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Protection and Preservation of Bayview Bog Enhanced by Generous Donation

A portion of The Bayview Bog has been generously donated to the Cataraqui Region Conservation Authority (CRCA) by Anna Kelly and Larry McKeown, in the name of their grandmother, Kathleen McKeown (nee Ralph). The donation recognizes Mrs. McKeown’s commitment to preserving the natural environment within her community, as well as her status as a pioneer: as a young woman in the early years of the 20th century, she chose to attend Queen’s University – still a rarity at the time - where she was an active, and popular scholar and member of the school community. The donation was made to mark the 100th anniversary of her graduation in 1916.

The parcel of land generously donated by the McKeown family helps the CRCA fill in a gap in its holdings of environmentally-sensitive wetlands within the Bayview Bog, allowing for better protection and preservation of these significant lands. Located in Loyalist Township, the Bayview Bog is a complex habitat that is home to a varied and dynamic range of plants, animals and other organisms, creating a unique, but fragile ecosystem. It is increasingly important to maintain and enhance these sorts of ecosystems as we continue to grapple with the uncertain and unforeseen effects of climate change.

It is part of the mission and mandate of the CRCA since its creation in 1964 to help preserve and restore environmentally-sensitive properties – particularly those along shorelines and watercourses, as well as wetlands – to mitigate the effects of flooding and erosion. Thus, the acquisition of this portion of the Bayview Bog further helps in this effort.

This new parcel of land is very significant, and will be of great value as a bulwark against climate change, as well as a living lab for Queen’s University students studying this remarkable ecosystem. Both the CRCA and Queen’s University are grateful for this generous and forward-thinking donation, which is an important memorial to Kathleen McKeown and a legacy that will be of great significance and importance for generations to come.

Kathleen McKeown (nee Ralph). Queen’s University yearbook photo 1916.
CREATURE FEATURE - Star-Nosed Mole
(Condylura cristata)

Magnified, it looks like it could be the next opponent for Godzilla. Even at its normal size, which is generally no more than eight inches in length, the star-nosed mole possesses the proverbial face that only a mother could love. It’s multi-pronged probing proboscis, coupled with its large, strong claws and voracious appetite give it an air of unreality—an almost alien appearance that puts it in the same list of animal curiosities alongside the duck-billed platypus.

Actually, in its own way it’s kind of a cute little creature, possessing some truly remarkable qualities that not only make it something of a superstar within its own ecosystem, but also sets it apart from most other mammals of its kind.

And guess what? It’s found throughout the Cataraqui region and beyond. Although ‘found’ is a subjective term, since it is indeed rather plentiful in a region that is riddled with many lakes, rivers, streams and wetlands. But it is a very, very shifty animal that rarely comes above ground, and when it does it is an expert at finding cover, indeed diving beneath the surface of the water to evade detection from predators and the curious alike. Its thick fur is waterproof, making it at home in or under water while hunting for food.

The most obvious source of wonder is the nose of the animal, a distinct and awe-inspiring appendage that is wholly unique to this one species of animal.

According to a recent article in National Geographic, the star-nosed mole is practically blind as eyesight is not really required underground. Watching a video of it in action, you can see how its head bobs and weaves almost frenetically and constantly as it moves through the earth, using its incredibly strong and sharp front claws to slice through the soil.

The mole ‘bops’ its head in many directions seeking prey, in a manner that seems random, but is actually quite systematic as it has more than 25,000 receptors and 100,000 nerve endings on 22 pink, fleshy appendages that surround its snout. The ‘nose’ is referred to as Eimer’s organs, which can detect minute vibrations, such as made by worms (a delectable favourite meal for the star-nosed mole) or insects.

Other varieties of mole possess the Eimer’s organs, but they are not nearly as sophisticated or numerous as on the star-nosed mole. The ‘star’ is six times more sensitive than the human hand.

Vanderbilt University’s Ken Catania, a professor of neuroscience, has made it his mission to explore the incredibly special and profoundly complex neurological abilities of the star-nosed mole.

“It is a true neurological wonder that has taught us a lot about how brains process sensory information. Star-nosed moles have extremely efficient nervous systems that convey information from the environment to their brains and speeds approaching the physiological limits of neurons,” he said, adding that the writing tentacles that comprise its ‘nose’ can touch up to 10 separate items in one second. It also takes them 2/10 of a second to identify possible prey and only eight milliseconds to decide if its worth eating. This means they are literally the fastest eaters of any mammals on the face of the earth.

And as if they weren’t already awesome little creatures, the star-nosed mole is also one of the few mammals that can smell under water. They do this by exhaling air bubbles onto objects or scent trails and then inhale the bubbles.

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to carry scents back through their nose which, as we have already determined, is an incredibly proficient and efficient prey-detecting device. Prof. Catania believes the star-nosed mole has evolved as it has because it has always lived in or near marshes and swamps – the only mole species to do so. He also said the nose receptors can work even in the cold, as the star-nosed mole does not hibernate over the winter, although he continues to do research on just how this is possible. He and colleague Prof. Diana Bautista of the University of California-Berkeley are working to understand the greater possible applications of the star-nosed mole’s nose appendage, it’s incredibly sensitive and how it interacts with the animal’s brain. Bautista, whose area of expertise is the study of the biology of touch and pain, has discovered that certain molecules in the snout transform physical actions, such as touching prey, into electrical signals that help drive the mole’s nervous system. “Compared to the other senses, we know little about our sense of touch,” she said to www.nwf.org. “But Ken’s research has really paved the way for others to learn how it works.” Sources: National Geographic; National Wildlife Magazine, Wikipedia.

CRCA Acknowledges Two Decades of Support by Local Tim Hortons Franchisee

Over 100 volunteers came out on a sunny spring morning and helped the Cataraqui Region Conservation Authority (CRCA) and the Friends of Lemoine Point plant 500 trees as part of the annual Spring Tree Planting Event, which this year took place on May 5 at Lemoine Point Conservation Area. As part of this year’s event, a special ceremony was held just before the start of the digging and planting to offer public acknowledgment for a local business which has been a steadfast supporter of both the spring and fall tree planting events at Lemoine Point. A special Kentucky Coffee tree was planted on the property to recognize local Tim Hortons franchisees Heather and Jeff Agnew and their family, who have been providing refreshments to the tree planting volunteers for 20 years. The ceremony was hosted by Kingston Coun. Lisa Osanic, who is one of the City’s representatives on the CRCA board of directors, chairperson of the Lemoine Point Advisory Committee and an avid booster of the Lemoine Point Conservation Area and the Friends Group. “We plant 1,000 trees each year. We do this event every spring and every fall, and when you add up all those trees over the years it’s about 27,000 that we have planted at Lemoine Point and that’s totally appreciated for the protection and expansion of our urban forest,” she said, adding that the support of the Agnews and Tim Hortons is much appreciated. “Today’s event is really special because we are celebrating 20 years of the Agnew Family and Tim Hortons, who have always graciously donated all of the coffee and donuts for after this event.”

Speaking on behalf of Mayor Bryan Patterson, Deputy Mayor Mary Rita Holland also talked about the significance of the event and the support of local businesses such as Tim Hortons. “I want to thank everyone for being here on this beautiful day to celebrate the contributions of all the volunteers and the Agnew family for being a part of this for so long and for supporting everyone in the work of expanding our beautiful urban forest,” she said. In applauding the work of the Friends and the CRCA, MP Mark Gerretsen said the preservation and enhancement of environmentally significant and sensitive lands such as Lemoine Point is crucial for the region, and having the support from local business owners such as the Agnews was important in helping improve the local ecosystem. “To have a successful community, it takes government to put some of the stuff in place, but it really takes businesses to partner with government and partner with not-for-profit organizations to really create that sense of community and society. So, thank you to the Agnew family for being so active in this particular cause for the last 20 years,” he said. John Diemer, president of the Friends of Lemoine Point thanked all the volunteers for coming out to help plant trees and also lauded the support of Tim Hortons.

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Plan Your 2019 Tree Planting Now

From Page 3 “To the Agnew family and to Tim Hortons we really appreciate it because it’s a lovely finishing touch to what has really become a special community event,” he said.

Speaking on behalf of her parents and sister Sherri Agnew, Leeanne O’Mara of J.E. Agnew Food Services/Tim Hortons said she and her family are pleased to have been able to partner with the Friends and CRCA for two decades.

“We’re happy to give back to our community and do things like this. It’s really nice to be here today and be celebrated for the support we like to give to little events, big events and anything going on in our community,” she said.

The CRCA firmly believes the support Tim Hortons has offered to the Friends of Lemoine Point and the tree planting volunteers over the years, is a great example of private sector/public sector partnerships working towards the goal of improving environmental awareness and acting to protect and enhance our natural spaces in the face of climate change.

For more information about Lemoine Point Conservation Area and the Friends tree planting events visit www.crca.ca

It almost goes without saying that a healthy ecosystem, a healthy community and a healthy world requires an abundance of healthy trees. With ever-increasing encroachment of human development on forest habitat, it is crucial that property owners, be they private individuals, companies, environmental organizations or various levels of government, offset this blight by planting as many trees as possible.

The Cataraqui Region Conservation Authority (CRCA) has several tree planting programs for those interested in enhancing their greenspace, infilling vegetation on larger properties, creating wildlife corridors, or even those just wanting a couple of shade trees for their urban front or back yards.

Proper forestry practices can provide wind and water erosion protection, can make poor land more productive and can create wildlife habitat. In addition, trees can provide windbreaks and shade, helping to reduce heating and cooling costs. Trees also take in carbon dioxide and release oxygen, helping to reduce greenhouse gas emissions.

The CRCA’s Private Land Forestry Program is a cost-sharing program delivered in partnership with Forests Ontario and the Ontario Ministry of Natural Resources through the 50 Million Tree Program.

The Ontario government wishes to have 50 million seedlings planted by the year 2025.

The requirements for this program are as follows:

• you must have a minimum of 1 hectare (2.5 acres) of land
• the cost to the landowner for planting areas between 1 ha (2.5 acres) up to 2 ha (5.0 acres) is $0.20 per tree
• for properties that are 2 ha and over (no maximum) the landowner cost is $0.15 per tree

• a 15-year planting agreement between the landowner and the CRCA is required.

The program includes project planning, tree planting, tending and assessment. Landowners can also order trees through the CRCA and do the planting themselves. There is a minimum order of 500 seedlings and individual species can be ordered in multiples of 50. Group orders are welcome.

Each spring at Lemoine Point Conservation Area in Kingston and Mac Johnson Wildlife Area in Brockville, potted trees, shrubs and wildflowers are offered for sale at the native plant nurseries. All plants are grown locally at these Conservation Areas and prices range from approx. $2 to $50 each with no minimum order required.

To learn more about the CRCA’s forestry programs visit www.crca.ca/conservation-programs.
For the first time in a few years, the weather was entirely co-operative during the 2018 edition of Maple Madness. Over the past couple of springs, there were at least one or two days lost due to extremely inclement weather, meaning some folks missed their opportunity to participate in this popular event. But for the entirety of the Maple Madness experience this year, starting over the March Break (March 10 to 18) and the following two weekends (March 24 and 25, March 31 and April 1) the conditions were near perfect, meaning excellent crowds of people each day.

The snowy, wintry conditions made the experience even more picturesque and special as families, groups of friends, or individuals spent time participating in the various demonstrations and special attractions that have become a hallmark of Maple Madness for over three decades. The First Nations Display, Old Tyme Sugar Bush Chores, Maple Taffy Making, Sugar Bush Demonstrations, Puppet Shows and the bumpy but fun tractor-drawn wagon rides were all a hit.

And of course there were tasty treats awaiting visitors once they got back to the sugar bush. This year, Cataraqui Region Conservation Authority staff and a host of enthusiastic volunteers served a total of 15,659 pancakes over the entirety of Maple Madness. As a reference point, in 2017 we served 11,588 pancakes and 13,625 in 2016.

In terms of number of visitors, 2018 saw 11,864 attend the Maple Madness festivities, and increase of more than 3,000 from the 8,777 who came in 2017, and 2,000 more than the number that came in 2016. By all metrics and measurements, 2018 was a very successful Maple Madness.

But the real measure of success for all of us at the CRCA are the thousands of smiles on the faces of our visitors, many of whom shared their fun outing in the sugar bush at the Little Cataraqui Creek Conservation Area on social media.

One of the new attractions for Maple Madness were a series of ‘picture frames’ CRCA Operations staff built for folks to use to take photos and share on social media. We asked that they use the hashtag #MapleMadness and share on social media, and vast numbers of people did!

As we do every year after Maple Madness, our staff sat down to assess the success of this year’s event and begin the process of planning for 2019. We are already contemplating some new, fun, interactive additions to the Maple Madness experience, so please visit our social media homes on Facebook, Twitter and Instagram for details as they arise, and check with our website – www.crca.ca.

See you all in the spring of 2019!
Our Maple Madness Journey: Through the Years

By Kathy Varty: Guest Contributor

In 1996 we started taking my daughter Amanda and Paul’s son Steven to Maple Madness at the Little Cataraqui Conservation Area. Steven was four years old at the time. We have taken the kids every year since and Amanda is now 33. Every few years we took pictures of Steven looking into the same maple syrup bucket on the same tree.

We now have three grandchildren - Avery 9, Jaime-Lynn 8 and Ayden 5 - that we have been taking since they could walk. It has now become a family tradition and the kids and grandkids still look forward to the wagon ride back to the Sugar Shack. We eat pancakes and then the kids go to watch the demonstration of how to pick up the hot rocks with the antlers, which the kids got to try. Over the years we have fed the chickadees and have been snowshoeing.

The staff are great and we will continue to go every year.

Kathy and Paul Varty and Family

Contacting the CRCA Before Working Along Shorelines and Watercourses is Good for Many Reasons

Catarataki Region Conservation Authority (CRCA) planning and development staff would like to remind residents, developers and others that shorelines, floodplains, wetlands and lands adjacent to them pose natural hazards, including flooding and erosion. Development projects, including decks, boathouses, docks and alterations to watercourses, may require planning approval from your municipality. These works may also be covered under the CRCA’s regulations. Before formally submitting your application to your municipality, we recommend that you consult with a CRCA planner in order to make the process as smooth as possible. The CRCA planning staff is accessible, easy to talk to and can help guide you through the permit process.

So, if you are planning an addition to your lakeshore home, changes to your dock or any other projects that may be within 50 metres of water please give them a call. Assistance from the CRCA planning staff can save you time and money.

The CRCA has in effect regulations made under the Conservation Authorities Act that prevents or restricts development and site alterations near water and wetlands to protect the public from flooding, erosion and other hazards. More specifically, you may require a permit from the CRCA if your project is:

- in the channel of a watercourse or drain, in a lake, pond or a wetland
- within 15 metres of a floodplain
- within 50 metres of the top of bank of a river, stream, lake or other watercourse
- within 120 metres of a provincially significant wetland
- within 30 metres of all other wetlands greater than 0.5 hectares

Activities requiring approval within regulated areas include:

- construction, reconstruction or placing a building or structure of any kind
- any change to a building or structure that changes its use, increases its size or increases the number of dwelling units
- grading of the site
- temporary or permanent placing, dumping or removal of material originating on site or elsewhere
- alteration to watercourses (including municipal drains); bridges, culverts and other infrastructure; and channel and shoreline alterations
- all works in the water, e.g. docks, boathouses, dredging, etc.

Why do we have these rules and regulations and permitting process in place? It’s because filling, construction or alteration of floodplains, wetlands, shorelines and waterbodies can result in increased upstream or downstream flooding, reduced water quality, destroy fish and wildlife habitat or other environmental problems.

When considering whether to grant a permit under these regulations, the CRCA considers not only the individual application, but also the long-term impacts within the watershed.

For more information about our regulations and permit process visit www.crca.ca/planning-permits
Gould Lake Conservation Area a Perfect Place for a Summer Sojourn

While the Gould Lake Conservation Area is open all year round, it is in the summer when the beautiful scenery and wonderful amenities of the property make it a true, family-friendly destination for a day trip, afternoon excursion or weekend way station for travellers.

With the onset of warmer weather, the beaches and trails at Gould Lake C.A. will be busier than at any other time of year. To provide excellent safety and service, staff from the Cataraqui Region Conservation Authority will be on hand at the property from 8:30 a.m. to 4:30 p.m. Saturdays and Sundays throughout June. Starting July 1 and going until Sept. 3, staff will be on site from 8:30 a.m. to 4:30 p.m. seven days a week. For those who prefer to take their nature explorations on the water, the CRCA will rent canoes and kayaks starting June 2, with rentals continuing until the Labour Day weekend. Rental rates include paddles, life jackets and a safety kit. The cost is $10 for a minimum one-hour rental, $15 for two hours, $20 for three hours, $25 for four hours and $35 for anything longer than four hours. The rental period runs from 9 a.m. to 3 p.m., with all canoes and kayaks returned no later than 4 p.m.

Gould Lake is a breathtakingly picturesque property that is popular with hikers, nature lovers and photographers. It is comprised of 589 hectares of wilderness located in the primordial Canadian Shield. The lake itself and the surrounding lands are not only an important part of water management strategies for the Cataraqui region, but also provide excellent and diverse habitat for a host of mammals, amphibians, insects and birds as well as varied and colourful plant life.

There are 20 kilometres of marked trail on the property, with a portion of The Rideau Trail crossing through. Picnic tables and privies are available in the day use area next to the beach. Permits are required for groups over 30 and can be obtained by called 613-546-4228 ext. 222 or emailing ddoyle@crca.ca.

Ministry of Natural Resources and Forestry rules and regulations. If you choose to bring your own canoe or kayak, they can be launched from the beach area – there is no actual boat ramp at the Gould Lake Conservation Area.

For those who are keen on adding a little history and heritage to their hiking adventures, Gould Lake provides the best of both worlds. Besides the abundance of natural beauty and surroundings, the property that now comprises the Gould Lake Conservation Area used to be the site of several mica mines. Several old mica pits and even a big old rusty boiler can be seen on the Mica Trail on the property. Mica mining took place on and around the property from 1870 to 1912. From 1967 through 1973 the CRCA acquired the lands that now make up the Gould Lake Conservation Area, much of it purchased from the former Loughborough Township.

Daily entry admission to the Gould Lake Conservation Area is $5.50 for adults, $3 for kids 12 and under to a maximum fee of $14 per vehicle. For more information, visit www.crca.ca/gould-lake-conservation-area.

Photo: Keith Powell
CRCA Forest Therapy Walks Move to Gould Lake for the Summer

Since last fall, the Cataraqui Region Conservation Authority has been offering a unique and innovative program to help individuals reconnect with nature on a very profound and positive level. Forest Therapy Walks have been offered to groups, organizations and individuals seeking to rebuild or enhance their well being through a deeper connection with the natural world. They take place at the Little Cataraqui Creek Conservation Area and on other lands within the Cataraqui Region watershed and have proven to be remarkably popular with people from a wide variety of backgrounds and ages.

The beauty of Forest Therapy is that it connects humans and the more-than-human world so that both benefit from a renewed relationship. Inspired by the Japanese method called Shinrin-yoku (forest bathing), the general philosophy of Forest Therapy is that it is beneficial to spend time ‘bathing’ one’s senses in the atmosphere of the forest.

Programs were introduced to North America by the California-based Association of Nature and Forest Therapy Guides and Program (ANFT), and has been introduced into Ontario, with the CRCA leading other Conservation Authority’s by having an accredited guide and programming.

Benefits of Forest Therapy include:

- Forest Therapy is centred on the idea of inviting healing interactions by spending quality, deeply meaningful time in nature.
- A Guide works in partnership with the forest to offer invitations to slow people down to get them out of their heads and into their senses and into a relationship with themselves, each other and nature.
- Spending time in nature has physical, emotional, psychological and spiritual benefits. It has been proven that spending time in nature can help us be more creative, mindful and content in our lives.
- Research in Japan has demonstrated that Shinrin-yoku can boost the human immune system, reduce stress, improve mood, increase one’s ability to focus (even children diagnosed with ADHD), accelerate recovery from illness or surgery, increase energy level and improve sleep.

So, who is Forest Therapy for? Put simply, anyone and everyone can benefit from a deeper, and more profound connection to nature and the holistic health benefits that come from such a powerful relationship. Guides are trained in the framework of Forest Therapy and provide a safe space to help you deepen your relationship with the forest, slow down and be open to whatever therapeutic qualities the forest has to offer. “The forest is the therapist and the guide opens the doors.” It is also a wonderful program for individuals recovering from illness or injury, both active military personnel and veterans of the armed forces, first responders and other emergency services personnel, people coping with loss, students feeling the pressures of school, parents, seniors and individuals looking to enhance and improve their mental health and overall well being.

All Forest Therapy walks are guided by the CRCA’s Senior Conservation Educator, Stana Luxford Oddie, who is accredited by the Association of Nature and Forest Therapy Guides and Programs (ANFT). It is a slow, sensory and relational experience that can happen in any season and can combine walking, sitting, standing or laying down. Each Forest Therapy walk is a uniquely different experience. Everything that happens is an invitation, so participants are invited to do what feels most comfortable to them.

A Forest Therapy Walk usually lasts for between two and three hours but travels only one kilometre or less. Shorter walks or longer walks can be curated on request.

The CRCA’s Forest Therapy Program offers:

- Private Group Walks: Sessions for groups with a recommended maximum of 10, smaller groups can be accommodated.
- Private Walks: One-on-one sessions for those looking for a deeper connection and a more personalized option.
- Retreat Walks: The CRCA can offer an off-site Forest Therapy walk at a special event or organizational retreat.
- Public Walks: At various times throughout the year, public walks will take place, and are an excellent way to learn more about the benefits and processes involved in Forest Therapy Walks.

Join us for an upcoming public walk at Gould Lake Conservation Area - July 7 and August 28. Registration is required.

For information about Forest Therapy, booking and costs please visit our website at www.crca.ca/forest-therapy-walks.
CRCA Forest Therapy Walks Move to Gould Lake for the Summer

Improve Shoreline Health by Planting Native Trees & Shrubs - Bulk Order Through the CRCA

It is a demonstrable and empirically proven fact that having an abundant and diverse array of native trees and shrubs along the shorelines of lakes, rivers and other watercourse has innumerable benefits to not only the water, but also to mammals, amphibians, insects and fish species that can use it as habitat. Primarily, planting native trees and shrubs near and along lake shorelines will help provide cover and food for wildlife, prevent erosion and enhance the natural beauty of the ecosystem. Shorelines with lots of vegetation require little to no maintenance, help protect privacy and can even mitigate noise. The plants protect the water quality by absorbing nutrients and contaminants and add stability to banks by holding soil in place.

Having less vegetation means more maintenance, limiting important wildlife habitat and reducing the natural filtration of water and allowing runoff to run directly into the waterway or lake.

With that in mind, the CRCA is encouraging individuals living along shorelines or waterways, and particularly lake associations, to consider partnering with their neighbours or within their Lake Association and purchasing native shoreline trees and shrubs to help with this conservation endeavour. Bulk orders through the CRCA’s Forestry Program require a minimum of 500 seedlings and individual species can be ordered in multiples of 50.

Need suggestions? Here are three species that not only look amazing but provide the sort of specifications that are perfect for helping to preserve shorelines and their accompanying wildlife.

- **Buttonbush** usually grows up to three metres tall has sometimes grown as large as a small tree. It is native to Ontario, Quebec, New Brunswick and Nova Scotia. The flowers are white, tiny and in a globular cluster (looking a little like a pincushion) while the berries are oval shaped and revealed in late summer when the flower clusters turn red and split open. These plants thrive in wet areas, including along lake shorelines and in wetlands and provide good shelter for ducks, butterflies, hummingbirds and bees – meaning they are also helping to improve habitat for pollinators. They should be planted between ¼ and ½ metre apart. The Buttonbush’s strong root system helps prevent shoreline erosion.

- **Highbush Cranberry** plants can grow up to four metres high and are native to every province in Canada. They produce large flat-topped flower clusters about 10 centimetres across, while the edible berries tend to be orange or red and can still be seen in the winter. This type of shrub provides an important shelter and winter food source for birds, deer, moose, red squirrels and beavers. It should be planted between ½ a metre to one metre apart.

- **Nannyberry** usually grows to about six metres high and is 25 centimetres in diameter. Its main habitat is Saskatchewan, Manitoba, Ontario, Quebec, and New Brunswick. Its flowers are creamy-white and grow in clusters with branches radiating out from the shoot. The blueish-black berries are edible and hang from reddish branches. Top pollinators such as bees, birds and butterflies are attracted to this shrub, which should be planted between half a metre to one full metre apart.

To ensure that there is ample stock to supply the bulk orders, orders need to be placed by fall 2018 and planted no later than mid-May 2019. If interested, or want to learn more, contact CRCA Watershed Planning Co-ordinator Holly Evans at 613-546-4228 x233, or hevans@crca.ca.
News from the Cataraqui Conservation Foundation

The Cataraqui Conservation Foundation has been busy with several successful fundraising efforts over the past few months and we would like to thank all of those who have contributed in so many ways.

In October we held our annual Gala at the Senior Staff Mess at RMC. We were very pleased with the community support we received both in donations and sponsorships, as well as from those who attended and purchased from our many donated items. It was a lovely evening to socialize in a beautiful venue with great food. Thank you again to everyone who made the evening possible including the wonderful staff from the CRCA.

We will be hosting this year’s Gala at the Senior Staff Mess at RMC on Saturday, Nov. 3, 2018. We will keep you posted with all the exciting details once they are finalized. Once again, we look forward to socializing over a delicious three-course dinner, a live and silent auction and of course, presentation of our 2018 Conservation Awards. We hope that you can join us. If you would like to donate items or services for our auction, volunteer or purchase tickets please contact us by phone or email. We would be happy to hear from you.

We would also like to thank our sponsors who made the Maple Madness Bake Sale such a huge success this year. With perfect weather conditions and a huge turnout, it made for a very successful day. Thank you to those who purchased baked goods, donated baked goods, entered in our draw or who visited us at our location in the Outdoor Centre. We would like to especially acknowledge the generous and delicious baked goods donations from Bread and Butter Bakery, COBS, Fardella’s, Panera Bread, Safari Cake Boutique, Sassy Sweets and Sydenham Sweet Bakery, without whom this annual bake sale could not take place. We would also like to thank the CRCA, Sun Harvest Greenhouses and private individuals for donating prizes for our draw. There were also a number of volunteers who should be thanked for their time and efforts as well. It was a wonderful effort by many people with great results.

The Partners in Education mailing will soon be sent out and we thank you for continuing to support CRCA Education Program with your donation. The success of this program is a testament to your continued commitment to providing the quality programs which the children from our region enjoy every year. We are very fortunate to have such a long standing and innovative program in our community to educate and nurture our future generations.

We would also like to remind everyone that our Board is always looking for keen and enthusiastic people to join us. This year we are seeking individuals who would like to make a difference in their community by raising money to support educational programs and land acquisitions. Being a board member involves attending eight to ten board meetings a year. We are looking for individuals who enjoy fundraising in a social and supportive network. We welcome new members or inquiries and would be happy to speak to you about the Cataraqui Conservation Foundation Board and our initiatives. Please contact us at: catconservationfoundation@gmail.com

Thank you for following us on our website at cataraquiconervationfoundation.org and for your continued support. We welcome your ideas and suggestions!

CRCA’s Nature Explorers Summer Camp

Explore the wild spaces of Little Cataraqui Creek and Gould Lake Conservation Areas at our Nature Explorers Summer Camp. Campers experience the great outdoors through fun nature-inspired theme weeks, hands-on exploration and outdoor activities. For two days a week, campers get loads of time to swim, play on the beach and explore Gould Lake Conservation Area. Each day will be filled with adventures, knowledge, games & fun.

Nature Explorers Camps is for children 6 to 11 years old and is $205.00 per week. Regular hours are from 8:30 a.m. to 4:30 p.m. Monday to Friday with before and after care available from 8:00 a.m. to 5:00 p.m. for an additional charge of $25.00 per week. For further details visit our website at www.crca.ca/summer-camps. Registration is available online at www.crca.ca/online-services.
Updates from the Cataraqui Source Protection Team

The Cataraqui Region Conservation Authority Source Water Team has been busy throughout the first part of 2018, with several outreach events, report updates and other important initiatives. Here is a summary of their work thus far:

First Annual Progress Report on Implementation Efforts

The Cataraqui Source Protection Authority submitted the first mandated annual progress report on source protection implementation efforts since 2015 to the Ministry of the Environment and Climate Change (MOECC) on May 1, 2018. All 15 municipalities within the Cataraqui area submitted an annual report summarizing efforts completed in 2017. Using this feedback and previous years’ reports, CRCA staff, along with the Source Protection Committee (the Committee), ranked the Cataraqui Area as having a “Satisfactory” implementation score. This indicates many policies have been initiated and completed but there are areas requiring additional efforts, including significant drinking water threat management, education and outreach.

Key implementation facts:
- 71 per cent of all policies within the Plan have been implemented
- 10 risk management plans have been negotiated in four municipalities
- 14 drinking water protection road signs have been installed
- No new water quality issues have been reported in raw water from municipal supplies
- Report can be found on www.cleanwatercataraqui.ca

“The WELLness Project”: Public Health Ontario Private Well Water Survey

Public Health Ontario is currently working on a research project associated with private groundwater wells as drinking water sources. The project aims to understand well water use and stewardship to develop a knowledge-based application intended for private well owners and environmental specialists. A survey for residents with a private well on their property has been designed in collaboration with Queen’s University, McMaster University, and the Dublin Institute of Technology. Participation is voluntary. The information gathered from this survey will contribute to a research project lead by Dr. Anna Majury entitled, “Exploring, Developing and Evaluating Drinking Water Vulnerability Assessment Measures: Implications for rural Ontario communities using private groundwater drinking sources” (The “WELLness” Project).

If you have a private well at your home or cottage, please take a few minutes to complete the survey. It can be found at the following link: https://surveys.publichealthontario.ca/SE/?st=U8fh8Nlt6u%2iQAA4almtGKACoSTbB1AMFQfXAHJIDdY%3d

Groundwater Protection Workbook

CRCA staff in partnership with Public Health Ontario, Kingston, Frontenac, Lennox & Addington Health Unit, Leeds, Grenville and Lanark District Health Unit, and the MOECC have developed an educational resource for landowners in areas without municipal water and sewage services to determine the vulnerability of groundwater on their property. The workbook is designed to be used as a voluntary self-assessment tool to accumulate and communicate accurate groundwater, well, and septic system information. There are also additional resources, record tracking sheets, and key contact information provided for reference. The workbook is available online at www.cleanwatercataraqui.ca.

For more information, please visit www.cleanwatercataraqui.ca, or www.crca.ca/watershed-management.