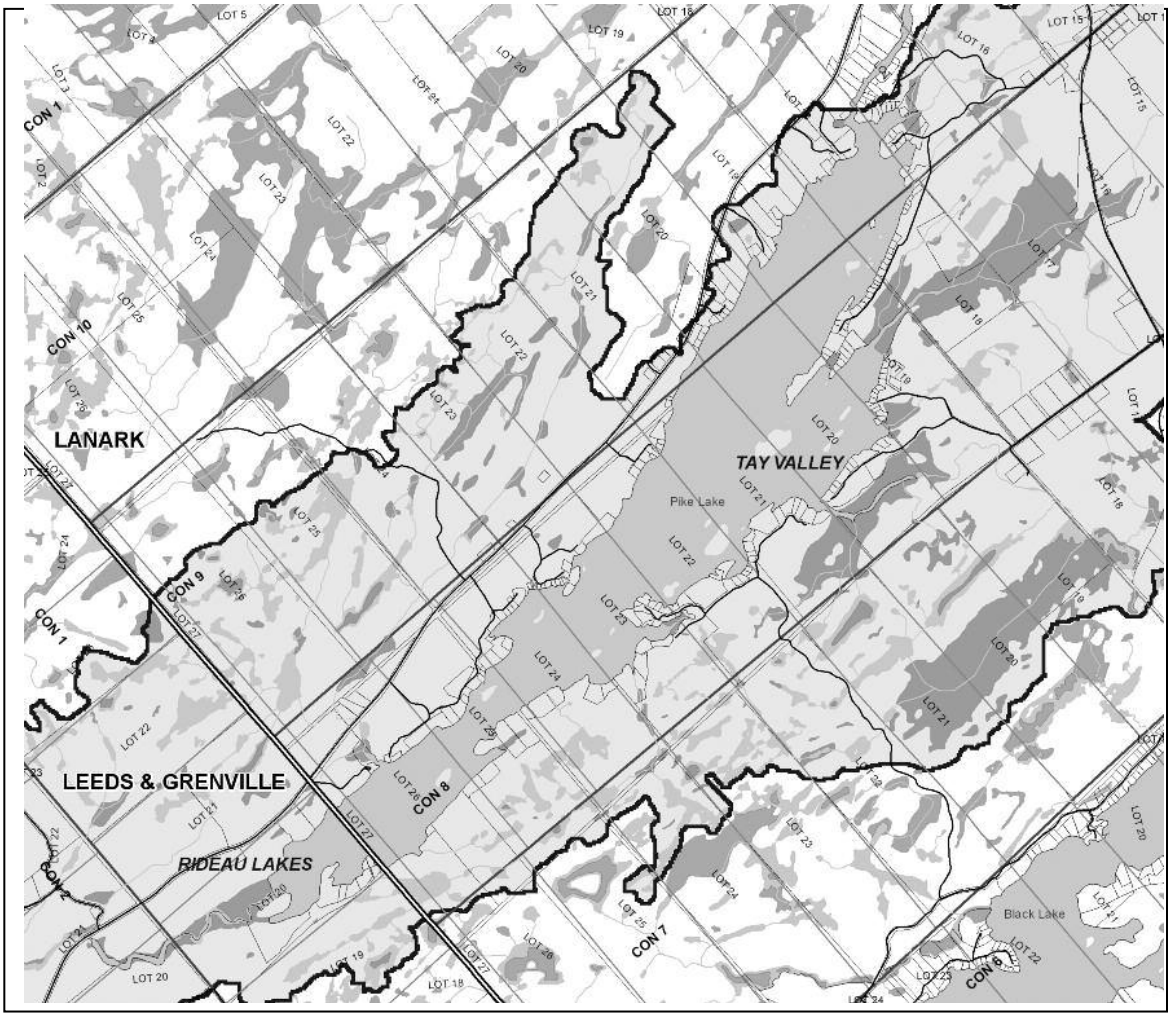
The State of Pike Lake and Its Watershed p. 11, and pp. 13-14.

Islets. *Photo by Gord McCallum.*

Winter Ice. *Photo by Cathy Cameron.*

CLIMATE TIDBITS Based on data collected at the Drummond Centre between 1984 – 2008	
Average January Temperatures	-8.6 ° Celsius
Average February Temperatures	-8.5 ° Celsius
Average July Temperatures	20.2 ° Celsius
Average August Temperatures	19.1 ° Celsius
Average Precipitation (snow and rain)	869 mm
Average Snowfall (December – February)	Approximately 184 cm
Wettest Year	2008 with 1082 mm of precipitation
Driest Year	2001 with 695 mm of precipitation
Wettest Month	September 1986 with 180 mm of precipitation
Driest Month	April 2001 with 10 mm of precipitation
Frost-free Period	Ranges between 117 and 134 days
Average Growing Season	190 days

TOPOGRAPHIC MAP HIGHLIGHTING
PIKE LAKE & SURROUNDING WATERSHED



The State of Pike Lake and Its Watershed, p.4.

The Ministry of Natural Resources operates the dam at the outlet of Pike Lake with the objective of maintaining water levels suitable for recreational activities and ecological requirements on Crosby, Little Crosby, and Pike lakes, while meeting downstream flow requirements.

The turnover time for the lake, or the length of time it takes for all the lake's water to be replaced with new water is estimated to be about every ten months, depending on precipitation and obstacles to outflow.

Pike Lake is a cool water lake that supports walleye (pickerel), smallmouth and largemouth bass, northern pike, yellow perch, and pan fish.

Don't it always seem to go
That you don't know what you've got till it's gone
Canadian songwriter, singer, and artist Joni Mitchell

THE STATE OF PIKE LAKE & ITS WATERSHED

Scientists have classified three types of lakes: (1) lakes that have high water clarity, low nutrient levels, and minimal plant growth. These lakes typically do not support large fish populations; (2) lakes that have sufficient oxygen and nutrient levels to support a variety of habitats and a diversity of fish and other aquatic species; and (3) lakes that typically have low water clarity, high nutrient levels, and are susceptible to low oxygen levels, and which support warm water fish species. Because of high nutrient levels, these lakes are subject to excessive aquatic vegetation growth (algae blooms and dense aquatic plant growth).

Pike Lake is to-date in the second category: it is classified as a mesotrophic lake, which means it is capable of producing and supporting, under normal circumstances, moderate populations of living organisms.

However, excess nutrients entering the lake from faulty septic systems, lawn fertilizers, and other human activities on shore have the potential to increase the lake's productivity, and the resultant increase in algae blooms and excessive aquatic vegetation growth. This, in turn, could put Pike Lake in the third category, a lake with excessive aquatic vegetation.

The 2001 water quality data report from the RVCA Watershed Watch Program resulted in a "D grade" for Pike Lake — the lake is tending toward poor health and aggressive action is needed to reduce the human impacts (nutrient loading). This report served as a wake-up call for members of the PLCA.

OUR LAKE STEWARDSHIP PROCESS

The creation of the RVCA Lake Management Planning Program and a presentation by the Program Manager at the 2006 Annual General Meeting of the PLCA resulted in a decision by the PLCA to undertake the lake stewardship planning process. This, in turn, lead to the establishment of a steering committee, a survey of people on the lake, workshops, and community meetings as well as documentation of what is known about Pike Lake and its watershed including the physical geography, land cover, and land use.

In May 2009, a Special Lake Stewardship Planning Edition of the *Pike Lake Post* provided a summary of the draft report on the *State of Pike Lake and Its Watershed*. Over the course of that summer, three community meetings were held to get feedback on the draft report and to gauge the relative priority of the nine issues identified. Those who attended the community meetings selected their top three issues; these became the priority for our community action plan.

The three priority issues are (1) water quality (both lake water and ground water), (2) conservation and protection of the natural environment, and (3) developmental pressures. Other issues, including growth of aquatic vegetation, impacts of motor vehicles, fisheries health, use of Crown-owned islands, and water levels, were seen as sub-issues of the three main concerns.

The Report, *The State of Pike Lake and Its Watershed*, was completed in June 2010 and copies given to our partners. You may borrow the report from the Perth or Algonquin College Library, or find it on line at www.pikelake.ca or www.rvca.ca.

The 2010 Edition of the *Pike Lake Post* provided a recap of the top three issues, the Pike Lake community vision, and elements of the vision in twenty years time, i.e. what Pike Lake might look in 2029 — as articulated by Pike Lakers during the consultation process. The *Post* also included ideas for action that served as the starting point for discussion at the July 17, 2010 AGM.

White-tailed Deer. *Photo by Gerry Greenslade*.

Pike Lake community vision: to protect and improve the water quality, natural environment, and tranquility of the Pike Lake watershed for present and future generations.

OUR VISION, CONCERNS, & ACTIONS

OUR VISION FOR THE PIKE LAKE WATERSHED IN 2029

- ✓ Healthy water, with no negative impacts of run-off, and safe, contaminant-free drinking water
- ✓ Healthy, big trees and natural shoreline. Protected wetlands
- ✓ Reduced density of aquatic vegetation (including algae) and a lower nutrient level; ideally free of invasive species; reduced light encroachment and reduced noise levels
- ✓ Undeveloped Crown-owned islands, well respected by users
- ✓ A peaceful, natural environment
- ✓ Healthy and diverse fish and wildlife populations
- ✓ A strengthened sense of community, with a shared "code of conduct" for the use of shared resources

Buck in Velvet and Chickadee. *Photos by Gerry Greenslade.*

We can update and revise this lake stewardship action plan as desired. In any given year, the PLCA may select a small number of projects or activities on which to concentrate effort, taking into account volunteer interest and any available programs. Over time, a variety of projects and activities can be undertaken to address all three priority areas of concern that emerged from the consultations.

Dog watches summer storm approaching. *Photo by Cathy Cameron.*

OUR WATER QUALITY CONCERNS (lake and groundwater)

Water quality data indicates Pike Lake has generally high concentrations of nutrients (phosphorus and nitrogen) contributed, in part, by human activity including faulty septic system runoff, use of fertilizers, and removal of shoreline vegetation. These deteriorate water quality and contribute to excessive aquatic plant growth such as the increase in Eurasian water-milfoil in shallow bays and the increase in algae blooms.

The results from sampling **Site D**, which is between Pike Lake Route 1 and Route 17, have consistently shown high concentrations of total phosphorus and nitrogen flowing toward the lake. Donnelly Bay, the large bay that has its input at Site D, suffers from algae blooms and aquatic plant growth.

Pike Lake's watershed has thin soil cover. Consequently, **groundwater** within the watershed is susceptible to surface contamination from land use activities, improperly sealed abandoned wells, and faulty septic systems.

Lake water sampling analysis for **bacterial contamination** show bacterial (*E.-coli*) counts do not pose a health concern for recreational and other water uses.

Testing for **invasive species** is ongoing. As of September 2010, neither zebra mussel veligers (a mobile, juvenile form of the mussel) nor spiny water flea had been detected on the lake. However, in 2008, water quality reports from Crosby Lake (which feeds into Pike Lake) indicated that zebra mussel veligers were identified in their water samples.

If not properly cleaned, **watercraft** can introduce invasive species such as zebra mussels, rusty crayfish, and spiny water flea into Pike Lake. Because they have no natural predator, these species can run rampant, displace native species, alter the algal community, and, in some cases, destroy fish-spawning habitat and contribute to algae blooms. Ballast water from boats, unwashed boats, and live bait released into the water can also introduce invasive plant life such as purple loosestrife, Eurasian milfoil, and European frog-bit.

Older motor boats increase water, noise, and air pollution. Today's outboard motors are more fuel-efficient, have significantly lower emissions, and are quieter.

Concerns have been raised about the careless and unsustainable use of a couple of the **Crown land islands** for camping activity (improper disposal of human waste, littering, denuding of vegetation, noise, and the impact from large or unattended fires).

Pike Lake's watershed provides habitat for several **species-at-risk** including the Black Rat Snake, Least Bittern, and Bald Eagle. These species are at risk primarily because of habitat destruction. The butternut tree is a species-at-risk because of the spread of the butternut canker (a fungal disease).

Bald Eagle and Great Blue Heron. *Photos by Gerry Greenslade.*

ACTIONS WE CAN TAKE TO PROTECT WATER QUALITY

The protection and enhancement of lake and ground water quality is paramount to keeping Pike Lake healthy and is the responsibility of all of us. Our goal is to stabilize the current water quality and then to improve the quality of the water for present and future generations.

Sailor enjoying strong winds. *Photo by Scott McComb.*

RVCA Watershed Watch Program, *Responsibility of the Lake Steward*

- ✓ The PLCA will continue to work with the RVCA Watershed Watch Program to collect and analyze water samples every summer — a critical tool in tracking the health of the lake.
    - Report the results to the PLCA through the *Pike Lake Post* and the PLCA website.
    - Follow-up on the results as appropriate.
- ✓ Examine the merits of increasing the number of sites sampled.

Sampling Site D, *Responsibility of the President, Vice-President, and Lake Steward*

- ✓ The PLCA has expressed concern to Tay Valley Township about the high levels of phosphorous and nitrogen at site D, the bay on Pike Lake between Route 1 and Route17, as well as the test results at the Stanleyville Waste Site which are high for phosphorous, nitrogen, and some other compounds. The test results do not show a direct cause and effect between the waste site and site D. The Township and the PLCA are working together to identify any steps that may need to be taken.

Shoreline Naturalization, *Responsibility of Everyone*

- ✓ The PLCA will continue to promote the RVCA Shoreline Naturalization Program because well-vegetated shorelines are one of the most effective ways to protect water quality. Planting shrubs and plants – which won't block the lake view – will:
  - ✓ trap runoff and excess nutrients
  - ✓ discourage growth of algae and aquatic plants
  - ✓ provide shelter and food for wildlife
  - ✓ support spawning beds for fish
  - ✓ shade and cool water
  - ✓ reduce erosion

Under the RVCA Program, native plants and shrubs are available at cost; e.g., red osier dogwood, peach leaf willow, and sweet gale. This program provides for a visit by an experienced biologist with the know-how to consult with you, order the plants you need, and provide extra muscle for the planting. There are grants of up to $1,000 for shoreline planting. Contact the RVCA at 1-800-267-3504.

Support is also available through the RVCA's Rural Clean Water Program and Green Acres Program for reforestation and shoreline protection works.

Safeguard Your Septic System and Your Health, *Responsibility of Everyone*

- ✓ Having your septic tank inspected and pumped out every three–five years is critical to significantly reduce weed-causing nutrients from flowing into Pike Lake and to protect your drinking water. This also reduces the risk of *E.-coli* infection for you, your children, and your neighbours. Symptoms include bad stomach cramps, vomiting, and diarrhea. In some cases, *E.-coli* poisoning can cause life-threatening kidney problems.

Use Phosphate-free Soaps and Detergents, *Responsibility of Everyone*

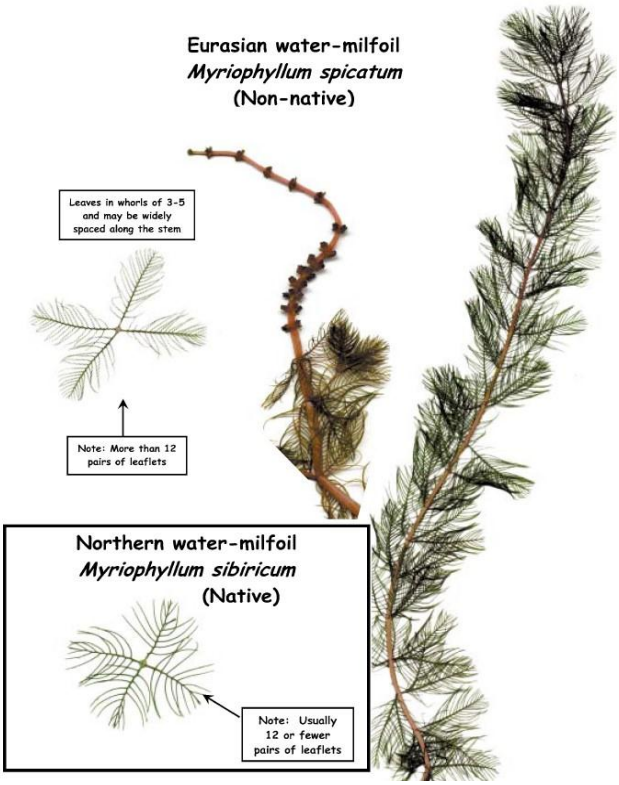
- ✓ This is a simple, cost-neutral way to clean and to keep significant weed-causing nutrients out of the lake.
- ✓ If your cottage does not have a shower, consider installing one of the inexpensive solar-heated outdoor camp or cottage showers and a grey-water pit, and use biodegradable soaps … do not bathe in the lake!

Did you know that one pound of phosphorous will grow 7–8 pounds of algae and 70–80 pounds of rooted aquatic plants? When these plants die in the fall, they decompose leaving a mass of vegetation on the lake bottom. Over time, this process leads to eutrophication. Simply expressed, the lake will die.

Think Before You Cut, *Responsibility of Everyone*

The arrival of Eurasian milfoil and the growth of other aquatic weeds in recent years are affecting the enjoyment of swimming for many of us. "Harvesting" the weeds is like mowing the lawn – they'll grow back thicker than before.

- ✓ If you really need to remove aquatic weeds, make sure you dump them on your lot at least 30 metres (100 feet) from shore. DO NOT leave fragments of plants behind in the water – chopping them up makes them spread. Seek advice from the Kemptville Office of the Ministry of Natural Resources or the Landowner Resource Centre, RVCA.



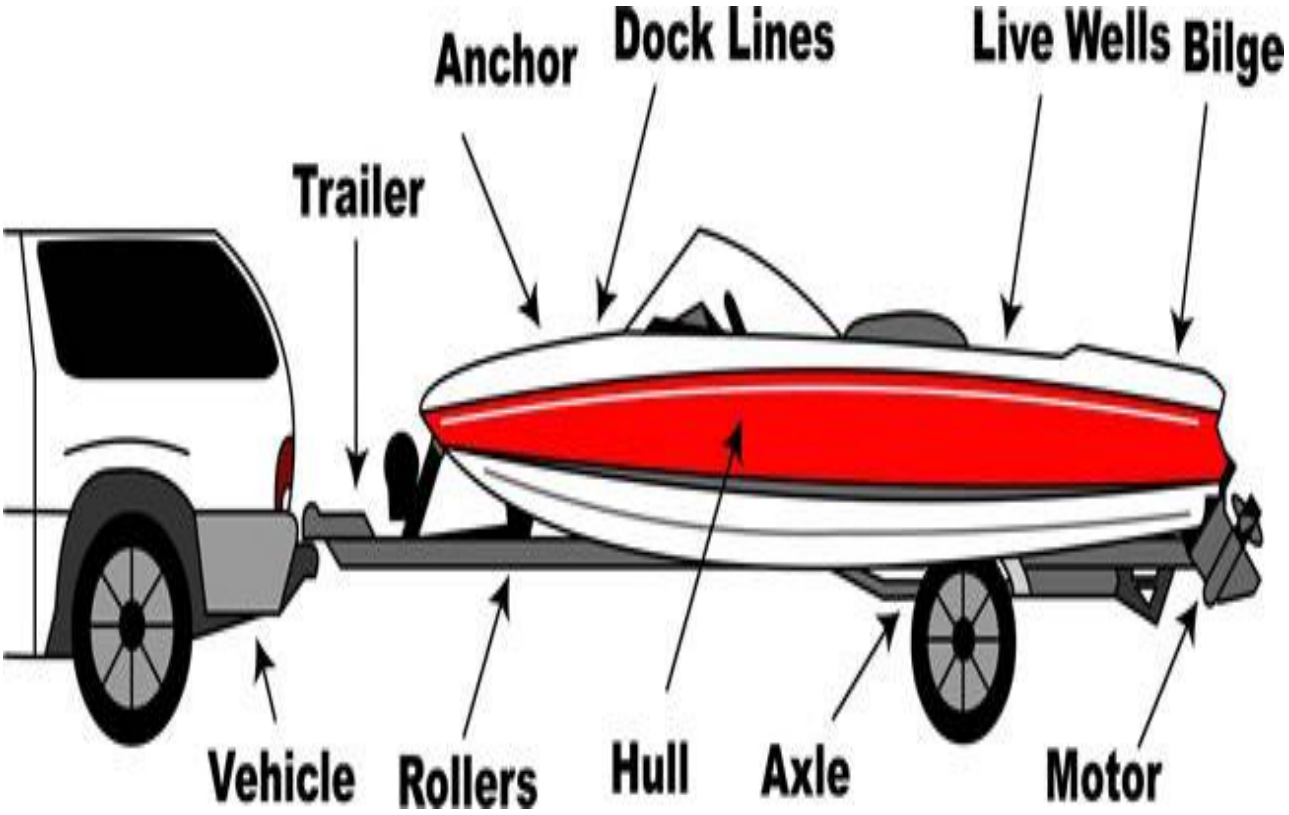
Clean Boats to Reduce the Risk of Importing Zebra Mussels & Other Invasive Species
Responsibility of Everyone

Zebra mussels are small, clam-like, aquatic animals that are a significant environmental and economic concern. They are an invasive species that can colonize most any surface including watercraft hulls, motors, or anything immersed in the water.

Zebra mussels

- aggressively invade new areas and reproduce quickly. A female zebra mussel can produce upwards of one million eggs per year
- threaten native fish and wildlife by reducing species of algae and microscopic aquatic animals that are important for the food chain
- attach to native mussels, clams, and crayfish making it hard for them to survive.
- destroy fish-spawning habitats
- the contaminants in zebra mussels accumulate in ducks or loons that eat them and thereby affect the reproduction and survival of these waterfowl
- reduce recreational enjoyment of swimmers by littering shorelines with numerous sharp shells and producing foul odours from decaying, dead zebra mussels
- can clog cottage water intake pipes /hoses
- are a costly nuisance to boaters:
    - they can interfere with engine cooling systems
    - can clog watercraft water intake pipes causing costly repairs.

- ✓ Install zebra-mussell filters on cottage water intake pipes/ hoses
- ✓ Ask visitors or cottage renters who are bringing boats onto the lake to clean their boats
- ✓ Proper cleaning of watercraft, trailer, equipment and gear will keep zebra mussels and other invasive species such as rusty crayfish, spiny water flea, and European frog-bit out of Pike Lake. It will also prevent adding to the Eurasian milfoil which unready exists in the lake.



Common places where adult and larval zebra mussels can be found on boat, trailer, and vehicle.

- ✓ DRAIN all water from the motor, livewell, bilge, and bait buckets.
- ✓ DRY your watercraft for at least 5 days in the hot sun (if rinsing with a high pressure, hot water washer). Or dry for 18 days in the spring/fall or 3 days of freezing.
- ✓ CLEAN watercraft, trailer, equipment, and gear – *including canoes and kayaks.*

  Remove all visible plants, animals, and mud.

  Rinse using very high pressure, hot tap water - preferably 50°C (120°F).

  Inspect drain holes, speedometer brackets, motors, propellers, and other difficult to clean areas, including the trailer and vehicle.

… Young zebra mussels can die quickly out of water;
adults can survive up to 15 days in damp conditions …

- ✓ DISPOSE of unwanted live bait and worms in the trash, and dump bait bucket water on land.
- ✓ Never release aquarium pets, plants, or water into lakes, rivers, or wetlands.

Source: Manitoba Water Stewardship website

OUR NATURAL ENVIRONMENT CONCERNS

Habitat loss through high-impact residential development, the removal of natural shoreline vegetation, and a decline in water quality pose threats to fish and wildlife.

Boats which create large wakes can cause shoreline erosion and destroy waterfowl nesting sites. For example, loon parents will leave the nest if a watercraft comes within 150 metres (500 feet) of the nest. This leaves the eggs without warmth or protection. Loon parents may abandon the nest if disturbed too often. If they try to re-nest later in the season, the likelihood of chicks hatching and surviving is very low. As it happens, loon chicks hatch in late June, which coincides with the start of the busy boating season.

Fishers and hunters who use sinkers, jigs, or shotgun shot with lead can poison loons. This happens because loons, like many birds, normally ingest small pebbles (grit) in order to help digest their food. Loons often have as many as 20–30 pebbles in their gizzard at one time. Unfortunately if this material contains lead, poisoning of the loon will occur.

Common Loons. *Photo by Gord McCallum.*

ACTIONS WE CAN TAKE TO PROTECT THE NATURAL ENVIRONMENT

The actions to protect water quality also protect the natural environment in general. There are additional actions each of us can undertake to protect the environment.

Protect Loons and Other Waterfowl, *Responsibility of Everyone*

- ✓ View loons and other waterfowl from a distance. Give them their space — they need solitude to breed and raise their young.
- ✓ *Get the Lead Out*. Fishers and hunters are requested to use non-toxic sinkers, jigs, or shotgun shot alternatives such as steel and bismuth which are readily available.

Promote Responsible Use of Crown Islands, *Responsibility of the Vice-President*

- ✓ Work with MNR and others as appropriate to install signs on the islands where people camp and, if possible, privies and fireboxes, to promote and facilitate responsible camping.

Promote Responsible Boating, *Responsibility of the Vice-President*

- ✓ Work with the Ministry of Transport to install buoys and signs at selected locations to encourage boaters to reduce their speed to protect children and other swimmers, to protect waterfowl, and to reduce the risk of erosion.

Enjoy the Dark Night Sky, *Responsibility of Everyone*

Artificial lighting confuses nocturnal animals. Some shy predators shun lit areas because they need dark passageways to go from one hunting field to another. Other animals take advantage of light to forage or hunt. For example, moths cluster around lights offering a feast for bats, but that banquet skews the natural balance of bat species.

- ✓ Use the lowest possible wattage, add shields that point lamps downward, and keep outside lights off unless needed.

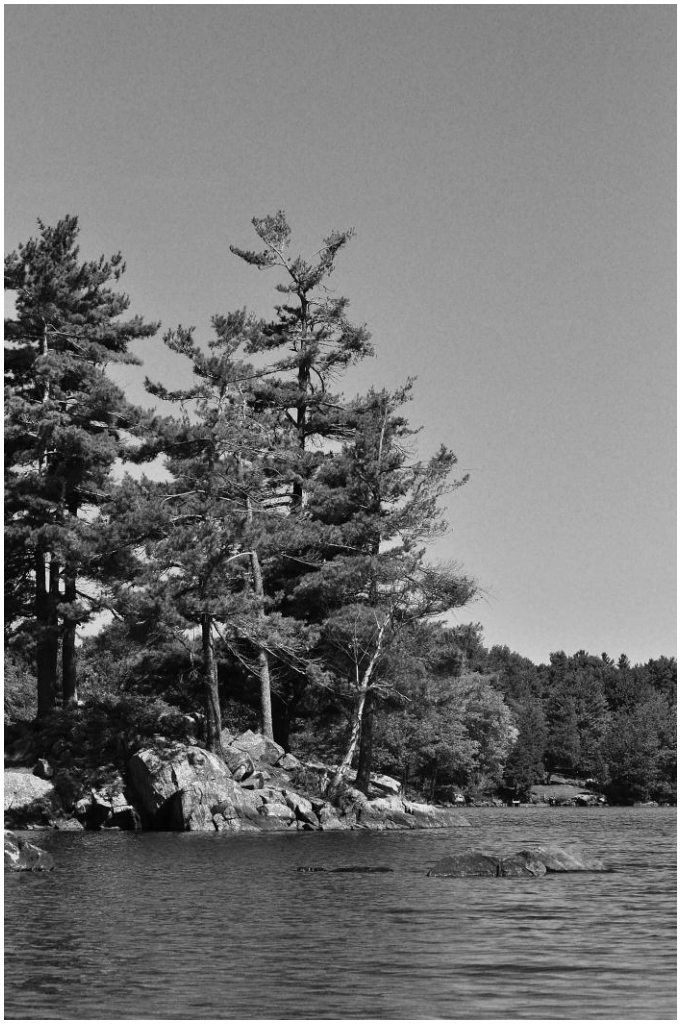
Use Alternatives to Toxic Chemicals, *Responsibility of Everyone*

- ✓ Use "natural" alternatives to those toxic chemical fertilizers, herbicides or pesticides, which can harm the water and the land, and, in some cases, harm the "good insects" that combat problem pests. For example, sprays that kill aphids can also kill dragonflies, butterflies, and honeybees, but soapy sprays that soak aphids should not harm beneficial insects.

Syrphid Fly on Boneset. *Photo by Gord McCallum.*

Promote Greater Knowledge of the Pike Lake Environment, *Responsibility of Everyone*

- ✓ Consider teaching your children or grandchildren – or yourself – more about the Pike Lake environment by searching the PLCA, RVCA, or other websites, attending talks, or taking a subscription to a nature magazine.
- ✓ Inform visitors and cottage renters about best practices to protect Pike Lake.
    - Keep your copy of this handbook in the cottage for easy reference.
- ✓ The PLCA will work with the RVCA and others to hold a bio-blitz, or a day for children to learn about the aquatic environment.
- ✓ The PLCA will include an article on the Pike Lake ecosystem including the animals and plants with which we share Pike Lake in the *Pike Lake Post.*



Pike Lake, Green Heron, and Painted Turtle. *Photos by Gord McCallum.*

OUR CONCERNS ABOUT DEVELOPMENT PRESSURES

In the early 1950s, people could count the number of cottages on their fingers. By 1970, there were 99 cottages plus McNamee rental cottages and the Trailer Park. As of 2007, there were 266 properties within 300 metres (984 feet) of the lake. Starting in the 1990s, there has a trend to convert cottages to permanent homes on Pike Lake. Concerns have been expressed that, if permitted, secondary shoreline development, i.e. subdivisions (as found on other lakes) or second tier development could exceed the lake's natural capacity and, thereby, result in further deterioration of the natural landscape, water quality, and overall health of Pike Lake.

Fall Colours. *Photo by Tony Prochazka*.

ACTIONS WE CAN TAKE TO ADDRESS DEVELOPMENT PRESSURES

Liaison with the Townships, *Responsibility of the President and Vice-President*

- ✓ Maintain liaison with Tay Valley Township and the Township of Rideau Lakes regarding any potential developments on Pike Lake that could impact the lake; e.g. any proposed changes in land use planning permitting subdivisions and second tier development that could increase development pressures on Pike Lake.
- ✓ Request that the Townships make use of lake capacity assessment models when assessing potential developments that could affect the lake.
- ✓ Maintain liaison with Tay Valley Township regarding future plans for the Stanleyville Waste Site.

RESOURCES FOR BETTER LIVING ON PIKE LAKE

Municipalities

Two municipalities have responsibilities for Pike Lake including building permits, planning, septic systems, waste disposal, and open fire permits.

Tay Valley Township
www.tayvalleytwp.ca
613-267-5353 or 1-800-810-0161

Township of Rideau Lakes
www.twprideaulakes.on.ca
613-928-2251 or 1-800-928-2250

Septic System Information and Education

Tay Valley contracts its Sewage System Inspection, Permitting Program, and Sewage System Re-inspection Program to the Rideau-Mississippi Septic Office
www.tayvalleytwp.ca
613-259-2421 ext. 256

Waste Disposal

Stanleyville and Glen Tay Waste Sites
Bring one full container of recyclables and dispose of one bag of garbage for free.
www.tayvalleytwp.ca
613-267-5353 or 1-800-810-0161

Well Water Testing

Leeds, Grenville and Lanark District Health Unit in Smiths Falls
www.healthunit.org
613-283-2740

Residential Well Education

Rideau Environmental Action League
Well Aware
www.realaction.ca

Kayak heading into creek. *Photo by Gord McCallum.*

Canoeing Opportunities
Friends of the Tay
www.tayriver.org/canoeing.php
Mississippi Valley Field Naturalists
www.mvfn.ca

Walking and Hiking Opportunities
Tay River Trail Tour
www.town.perth.on.ca
Rideau Valley Conservation Authority
www.rvca.ca
613-692-3571 or 1-800-267-3504
Rideau Trail
www.rideautrail.org

Murphy's Point Provincial Park
Restored 19th century mica mine, a ruined sawmill, pioneer homesteads. Swimming, boating, hiking, and cross-country skiing
www.ontarioparks.com
613-267-5060

Tay Watershed
Learn about the Tay Watershed:
History, Research Reports, Activities
Friends of the Tay Watershed
www.tayriver.org
613-264-0094

RVCA Shoreline Naturalization Program
Plant and shrubs at cost
www.rvca.ca
613-692-3571 or 1-800-267-3504

RVCA Trees for Tomorrow Program
Incentives available for planting native trees
www.rvca.ca
613-692-3571 or 1-800-267-3504

Invasive Species & What You Can Do
Both the Ministry of Natural Resources and the Ontario Federation of Anglers and Hunters provide helpful information
www.mnr.gov.on.ca
www.ofah.org.

FOCA
The Federation of Ontario Cottagers Associations — cottage-related info
www.foca.on.ca

Pike Lake
The Pike Lake Community Association website has info about Pike Lake, the PLCA, notices, and links to useful sites.
www.pikelake.ca

Kayaker. *Photo by Kay Rogers.*

Photos by Gord McCallum.