



**Crowe Lake
Waterway
Association**

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2022-2023

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Photo by Maxine Prentice

Crowe Lake Waterway Association, P.O. Box 192, Marmora, Ontario K0K 2M0

www.clwa.ca

Road Repair

The 2022 Operating Budget for Marmora and Lake has some good news – Road Repair. About 45% of the CLWA members live on these three roads.

Rehab and Repave:

- High Shore, Booster Park, Lake Shore Roads	\$360.000
- Rehab and Repave Marble Point Road	\$365,000

Also of interest

- 2022 Budget Total Operating Budget	\$4,414,898 + 420,000
- Crowe Valley Conservation Authority, Quinte Conservation	\$159,000 + \$27,358
- OPP Contracted Services	\$956,777 + \$28,421

You can find the full budget at Budget — Municipality of Marmora and Lake

2022 Membership Renewals

from Ritch Smith

Renewal requests will be mailed this month. You will receive a very persuasive letter from yours truly and a Membership Form. Please reply quickly so we can start putting up the 2022 Membership Signs.

Here's a suggestion - make a copy of the Membership Form and the very persuasive letter and go visit someone who needs to join CLWA. Tell them about CLWA. Invite them to join you as a CLWA member. They'll thank you for it.



Spring

Crowe Lake Matters

2022



President's Message - Jim Nichol

Welcome to Spring

This has been a crazy winter for weather. Really cold temperatures have been consistent but the ups and downs for each day have been hard to predict. Snow followed by rain followed by more snow. Enough to drive some people south, and you know who you are.

For CLWA it's time to talk about the coming year. We hope things will be back to normal everywhere and at the lake. We'll soon start evaluating our summer calendar. We do know that Spring means it is time to start our Membership activities. We'll be sending out Renewal messages sometime in April. If you want, you can renew now using the CLWA Website. Dave Savournin has updated our membership form. Thanks, Dave. He keeps looking for someone to take over his Social Media duties, but we keep dragging him back. As always, we're ready to Welcome New Members. If you know somebody, let us know or pay them a visit and do some recruiting.

The Newsletter has some news about road repair that will be welcomed by a lot of people on my side of the lake. There is some news from Marmora and Lake, from MPAC about property assessment, an article about what one lake association did about the walleye fishing and a reminder of what CLWA did, and more. We also have a new advertiser. Please visit all our advertisers. We rely on their support and we appreciate it.

Please don't hesitate to contact Crowe Lake Waterway Association at info@clwa.ca regarding anything pertaining to our waterway.

Your voice is important. Be safe, wash your hands, practice social distancing and we will all celebrate the coming of Spring on Crowe Lake.

- Jim

2022 Municipal Election Information

On October 24, 2022, there will be a municipal and school board trustee elections in Ontario. If you are a resident, owner or tenant of property in Ontario, a Canadian citizen and 18 years of age you can vote in Ontario's municipal and school board elections. Remember: in Municipal elections, you are entitled to vote in each municipality where you or your spouse owns property. An owner or tenant of a non-residential property, or his or her spouse, is not eligible to vote for School Board Trustee

There is a lot of information for voters, as well as individuals who are considering running, available on a lot of websites. You can find

information by following these links or calling the numbers below:

Are You Registered
voterlookup.ca
866-296-6722

Marmora and Lake Elections
<http://marmoraandlake.ca/election-2022>
613-472-2629

Provincial Elections:
<https://www.elections.on.ca/en/contact-us.html>
888-668-8683

Spring

Do Something Nice for Someone

2022

Property Tax Reassessments Postponed



November 4, 2021 – In their Fall 2021 economic update, the Province announced that “the priority is maintaining stability for taxpayers and municipalities at this time”, and therefore, the reassessments that were scheduled to be conducted for the 2021 and 2022 tax years were postponed. As such, property assessments

for the 2022 and 2023 tax years will continue to be based on the same valuation date that was used for 2021. For more, visit MPAC’s (Municipal Property Assessment Corporation) webpages:

<https://www.mpac.ca>

Did You Know?



Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Tree Giveaway

Tree Giveaway Planned For April 2nd!



The Municipality has received multiple calls about the Free Tree Giveaway. The last event was held in the Fall of 2020. This year the organizers have decided to return to running the event in the Spring. The tentative date is **Saturday April 2, 2022** at the Fairgrounds.

Check the M&L website <https://marmoraandlake.ca/> for the latest information.



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Spring

[Visit us on Facebook @CroweLakeWaterwayAssociation](#)

2022



New Advertiser

We have a new advertiser, and a new business in Marmora, and we bid them Welcome. You'll find their ad regularly in the Newsletter. They opened May 26th at the corner of Matthew Street and Forsyth Street across from the Library. We asked for some information about the business and the people behind it. This is from Mark Adams.

"Marmora Guardian Pharmacy is thrilled to be part of Marmora and Lakes. Marmora Guardian Pharmacy is available for patients and families 365 days a year and our clinic is available every weekday with an on call service available on weekends. We offer free delivery, medication reviews, free blister packing and vaccination programs. We are partnered with Lifelabs and offer specimen sample collection and blood draw

services Monday through Friday for all patients in the area. The clinic offers walk in services as well as a continuing care program for people who do not have a family doctor for prescription renewal, specialist referrals, diagnostic testing and follow-up. We have Weight Management and Smoking Cessation Programs available that are fully covered by OHIP and new services are being added all the time.

I've been a pharmacist for over 15 years since graduating from the pharmacy program at the University of Toronto. I've worked in community and hospital pharmacy across the country most recently in Peterborough Regional Health Center for the last 7 years where I worked in oncology and surgical recovery. I'm excited to be working in Marmora. I'm married with three children and enjoy spending time with my family when I'm not at the pharmacy."

Guardian

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Diabetic Foot Clinic Monthly
Weight Management Program
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Spring

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2022

Debunking Some Myths About Your Brain



This is taken from Keep Sharp: Build A Better Brain At Any Age by Sanjay Gupta, MD. Dr. Gupta is an associate professor of neurosurgery at Emory University Hospital and associate chief of neurosurgery at Grady Memorial Hospital in Atlanta, Georgia. He often appears on CNN as a chief medical correspondent and is the author of three NY Times bestselling books. Keep Sharp debunks common myths about aging and mental decline, explores a diet and exercise regimen for the brain, and addresses brain disease, especially Alzheimer's. A section of his book is titled *The 12 Most Pervasive Myths and the 5 Pillars That Will Build You*. It is the source for this article. Some of the myths are presented here. The book is in the Marmora Public Library.

You Are Dominated By Either A Right or Left Brain

Your brain's two sides are intricately codependent. Psychologists have used the idea to distinguish between different personality types. But brain scanning technology has revealed that the brain's two hemispheres most often work together intricately. For example, language processing, thought to be left brained, is now understood to take place on both sides. The left side handles grammar and pronunciation, while the right side processes intonation, and the brain recruits both left and right sides for reading and math.

Dementia Is An Inevitable Consequence Of Old Age

Dementia is not a normal part of aging. Typical age-related changes in the brain are not the same as changes caused by disease. The former can be slowed down and the latter can be avoided.

Older People Can't Learn New Things

Learning can happen at any age, especially when you get involved with cognitively stimulating activities like meeting new people or trying new hobbies. The combination of memory being dynamic and the possibility of growing new (brain) neurons means we can continue to change our brain's information, capacity, and learning strengths. Even people diagnosed with cognitive decline, Alzheimer's disease included, can continue to learn new things.

A Crossword Puzzle A Day Can Keep The Brain Doctor Away

Another urban legend is that doing crossword puzzles will keep your brain young. Unfortunately, crossword puzzles only flex a part of your brain, mostly word-finding ability. They won't necessarily keep your brain sharp. That said, there is a value in doing word and number puzzles, including games like Sudoku. What's known is that keeping an active mind can help to reduce decline in thinking skills, and for some, doing crosswords is a way to do that.

Older People Are Doomed To Forget Things

There is a kernel of truth to this; some cognitive skills do decline as you age. You may have been quicker at picking up a new language or memorizing a list of random words when you were young, but you're more likely to be superior with vocabulary and a good judgement of character. You'd score higher on tests of social communication and diplomacy. The other good news is that we tend to improve over time at controlling our emotions, weathering stress and finding meaning in our lives.

Spring

Visit us at clwa.ca

2022



Letter to the Newsletter

We received the following from CLWA members representing cottagers living near the sandbar.
A LETTER TO BOATERS ON THE SANDBAR

Imagine a caravan of RVs, trucks, cars and motorcycles arrive on your street in front of your house to hold a street party for many hours. Something similar happens on Crowe Lake all summer to the cottagers living on the lake near the sandbar at the mouth of Crowe River. On hot summer days, a fleet of pontoon boats, power boats, and personal watercraft arrive at the sandbar, anchor and essentially have a watery street party.

This is what happens from our perspective on shore:

- Personal watercraft speed along the shore and because they use inboard jet drives instead of propellers, sometimes come very close to our docks where we and our children swim and play. We believe this is a serious safety issue.
- There is always a fair amount of noise - motors, music, adults yelling (sometimes coarse language), children playing, dogs barking.
- We are subjected to a variety of smells - gas fumes, smoke of all kinds, food.
- There is sometimes alcohol.
- This drinking results in public urination in the lake (the locals refer to the sandbar as "Piss Beach").
- Some boaters bring their dogs to shore to do their business.
- Some wash their boats or dogs and occasionally themselves in the lake.
- Cottagers sometimes find it difficult to take their own boats out into the open lake because of the crowd on the sandbar.
- Some of the boaters leave their trash behind. Cottage owners pick empty beer cans

out of the water near shore. Some cottagers report garbage floating to shore every day that multiple boats have partied on the sandbar.

We will say that many boaters are courteous and quiet, anchor a reasonable distance from shore, and leave nothing behind when they depart. We have no issue with these folks. Our problem is with the boaters who indulge in the behaviour described above.

But there is a way to address most of our concerns and still allow everyone to enjoy the uniqueness of the sandbar. At the start of the summer boating season, here are some requests for a courteous, environmentally positive, shared use of it.

- Boaters, please keep your distance. This will help ensure that the cottagers enjoy the water as much as you do: safety for everyone, dissipated gas fumes and a lessening of the noise. We want to enjoy the lake as much as you do and we want our kids to be safe in the water.
- Please do not throw your garbage into the water. Take it home.
- Please do not bathe, wash your boats or your pets in the lake. For many of us the lake is our source of water. Your washing could result in the addition of invasive species (from the boats) and phosphorus (from any soaps used) into the water. This washing in the lake stopped years ago because of the environmental impact.
- We should not have to ask you not to drink alcohol on your boat or urinate in the lake. The first is illegal and the latter is a form of pollution as well.
- Please do not bring your dogs to shore to do their business on our lawns. This is trespassing and the ultimate in bad behaviour.

Spring

Email us at info@clwa.ca

2022



You can always leave them at home.

- Please try to keep the noise down. If we on shore can hear your music, we're sure you can hear it from a few metres away. You shouldn't have to yell over your music.

- Please refrain from using foul language.

Your children and ours should not be subjected to it.

We on shore sincerely hope this letter gives all boaters an awareness of what we see from our docks on too many summer days. Most of the

boaters on the lake are considerate and safe, but sometimes everybody needs a reminder. There is truly no reason that we cannot all enjoy the natural wonder of the lake and the sandbar together. All we need is a little understanding and courtesy

Regards,
The Cottagers on the Sandbar

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Did You Know?



Some birds, such as parrots, can count, which helps them keep track of the many eggs in their nests.

Other birds that hide food in secret places, such as jays and crows, can remember the location of these caches months later, when they return to consume food.

Spring

Thank You To All Our Essential Workers

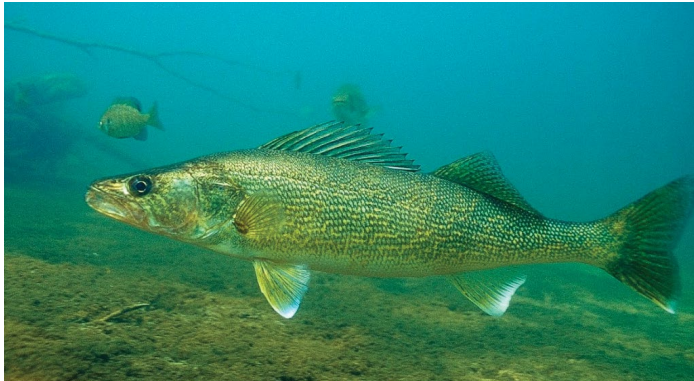
2022



Walleye Population

What One Cottage Association Is Doing About The Walleye Population Decline

(from an article in Cottage Life published 27 Jan 2022, BY Blair Eveleigh, edited for length)



"I've seen the decline with my own eyes," says Margie Manthey, a cottager near Westport, Ont., and the fishing director for the Wolfe Lake Association. She's talking about the walleye population in the lake, one of many in the province to have collapsed because of habitat loss, warming waters due to climate change, and overfishing.

To help the fish stocks recover, the government imposed a walleye slot size restriction (anglers can only keep fish between 40 and 50 cm in length). "We wanted to add on to that," Margie says. So she conferred with Don Goodfellow of the Westport Area Outdoors Association and came up with a plan to rehabilitate Scanlan Creek, which feeds into the lake. The problem? Spring runoff through two culverts in a roadway that crosses the creek was creating too much turbulence in the water for the walleye to reach their natural spawning grounds upstream. The solution? Create a new place downstream for the walleye to spawn.

Jennifer Lamoureux, a biologist with the Rideau Valley Conservation Authority, helped with obtaining grants and government permits; then, late last summer, about two dozen volunteers

spent two days spreading tonnes of smooth river rocks of various sizes in the creek to make a suitable environment for walleye egg-laying. Time will tell if the walleyes take to their new spawning grounds. "But we're hopeful they will, now that we've made it sexy for them." (end of Cottage Life article)

What CLWA Has Done About The Walleye Fishing

The CLWA approach to the problem has been on two tracks. First, increase the Walleye population by stocking Walleye fingerlings. Second, try to reduce the Walleye predators by reducing the number of Northern Pike. Stocking: A total of about 100,000 Walley fingerlings were stocked in Crowe Lake from 2011 to 2015. The stocking was the result of combined efforts by the Crowe Lake Waterway Association, especially CLWA members Robert Taylor and Norma Sedgewick, the Ministry of Natural Resources (MNR) and the Ontario Federation of Anglers and Hunters (OFAH). Fishing Derbies: Two annual Pike-Only Catch-And-Keep Fishing Derbies have been held in conjunction with Chris' Live Bait. A Winter Ice Fishing Derby and a Summer Fishing Derby have been held as part of the Ontario Family Fishing Week program. CLWA has provided prizes for Adults and for Kids. Fishing Derbies from 2016 through 2020 have taken almost 700 Northern Pike out of the lake.

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Spring

Fishing Time?

2022

Puzzles



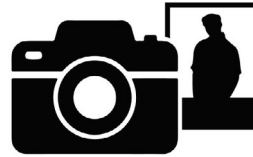
Word Search

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H M U J X W N X I K G E Y A D I L O H K Y P O V
C S L D G J C H I C K S R E W O L F O C G A S G

vibrant	umbrella	tulips	sunshine	spring	springbreak	showers
seeds	rainbow	rain	rabbit	puddle	picnic	peeps
pastels	new	nest	may	march	lily	lilac
lamb	ladybug	kite	hunt	holiday	grass	goodies
flowers	eggs	easter	duck	daffodil	crawfish	chocolate
chick	carrot	candy	buzzing	butterfly	bunny	bubble
bonnet	blossom	bloom	birds	bees	basket	april

Brain Teaser

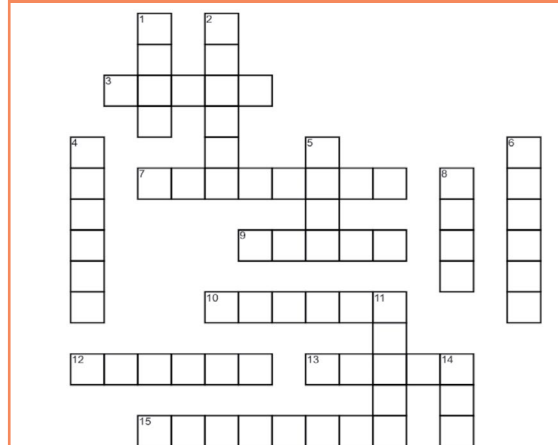
From Readers Digest



A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer at bottom of page....

Crossword

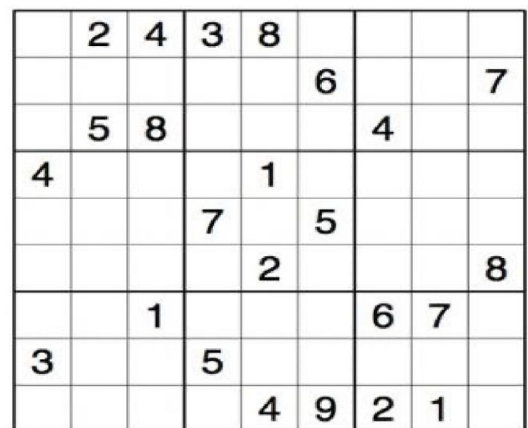


Across
3. round _____ or pretty bird
7. America's favorite past time
9. easter _____ chocolate
10. First spring flower
12. dutch bulbs
13. marshmallow treats at easter

Down
1. kermit the _____
2. little yellow furry animals
4. the opposite of fall
5. _____ maker or weather that you need an umbrella
6. Spring Holiday
8. color them at easter

15. cherry tree _____
11. you plant them in the garden
14. warms our day

Sudoku



© 2011 KrazyDad.com

Answer : His son

Spring

Happy Spring!

2022



THE ULTIMATE BUTTER TART RECIPE BY EMMA WAVERMAN

FROM COTTAGE LIFE MAGAZINE

Pastry Ingredients

3 cups all-purpose flour
1 tsp salt
3/4 cup shortening, diced
1/4 cup very cold water
1 tbsp vinegar or lemon juice

Filling Ingredients

1/2 cup butte, at room temp.
1 cup brown sugar
1 tsp salt
1 tbsp white vinegar
1tsp vanilla
2 eggs, beaten
1 cup corn syrup
1/2 cup raisins (optional)

Directions

Pastry

In a large bowl, sift together flour and salt

Cut in butter and shortening until mixture resembles coarse bread crumbs.

Combine water and vinegar in another bowl.

Sprinkle liquid over flour mixture.

With your fingers, work in liquid and gather dough into a ball and divide into two equal pieces.

Wrap in plastic, and let chill in fridge for 30 minutes. Lightly flour work surface and roll out dough to 1/4-inch thick.

Use 4-inch rounds to cut, re-rolling bits to use all dough.

Filling

Cream together butter, brown sugar, and salt with a whisk or a wooden spoon. Stir in vinegar, vanilla, eggs, and corn syrup just until combined. Don't over mix. Let chill in fridge for 30 minutes. Preheat oven to 350°F. Fit pastry rounds into tart tins or muffin cups. It's okay to have a slight overhang, or fold back in a little bit of pastry. Place 1 tsp raisins (if using) in each shell. Stir filling mixture. Spoon filling into shells until about three-quarters full. Bake tarts for 25–30 minutes or until filling is set. Cool slightly in pan on a rack. Remove while still warm.

Tarts will take about 2 hours to firm up. Loosen tarts with a small, sharp knife and ease carefully out of pan. Eat any broken ones.

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Crowe Lake Matters - Recycle

2022

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Marmora Library

We were asked what was going on in the library, and this is what Kathy told us:

People might like to know our hours:

Tuesday and Friday:	10am to 5pm
Wednesday and Thursday:	3pm to 7pm
Saturday:	10am to 2pm

Drop box in the parking lot is always open. Wi-Fi in the library and the parking lot is free.

We have books in e-book and audio book format. If we don't have your book, we can bring in a hard copy on interlibrary loan. That takes 1-2 weeks. We have adult kits that include puzzles and a recipe each month. Children's crafts kids program held each month. Adult colouring every Friday morning 10:30 to 12:00. We will have the TD Summer Reading Program and a story walk in the park. There is an ongoing used book sale set

up for browsing in the library building. We accept donations of movies and books in good shape.

We are getting ready to relaunch our Seed Library, likely the beginning of March. The Seed Library – with donations from Home Hardware and The Friends of the Library – provides herb, flower, and vegetable seeds for free. We hope to have the recipients save their seeds at the end of the season and donate back

Municipal taxpayers can get a free library membership, or else membership is \$10.00.

Marmora & Lake Library Telephone 613-472-3122 Email : info@marmoralibrary.ca



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