



Crowe Lake Waterway Association

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2020-2021

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

www.clwa.ca

Fireworks Cancellation

As our country and the world continues an unrelenting battle to bring COVID -19 under control your Lake Association has been forced to announce the cancellation of the fireworks and boat parade that would normally be scheduled for the July holiday weekend.

We regret this decision and have done so only after consultation with various Municipal and Provincial representatives.

During discussions that we had with many citizen groups as we struggled to form a consensus, one question would often be asked. That question was, "if the fireworks are set off in the middle of the lake how does that create a danger/risk as it relates to COVID-19"? The risks of COVID spread would relate directly to the groups that have historically gathered along cottage shorelines, in our parks and in the many private boats that come out to witness the great fireworks as we celebrate this great holiday on beautiful Crowe Lake.

As your Lake association we must not allow ourselves to be put in a position where our celebrations might directly/indirectly contribute to COVID spread causing sickness or worse and it is for this reason, we must cancel. Regretfully we know that this is not the news that our membership was hoping for and we are truly sorry that our team could not be bearers of good news especially, **especially** at this time.

Going forward, if COVID conditions significantly improve during the summer, consideration will be given to a fireworks display at a later date such as Labour Day weekend. No promises but it is a positive thought assuming of course that we could still secure the necessary pyrotechnic supplies.

Tentative date set for AGM: Saturday, August 14, 2021. Place and time to be determined once all Covid-19 protocols have been lifted. Please watch our Facebook page and website - clwa.ca - for further information.

Summer

Crowe Lake Matters

2021



President's Message - Jim Nichol

Another summer approaches on Crowe Lake. From my deck, I see more boats on the lake as the weather warms. In this issue, we have an excellent article from Norma Crofts on canoeing. Every issue, we look for interesting articles and information gathered from a variety of sources. Some articles we interchange with other lake communications – we “borrow” and we “loan”. We are always interested in articles and photos from our members. Your items for consideration can be sent to the editor at info@clwa.ca

In this edition, we have added a children's colouring contest with prizes from a random draw. Also, we have added a fourth photo category for fish that were caught on the lake.

At time of writing, both our provincial and federal borders are still closed. We have many members who have not been to their properties in over a year. If you are near one of these properties, be a great neighbour and keep a watchful eye on their property in their absence. It is the Canadian thing to do! Covid-19 is still limiting our activities. It is difficult to make plans for the summer when we are under many restrictions to our daily activities. Please watch our web site: clwa.ca and/or our Facebook page for updates. If we have your email, we will send out a broadcast email to any changes to our events.

We wish you a safe summer with family and friends and a wonderful time on the lake.
-Jim

Photo Contest Deadline Nov 30, 2021

For 2021 we will have Four categories:

Beauty of Crowe Lake;

Wildlife on Crowe Lake;

Recreation on Crowe Lake

New: Your “catch” on Crowe Lake – results of your fishing expeditions

Awarded in each category is: 1st prize \$50; 2nd prize \$30 and 3rd prize \$20

All photos to be received by November 30th, 2021 either by email to info@clwa.ca or by snail mail at: Crowe Lake Waterway Association, Photo Contest, Box 192, Marmora, ON, K0K 2M0

Simple Rules:

Must be around the Crowe Lake waterways; ONE entry per category per person; must be taken in 2020-21; maximum prizes awarded per person is two from different categories; photo must have a caption title and name and address must be included (to mail prize money!). By entering, you give Crowe Lake Waterway Association the right to publish your photos in our communications to our members.

Summer

Visit the CLWA Facebook Page

2021

Water Soldier Invasive Vegetation



In our Spring 2020 edition CLWA had an article regarding invasive species “Water Soldier” that needs repeating. According to Ministry of Natural Resources and Forestry (MNR) the plant closely resembles the top of a pineapple or an Aloe Vera plant with long, bright green leaves that are serrated and sharp. The thick vegetation impedes swimming, boating and angling. Water Soldier grows very aggressively. The Invasive Species Act 2015 makes it illegal to buy, sell or transport the plant within Ontario. You are urged to safely remove and dispose of water soldiers caught on boats or water equipment. Sightings should be reported to the Invasive Species Hotline at 1-877-847-7667 or www.eddmaps.org/Ontario



Turtle News From The Land Between

If you find an injured turtle on any road in Ontario, please do not leave it there, and if it is safe to retrieve it, put it in a dry box. Do not feed it. Take note of the location (using smart phones with picture may allow coordinates to be taken too). Call the Ontario Turtle Conservation Centre, home of the Trauma Centre, at 705-741-5000, or contact your nearest wildlife rehabilitation centre. A centre near Marmora is Sandy Pines in Napanee telephone 613-354-0264 and website www.sandypineswildlife.org.

Consider volunteering to be a Turtle Guardian and help our amazing agents of biodiversity - the turtles. The Turtle Guardian website is www.turtleguardians.com/volunteering or send an email to info@turtleguardians.ca.



Norman Harvey

Summer

Support Our Advertisers

2021



Boaters Code

Respectful boating guidelines from Safe Quiet Lakes

1. I will never operate my boat beyond the level of my skills.
2. I will be aware of and obey all laws and regulations governing operation of my boat.
3. I will operate my boat with caution and courtesy, docks, structures and people.
4. I will minimize my wake impact on shorelines, docks, structures and people.
5. I will always steer well clear of other boats, swimmers and wildlife.
6. I will set a speed and heading that is safe and comfortable for my passengers and others on the water.
7. I will provide safety instructions and offer appropriate life jackets or PFD's to everyone who travels in my boat.
8. I will carry all equipment necessary to operate my boat safely and within the law.
9. I will not consume drugs and alcohol in my boat or allow my boat to be operated by anyone who is impaired.
10. I understand that boating is a shared experience and I will not create excessive noise or operate my boat in a manner that disrupts the peaceful enjoyment of the lake by others.

We believe that lakes should be:

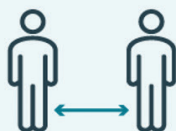
1. Safe for everyone who wants to use the lake every day; safe for swimmers and all types of motorized and human-powered craft. High speeds, oversized craft and excessive noise increase the risk for everyone.
2. Quiet enough so that everyone can enjoy nature's sounds, speak at normal voice levels and not be startled or awakened by intrusive noises.
3. Sustainable environmentally so we can share this resource with future generations. Large wakes erode shorelines, loud noises disrupt wildlife and emissions damage the environment.
4. Protected by all residents, businesses and visitors sharing in the responsibility of keeping our lakes safe, quiet and sustainable by talking to their neighbours and doing their best to reinforce safety and courtesy.

Safe Quiet Lakes was formed in 2011 by representatives of lake associations in Central Ontario. We work collaboratively with lake community stakeholders to promote safer and quieter lakes.

Safe Quiet Lakes continues to engage lake community stakeholders in Ontario to work toward our shared objective of safer and quieter lakes.



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

Summer

Do Something Nice for Someone

2021

CLWA Memberships



2021 New Members

Ryan and Miranda McKenna, Marble Point Road
Carolyn Kernohan, Marble Point Road
Rick and Georgina McCracken, Drummond Road
Heather and David Smith, Marble Point Road
Jeff, Sarah and Lauren Cowan, Lakeshore Road
Claudine and Dave Dowdall, Mackenzie Road

Membership Report

Renewals are coming in and we're slowly coming back to the 2020 numbers but still well behind the 2019 membership count. But, we are confident. As of the beginning of May, we have 140 members and 6 New Members. Please renew if you haven't already. Please mention it to your neighbours – check their Membership Sign, especially if they are 2019 or older.

Speaking of Membership Signs, we have a group of dedicated members whom we refer to as Sign Captains. They have been putting Membership Signs on 911 posts for years and they have agreed to do so again for 2021, probably starting in mid-May and continuing all summer.

Jerry and Rosemary Pascoe – High Shore Road and Lakeshore Road area

Bill Neill – Terrace Road and Blairton region

Tom O'Neill – Marble Point Road and Tipperary Road area

Tim Black – Peepylhorn Road, McKenzie Road area

Dave Green – Cook Road, several Fire Roads

Glenn Caverly – Sunset Road, Riverview, River Garden, Drummond Road area

If you see them, say Hello and Thanks. Maybe you can treat the poison ivy or trim the shrubs near the sign post and make their job easier and safer.

We're here for you.

Life on the lake is good. Sharing fun times with family and friends or relaxing on the deck on a summer's day. It's comforting to know Campbellford Memorial Hospital is just a short distance from the lake when something unexpected happens.



Cottagers Care Program

Every Summer, the number of visits to CMH's Emergency Department increases dramatically compared to other seasons. Cottagers and tourists drive the upswing. So now we need your help to create an upswing in cottager donations to CMH. **VISIT givetocmh.ca to register for 3 years of caring today!**

Do you know government funding does not cover the cost of new equipment at the hospital? Donor support ensures our staff have the life-saving and comfort-giving tools available when they need to help you. **Please donate to CMH!**

We're counting on you - and thank you for caring about CMH just as we will keep caring for you, your family and your guests when you need us.



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foundation@cmh.ca • givetocmh.ca

Summer

Thank you to all our medical teams

2021



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Day-Tripper's Delight



Just north of the village of Tweed sits Potter Settlement Winery, the first recipient of the Hastings County Trailblazer Award in 2019 for their Vintners Quality Alliance "Marquette" wine. The grape variety was the first to be approved by the Ontario VQA in 40 years. This year the winery won a silver medal for their Cabernet Franc and a bronze for their Marquette at the Paris Cup International Wine Competition in Paris, France. They were the only Canadian wine to bring home a silver medal from the competition. Sandor Johnson and partner Erin Reitay manage a small staff who are dedicated to developing high end wine from start to finish on their 13 acres.

Check them out online at: <https://pottersettlementwines.ca> or stop in for a tour or visit their wine shop at 1445 Potter Settlement Rd, Tweed Phone: 613-478-1478

No free samples were awarded for this article!

Free Tree Giveaway

This event has been postponed from its usual slot in the spring to Sept 11. 9 am to 11 or until the trees are gone. It will be held at the Fairgrounds east of the area on Crawford Street. Please use the driveway east of the Curling Club and drive your vehicle around the track.

The trees are likely to be larger than some years and will likely be in plugs. This is a great opportunity to add trees or shrubs to your property.

Closures of Local Businesses

The closures of local businesses during the pandemic has had a huge impact on their viability. Our advertisers deserve our admiration and gratitude for their support of our newsletter during their difficult year. As the world slowly recovers, you can return their loyalty to our Association with your business.

Marmora Farmers Market

Now Open

Legion Park
15 Matthew St.
(Hwy. 7)

Open Saturdays
May 15 Thru Oct. 9
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Summer

It is illegal to move Firewood from region to region

2021



Let's Go Canoeing!

It is amazing to think that there is still no other human powered vessel so transportable, sturdy, maneuverable and swift for travel in shallow and narrow waters than a canoe!

The first canoes were made from large trees hollowed out with sharp stones, axes or burning hot coals and were propelled by paddles. Couriers de bois (runners of the woods) were young unlicensed adventurers who used canoes in the 17 th century to transport furs from the wilderness in northern Quebec, Hudson Bay and beyond. They traded beaver pelts for various European items and likely liquor. Beaver hats were a fashion fad in Europe at that time.

Today, a wide variety of materials are used in making canoes. Choosing the best one for you can be daunting. Prices vary as well. Consider what uses you may have and what activities there may be. Real canoeheads have more than one canoe for different uses. The romantic traditional wooden cedar strip canoe requires a lot of maintenance, is heavy and is costly. It does look great! Canoes with wide flat bottoms can be more stable. Sizes range from 15 to 18 feet. Usually for 2 people, a 16 foot canoe is fine.

Parts Of A Canoe

A. Bow seat, **B.** Carrying Yoke, **C.** Stern, **D.** Centre thwart, **E.** Bow, **F.** Gunwhale

Match up the parts with descriptions below! (Answers at bottom of page)

- ___ The upper edge of the side of a boat.
- ___ It is not a seat but used to keep the gunwhales from spreading apart. Some canoes have an aft thwart too.
- ___ It is designed to fit a person's shoulders when portaging. A life jacket can also be used as padding for the shoulders.
- ___ The distance between the end of the canoe and the seat is larger to accommodate the paddler's feet.
- ___ The forward end of the canoe
- ___ The backward end of the canoe

Selecting A Paddle

Like canoes, paddles are made from a variety of materials for weight, strength and flexibility. Other factors are blade shape, grip shape and paddle length. To size your paddle, kneel on the floor as you would kneel in a canoe. Hold the paddle vertically. The throat of the paddle, where the shaft meets the blade, should be at nose height. In the canoe, with the paddle in the water up to the throat, the grip should be at nose height.

Paddling Tips (no pun intended)

*Hold your paddle by keeping one hand on top of the grip and the other hand at the paddle's throat or close to it. It should be comfortable.

* Try not to drag the paddle along the gunwhale.

* Learn some basic strokes. The library, bookstore, internet or a friend may be helpful. Beyond the forward stroke, there is the reverse, draw and back stroke. The j stroke is used to correct the

Answers
F, D, B, A, E, C

Summer

Thank You To All Our Essential Workers

2021



course the canoe is going.

* You cannot do strokes wrong. Some are better and more efficient. Sue P. and Diane B. sat facing each other in their canoe, one paddling forward and one backward. They had no particular destination in mind other than conversation.

* When approaching a big wave or swell, turn the bow into the wave to cut through it. If the canoe is tippy lower your weight or crouch low and stay calm.

* Accidental splashing of your paddling partner is acceptable if the weather is warm.

* Practice paddling using both sides and using different strokes to avoid getting tired and to accommodate your paddling partner's preferences.

* If there is a third person in the canoe, it is best that they sit on the bottom of the canoe and enjoy the view rather than being the third canoeist. It just seems to get in the way on the rhythm. They can lean against the thwart.

* Usually the bow paddler sets the pace and the stern paddler, often with a longer paddle sets the course.

* Practice tipping the canoe in a safe place and then righting it.

Not only is this fun, but you could use these skills in the case of an accidental tipping. In such a case, always stay with the boat. Hang on and kick toward shore. Staying with the boat makes you easier to locate and more visible for rescuers.

Safety

Perhaps this topic should have been at the beginning as safety is the number 1 priority. Start with the life jacket or PFD. It is important to fit for size and weight of the wearer. If it is comfortable, it will be second nature to wear. A pea less whistle tied on the life jacket is good idea. It is the law to have a throwing line and bailer. There are kits which keep these items neatly in a container that could be a bailer. Having a line on the bow or stern for tying the canoe up makes good sense as well. Tell someone on shore where you plan on going and when you plan on returning, to avoid worrying. Watch the weather. If in doubt, don't go out! Wear a snug fitting hat or one with ties so that the wind does not blow your hat off! A hat protects from the sun and improves your vision by reducing glare. Know your lake and its possible hazards. And again, safety is the priority!

HONEY LIME COLESLAW

Ingredients

- | | |
|--------------------------------|--|
| • 2 teaspoons grated lime zest | • 1/4 teaspoon crushed red pepper flakes |
| • 1/4 cup lime juice | • 3 tablespoons canola oil |
| • 2 tablespoons honey | • 1 small head red cabbage (about 3/4 pound), shredded |
| • 1 garlic clove, minced | • 1 cup shredded carrots (about 2 medium carrots) |
| • 1/2 teaspoon salt | • 2 green onions, thinly sliced |
| • 1/4 teaspoon pepper | • 1/2 cup fresh cilantro leaves (optional) |

Directions

Whisk together the first 7 ingredients until smooth. Gradually whisk in oil until blended. Combine cabbage, carrots and green onions; toss with lime dressing until lightly coated. Cover and refrigerate for 2 hours before serving.

Summer

Change The Batteries In Your Smoke Detectors!

2021



Amazing Bee Facts

- Ontario produced 8,527,000 kg of honey in 2020 for a \$2.8 billion value. The value of bees pollinating fruits, crops, vegetables and legumes is almost 20 times the value of honey produced.
- A colony of honey bees in summer has 50-80,000 bees with 1 Queen and 60,000 Worker Bees and Drones.
- A honey bee flies up to 24 km /hr or 15 mph and its wings beat 200 times per second or 12,000 beats / minute.
- It requires 556 worker bees to gather a pound of honey.
- Bees fly more than once around the world to gather a pound of honey.
- The average life of a honey bee during the working season is about six weeks.
- Bees remove the excess moisture from nectar by rapidly fanning their wings over the open cells in the hive which circulates fresh air into the hive and the moist air out.
- Honey ranges in colour from water white through to dark brown/black. Most Canadian honey is white in colour, which has a mild but sweet taste. Honey never spoils when stored in air tight honey bottles.

WHAT ARE THE HEALTH BENEFITS OF EATING HONEY?

Honey has long been used for medicinal purposes. Due to its anti-bacterial properties, honey has been used for a variety of ills including cuts, burns, infections, stomach ulcers, sore throats, coughs and more. There are several parasites which can invade the human body and cause illness. A mixture of equal parts honey, vinegar, and water is all you need to kill off the parasites. Drink this concoction for several days if you suspect you have parasites or even as a general body cleanse. Honey is the only known food which has all the ingredients needed to keep you alive. It contains water, vitamins, minerals, and necessary enzymes to give the body energy. Pinocembrin, an antioxidant is also found in honey and is effective at improving the functioning of the human brain. Honey also has antioxidant levels similar to that of apples, spinach, strawberries, and oranges.

LOCAL HONEY FOR ALLERGY HELP

Honey has been shown to help treat seasonal allergies. Sufferers can use locally produced honey to build up immunity to local plants which trigger allergies. One teaspoon of honey each day will allow your system to build up immunity to pollen before the season begins. Local honey is required because it contains the allergens of the local plants.

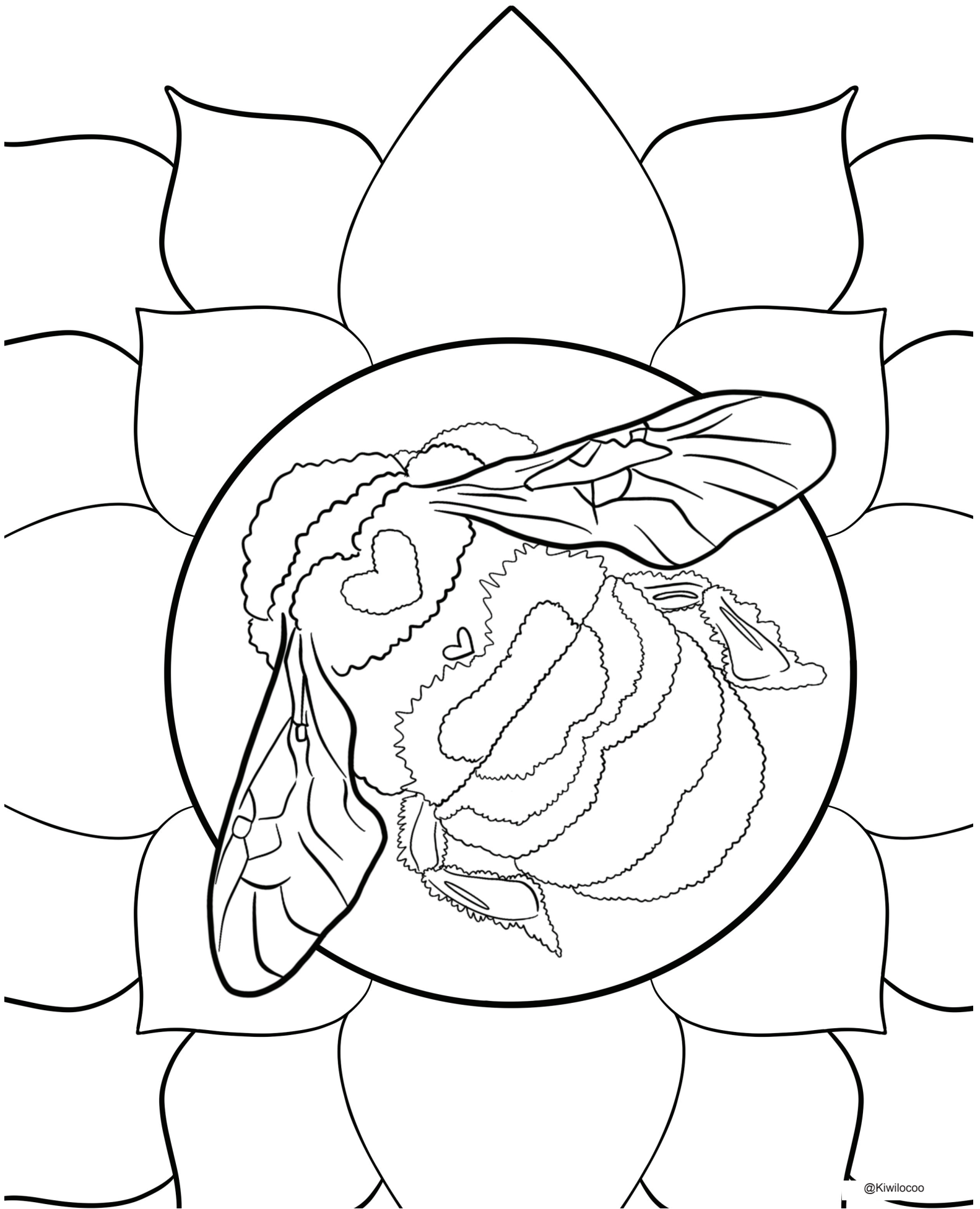
Bee Colour Contest for Kids

Kids and Grandkids: Colour this bee and enter it into our bee colouring contest. Three random prizes of \$25 will be awarded from entry draws. Contest closes November 30, 2021. Either scan your colouring and send to info@clwa.ca or mail to Crowe Lake Waterway Colour Contest, Box 192, Marmora, ON, K0K2M0. Please include your name, address and age. Winners will be announced in our Winter edition newsletter.

Summer

Crowe Lake Matters - Recycle

2021





Follow up on Seasonal Hydro Rate

We have heard from some members who have had hydro notification of increases to their bills. CLWA has been told a small cottage the rates are now \$600 a year higher. See our Spring newsletter or our website to see how you can register your complaint.

Neonicotinoids – with help from Government of Canada and Wikipedia

Use of pesticides in Canada is a matter of federal jurisdiction.

Neonicotinoids are a group of pesticides used in agriculture to protect crops from various insects. They are also used for other purposes, including killing insects in homes, controlling fleas on pets, and protecting trees from invasive insects such as the Emerald Ash borer. There are three main neonicotinoids currently approved for agricultural use in Canada: imidacloprid, clothianidin, and thiamethoxam.

In 2012, in response to new research and the establishment of a new North American pollinator risk assessment framework, Health Canada initiated pollinator focused re-evaluations of the three neonicotinoids. Health published its decisions on 11 April 2019.

In order to protect pollinators, Health Canada cancelled many uses of neonicotinoids on crops that bees find attractive, such as orchard trees, and prohibited spraying of some crops, such as berries and fruit and vegetables, before or during bloom. Seed treatment uses were found to be acceptable; however, Health Canada required the addition of label statements for all cereal and legume crops to minimize exposure of pollinators to dust during planting of treated seeds. The implementation of these decisions is currently underway. Accordingly, both registrants and retailers have until 11 April 2021 to transition to selling the product with the newly amended labels.

A 2017 study in the journal Science found neonic pesticides in 75% of honey samples from around the globe. Fraser Valley honey in British Columbia was tested. The study found the highest rates of neonics in the North American samples – 86% of North American honeys contained quantifiable amounts. The average neonic concentration in the study was found to be 1.8 ng/g (nanograms per gram), which is below recommended European Union levels but above the amount shown to cause adverse neurological effects to bees and other pollinators.



Summer

Have a Great Summer

2021