



# The Buck Lake Association Inc.

Box 36, INVERARY, ON K0H 1X0

[www.bucklake.ca](http://www.bucklake.ca)

email: [Buck Lake Information](mailto:BuckLakeInformation)

"To enhance people's enjoyment of Buck Lake now and for future generations"

## *Buck Lake News – February 2022*

### Table of Contents

|   |    |
|---|----|
| Calling All Artists! .....                                  | 1  |
| Power's out? Get cooking! .....                             | 2  |
| Are You Ready for the Return of the Cat Trail Quest? .....  | 5  |
| Soups on!.....  | 6  |
| Smoky Chorizo and Squash Soup .....                         | 7  |
| South Frontenac Lake Ecosystem Grant Awards Announced ..... | 8  |
| South Frontenac Council Highlights .....                    | 9  |
| Coming Events.....  | 10 |

**Do you want to get more involved in your Lake Association?**  
We Currently Have the Following Committees Active  
& Would Always Welcome Volunteers

|   |   |   |
|---|---|---|
| <b>Friends of the Lake</b><br>Martha <a href="#">Scheinman</a> (co-lead)<br>Gillian Lash (co-lead)<br>Nora Lapp |  | <b>Government Relations</b><br>Randy <a href="#">Ruttan</a> (lead)<br>Nora Lapp<br>Crawford <a href="#">MacIntyre</a> |
| <b>Community Outreach &amp; Social</b><br>Vacant  | <b>Nominating</b><br>Gillian Lash (lead)<br>Don Young                               | <b>Communications</b><br>Martha <a href="#">Scheinman</a> (lead)<br>Cheryl <a href="#">Savery</a><br>Kathy McDonald   |
|   | <b>Member Services</b><br>Cheryl Savery<br>(lead)                                   |   |

If you are interested, please email [BuckLakeAssoc@gmail.com](mailto:BuckLakeAssoc@gmail.com)  
for more details about how to attend/access any forthcoming  
meeting.

"To enhance people's enjoyment of Buck Lake now and for future generations"

## Calling All Artists!

We know you have been busy the past couple of years working on your art and we are hoping you will share it with us. The Buck Lake News will be hosting the first ever Buck Lake Art Showcase. Have you produced works of art that feature Buck Lake, its people, flora, fauna or anything else to do with the lake? If so, we would love to help you share it with the Buck Lake community.

By March 31, please send us photos of your work produced in 2020, 2021 or 2022, including paintings, drawings, carvings, sculpture, stained glass or any other medium. Please include your name and the name of the work (if it has one). We will also have a kid's section. We can't promise to print them all, but we will try. This is not a contest and it is not a sale, just an opportunity to share your work and inspire us all with the beauty of Buck Lake.



Please send photos to [bucklakeassoc@gmail.com](mailto:bucklakeassoc@gmail.com).

## Join the Buck Lake Association Today

*It's only \$25 a Year!*

To sign up today online, paddle on over to  
<http://bucklake.ca/membership/>

By signing up or renewing that way, you'll also become a member of the Federation of Ontario Cottagers' Associations for free. As a member you get lots of perks: Information on rural property issues; Environmental programs; and, Discounts from merchants.

### Your Buck Lake Association Board of Directors

**President:**

Gillian Lash

**Vice-President:**

Don Young

**Treasurer:**

Cheryl Savery

**Recording Secretary:**

Cheryl Dawson

**Archivist:**

Kathy McDonald

**Directors at Large:**

Heather Douglas

Nora Lapp

Randy Ruttan

Crawford MacIntyre

Martha Scheinman

## ***Power's out? Get cooking!***

**By Adam Berkelmans**

Everybody who happened to be on the lake on December 11<sup>th</sup> experienced a bit of a shock as wind speeds picked up throughout the region and became quite fierce by evening time, blowing branches and sticks across roofs and bending over trees.

We had company over for dinner, fellow Buck Lakers, and I was becoming increasingly worried that we'd lose power in the middle of the ambitious meal I was making. My worries were well-founded as the lights began flickering around 5:30, then shut off completely.



We hurriedly lit candles and lanterns that we keep stored in an easy-to-reach place and illuminated our kitchen and living room in a romantic, dim light. We also stoked up the wood stove, seeing as our baseboard heaters weren't going to be helping much anymore. Expensive electronics were unplugged to protect them from power surges, and big jugs of water were taken out of storage into the bathroom to manually flush the toilet. We keep several large jugs of drinking water on hand at all times, so no worries there.

Once all of the power outage preparations had been made, I took stock of my half-completed meal and realized there was no way I could finish it without my electric oven and stovetop. Change of plans! I connected the propane tank that I'd topped up for the winter to the gas grill outside and got it lit; no easy feat with the gusty wind whipping through the grates.



*"To enhance people's enjoyment of Buck Lake now and for future generations"*

One of the things I'd been making for dinner included dough which had been rising next to the stove. It became re-purposed as pizza dough, which I pressed into flat ovals and dressed with odds, ends, and leftovers from the fridge. One became a French onion pizza with bacon and blue cheese, while the other was topped with leftover roasted tomatoes, zucchini, and some feta cheese. I cooked them on the barbecue with nary a burnt spot (more out of luck than skill) and we ate by candlelight. Dinner was saved!

We spent the rest of the night enjoying the novelty of being powerless; chatting, playing guitar, and singing for entertainment. A quick look outside, made possible by headlamps and flashlights we keep by the door showed that there were lots of sticks and small branches down, but nothing too serious.

The next morning the power was still out, as evidenced by the light switches I kept absentmindedly flicking, despite being aware they didn't work. The house had gotten a little chilly overnight so I lit a fire in the wood stove and reflected on how thankful I was that it wasn't -30° out. The storm that had knocked out the power brought in winds so warm that it melted all of the ice on the lake!

I started thinking about breakfast, coffee in particular, and began formulating a plan. My available cooking devices included the barbecue outside, my firepit (also outside), and my camp stove (which must ALSO be used outside). You may be catching on that I didn't really want to go outside quite yet. I did happen to be standing beside another possible cooking device: my wood stove.

I heated up the remains of yesterday's coffee pot in a wide shallow pan on top of the woodstove and got some sausages sizzling in a cast iron skillet next to it. Some eggs and bread followed and we had a nice greasy breakfast with coffee, sans electricity.

After breakfast, I went outside and hauled down some fresh gasoline that I'd recently filled up for the winter from the garage to where we keep the generator. All too often, generators are left sitting all year (or for years) with old gas, causing them to refuse to start. Nothing like a generator letting you down when you need it most. It's best to run them empty whenever you use them and top them up with fresh gas when you actually need them. A good habit to get into is to make sure your generator is clean and working at least once a year. I like to check mine out when I take the dock out.

I got the generator started, but left it off so we could enjoy the peace of a powerless house for the day without the constant grumble it would cause by being on. We spent the day cleaning up the yard and reading on the couch, enjoying the forced and much-needed time apart from our





electronic devices. At around 4pm I started up the generator and plugged in the fridge and freezer so as not to lose any food, and then got started on an early dinner while there was still daylight.

Some lamb kebobs, rubbed with dried mint and North African harissa sauce and cooked on the grill until medium rare, got served over an easy couscous salad with vegetables. Couscous is a great dish to make when you don't have access to power as it's easy and cooks in 5 minutes. Simply heat up a cup of water over any heat source and pour it over 1 cup of couscous. Stir, cover, and let sit for 5 minutes. Presto, you have couscous! Check out my recipe for couscous salad here: <https://theintrepideater.com/couscous-salad/>

Just as soon as we finished eating our gourmet candlelit meal, the power suddenly came back on with jarring intensity. I'm always a little disappointed when the power comes back on; being well-prepared for an outage makes a day or two without power a fun distraction from daily life rather than a cause for alarm or misery.



Are you ready for a power outage? Anyone living out here on the lake should be well-supplied with flashlights, headlamps, candles, drinking water, dish-washing and toilet-flushing water, a non-electric cooking device, a safe interior heat source, a generator with lots of fresh fuel, extra-long extension cords, and fully charged power/battery packs to charge phones for emergencies. When you're properly prepared, a potentially miserable few days can be turned into a fun, relaxing time with gourmet meals!

**Tammy & Heath Gurr**  
Broker  
Sales Rep.

*Your Total Real Estate Package!*

**613.273.9595**

**ROYAL LEPAGE**  
ProAlliance Realty  
BROKERAGE  
INDEPENDENTLY OWNED AND OPERATED

info@gurreathomes.com  
gurreathomes.com

ROYAL LEPAGE CHAIRMAN'S CLUB

*"To enhance people's enjoyment of Buck Lake now and for future generations"*

## ***Are You Ready for the Return of the Cat Trail Quest?***

By Heather Keeling


The “Cat Trail Quest” returns May 1<sup>st</sup>! We had such a great response to last year’s Quest that the Friends of the Cataraqui Trail are now planning another Quest. You will get another chance to see those adorable animals back on the Trail, but you will have to wait to find out where. They could be anywhere along the 104km Cataraqui Trail. Don’t worry, the clues in your passport will help you solve the Quest. Last year, one person completed the Quest in one day!

Registration will be the same as last year. An adult passport will be \$35, a child’s \$10 and a team of four, only costs \$75.

Registration will be available May 1<sup>st</sup> on the Cataraqui Conservation Website


<https://cataraquiconservation.ca/>. So get ready to have some fun, while you hike or bike your way to solving the Quest. Everyone who solves the Quest and registers their completion on the Cataraqui Conservation Website by Thanksgiving wins a prize! All funds raised by the Quest go towards keeping our Cataraqui Trail safe, beautiful and a joy for all!





**TREK**  
KINGSTON

RIDE BIKES *have fun* FEEL GOOD



[www.trekbicyclekingston.com](http://www.trekbicyclekingston.com)  
613-767-3076  
[info@trekbicyclekingston.com](mailto:info@trekbicyclekingston.com)

***“To enhance people’s enjoyment of Buck Lake now and for future generations”***

## ***Soups on!***

**By Adam Berkelmans**

It's getting to that time of the year when the winter blahs set in, isn't it?

Winter continues to plod on and spring still seems so far away. Many of the snowbirds who would normally be enjoying the sun in the south are stuck in Canada with their wings clipped for yet another year. As you sit there, morosely staring out the window – Wait! Enough of that.

Want to know the best way to beat those sub-zero blues? Go outside!

Those of us over-wintering on the lake are lucky enough to live in an incredible winter wonderland, full of endless opportunities for fun and enjoyment. Much of the lake is frozen solid this year which is definitely a bonus. Wrangle up some neighbours to shovel off a rink for skating or hockey. If skating's not your thing, strap on some cross-country skis and get out on the ample snow that came down this year. Frontenac Park is right on our doorstep and has ample opportunity for hiking and snowshoeing on incredible trails with beautiful rock and ice formations. Channel your inner child and have a snowball fight or make snow angels. Leave a surprise snowman on your neighbour's lawn. Gather around a fire with some hot chocolate (maybe with a little somethin' somethin' added). Try out ice fishing!

The best part about getting outside is that you're likely to see your neighbours out there too. I find that wintertime is when I get to meet new neighbours from across the lake that I'd normally never get to see. The fun, social interaction, and exercise will make you feel like a whole new person, and may even ignite in you a love for this wonderful season.

When it's time to go back inside, you're going to need something to shake off the cold, and I've got just the thing. This smoky chorizo and squash soup will warm you up from the inside out with its comforting silkiness. The addition of spicy crumbled sausage and crunchy croutons brings the traditional puréed squash soup to a whole new level. Fresh chorizo sausage is often available at Kudrinko's and Glenburnie Grocery, but if you can't find it, feel free to substitute Italian sausage instead.



### **Gord McDiarmid**

**Barrister, Solicitor,**

**Since 1979**

**(and a happy year-round resident on  
Buck Lake since June 2006)**

*Real Estate, Mortgages, Family Law  
Wills, Estates, Powers of Attorney*

**Home: 1097 Tober Lane, Buck Lake  
Phone: 613-353-6912**

**Office: 3 Rideau Street, Kingston  
Phone: 613-546-3274  
Fax: 613-546-1493**



## ***Smoky Chorizo and Squash Soup***

Serves: 4      Ready in: 45 minutes      Special Equipment: Blender or hand blender

### **Ingredients**

- 1 winter squash (acorn, butternut, buttercup, etc.)
- 1 tablespoon + 2 teaspoons vegetable oil
- 2 slices of bread
- 1/2lb (225g) chorizo sausage
- 1 large onion, chopped
- 2 cloves garlic, minced
- 4 cups raw spinach, chopped
- 1 teaspoon cumin powder
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 cup cream
- 2 oz (60g) cheddar or American cheese
- Salt

**PERTH ROAD STORE**  
 5504 Perth Road Crescent  
 Box 1049 Perth Road, ON      K0H 2L0  
**(613)353-6234**  
[perthroadstore@xplornet.ca](mailto:perthroadstore@xplornet.ca)  
 Monday-Friday 6:00am-7:00pm  
 Saturday 8:00am-6:00pm  
 Sunday 9:00am-5:00pm



**North  
Country  
MARINE**

**WAYNE GORDON**  
 SALES/MARKETING

4201 PERTH ROAD  
 INVERARY (Kingston),  
 ONTARIO K0H 1X0  
 613-353-1577 EXT.22 FAX: 613-353-7230  
[www.northcountrymarine.ca](http://www.northcountrymarine.ca)  
 email: [wayne@northcountrymarine.ca](mailto:wayne@northcountrymarine.ca)






### **Preparation**

1. Preheat oven to 350°F
2. Peel the squash, remove the seeds and gunk, then cut it into wedges. Transfer the wedges onto a lined baking sheet and toss them in 2 teaspoons of the oil.
3. Put into oven for about 30 minutes, or until soft.
4. Meanwhile, add the rest of the oil to a medium pot over medium heat.
5. Squeeze the sausage out of its casings. Add the crumbled sausage to the pot, and cook until crispy, about 15 minutes.
6. Remove the sausage to a bowl or plate and set aside for the time being. Leave the oil behind in the pot.
7. Add onions to the oil over medium heat and cook until browned, about 10 minutes. Add the garlic, spinach, and spices, as well as the cooked chorizo and cook for another 2 minutes. Turn off the heat.
8. Once the squash is soft, remove from the oven.
9. Turn off the oven. Take the 2 slices of bread and put them on the baking sheet and into the (turned off) oven to slowly toast. You want them crunchy like croutons, which should take 10 minutes or so.
10. Put the squash into the blender. Add 1/2 cup of water and the cream to the squash, then blend on high until very smooth. Pour the liquid over the sausage mixture in the pot and stir everything together well.
11. Turn on the heat to medium then begin adding water, 1/2 a cup (125ml) at a time until the soup reaches your desired consistency. I like mine pretty thick. Add the cheese and stir it in until it is fully melted. Since some sausage is saltier than others, and the amount of water



you put it may be different than mine, it's up to you to taste for seasoning. Give the soup a taste and add salt until you're happy with the flavour.

12. To serve, crumble the toasted bread over the soup. Garnish with cilantro and serve hot. Enjoy!

## ***South Frontenac Lake Ecosystem Grant Awards Announced***

Gillian Lash

Chair, South Frontenac Lake Ecosystem Advisory Committee

In July 2021, I wrote an article about South Frontenac's inaugural Lake Ecosystem Grant Program. We now have five winners!! Out of the \$60,000 available last year, over \$43,000 was allocated to these approved applicants.

The winning organizations include Battersea Loughborough Lake Association, Fourteen Island and Mink Lakes Watershed Association, Wolfe Lake Association, Queen's University Biological Station and Queen's University Arnott Lab.



## **Arnott Lab**

The projects reflect the numerous challenges that South Frontenac lakes face and the care and concern of their communities in the health of the lakes and more importantly taking action! Their

challenges include mitigating the introduction of invasive aquatic species; reducing the use of poisonous lead fishing tackles; understanding how road salt run-off impacts water quality and lake ecosystems and the analysis; lakeshore erosion improvement through the funding of a Scoped Dam Safety Assessment; and detecting aquatic invasive species earlier through the analysis of environmental DNA (eDNA).



**QUEEN'S UNIVERSITY  
BIOLOGICAL STATION**

eDNA analysis is a relatively new non-invasive method to assess aquatic species diversity. Environmental DNA originates from cellular material shed by organisms (via skin, excrement, etc.) into aquatic or terrestrial environments that can be sampled and monitored using new molecular methods. So, through a sampling of water, one can gain an understanding of all species living in that body of water! How effective and efficient!!

*"To enhance people's enjoyment of Buck Lake now and for future generations"*

Buck Lake is lucky to be one of the twenty lakes that this last project encompasses! It will create a baseline, upon which further data collection can compare!

The results of all projects will be shared with the public late this year.

If you have an idea of a Buck Lake ecosystem project that you would like to do and need financial assistance, take note that there will be another round of funding from the South Frontenac Lake Ecosystem Grant Program coming up!

## ***South Frontenac Council Highlights***

### **2022 Budget**

2022 budget deliberations are continuing with meetings having taken place on January 25<sup>th</sup> and 27<sup>th</sup>. Items discussed included the Scope Change for Buck Lake Culvert Replacement Project Report. More information can be found at

<https://events.southfrontenac.net> | <https://events.southfrontenac.net>



### **Township Office Redevelopment**

The Township offices are unable to provide a safe and efficient working space for current Township staff let alone the expected expansion to meet population growth and new needs.

Council has approved 2.5 million dollars to improve our administrative offices over the next two years. Consultants are being hired to present options which include expanding the current site, repurposing the library and building a new one, and adding a secondary site in Sydenham. The report can be found in the [December 14 Committee of the Whole agenda item 7.c.](#)



**TAKE THE FEAR OUT OF ENTERING  
OR EXITING YOUR KAYAK**



**AVAILABLE ONLINE AT  
KAYAARM.COM**

**FOREST AND FIELDS DOG RETREAT**  
IN THE HEART OF FRONTENAC COUNTY

**Cheryl Sutherland**

☎ (613) 273-9297  
✉ [forestandfieldsdogs@gmail.com](mailto:forestandfieldsdogs@gmail.com)  
📍 3047 Westport Road  
Godfrey, ON  
📍 [forestandfieldsdogs](#)

SHUTTLE SERVICE AVAILABLE

**Text: (613) 929-8809**



*"To enhance people's enjoyment of Buck Lake now and for future generations"*

## Coming Events

As Covid restrictions are lifted, we are hoping to hold an Outdoor Winterfest at Hidden Valley Campground in late February or early March depending on the weather. If you are interested in helping to organize this, please contact us at [bucklakeassoc@gmail.com](mailto:bucklakeassoc@gmail.com). Stay tuned for more details.



In order to promote the spirit of Buck Lake, we invite your comments and suggestions for newsletter articles or announcements. Mail to: [BuckLakeAssoc@gmail.com](mailto:BuckLakeAssoc@gmail.com)

**It's always  
BLA Calendar  
season**

**Remember:  
WE NEED YOU  
ALL YEAR LONG!**



Calendar submissions are always welcome. Please send your amazing Buck Lake photos in full resolution to Cheryl Dawson at [dawson.cheryl13@gmail.com](mailto:dawson.cheryl13@gmail.com) right when they happen.

*Please, no people in the photos.*

**Greenshield**  
PEST CONTROL INC.

**Cottage Residential Commercial**

24 Hours / 7 Days a Week Same Day Service

Senior & Military Discounts

**Local Family Owned**  
Over 30 Years Pest Control Experience

**Insect Control**  
18 Pest Protection Plan  
Ants, spiders, Bees, Hornets, Fleas, Cluster Flies, Earwigs, Bed Bugs, Cockroaches, Millipedes & More.

**Humane Wildlife Control**  
Mice, Raccoons, Squirrels, Birds, Skunks, Rats  
Humane Removal  
Proofing / Exclusion  
Damage Repair

Dropping Decontamination  
Attic Restoration  
Warranties

**Bat Control**  
Humane Bat Removal  
Decontamination  
3-10 year Warranty bat proofing  
Attic Restoration

**Contact Us Today  
613-389-3999**



[www.greenshieldpestcontrol.com](http://www.greenshieldpestcontrol.com)

**Greenshield Bucks**

This certificate value is \$25.00  
Off your Home or Cottage Service

**25**  
Twenty Five DOLLARS

One coupon per customer. Not valid with any other offer. No Cash value. New Customers Only.

*"To enhance people's enjoyment of Buck Lake now and for future generations"*