A NEWSLETTER FROM THE CATARAQUI REGION CONSERVATION AUTHORITY

CAT TALES

WINTER/SPRING 2019

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Get Cat Tales delivered to your inbox. Sign-up at **crca.ca/online-services**.

Second #HikeCRCA Challenge A Hit: More Participants, More Winners for 2018

It was always the intent of the Cataraqui Region Conservation Authority that it's #HikeCRCA Challenge social media outreach program would grow with each passing year. The results of the second year of this fun, family friendly and participatory contest were more than encouraging, and demonstrated that this event will continue to grow and inspire people to get outdoors.

A total of 42 people completed the full challenge, which is nearly a four-fold increase over 2017, the inaugural year of the event, where 12 people completed the full challenge. The primary impetus behind the **#HikeCRCA** Challenge was to create an opportunity for individuals, groups or families to spend some quality time together in nature, exploring the various trails located at CRCA conservation areas, as well as a portion of the Cataraqui Trail (which is owned by the CRCA).

The 2018 edition of the challenge ran from Sept. 1, through Oct. 31, and was based on a simple, three-step process. The first step saw participants hike the designated 'challenge' trail at each of our conservation areas. Once found, the second step was to take a 'selfie' with each of the challenge signs and post it to social media (Facebook, Twitter or Instagram) and include the #HikeCRCA hashtag and location of that hike in the post.

Once all of their hikes were completed, participants filled out the challenge form in order to enter the contest to win a series of prizes. All eligible entries (those completing the hikes and including the accompanying selfies) had their names put into the draw.

Megan Laan, Full Challenge Winner.

One change for the 2018 **#HikeCRCA** Challenge was the inclusion of the Family-Friendly Challenge, where a family with multiple members had to only visit four out of the nine locations. They entered a special draw for a family prize.

The winner of the Family Challenge prize pack was Natalia Martinelli. The winner of the full **#HikeCRCA** challenge was Megan Laan. Subsidiary prizes, in the form of CRCA annual passes for access to Little Cataraqui Creek Conservation Area and Gould Lake Conservation Area, were won by Stephanie Vincent, Amanda Bullock-Layfield, Cathy Anderson and Erin Mercer.

Natalia Martinelli, Family Challenge Winner.

Once again, the CRCA benefited from the goodwill and support of a number of local companies and organizations who helped sponsor the event by donating prizes. This year's sponsors were Atmosphere Kingston, Trailhead Kingston, the County of Frontenac, Go Green Baby and the County of Lennox & Addington.

CRCA staff are already in the planning stages for the 2019 **#HikeCRCA** Challenge. For more information, visit **www.crca.ca/hikecrca**.

CREATURE FEATURE: Ermine (*Mustela erminea*)

For centuries, particularly in Europe and in North America after European settlement, it was a sign of wealth, privilege and power to have a coat, cape, hat or robe 'trimmed' in the soft white fur of the ermine.

This mammal, which is part of the broader weasel family, is plentiful throughout North America, especially around the Great Lakes. Ontario is one of their favourite homes, with the species being spotted throughout the Cataraqui Region, including on some of the CRCA's own properties, particularly at the Little Cataraqui Creek Conservation Area.

Throughout the British Isles and Ireland, the ermine is referred to as a stoat, or short-tailed weasel. Depending on the source you examine, the name stoat is perhaps referring to the Dutch word stout, which means naughty, or the Gothic word *stauton*, which means to push.

The word ermine, on the other hand, has a number of debated sources, including representing the nation of Armenia, where it was believed that the species originated, or from words in the Norman French, Anglo-Saxon or Lithuanian languages.

As a term used by furriers over the centuries ermine could, confusingly, mean both the ermine (mustela erminea) and the long-tailed weasel (Mustela frenata), when sporting their white winter coats. The ermine is actually somewhat easier to spot, or at least distinguish from their long-tailed cousins as their body fur turns white in both cases, the tip of the ermine's tail turns black. In the summer, both

species turn chocolate brown for the most part, but it's on the belly where the difference occurs. Ermine develop yellowish-brown fur in the warmer months, while the long-tailed weasel's belly fur stays relatively white with brown spots.

Generally speaking ermine males range in length from 10 to 13 inches (25 to 33 cm), while females are between 8.5 to 10 inches (21.5 to 26 cm). They are carnivores and enjoy a diverse menu of prey from small rodents, reptiles, fish, birds, eggs, insects, worms to even carrion. On the other side of the 'eat or be eaten equation,' ermine are themselves prey for the likes of birds of prey (raptors), larger carnivorous mammals and snakes. Some mistakenly consider ermine to be a threat to chicken and other forms of poultry farms, but they rarely will attack domestic fowl. What they do go after are small pest rodents such as voles and mice, for the most part.

Another significant difference between ermine and long-tailed weasels is how long mothers are pregnant. Ermine breed in the heat of the summer, but the babies gestate almost as long as human babies – from eight to nine months. Weasels are only pregnant for about five to six weeks. Ermine also tend to average more offspring per birth than their cousins, with generally four to nine young being born each April.

Clever hunters, ermine use their white colouring to blend in with the snow, burrowing under to pounce on prey. In all seasons they will sometimes 'borrow' tunnels and burrows of larger mammals, such as rabbits or groundhogs in which to lay in wait for prey. It is agile and prolific, as it needs to feed often to keep up with it's rapid metabolism.

The ermine is still prolific enough and spread over a large enough habitat throughout Canada and the United States to not need any sort of protection, although as with any species in the era of man-made climate change, scientists are keeping a sharp eye on their numbers and territory to see If there are any significant changes.

They tend to be a little shy and hard to see in the daylight so spotting one on a walk, let alone capturing a photo, is a rare treat.

SOURCES: Wikipedia, www.boreal.org, University of Minnesota Duluth, National Geographic.

CATARAQUI REGION CONSERVATION AUTHORITY

CAT TALES

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Member of Conservation ONTARIO Natural Champions

CRCA Winter Rec Programs Perfect for Outdoor Family Fun

Many weather prognosticators are calling for a 'traditional Canadian winter' again this year, which bodes well for those who like to spend lots of time outdoors enjoying a variety of healthy, fun, family-oriented winter recreational activities.

As with past years, the Cataraqui Region Conservation Authority has the facilities, trails, programs and services for you and your family to make the most out of the snowy season. Organized programs take place at the Little Cataraqui Creek Conservation Area just north of Kingston, and at the Mac Johnson Wildlife Area in Brockville, both of which feature groomed trails.

All our conservation areas remain open, but the walking trails at the others are not maintained.

Little Cataraqui Creek Conservation Area, which boasts our CRCA Outdoor Centre, will be the hub of most of our winter recreation programs, as approximately 13 kilometres of trails will be groomed and track set for classic cross-country skiing – one of the most popular activities we host each year – and are also ideal for walking, hiking and snowshoeing. Try a new winter sport – the CRCA rents cross-country skis and snowshoes on the weekends and offers ski lessons on Saturdays in January and February weather permitting. Check our website for rental rates, ski lesson registration and trail conditions.

The Outdoor Centre itself is a great place for families, organizations or businesses to host meetings, special gatherings or team-building programs that could incorporate some outdoor winter activities. As well, many weekends throughout the winter and early spring the CRCA hosts special programs for all ages within the cozy confines of the Outdoor Centre. Check out pages 6, 7 & 8 to see 'What's Happening' this winter and spring or visit the 'Events' page on our website www.crca.ca/events.

The Mac Johnson Wildlife Area is becoming a popular destination for folks from the eastern part of the Cataraqui watershed who love to get outside in the winter. There is the opportunity to engage in hiking, snowshoeing and cross-country skiing on 11 kilometres of groomed trails, and also a chance to go skating on the 'Back Pond' when weather and ice conditions permit. One of the true highlights of winter in the Brockville region is the annual Winter Fun Day at the Mac Johnson Wildlife area, which features all the above activities, plus refreshments and the exciting Mush Larose Association sled dog races. This year's Winter Fun Day takes place on Saturday, January 26.

To learn more about all our winter recreation programs and special activities at both locations, please visit **www.crca.ca/events**, our Facebook page or follow us on Twitter and Instagram. A full calendar of events can also be found in this edition of Cat Tales.

TRAIL ETIQUETTE FOR SKIERS:

- Ski on the right hand side of the trail
- Ski single file, not side by side
- Give descending skiers the right of way
- Allow faster skiers to pass
- Do not obstruct trails or intersections
- Do not stop where you are not visible to oncoming skiers

TRAIL ETIQUETTE FOR SNOWSHOEING AND WALKERS

- DO NOT walk, walk your dog or snowshoe on the groomed ski trails
- Please pick up after your pet
- Dogs must be leashed and under control at all times
- Step off the trail to allow skiers to pass
- Do not skate ski on the groomed and track set trails

Maple Madness Is a Sweet and Fun Way to Spend Some Time Outdoors

For 35 years, thousands of visitors and residents from throughout the region have flocked to the sugar bush and Outdoor Centre at the Little Cataraqui Creek Conservation Area in Kingston to take a bouncy but fun tractor-drawn wagon ride back to the sugar shack

Once there, folks have the opportunity to have a hands-on, up-close experience exploring the age-old skill of turning maple sap into delicious sweet treats made from maple syrup and maple sugar.

Once again for the spring of 2019, the CRCA presents a full slate of Maple Madness activities, capped off by our interactive, historically significant and fun tour through the sugar bush and the opportunity to indulge in some hot, tasty pancakes with real maple syrup!

As with past years, Maple Madness runs through the entirety of the

March Break week (including both weekends), which this year is March 9 to March 17, from 9 a.m. to 4 p.m. each day, as well as the weekends of March 23 and 24 and March 30 and March 31.

Before heading back to the sugar bush, families with small children are encouraged to sit in on one of the free, fun and informative puppet shows that happen in the Outdoor Centre. They take place each Saturday throughout Maple Madness and daily during March Break. New for 2019 the Outdoor Centre will host face painting on Sundays from 11 p.m. to 2 p.m. The Not So Amateurs will offer quality, professional face painting by donation to celebrate the season.

Hands-on Tree Tapping Demonstrations and self-guided Sugar Bush Tours also take place each weekday of March Break, continuously from 10 a.m. to 3 p.m., as well as on each Sunday of Maple Madness, from 10 a.m. to 3 p.m.

The popular First Nations Display shows how the original inhabitants of the Cataraqui region used to process maple syrup from what they originally called 'sweet water.' Led by First Nations teacher Paul Carl, these education demonstrations take place each Saturday during Maple Madness, from 10 a.m. to 3 p.m.

On Saturday, March 16, the Cataraqui Conservation Foundation, the fundraising arm of the CRCA, hosts its annual bake sale in the Outdoor Centre as part of the Maple Madness festivities. All funds raised go to support CRCA conservation education programs for area school children.

On Saturday, March 30, visitors can experience first-hand some 'old tyme' sugar bush chores as part of a special demonstration day. Visitors can try sawing logs with pioneer tools, emptying sap buckets and tapping trees like the 19th century settlers did.

One of the highlights on the final weekend of Maple Madness is witnessing – and tasting - how maple taffy is made on Saturday, March 30. Samples of the sweet spring treat are available for a donation.

For more information, visit our Facebook page, follow us on Twitter and Instagram or go to **www.crca.ca/maple-madness.**

CRCA Creates Pollinator Gardens to Help with Biodiversity and Attracting the Birds and the Bees

It has not gone unrecognized by nature lovers, botanists, conservationists, gardeners and those studying the impact of climate change that many pollinator species have struggled to sustain themselves in recent years. Bees, in particular, have been hit hard, with their numbers tumbling downwards at an alarming rate. Some species of butterfly, including the iconic Monarch, have also been impacted, with their numbers in precipitous decline.

A decrease in the number and variety of pollinators is more than just something that impacts that species. It has a ripple effect throughout the entire ecosystem; one that could turn into a tidal wave of problems down the road if not rectified.

Pollination occurs when the stamen (male) part of the flower is transferred to the female part of the flower, allowing it to produce seeds. This transfer doesn't happen by magic, it needs help from an outside source such as the wind or an animal/insect.

Many food-growing plants need to be pollinated in order to grow in abundance. The critters that aid in pollination are doing so almost accidentally, as they are simply looking for a meal. Therefore, the simple math demonstrates that if there are fewer pollinators, fewer plants get pollinated.

Anyone with access to a garden or a plot of land can do their part to help preserve and enhance the habitat of important pollinators such as bees, butterflies, bats and birds by strategically planting certain species of plant which are known to attract these hungry and very important flying friends of the environment.

The CRCA has done its part, with help from a TD Friends of the Environment Foundation grant, by building a pollinator garden just outside the Outdoor Centre at the Little Cataraqui Creek Conservation Area and filled it with a variety of native plant species. It is important to go with native species, as they are already an integral part of the ecosystem and familiar to the various indigenous pollinators in the area.

CRCA staff researched the best species to suit the needs of local pollinators to place in the garden, including ones that bloom and blossom at different times throughout the year. These species include: echinacea (purple cone flower), Black Eyed Susan, butterfly milkweed, common milkweed, swamp milkweed, bee balm, yarrow, Columbine, Agastache (anise hyssop), service berry bushes, roses and New England Aster. Some of these plants also act as excellent hosts for butterfly larvae.

Besides playing a small role in aiding pollinators in the immediate area of Little Cataraqui Creek Conservation Area, the CRCA pollinator gardens were also created and placed in such a visible locale to act as inspiration for visitors to go home and create something similar in their own properties, or even come together with their neighbours to develop community pollinator gardens.

As well, folks are also encouraged to help scientists track the health of various pollinator species by participating in various 'citizen science' programs, by monitoring the pollinators that visit their gardens. Some of these include **www.polinationcanada.ca**, or **www.mappc.org**.

CRCA Education Programs Perfect for Outdoor Classroom Experiences

Students from Rideau Public School Enjoying a class trip to the sugar bush.

The CRCA experienced yet another successful fall where students from elementary and secondary schools, teachers and families from across our watershed participated in hands-on, outdoor and environmental education programs at the Little Cataraqui Creek Conservation Area in Kingston and Mac Johnson Wildlife Area in Brockville.

Through our curriculum-enriched programs students have the much-needed opportunity to unplug and reconnect with the natural world with their head, hearts and hands. Our Nature Programs for early learners ages 2 – 5 and their parents and Home Learners held at the Little Cataraqui Creek were back by popular demand. We welcomed back new and old friends to imagine, explore, play and learn together in the fields and forests of 'Little Cat.'

Spaces are still available for our winter, maple and spring programs based at the Little Cataraqui Creek Conservation Area and Mac Johnson Wildlife Area. Our programs are connected to the current curriculum and will help to enrich your class experience with hands-on, outdoor learning and nature connection. Schools are encouraged to share the cost of the bus and bring a second class and make a day of it by bringing your lunch and eating at our conservation areas. You may choose to do the same program(s) or opt for different ones. In January and February, get your students outdoors to experience winter at its finest. We have excellent snowshoeing and cross-country skiing opportunities. No snow… no problem, we've got it covered by learning about winter with a variety of programs to suit each grade level. Our programs are adaptable to any kind of winter weather that comes our way.

In March, visit the Little Cataraqui Creek Conservation Area's interactive sugar bush and experience how syrup was made long ago and how it is made today. Students from kindergarten to Grade 2 experience the sugar bush through sensory exploration. Grade 3 students discover how the settlers learned all about sugaring off from the First Nations. Grade 4 to 7 students can put their math skills to work on a practical level in our *Maple Math* program. From April to June, you and your students have excellent opportunities to discover spring awakenings through adventures in our forests and wetlands.

The CRCA has also developed an innovative, and increasingly popular way to de-stress, boost your immune system and creativity. Residents within the Cataraqui Region are experiencing the first-hand healing and scientifically proven benefits of partaking in Forest Therapy walk experiences. We held our first offering of a Forest Therapy Walk series, Three Walks in Three Weeks and it filled up quickly. Along with our monthly public walks, Forest Therapy invites participants to slow down and reconnect and come into deeper relationship with themselves, each other and nature. "The Guide opens the door to the senses and the Forest is the Therapist."

We have something for everyone! Please visit our website at **www.crca.ca** to book in a program today.

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 Camp is for children 6 to 11 years old and is $210.00 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.**

WHAT'S HAPP

WINTER ACTIVITIES

LITTLE CATARAQUI CREEK CONSERVATION AREA (KINGSTON)

Entry Fees
$5.00 per person for adults and children over 12
$3.50 per person for children 12 and under
Maximum fee of $15.00 per car.

We accept cash, Visa, Mastercard and tap enabled debit cards.

Annual passes are available for $85.00 per year

Hours of Operation
Conservation Areas
7:30 a.m. to dusk daily

Little Cataraqui Creek Outdoor Centre
9:00 a.m. to 4:00 p.m. Monday to Friday
(Other times available by appointment)

9:00 a.m. to 4:00 p.m.
on weekends from January 5 to May 5

Ski Trail conditions info line
613-546-4228 ext. 501

CROSS-COUNTRY SKI LESSONS
Saturdays in Jan. & Feb.

Learn how to ski or improve your technique. Cross-country ski lessons are offered on Saturdays from January 5 to February 23, weather permitting. Register in advance at **www.crca.ca/online-services**, or on the day of the lesson, at the Outdoor Centre. Cost is $20.00 per person. Group lessons are one-hour in length. Lesson times are 10:00 a.m., 11:30 a.m. and 1:30 p.m.

EQUIPMENT RENTALS
Cross-country skis and snowshoes are available for rent at the Outdoor Centre. Rentals are available from 9:00 a.m. to 3:00 p.m. All rentals must be returned by 4:00 p.m. Rental prices (including tax): set of cross-country skis, boots and poles $17 snowshoes $12. Rental Office accepts cash, Visa, Mastercard and tap enabled debit cards.

WINTER BIRDS 101

Sunday, January 13
(1:00 p.m.)
REGISTRATION REQUIRED

Join Carolyn Bonta for a crash course for anyone interested in birds. Learn to ID common winter birds, distinguish between similar species, see preserved specimens for hands-on learning, get involved in Citizen Science to help birds and much more. Appropriate for all ages. Registration is required. Cost is $4 per person which includes registration and gate fee. Register online at **crca.ca/online-services**.

OWL HOOT AND COYOTE HOWL HIKE

Saturday, January 19
(6:30 p.m.)
REGISTRATION REQUIRED

Bring your family out on a night walk to learn about owls and coyotes. We will not see these animals, but if we are lucky we might hear them. To ensure we have enough hike leaders for participants registration is required. Register online at **www.crca.ca/online-services**. Cost is $4 per person which includes registration and gate fee.

WINTER FORAGING

Sunday, January 27
(1:00 to 2:30 p.m.)
REGISTRATION REQUIRED

Join Barbara Roch for a winter foraging workshop and learn about plants, mushrooms and trees – a bounty is hidden in the winter landscape for us to search and be rewarded. At the end of the workshop take home a tea bag that we will prepare. If weather permits, we may go outside for a short identification walk. Cost is $4 per person (includes the gate fee) and registration is required. Register online at **www.crca.ca/online-services**.

FOREST THERAPY WALK

Thursday, January 31
(1:00 to 3:30 p.m.)
REGISTRATION REQUIRED

Join Forest Therapy Guide Stana Luxford Oddie on a winter Forest Therapy walk. A forest therapy walk is a healing and connective practice that provides the opportunity to deepen your relationship with nature, yourself, and others. Forest Therapy is about opening your senses to the present moment. Everything is an invitation, participants follow what feels comfortable to them. The experience can involve walking, sitting, standing or even lying down and the option to share what you are noticing with others. Some side effects might include a boosted immune system, reduced stress and anxiety, greater creativity and focus, better sleep. Slow down, heal and connect with nature. Cost is $20 per person and registration is required. Register online at **www.crca.ca/online-services**.

WINTER ADVENTURE P.A. DAY

Friday, February 1
(8:30 a.m. to 4:30 p.m.)
Ages 6 to 11
REGISTRATION REQUIRED

Give your child(ren) an opportunity to have a P.A. Day full of winter adventure and fun. Drop-off begins at 8:30 a.m. and the program runs until 4:30 p.m. Bring your lunch, snacks, drinks and warm and extra clothing. The program will run regardless of the weather. We will be exploring the wilds of Little Cataraqui Creek Conservation Area building shelters, enjoying a fire and playing games. If there happens to be enough snow, we will go cross-country skiing on the trails and/or snowshoeing through the fields and forests. No matter the weather, we'll have a day of fun nature immersion in the fresh winter air with many stories to share!

Cost is $40.00 per child and includes equipment rentals. You must register in advance. Space is limited for this popular program, so register early. Register online at **www.crca.ca/online-services**.

DELTA WATERFOWL NESTING STRUCTURE WORKSHOP

Sunday, February 3
(1:00 PM)
REGISTRATION REQUIRED

Join The 1000 Islands Delta Waterfowl Chapter for a family friendly duck nesting structure workshop. During the first part of the workshop you will learn about habitat, local waterfowl identification and the importance of conservation. Part two will focus on the construction of wood duck boxes and mallard nesting tubes that will be used in the local area to help increase waterfowl production. All ages are welcome. Cost is $4 per person (includes the gate fee) and registration is required. Register online at **www.crca.ca/online-services.**

WINTER PHOTOGRAPHY WORKSHOP

Sunday, February 10
(1:00 p.m.)
REGISTRATION REQUIRED
[for beginners and amateurs]

Explore the possibilities of nature photography in every season. Join local photographer Rob Mooy to learn tips and tricks on how to see nature's art through a lens. Registration is required and participants must bring their own camera. Cost is $15 for annual pass holders and $21.50 for non-pass holders (this includes the gate fee). Register online at **www.crca.ca/online-services**.

VALENTINE'S NIGHT FOREST THERAPY WALK

Thursday, February 14 –
Little Cataraqui Creek Conservation Area
(5:30 to 7:30 p.m.)
REGISTRATION REQUIRED

Celebrate Valentines Day in the forest. Bring that special someone or come on your own and share in all that the forest has to offer on Valentine's Day with the group. The Forest Therapy Walk experience will take place at Little Cataraqui Creek Conservation Area after dark, our first ever night forest therapy walk! Slow down, heal and connect with nature. Cost is $20 per person and registration is required. Register online at **www.crca.ca/online-services**.

SCAT AND TRACKS HIKE

Sunday, February 17
(1:00 PM)
REGISTRATION REQUIRED

Bring your family out for an afternoon of winter fun. Conservation Area staff will help you discover the clues that animals leave behind to tell their stories. Be sure to dress according to the weather. Cost is $4 per person which includes the gate fee. Register online at **www.crca.ca/online-services**.

FAMILY DAY FUN

Monday, February 18
(9:00 a.m. to 4:00 p.m.)

Bring the family out to Little Cataraqui Creek Conservation Area for a Family Day full of winter fun and adventure. Head out on a snowshoe trek, cross-country ski on our groomed ski trails (rentals available), feed the chickadees, or take part in our eyes-only scavenger hunt. We'll have a fire going in the warming hut or you can drop by the Outdoor Centre for a cup of hot chocolate or coffee. At 2:00 p.m. join us at the fire pit to roast marshmallows and make S'mores.

STARLIGHT HIKE

Saturday, February 23
(6:30 p.m.)
REGISTRATION REQUIRED

Join CRCA staff for an easy trek under the stars. Learn about the creatures that come out at night and discover the beauty of Little Cataraqui Creek Conservation Area under starlight. After the hike head into the Outdoor Cente to purchase a hot chocolate and warm up by the fire. To ensure we have enough hike leaders for participants registration is required. Register online at **www.crca.ca/online-services**. Cost is $4 per person which includes registration and gate fee.

ENING IN 2019

WINTER ACTIVITIES CONTINUED

FOREST THERAPY WALK

Saturday, March 2
Little Cataraqui Creek Conservation Area

(1:30 to 4:00 p.m.)
REGISTRATION REQUIRED

Join Forest Therapy Guide Stana Luxford Oddie on a Forest Therapy walk. A forest therapy walk is a healing and connective practice that provides the opportunity to deepen your relationship with nature, yourself, and others. Forest Therapy is about opening your senses to the present moment. Everything is an invitation, participants follow what feels comfortable to them. The experience can involve walking, sitting, standing or even lying down and the option to share what you are noticing with others. Some side effects might include a boosted immune system, reduced stress and anxiety, greater creativity and focus, better sleep. Slow down, heal and connect with nature. Cost is $20 per person and registration is required. Register online at **www.crca.ca/online-services**.

MAC JOHNSON WILDLIFE AREA - BROCKVILLE

FRIENDS OF MAC JOHNSON WILDLIFE AREA AGM

Saturday, January 20
(2:00 a.m. to 4:00 p.m.)

Join the Friends of Mac Johnson Wildlife Area for their Annual General Meeting at the Brockville Public Library from 2:00 to 4:00 PM on Saturday January 20th. All are welcome.

WINTER FUN DAY

Saturday, January 26
(10:00 a.m. to 2:00 p.m.)

Enjoy the festivities at the 17th annual Winter Fun Day at Mac Johnson Wildlife Area. Enjoy skating on the pond, cross-country skiing, ice slide, free snowshoeing for children, live music in the nature centre by Fiddlers Plus and a BBQ/chili lunch hosted by the Friends Group. The dog sled races are back again this year by the Mush Larose Association, the race will start at 11:00 a.m. Admission is just $5.00 per car.

FAMILY DAY FUN

Monday, February 18
(11:00 a.m. to 2:00 p.m.)

Join the Friends of Mac Johnson Wildlife Area for a special day of family activities. Bring your skates, skis and snowshoes to skate on the pond or join our challenge on the cross-country ski trails. Kids can also try our scavenger hunt and use the ice slide. Enjoy refreshments at the barbecue hosted by the Friends Group. Admission is free.

FRIENDS OF MAC JOHNSON WORK-BEES

As Required - (8:30 a.m. to noon)
Calling all volunteers! Join the Friends of Mac Johnson Wildlife Area during a Work-Bee. Help out at the tree nursery, with event prep or work on the trails. Locations and duties will be determined each week and will be posted on the CRCA's Facebook Page at **www.facebook.com/CataraquiRegionCA**

PARROTT'S BAY CONSERVATION AREA (LOYALIST)

FOREST THERAPY WALK

Thursday, February 7
Parrott's Bay Conservation Area
(1:00 to 3:30 p.m.)
REGISTRATION REQUIRED

Join Forest Therapy Guide Stana Luxford Oddie on a winter Forest Therapy walk. A forest therapy walk is a healing and connective practice that provides the opportunity to deepen your relationship with nature, yourself, and others. Forest Therapy is about opening your senses to the present moment. Everything is an invitation, participants follow what feels comfortable to them. The experience can involve walking, sitting, standing or even lying down and the option to share what you are noticing with others. Some side effects might include a boosted immune system, reduced stress and anxiety, greater creativity and focus, better sleep. Slow down, heal and connect with nature. Cost is $20 per person and registration is required. Register online at **www.crca.ca/online-services**.

MAPLE MADNESS – LITTLE CATARAQUI CREEK CONSERVATION AREA

March 9 to 17 (March Break)
March 23 and 24
March 30 and 31
(9:00 a.m. to 4:00 p.m.)

March means maple syrup at Little Cataraqui Creek Conservation Area. Take a tractor-drawn wagon back to our sugar bush to see how maple syrup was made in the olden days and how we make it now. Enjoy pancakes with real maple syrup and buy some maple syrup or sugar to take home.

The sugar bush is open from 9:00 a.m. to 4:00 p.m. each day of the Maple Madness program. Be sure to check out some of our special activities like puppet shows, First Nations display, tree tapping demonstrations, the annual Bake Sale, and Olde Tyme Sugar Bush Chores. Check our schedule below for the times and dates for these activities. You'll want to visit us more than once!

SATURDAY PUPPET SHOWS - NEW 2019 SHOWS

Saturday, March 9
(10:30 a.m., 11:00 a.m., 11:30 a.m., 12:00 p.m., 12:30 p.m. and 1:00 p.m.)

Visit the Outdoor Centre for a fun family show where our puppet friends share secrets of the sugar bush. It is a great opportunity to be entertained before venturing to the sugar bush or before heading home.

FIRST NATIONS DISPLAY

Saturday, March 9
(10:00 a.m. to 3:00 p.m.)

Join Paul Carl for an interactive presentation at our First Nations maple syrup display in the sugar bush. Paul will explain how his ancestors harvested and used sweet water in ceremonies to make maple syrup and sugar.

SELF-GUIDED SUGAR BUSH TOURS & TREE TAPPING DEMONSTRATIONS

Sunday, March 10
(10:00 a.m. to 3:00 p.m.)

Visit our self-guided displays in the sugar bush and learn about sweet water. See how maple syrup was made in the olden days and how we make it now. Be sure to visit our tapping demonstrations to learn how to identify a sugar maple tree, measure it and use a brace and bit hand drill to practice your tapping skills on a log.

FACE PAINTING

Sunday, March 10
(11:00 a.m. to 2:00 p.m.)

Celebrate Maple Madness by getting your face painted! Head into the Outdoor Centre where The Not So Amateurs will offer quality, professional face painting by donations ($5 suggested donation). Support local non-profit theatre company and celebrate the season (we use quality, non-hypoallergenic face paint).

MARCH BREAK PUPPET SHOWS - NEW 2019 SHOWS

Monday, March 11 to Friday, March 15
(Daily at 10:00 a.m., 10:30 a.m., 1 1:00 a.m. 11:30 a.m. 1:00 p.m., 1:30 p.m., 2:00 p.m. and 2:30 p.m.)

Visit the Outdoor Centre for a fun family show where our puppet friends share secrets of the sugar bush. It is a great opportunity to be entertained before venturing to the sugar bush or before heading home. There are daily puppet shows from Monday through Friday during the March Break.

SELF-GUIDED SUGAR BUSH TOURS & TREE TAPPING DEMONSTRATIONS

Monday, March 11 to Friday, March 15

Visit our self-guided displays in the sugar bush and learn about sweet water. See how maple syrup was made in the olden days and how we make it now. Be sure to visit our tapping demonstrations from 10:00 a.m. to 3:00 p.m. Learn how to identify a sugar maple tree, measure it and use a brace and bit hand drill to practice your tapping skills on a log.

MAPLE TAFFY DEMONSTRATION

Wednesday, March 13
(10:00 a.m. to 3:00 p.m.)

Join CRCA staff in the sugar bush and learn how maple taffy is made. Samples of this sweet treat will be available by donation.

FOUNDATION BAKE SALE

Saturday, March 16

Pick up some sweet treats at the annual Cataraqui Conservation Foundation Bake Sale at the Outdoor Centre. All proceeds from the bake sale support the Cataraqui Region Conservation Authority's Conservation Education School Programs.

PUPPET SHOWS AND FIRST NATIONS DISPLAY

Saturday, March 16
See Saturday, March 9 for details.

SELF-GUIDED SUGAR BUSH TOURS & TREE TAPPING DEMONSTRATIONS

Sunday, March 17
See Sunday, March 10 for details.

FACE PAINTING

Sunday, March 17
(11:00 a.m. to 2:00 p.m.)

See Sunday, March 10 for details.

PUPPET SHOWS AND FIRST NATIONS DISPLAY

Saturday, March 23

See Saturday, March 9 for details.

SELF-GUIDED SUGAR BUSH TOURS AND TREE TAPPING DEMONSTRATIONS

Sunday, March 24

See Sunday, March 10 for details.

FACE PAINTING

Sunday, March 24
(11:00 a.m. to 2:00 p.m.)

See Sunday, March 10 for details.

WHAT'S HAPPENING CONTINUED...

FIRST NATIONS DISPLAY

Saturday, March 30

See Saturday, March 9 for details.

MAPLE TAFFY DEMONSTRATION

Saturday, March 30
(10:00 a.m. to 3:00 p.m.)

Join CRCA staff in the sugar bush and learn how maple taffy is made. Samples of this sweet treat will be available by donation.

OLDE TYME SUGAR BUSH CHORES

Saturday, March 30
(10:00 a.m. to 3:00 p.m.)

Try your hand at some "olde tyme" sugar bush chores today. You can try log sawing, emptying sap buckets and tapping trees.

SELF-GUIDED SUGAR BUSH TOURS & TREE TAPPING DEMONSTRATIONS

Sunday, March 31

See Sunday, March 10 for details.

FACE PAINTING

Sunday, March 31
(11:00 a.m. to 2:00 p.m.)

See Sunday, March 10 for details.

SPRING ACTIVITIES

LITTLE CATARAQUI CREEK CONSERVATION AREA - KINGSTON

FOREST THERAPY WALK SERIES – 3 WALKS IN 3 WEEKS

Tuesday, April 2 –
Little Cataraqui Creek Conservation Area
Tuesday, April 9 –
Parrott's Bay Conservation Area
Tuesday, April 16 –
Location to be determined

(1:30 to 4:00 p.m.)
REGISTRATION REQUIRED

Join Forest Therapy Guide Stana Luxford Oddie for a spring immersion Forest Therapy walk series and learn the practice of Shinrin-yoku (forest bathing). Re-ignite your relationship with the amazing, healing landscape of our beautiful world and give yourself permission to take time out of your busy schedule to immerse yourself over three weeks. Cost is $60 per person and registration is required. Register online at **www.crca.ca/online-services**.

ONTARIO'S REPTILES & AMPHIBIANS

Sunday, April 7
(1:00 p.m.)
REGISTRATION REQUIRED

Join Kenny Ruelland to learn about Ontario's at-risk reptiles and amphibians, the threats they face and how we can help them! After learning about these intriguing animals, you will have the change to get hands on with local, native species! This is a great opportunity to get over any phobia of the slimy or scaly – or just sit back and learn. Registration is required, and cost is $4 per person (includes gate fee). Register online at **www.crca.ca/online-services**

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EARTH DAY CELEBRATION WEEKEND SMUDGING CEREMONY

Saturday, April 13
(1:00 p.m.)

Gather with Paul Carl to cleanse your mind and body and offer good thoughts for Mother Earth. By smudging we allow the smoke to rise into Father Sky and ask that the Eagle take those thoughts to the creator for a healthier Mother Earth and all of our relations on her.

TRAILSONG

Sunday, April 14
(1:00 p.m.)

Trailsong is a family friendly event when we celebrate our Earth through song. Young Choristers Limestone and the Mulberry Waldorf School Choir will lead a hike around the Chickadee Trail, presenting Earth songs at various points along the trail.

HUMMINGBIRDS CANADA PRESENTATION

Sunday, April 28
(1:00 p.m.)
REGISTRATION REQUIRED

Join Stephen Kapusta and learn about his experience volunteering with Hummingbirds Canada including information on gardening for hummingbirds, their migration, and the western hummingbird species that sometimes visit Ontario in the Fall. Presentation takes place at 1:00 p.m. in the Outdoor Centre at Little Cataraqui Creek Conservation Area. Registration is required, and cost is $4 per person (includes gate fee). Register online at **www.crca.ca/online-services**.

FOREST THERAPY WALK

Saturday, May 4
(9:00 a.m. to 11:30 a.m.)
REGISTRATION REQUIRED

Join Forest Therapy Guide Stana Luxford Oddie on a spring Forest Therapy walk. A forest therapy walk is a healing and connective practice that provides the

opportunity to deepen your relationship with nature, yourself, and others. Forest Therapy is about opening your senses to the present moment. Everything is an invitation, participants follow what feels comfortable to them. The experience can involve walking, sitting, standing or even lying down and the option to share what you are noticing with others. Some side effects might include a boosted immune system, reduced stress and anxiety, greater creativity and focus, better sleep. Slow down, heal and connect with nature. Cost is $20 per person and registration is required. Register online at **www.crca.ca/online-services**.

FROG NIGHT HIKE

Saturday May 4
(6:30 p.m.) REGISTRATION REQUIRED

Bring everyone in the family out to our annual frog hike. You'll learn about the different frogs that live at Little Cataraqui Creek and go on a short walk to listen for frog calls. To ensure we have enough hike leaders to participants registration is required. Registration forms can be found online at **www.crca.ca/online-services**. Cost is $4 per person which includes registration and gate fee. Children 1 and under are free.

NATURE EXPLORERS CAMP

Little Cataraqui Creek Conservation Area
(Ages 6 to 11, 8:30 a.m. to 4:30 p.m.)

Based at Little Cataraqui Creek Conservation Area, campers experience the great outdoors through our fun nature-inspired theme weeks, outdoor activities, hands-on experience, and a weekly guest speaker. For two days a week, campers get loads of time to swim, play on the beach and explore Gould Lake Conservation Area.

Cost is $210 per week. Camp runs from 8:30 a.m. to 4:30 p.m. Monday to Friday. Before and after care is available for $25 per week from 8:00 a.m. to 5:00 p.m. Registration is required and forms will be online early in the new year at www.crca.ca/online-services.

MAC JOHNSON WILDLIFE AREA - BROCKVILLE

MOTHER'S DAY TREE SALE

Saturday, May 11
(10:00 a.m. to 2:00 p.m.)
Centennial Road Parking Lot

Come out and support the Friends' annual spring tree sale just in time for Mother's Day. All trees and shrubs are native stock grown at the Mac Johnson Wildlife Area tree nursery. The sale takes place at the Centennial Road (south entrance) parking lot.

LEMOINE POINT CONSERVATION AREA - KINGSTON

SPRING CLEAN-UP DAY

Saturday, April 27
(9:00 a.m. to Noon)

Come out and help the Friends of Lemoine Point give the Conservation Area a good spring cleaning. Volunteers will be in both parking lots handing out gloves and garbage bags to people who want to participate in the clean-up.

SPRING TREE PLANTING

Saturday, May 4
(9:00 a.m. to 11:00 a.m.)

Our annual spring tree planting will take place at Lemoine Point Conservation Area. Meet at the north parking lot (Coverdale Drive) to help plant trees. Bring your shovel, work gloves and your energy.

NATIVE PLANT SALE

Saturday, May 18
(9:00 a.m. to 3:00 p.m.)

Buy some trees, shrubs or wildflowers for your home garden. All plants are grown at the Lemoine Point Native Plant Nursery. Proceeds from the sale help to support the nursery and the tree stock grown to support local forestry programs.

CRCA Staff Members Earn Special Recognition

Cataraqui Region Conservation Authority staff members Stana Luxford Oddie and Rick Knapton recently received official recognition for their hard work, dedication and innovative thinking by two significant conservation-related organizations.

Watershed Interpreters Network (WIN) Awards were handed out at the 2018 edition of the Latornell Conservation Symposium, held in Alliston, Ontario in early November.

The 2018 WIN Awards recognize Conservation Authority individuals and groups who have demonstrated outstanding leadership in watershed education. Stana Luxford Oddie, the CRCA's Senior Conservation Educator, was singled out for her 20 years of work with the Authority's education programs and being a pioneer in bringing Forest Therapy Walks to Ontario, with the creation of the CRCA's Forest Therapy Program for members of the public, individuals and community organizations within the Cataraqui watershed. It earned her the WIN Outstanding Achievement Award for 2018.

The award recognizes Conservation Authority Staff that have made a significant and longstanding difference in conservation education and creating innovative new educating programs. Winners for this award were selected by a participant vote at the 2018 Rekindle the Sparks Conservation Education Workshop held in conjunction with the Latornell event.

Stana receiving her WIN Award at Rekindle The Sparks. L to R: Melissa Levi, St. Clair Region Conservation Authority, Stana Luxford Oddie & Katrina Furlanetto, Cataraqui Region Conservation Authority (left). Rick Knapton CRCA Forestry Coordinator (right).

Stana Luxford Oddie joined the Cataraqui Region Conservation Authority in September 1999 as the Education Officer. Along with program design, development, administration, and teaching, Stana also supervises and mentors Education staff, Queen's University Teacher Candidates, Volunteers and the Nature Explorers summer camp team. Stana has been an accredited Forest Therapy Guide since Nov. 2016 and a Mentor and trainer with the Association of Nature and Forest Therapy Guides and Programs.

Rick Knapton received special recognition from the Cataraqui Conservation Foundation during its recent annual meeting, earning one of their prestigious Conservation Awards.

The Cataraqui Conservation Foundation's Conservation Awards recognize service to conservation by individuals, groups and corporations. This service can be through specific projects, long-term practice or other outstanding conservation related activity within the jurisdiction of the Cataraqui Region Conservation Authority.

One of the awards is reserved for CRCA staff. The Stewart Fyfe Staff Award Honours a member of the CRCA staff and/or its affiliated organizations who has made an exceptional contribution to conservation in the CRCA watershed. This year's honouree was CRCA Forestry Coordinator Rick Knapton, for his exceptional dedication as the facilitator of the CRCA's tree planting program which has seen more than 1 million trees planted since being affiliated with Ontario's 50 Million Tree Program.

Rick joined the CRCA in early 1991. In his capacity as the Forestry Coordinator for the CRCA, he administers the reforestation programs for the Authority as well as managing the CRCA forests and providing forest operation plans on several of our properties and maintaining their status under the Managed Forest Tax Incentive Program (MFTIP) program. He is also responsible, in large part, for the operation of the Lemoine Point Conservation Area which includes working alongside the Friends of Lemoine Point and helping administer the Assisted Migration Planting Project site and the Native Plant Nursery.

Why It's Important to Contact the CRCA Before Working Near Shorelines and Watercourses

Cataraqui Region Conservation Authority (CRCA) planning and development staff would like to remind residents, developers and other stakeholders that shorelines, floodplains, wetlands and adjacent lands could end up being natural hazards, as they are prone to both flooding and erosion.

Development projects, including decks, boathouses, docks and alterations to watercourses, may require building and/or planning approvals from the local municipality. As well, these kinds of projects may also be under the jurisdiction of the CRCA's regulatory regime.

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 navigate you through the permit process. So, if you are planning an addition to your lakeshore home or business, 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 regulations come under the auspices of the Ontario government's Conservation Authorities Act, which regulates 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.

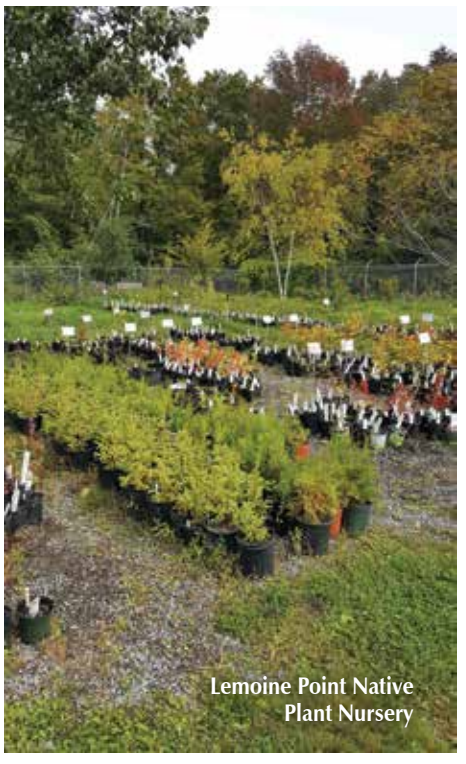
Why do we have these rules and regulations and permitting process in place? It's because filling, construction or alteration of floodplains, wetlands, shorelines and waterbodies can result in increased upstream or downstream flooding, reduced water quality, destruction of fish and wildlife habitat and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

Tree Nurseries A Key Part of CRCA Forestry Program

Tree Nursery at Mac Johnson Wildlife Area



Lemoine Point Native Plant Nursery

Besides being a wonderful place for a picnic, nature walk, or paddle on the Back Pond, the Mac Johnson Wildlife Area in Brockville sports an impressive tree nursery program, which has been in operation for more than a decade.

Under the direction of Stefan Foerster, the Mac Johnson Wildlife Area Coordinator, the Friends of the Mac Johnson Wildlife Area spend countless hours each year, volunteering their time, talents and energy to plant seedlings, do weeding, and maintain the nursery grounds, plots, planting beds and structures.

This past November, the CRCA and the Friends were pleased and proud to announce the completion of construction on a new greenhouse at the nursery. It will help immeasurably to offset the negative impact of harsh weather and act as a human nursery does – to nurture and protect the young to ensure they grow up strong and healthy.

In the late fall and winter, the nursery will protect some of the more sensitive species of first year starts, such as Oak, Walnut and Hickory from severe cold and rodent damage during the over-wintering period. In the early spring, the nursery will help induce early growth of the deciduous species in time for the Mother's Day Tree Sale, and in late spring, it will protect tree seed planting and seedlings.

At present, there are approximately 1,500 trees and shrubs that will be ready for sale during the annual Mother's Day Tree Sale at the Mac Johnson Wildlife Area, which this year will take place on Saturday, May 11, 2019, from 10 a.m. to 2 p.m. in the parking lot of Centennial Road. All proceeds from the Mother's Day Tree Sale go to purchasing new nursery stock, benches, trail maintenance and various education and public programs at the Nature Centre.

The Mac Johnson Wildlife Area nursery is a hub of community activity at various times throughout the year as nursery stock is used for local TD Tree Days planting activities, while another bank, RBC, has staff volunteer during some planting days, as well as donating to the Friends. Local students come to help out with planting and wedding, while the City of Brockville has included the nursery on the 2018 list of sites evaluated as part of the Ontario Communities in Bloom contest.

In the Kingston area, the tree nursery at the Lemoine Point Conservation Area plays a similar role for the western portion of the Cataraqui Region. The nursery is an excellent example of the benefits of community partnerships, as CRCA staff help co-ordinate tree planting sessions and sales, working in close collaboration with the exceptional volunteers of the Friends of Lemoine Point.

The Friends developed and manage the nursery at the north end of Lemoine Point to grow plant stock for reforestation activities, using seeds and cuttings collected from native trees and shrubs. Such local plant stock is more likely to lead to healthy and well-adapted plants than stock that is introduced from outside of the region. The nursery has the support of various local environmental organizations, is funded through donations, and is operated by volunteers.

Trees, shrubs and wildflowers are also available for sale to the public. All proceeds go back into the nursery. Each Spring, there is a Native Plant Sale at the site, in 2019 it takes place on Saturday, May 18. As well, there are two well-attended and very productive planting sessions held on the property, co-ordinated by the Friends, along with other partners, including TD, as well as staff from the CRCA. Each time out, dozens of area residents, including many families, help plant hundreds of trees.

The spring planting session takes place Saturday, May 4, from 9 a.m. to 12 noon.

For more information about the Mac Johnson and Lemoine Point Tree nurseries visit **crca.ca.**

— FOUNDATION NEWS —

The Cataraqui Conservation Foundation would like to recognize and congratulate the winners of the 2018 Conservation Awards of Excellence!

Corporate Award: Community Development Department at the Town of Gananoque is recognized for its initiatives in establishing a risk management office, education, environmental spills training and awareness programs in water source protection and management.

Stewart Fyfe Staff Award: This award honours a member of the CRCA staff and/or its affiliated organizations who has made an exceptional contribution to conservation in the CRCA watershed. Rick Knapton is recognized for his effort and dedication as the facilitator of the CRCA's tree planting program and work with Ontario's 50 Million Tree Program.

Community Award: The Heirloom Seed Sanctuary is recognized for their work in maintaining a 'living' local heirloom seed collection, hosting a webinar series to teach seed saving skills, and sponsoring Kingston Seedy Saturday where seeds from the collection are shared.

Citizen Award: Dr. Gerald Dyer is recognized for his initiative, foresight, commitment and significant contribution to the establishment of the CRCA and for his efforts in facilitating the donation of land from Dupont for the Marshlands property.

PRINCESS PROMENADE

Once again, the Foundation hosted an information and education display at the annual Fall Princess Promenade in downtown Kingston. Thank you to all our board members for helping us to meet and educate our community. Thank you to the CRCA for their help and for allowing us to borrow their Water Bug collection. It was very interesting and informative, and the children loved it. Thanks as well to everyone who visited our display and for your interest.

'THE MESSENGER' AT THE SCREENING ROOM

This year, as part of our outreach and advocacy mandate, we hosted a very special event on Sunday, Oct. 14, 2018 at the Screening Room in Kingston with a special presentation of the film The Messenger. We were very pleased with the support from our community in attending this event and for their donations. We would especially like to thank special guest, Dr. Elizabeth Gow, ornithologist, who joined us to answer questions and discuss the film and her current ongoing research. Thank you to Wendy Huot, owner of the Screening Room, for use of the newly-renovated theatre.

For more information on the film, visit (**http://songbirdsos.com/about/messenger/**)

LAND ACQUISITION FUND

One of the mandates of the Cataraqui Conservation Foundation is to assist the CRCA with acquiring land. Even with donations of land, there are still costs that must be covered, such as lawyers' fees, surveys and appraisals. If you would like more information about donating land, or making a monetary donation for land acquisition, please call 546-4228 ext. 231 and leave a message or email us at **catconservationfoundation@gmail.com**.

LEAVE A LEGACY

The Foundation is part of the Eastern Ontario Leave a Legacy Group. This partnership allows the Foundation to be part of a larger group of organizations that foster estate planning and donations to charitable organizations through wills and trusts. For more information, please see our website at **www.cataraquiconservationfoundation.org**.

DO YOU USE THE CRCA PROPERTIES? BECOME ENGAGED.

The Cataraqui Conservation Foundation is looking for new members for its board of directors. Do you have time to develop new programs and projects to raise money to support conservation education? This is an exciting opportunity where you can make a real difference.

The Cataraqui Conservation Foundation, founded in 1965, is a registered charity with a mandate to support the activities of the Cataraqui Region Conservation Authority. If you use the CRCA properties, you are the sort of person who would make an ideal Foundation Board member. For information contact: Carol Murphy, President at **carolmurphyccf@gmail.com**

BECOME A PARTNER IN OUTDOOR EDUCATION

Our annual Partners in Outdoor Education mailing has been sent out. This mailing asks individuals, organizations and businesses to sponsor students to attend Outdoor Education programs at Little Cataraqui Creek Conservation Area and at Mac Johnson Wildlife Area. It is only by exposure to nature that we learn to care for it, so we believe in these programs, as do our supporters who have been continuing to make generous donations for many years for these innovative and wonderful programs. We thank each one who has donated so generously. These programs need our support and we are committed to continue the work on behalf of conservation and the environment. If you receive a Partners in Education appeal letter, please give generously. If you would like to donate and are not currently on our mailing list, please contact us directly at **catconservationfoundation@gmail.com**

MARCH MAPLE MADNESS BAKE SALE

Saturday March 16th, 2019, during CRCA Maple Madness festivities, the Foundation will once again be hosting its annual Bake Sale. With community support from local bakeries we will be selling delicious baked goods in the Outdoor Centre. Join us for a delicious selection of baked goods to eat on site or take home.

IN MEMORY

The Foundation has beautiful memorial cards that are available at CRCA as well as at most funeral homes. Donations made through these memorial cards will directly benefit conservation and outdoor education programs. Tax receipts will be written for donations through these cards.

Groundwater Protection Workbooks an Excellent Resource to Gauge Water Vulnerability

GROUNDWATER PROTECTION WORKBOOK
for Well & Septic Owners in the Cataraqui Region

CATARAQUI REGION CONSERVATION AUTHORITY INFO@CRCA.CA | CRCA.CA | CLEANWATERCATARAQUI.CA

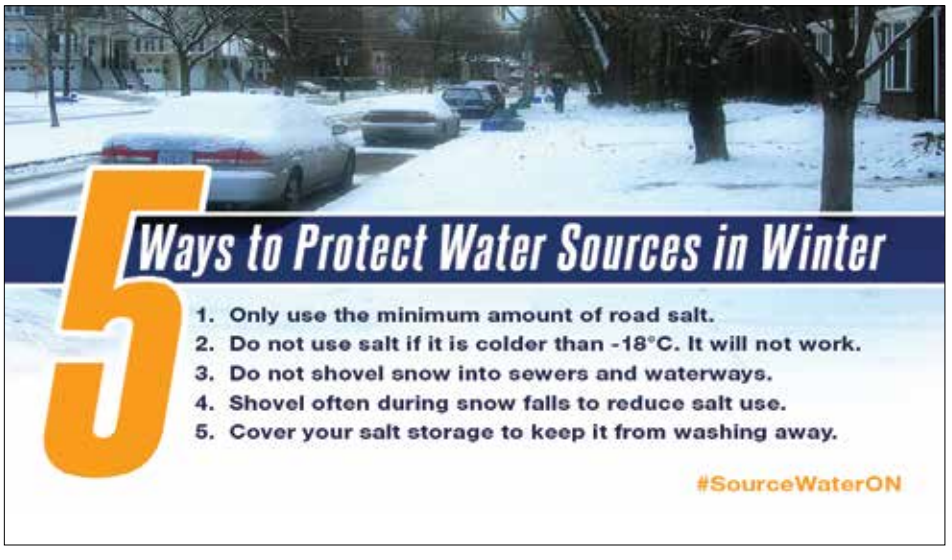
Rural landowners within the Cataraqui region who are looking for a handy, user-friendly and informative way of understanding any issues or concerns they may have with the status of groundwater on their property are encouraged to access their own Groundwater Protection Workbook from the Cataraqui Region Conservation Authority.

CRCA staff in partnership with Public Health Ontario, Kingston, Frontenac, Lennox & Addington Health Unit, Leeds, Grenville and Lanark District Health Unit, and the Ministry of Environment, Conservation and Parks 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 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. Compiled and distributed by the Cataraqui Region Conservation Authority, the booklet aims to:

1. Be a resource for determining risks to drinking water and vulnerable groundwater on your property.
2. Outline best practices for the operation and maintenance of your well and septic system.
3. Specify contact information and additional material for reference.
4. Provide well and septic system tracking sheets and a space to keep important records all in one place.

"Understanding the risks to groundwater on your property is critical to ensuring existing and future sources of drinking water. In our region, with thin soils and fractures in the local bedrock there is a highly sensitive environment to potential sources of pollution," said Katrina Furlanetto, Manager, Watershed Planning and Engineering.

"It is therefore imperative we all understand how to reduce risks of pollution on our own properties through proper care and maintenance of ongoing activities."

The workbook is available online for download at **www.cleanwatercataraqui.ca**.