



# FIMLA Newsletter

[fimla@live.ca](mailto:fimla@live.ca)[www.fimla.org](http://www.fimla.org)

## Message from the President

I hope that you will share my excitement about things happening around the lakes, things that you'll find discussed in this edition of our newsletter.

First and foremost is the launch of our very own Fourteen Island and Mink Lakes Association website. Special thanks go out to one of our new residents, Jamie Gray, who has sorted out a domain name for us and has generously agreed to host the site on his company's servers at EverSure IT Inc. in Kingston. Look them up at [www.EverSure.net](http://www.EverSure.net). Jamie offered to do this at last year's AGM, and he teamed up with Robert Powell to make this a reality. Special thanks also need to go to Robert, who has been beavering away on the design and development of the site since early December.

You can see the results of their efforts at [www.fimla.org](http://www.fimla.org). Please let us know what you think, and if you have any suggestions for content, Robert would be pleased to hear from you.

Another bit of excitement came following the fish netting that was done over the summer. As you will note in Brett Dark's update on the Lake Stewardship Plan, we are learning some interesting things about the fishery in our lake. Ministry of Natural Resources staff, who did the initial netting work last summer, have found that our lake may be more suitable as lake trout habitat than walleye habitat.

While it will take a couple of years before the Ministry can offer any definite recommendations, this may well be a subject of real interest to many of you, and we'll be talking about it at this year's AGM – so don't miss it!

The thing that makes me particularly happy about MNR's findings is: it's the relatively good water quality (water clarity, temperature, and oxygen levels) in our lake that lets them think lake trout could be supported. And because of this, we are likely to get more funding to do more studies this summer.

A third thing I wanted to mention is our decision at the 2007 AGM to invite residents of the three "feeder lakes" to join FIMLA (Fourteen Island Mink Lakes Association). These lakes, Buffy, Little John, and Little John's Sister, make up the top end of our watershed, or the drainage area of Fourteen Island and Mink Lakes. I hope that we'll now be able to think of our lakes in a "watershed" context, something that makes a lot of sense from an ecological point of view.

I owe you all an apology for not getting the newsletter out before Christmas, as was planned. Life got a little hectic, and unfortunately, the newsletter deadline came and went. So here it is – a little late, but I hope full of stuff that you'll find interesting.

*Gord Rodgers*

## Contents

- Message from the President
- Report on the Lake Stewardship Plan
- Lake Steward's Report
- Get to Know your Neighbours
- Taking Care of Your Well
- Willy's Lane Boat Launch
- Financial Report
- Dock Talk
  1. Federation of Ontario Cottagers' Associations
  2. The Dock Primer and the Shore Primer
  3. Light Pollution
  4. The Elusive Fisher
- Miscellaneous
  1. Workshop on Lake Planning
  2. Turtles' Nether Functions
  3. FIMLA Executive Elections
  4. Executive Contact Details

## New FIMLA Website

Our new website [www.fimla.org](http://www.fimla.org) goes public with this edition of the Newsletter. The aims of the site are to keep members informed, provide a forum for sharing information and raise the profile of FIMLA with other Lake Associations and relevant agencies in the community.

### Check out the website for:

- FIMLA News and Information
- Lake Planning Updates
- Road Association News
- The FIMLA Photo Gallery
- ... and more

# Update on the Lake Stewardship Plan

by Brett Dark

The plan continues to move along, and the following are some highlights in terms of where we are at, and what we are up to.

## 1. Our Fishery

We received a preliminary report from the Ministry of Natural Resources on the netting work they undertook in August 2007. The initial results suggest that we may not have a sustainable walleye fishery, but the Ministry staff believe that our water quality, lake temperatures, depth, and oxygen levels may allow the lake to support a lake trout population.

These findings have motivated the MNR to come back to the lake in 2008 to do more netting, assessment of spawning sites, and oxygen readings. We have applied for funding to assist in this from an MNR program, CFWIP (Community Fish and Wildlife Involvement Program). Based on what MNR finds out this year, they may recommend stocking of lake trout in 2009, followed by a three-year

evaluation to see if the fishery is self-sustaining.

If our lake is declared a lake trout lake, there are implications on future development of the lake. As such, this will be an important decision, one which will need to be discussed with FIMLA members, as well as MNR and South Frontenac Township officials.

## 2. Presentation to South Frontenac Township

On November 6, 2007 we made a presentation to the Council of our Township, to let them know what we were doing with our lake stewardship plan. We were well received, and we plan to keep the council updated on our progress.

## 3. Buffy, Little John, and Little John's Sister Lakes

Elaine has sent out invitations to residents of these upstream lakes to join FIMLA and to help with the Lake Stewardship Plan. We are looking for at least one person from each of these lakes to act as a

point person in developing the plan. For those of you on those lakes who are reading this, please come forward and help us get the plan accomplished.

## 4. Water Quality Assessment

We have contracted Reg Genge, a consultant from Sydenham, to pull together a report on our historic water data and conduct additional testing this spring.

## 5. Emergency Services Section

Mike Jennings has done interviews with local police and fire officials, and will be putting together the section of the plan dealing with emergency services.

## 6. Volunteers

We still need a number of people to volunteer to write specific sections of the plan, and the Plan Committee has devised a means to do so. Brett and Gord have laid out all the sections (Table of Contents) that need to be prepared, and have tentatively identified people who might be able and willing to take them on. They will be laying out the specific requirement for each section, with examples from other lake plans that have been written. In February, we plan to tap people on the shoulder to ask them to do the various pieces, asking for a draft by May 31, 2008 – so be prepared for a tap on the shoulder...

## 7. FIMLA Website

Robert Powell has put all the current lake plan documents up on the new FIMLA website. This is going to offer a great forum for posting regular updates on the plan, as well as draft material that is to go into the plan.

Check out [www.fimla.org](http://www.fimla.org) now, to find out about progress on the Lake Stewardship Plan to date, and to download a 'Volunteer Sign Up' form!



△ View of Fourteen Island Lake.

# Lake Steward's Report: MNR Fish Survey of Fourteen Island Lake

by Peter Peart

It's fashionable to lament the woeful state of today's youth and the system that purports to educate them. They can't read or write, they're rude to their elders and they dress like slobs. Actually, these exact same charges were being levelled at the time of Aristotle. It was nonsense then; it's nonsense now.

I spent the last week of August in a boat with a twenty-year old student from Sir Sanford Fleming College. He was working for the summer with the Ministry of Natural Resources and during that week a number of trap nets were deployed around 14 Island Lake to begin the work of a fish census. Two boats were used – Travis and I in my fourteen-foot aluminum and another crew of two, including the boss, in the Ministry's seventeen-footer.

We first did a slow drive-by of the lake's entire shoreline. The ideal location for a trap net (not a gill net) was fifty meters perpendicular from the shore in a depth of three or four meters of water. Several dozen usable sites were marked on a map of the lake and the deploying of the nets could begin.

The lake was divided into three zones and each day one or two traps would be set out in each zone and left for twenty-four hours. The next day the nets would be hauled into the boats and



△ MNR's Cam McCauley with a walleye netted in the survey.



△ Peter and Travis setting trap nets on Fourteen Island Lake.

the fish and turtles caught would be identified, measured and released. The nets would then be redeployed at different sites.

It took me a nanosecond to realise that Travis was the boss in my boat even though I could have been his grandfather. First, he was smart enough to wear sensible gear (I was always saturated); two, he was fit and strong as a moose. This was good because the nets became incredibly heavy in the water and pulling them in could really sap one's gusto. And finally, Travis's knowledge was vast. As he reached in and gently grabbed each fish and turtle he kept up a commentary about the various species, their life cycles, their food, their enemies and so on. Meanwhile I recorded the data of species, length and weight on Ministry charts.

We saw half a dozen species of turtles. And of course, fish. A lot of the smaller varieties were seen, pumpkinseeds, perch, etc. But the exciting ones were the large-mouth bass,

some up to five pounds or more, and the walleye. Again, some of the walleye were well over five pounds, but interestingly there were very few small (young) walleye found. Nor were there any small-mouth bass, but Travis explained that these bass are not usually found in this type of trap netting. The absence of young walleye, though, is a concern.

This coming summer will see an extensive analysis of the lake's water, a new mapping of the lake's depth and bottom, and again late in August more fish stock analysis. This time the Ministry will use gill nets which can be placed in deeper water and will give us needed additional information.

The last afternoon, Travis and I watched a ten-point buck swim across the lake west of Storms' island. Travis was going back to school two days from then and I asked if he'd miss this kind of experience. "I surely will," he replied, "but Fleming is a wonderful school and my course is just superb." Judging by him, I'd agree.

# Get to Know Your Neighbours

## Artist: David Gilmore

There are lots of interesting and talented people cottaging or living on our lakes. This is the first in a series of profiles of some of our neighbours.

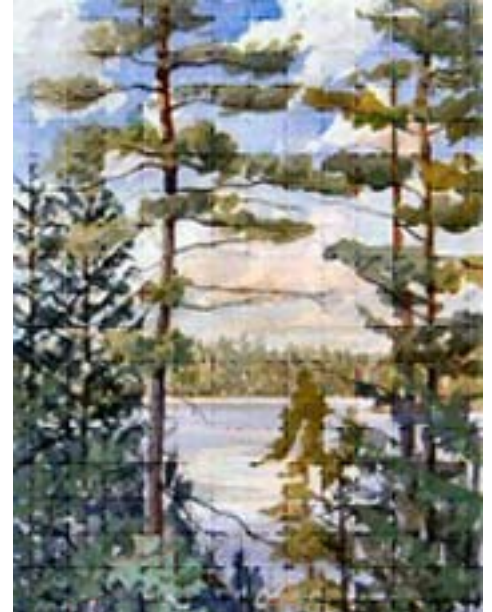
David Gilmore is a twelve-year part time resident of Fourteen Island Lake, who is a retired rail consulting engineer turned painter. Largely self-taught, he started painting in oils at age 8. Owing to the pressures of school and work he did not pursue this and concentrated only on sketching for many years. Over the years, he trained and took courses at McGill University, including watercolour painting under Judy Garfin.

In 1977 he moved to Kingston, where he attended courses given by Don McCallum, a well known painter and former leader of Kingston's Big Band as well as a Chinese brush painting course at St. Lawrence College. He also had useful discussions with the late James

Woods, who was a prolific watercolourist and oil painter, during this period.

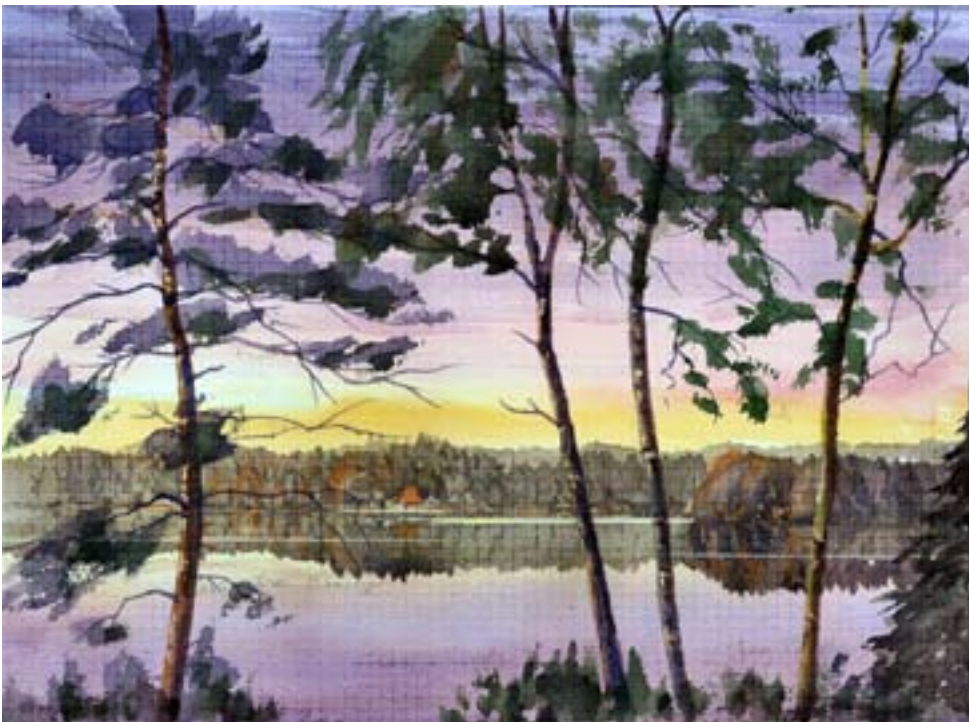
In 1989 he moved his family overseas to Asia. Time did not allow for much art during this phase of his career. However, he did manage to complete a number of sketches of scenes from Taiwan, Korea and France. While posted to London, UK from 2000-2005 he took the opportunity to study watercolour painting under three well-known watercolourists: Michael Chaplin, RWS, Brian Ryder and Ian King.

He has worked in oil pastels and enjoys painting "en plein aire" as a means of experiencing the full impact of nature. This is useful because it forces him to make rapid decisions about composition, lighting and colour and results in more spontaneity. Doing quick sketches while waiting in a restaurant or train station is a fun way to practice art



△ *View Over Lake Near Eldridges.*

and it provides ideas for later on in the studio. David presently splits his time between Europe and Canada. In the summer of 2006 he exhibited at Kingston's Artisans' Alley ([www.kincore.com/community\\_artisans\\_alley.asp](http://www.kincore.com/community_artisans_alley.asp)) where he caught the notice of gallery owner Hersh Jacob of Studio22. David was invited to have a solo show entitled "Travels with My Brush" (see [www.studio22.ca](http://www.studio22.ca)). Last summer his latest works were featured, along with other artists, in a one year retrospective show at the gallery. This spring he has been invited to have a solo exhibition in Altdorf, Switzerland



△ *Sunset Over Lake Near McLeod's Cottages - by David Gilmore.*

As a resident of Fourteen Island Lake, he is keen to depict the various moods and seasons of our beautiful surroundings. A selection of scenes of the lake area is available on note cards for those who would like a memento of their stay here or for writing to family and friends. He would be happy to hear from you and can be contacted at: PO Box 147, Hartington, ON, K0H 1W0 or Tel: 613-374-5777.

# Taking Care of Your Well

by Gord Rodgers

For those of us who came from the city to live at the lake, it's a real eyeopener to realise that it is now our own responsibility to take care of our drinking water and our sewage. One of the things that I found frustrating was that there was no really good and simple guide on how to maintain a healthy well and septic system. Over the past few years I have learned a bit more, attended some seminars, and found a few useful references. I thought it might be of interest to share a few tidbits about how to take care of your well and your septic system, and offer some websites you could go to for more information. Here are some hints about your well; I'll put some thoughts on septic tanks together for the next newsletter.

## Spring Tune-up For Your Well

When the ice and snow disappear – it's time to do a well tune-up. Here are a few things to check/do:

- First and foremost, take a sample of your well water into the health lab to get it checked for bacteria, and do this at least once a year. Labs are located at 221 Portsmouth Ave, or 118 Barrie St, in Kingston. You can get sample bottles there, and they'll do the testing for free. [www.kflapublichealth.ca](http://www.kflapublichealth.ca) 613-549-1232
- If you get results with unacceptable bacteria levels, before you go out and spend a fortune on treating the water that's coming out of the well, try finding and treating the source – the well itself. Start by doing 2 things:

### 1. Check your well head and well itself

- Does the well have a proper, sealed cap? If not, call the experts and get a proper cap to keep crap from falling into your well and contaminating your drinking water.
- Look into the well with a strong flashlight to see if there is any obvious detritus (crap) in it – dead insects, rodents, etc.? If so, try

scooping it out with a bucket or can on a string, then treat the well.

- Check the drainage around your well head – make sure that the ground around your well head is mounded up enough so that rain and surface water can't pool around the well head and drain down the well casing – if it does, this water can ultimately enter your well and give a constant source of contamination.
- Check for any other sources of contamination around your well. Is your septic system or outhouse sufficiently far away? Is there any source of manure that might be washed toward your well?

### 2. Treat/Disinfect Your Well

- Use chlorine, hydrogen peroxide, or other well treatments (e.g., "Wellriffic," a product available from Maclellan Water Technologies in Odessa [www.mwater.ca](http://www.mwater.ca))
- Get specific instructions from the Public Health lab or expert well installers to do this.
- Once your well has been treated, then try taking another sample into the lab. If you continue to have a problem, call the experts (Public Health lab, well installers, or treatment companies like Maclellan Water Technologies)

### Problems with Tastes and Odours

If you are experiencing a problem with tastes or odours (iron, sulphur are most common in our area), you might be experiencing a problem with bacteria in your well (not the kind that cause illness, but the kind that through chemical reaction can release compounds that can cause tastes and odours). In this case, you might want to:

- Treat your well with chlorine or other disinfecting products; and

- Treat your hot water tank with hydrogen peroxide (available at the drug store). This is something you might want to do once a year for regular maintenance:
  - You need 1litre of hydrogen peroxide for a 60 gallon water tank – put it in a shallow dish, like a pie plate
  - Hook up a hose to your hot water tank's drain, then open the drain and let some of the crap at the bottom of the tank run out.(it's better to drain this to the outside rather than into your septic tank)
  - Now, turn off the water inlet to the tank. This will slow your flow down a lot, and will create a siphon effect in your hot water pipes.
  - Go upstairs, put the pie plate under one of your hot water taps, and turn on the tap. The hydrogen peroxide will be sucked up, and flow into the water tank.
  - Go back to your water tank and close the drain tap.
  - Wait about an hour before you use your water.

### Other Treatments

- If you continue to have a problem, or are worried, then you might want to contact the experts and consider some of the treatment systems like:
  - Chlorinators
  - Ultra-violet light
  - Ozonators
  - Water filters (will not kill bacteria)
  - Reverse osmosis (will not kill bacteria)

Please Note: I am not an expert in water treatment. What I have presented here is taken from several different sources, and some of my own experience. If you need an expert, please call the Health Unit, or local well drillers. You may also want to visit the website [www.wellwise.ca](http://www.wellwise.ca) for more information.

# Boat Launching into Fourteen Island Lake

by Brett Dark

## Willy's Lane Boat Launch Access

As discussed at our AGM last August both Mr. Stace Trousdale and the adjacent landowners along Willy's Lane had significant issues with unauthorised use of the boat launch area on Mr. Trousdale's property. Many of our lake residents use this area to launch and remove their boats over the cottage season, and its closure would be detrimental to our enjoyment of the lake.

## Access Agreement

Your executive has met with Mr. Trousdale over the past few months and is pleased to announce that lake residents can still access the boat launch area with the following conditions:

1. That the FIMLA Lake Association pay the additional liability costs associated with residents' continued use of the boat launch.
2. That a lock will be put on the gate at all times other than during two

specific windows in the spring and fall:

- a. April 26 – May 27, 2008
  - b. Sept 15 – October 21, 2008
3. Residents (cottagers or permanent) wishing to get their boats in or out of the water, must do so during these specific time frames.
  4. However, if your boat breaks down, or other special circumstances occur, you can get access by calling one of the FIMLA Executive members. The FIMLA executives will do their best to get you access ASAP, but it may not be the same day.
  5. Residents who use Willy's Lane to launch their boats are asked to make an annual, voluntary donation of \$10-\$15 to help the road association with their maintenance costs.

## Donations

You can mail your donation to:

## Address:

Willy's Lane Road Association  
c/o David Gilmore, PO Box 147  
Hartington, ON, K0H 1W0

## Please make out cheques to:

Willy's Lane Road Association

## Thanks

The executive thanks Stace Trousdale and his family for the access to the boat launch over the past 20 plus years and very much appreciates his efforts that will allow continued access for lake residents.

## End of Season Review

We hope that these arrangements will be manageable for everyone, and will satisfy the concerns that uncontrolled access has caused in the past. These arrangements will be reviewed at the end of the cottage season, so any feedback over the summer on this situation would be appreciated.

# Financial Report - 22 January 2008

by Rod Harris-Lowe

## Assets

FIMLA's current assets total \$9,215.40, with \$4,170.29 in our bank account, and another \$5,044.75 in a GIC.

## Expenditure

Recent expenses in the amount of \$604.17 included costs related to fish scaling for the MNR fisheries work, postage, photocopying, graphics costs, and PO Box rental.

## Fish Survey Work

We have applied for a grant from MNR to help with the additional fish survey work this summer and fall.

## Lake Stewardship Plan

We will be applying for an additional \$1,500 grant from the Frontenac Stewardship Council to help defray costs of the lake stewardship plan.

## Reminder Dues are Due

For those of you who haven't paid your dues for 2007-08, this is a reminder that your \$25.00 is now due. Please make out a cheque to:

**"Fourteen Island and Mink Lakes Association" or FIMLA**

and send it to:

The Treasurer,  
Fourteen Island and Mink  
Lakes Association,  
Box 105, Hartington, Ont.  
K0H 1W0

# Dock Talk

by Gord Rodgers

## 1. Federation of Ontario Cottagers' Associations

Many of you will be familiar with the organisation, Federation of Ontario Cottagers' Associations. To quote from their website:

*FOCA is a non-profit, voluntary organisation representing over 500 Ontario cottagers' associations plus individual and corporate members. For over 40 years, FOCA has served as an information centre and provided assistance and leadership on many crucial issues affecting cottage properties that generate half a billion dollars in property taxes, and billions of dollars in economic activity annually in Ontario.*

It may be time for FIMLA to consider joining this provincial organisation. They are an organisation acting and advocating on behalf of groups and individuals like us. They are strong advocates for dealing with issues like property taxation, invasive species, lake planning, safe boating, dark skies, water quality, and lake stewardship in general. They offer a program called "Dock Talk" where they will come to a member association's lake and do one-on-one time answering residents' questions about their lake, and how to live in harmony with it. As a member of FOCA, we would also be entitled to purchase reasonably-priced insurance for our association – something we really need to do!

Please find out more about FOCA by going to their website: [www.foca.on.ca](http://www.foca.on.ca). We'll talk about them, and whether we should join, at the AGM this summer.

## 2. The Dock Primer and the Shore Primer

These two booklets are published by Cottage Life Magazine for Fisheries and Oceans Canada. They offer straightforward advice on how to

construct a "shoreline friendly" dock, and how to maintain or restore the shoreline in front of your home or cottage (that important "ribbon of life" around the lake). They are also free – you can download them from [www.cottagelife.com](http://www.cottagelife.com), or you can get your copies by phoning 1-866-333-6676.

## 3. Light Pollution

Too many, or the wrong kinds of lights, or lights left on too long are a source of pollution to many. While you may not realize it, your lights may be bothering your neighbours, bothering wildlife, and helping to block out our beautiful night sky here in "lake country." Looking around the lake at night, one can see a number of homes where lights are very visible, and are kept on all night long.

### You may want to consider:

- Use lights only where and when you need them. Often lights are left on for security reasons – but if no one is around to see an intruder, the lights don't offer much of a deterrent.
- Choose lights that are designed to minimise glare, those that are shielded to direct light where you want the light to go, instead of shining toward your neighbours, or toward the sky.
- Install motion activated lighting, so the lights come on only when you need them, rather than leaving lights on full time.
- Or, use dimmers and timers. You can have the bright light when you need it, and timers let you have the light on only when you want it, saving you money.
- Aim your lights down, and away from the water – this way, you'll reduce excessive glare and keep

your light where you really need it.

- Consider lower wattage bulbs, to reduce light levels to what you need, and to save you some money.

If everyone thinks a bit about their use of lighting, perhaps the wildlife and those who love to look at the stars will thank you.

## 4. The Elusive Fisher

There was a great little article in the recent edition of the Frontenac News, by Lorraine Julien, who writes a regular column, "Outdoors in the Land O' Lakes." She talked about the fisher – an animal many of us around this area have seen, or certainly heard about. These creatures carry a fearsome reputation, partly legitimate, partly a result of rural myth. The fisher belongs to a family of animals made up of badgers, otters, minks, skunks, and weasels. The fisher is not known for its fishing prowess, but is known for its speed moving through treetops. Its diet is mainly hares, small rodents, birds, carrion, and fruit, but it will also kill porcupines. And the fisher doesn't flip the porcupine; instead, it attacks it straight on, and since the fisher is low to the ground, it can inflict damage to the face and neck of the porcupine before it ultimately goes for its belly. You might also want to be wary that the fisher will also take down domestic cats – so keep your pets inside at night. An interesting fact noted by Ms. Julien in her article is that the female fisher mates a week or so after giving birth, then goes through a 358-day gestation period, similar to what happens with black bears. WOW!

Oh, just for the record, the Ministry of Natural Resources never released fisher here or anywhere else in the province – they are natives.

# Miscellaneous

by Gord Rodgers

## 1. Workshop on Lake Planning

The Frontenac Stewardship Council and Friends of the Salmon River have sponsored a series of workshops on lake management planning. The third in this series is scheduled for:

**February 7, 7-9pm, at Oso Hall in Sharbot Lake.**

Gord Rodgers is the featured speaker; others will speak to the subjects of: envisioning your lake's future; shoreline surveys; and desktop publishing for association newsletters. The evening is free, and all are welcome.

## 2. Is it True turtles can breathe through their bums?

If that got your attention, you might want to visit an interesting website, [www.straightdope.com](http://www.straightdope.com), or go to this specific article at [www.straightdope.com/columns/011116.html](http://www.straightdope.com/columns/011116.html). This rather strange site tells us that, yes, indeed, some turtles have the ability to breathe through their nether regions, through a pair of sacs opening off the cloaca.

Some species of turtle have been known to survive up to 33 hours without oxygen, and I'm not sure what kind of breathing they normally do. Enough said – go to the site and learn more useless facts!

## 3. FIMLA Executive Elections

Our constitution states that the current term of office of FIMLA executive members is up this year. While several of the existing members are prepared to stand for re-election, this is your opportunity to come forward and declare an interest to stand for one of the executive positions. If you wish to do so, please make your interest known to Elaine St. John. Elections will be held at the AGM in August.

## 4. Fabled Fisher Seminar

For those of you who would like to know more about the elusive fisher, there is a seminar to discuss this creature, sponsored by the Frontenac Stewardship Council, featuring the MNR Biologist, Jeff Bowman, on: **Tuesday February 12, 7-9pm, at the Lion's Hall in Verona (Verona Sand Road, west of Highway 38.)**

## Thanks to Tom Bryant

After many years of service to the Association, Tom Bryant tendered his resignation at the last executive meeting in December 2007.

The executive, on behalf of all members of the Association, offer thanks and appreciation to Tom for all his hard work and contribution over the years for the benefit of the Fourteen Island and Mink Lakes community. We wish him all the best and look forward to seeing him around the lake and at future FIMLA events.

The FIMLA Executive asked Brett Dark, Chair of the Lake Planning Committee, to stand in as VP until the elections at this year's AGM.

## 2008 Annual General Meeting

As agreed at our 2007 AGM, the meeting is scheduled for:

**Sunday, August 3, 2008**

**1:00pm**

**Location  
to be  
Announced**

Please feel free  
to contact your  
executive:

### President:

Gord Rodgers  
gordrodgers@xplornet.com  
613-374-3521

### Vice President:

Brett Dark  
brettandlory.dark@sympatico.ca  
613-374-1789

### Past President:

Anne Tucker  
ethela@sympatico.ca  
613-966-7153

### Secretary:

Elaine St. John  
elaine13@xplornet.com  
613-374-1276

### Treasurer:

Rod Harris-Lowe  
harrislowe-r@rmc.ca  
613-374-3641

### Lake Steward:

Peter Peart  
peter\_peart@hotmail.com  
613-374-1175