

# BUCK LAKE NEWS

JUNE 2026

## ASSOCIATION NEWS & EVENTS

**Buckstock 2026!** We are excited to welcome Craig Jones and The Alternative Facts for an afternoon of easy-listening music, good company, and community spirit on Saturday, June 27. Buckstock is a great opportunity to reconnect with neighbours, meet new friends, and enjoy an afternoon by the lake. Whether you're a year-round resident or a seasonal cottager, we hope you'll join us!

This year's event will once again be in support of Southern Frontenac Community Services (SFCS), an organization that helps seniors age independently, assists individuals with disabilities, and supports low-income families throughout South Frontenac and rural Kingston. For those interested in learning more about SFCS or making a donation in advance, additional information is available [here](#). We look forward to seeing you at Buckstock!

**2026 Membership.** We are now receiving annual membership dues for 2026. The dues have increased to \$40 per year and help to support all the activities and initiatives undertaken by the Buck Lake Association. If you and your family haven't previously joined, please check out [www.BuckLake.ca/Membership](http://www.BuckLake.ca/Membership) and consider becoming part of the Buck Lake Association (BLA). E-transfers can be sent to [BuckLakeAssoc@gmail.com](mailto:BuckLakeAssoc@gmail.com). If you have pre-paid, for 2026 or beyond we kindly ask you to make a top-up payment of \$15 per year so that we can continue to serve you to the best of our ability.

**Annual General Meeting.** We welcome all members of the Buck Lake Association to our Annual General Meeting on Saturday, August 8. The meeting will start promptly at 10:00 am at Harris Park Hall at 5612 Perth Rd. Crescent, in Perth Road Village. The BLA constitution requires a quorum of 20% of members to be in attendance at the AGM. As we do not always achieve this goal, we kindly request that if you are unable to attend in person, that you please email a completed [proxy form](#) (scan or picture) to [BuckLakeAssoc@gmail.com](mailto:BuckLakeAssoc@gmail.com) by Friday, August 7, 2026.

**Is anyone interested in a hike into Frontenac Park?** Maybe you never been but would like to try? If so, email [martin@mcdesign.ca](mailto:martin@mcdesign.ca) and we can choose a distance/route based on people's level of ambition and experience, anything from one hour upwards! It will be fun, bring your dog.

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**FEATURING CRAIG JONES & THE ALTERNATIVE FACTS**

**12PM TO 4PM - SATURDAY, JUNE 27, 2026 - HIDDEN VALLEY CAMPGROUND**

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## Annual General Meeting

Saturday, August 8, 2026

10:00 am

Harris Park Hall

5612 Perth Road Crescent

Perth Road Village





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## BLA ALTO SURVEY RESULTS

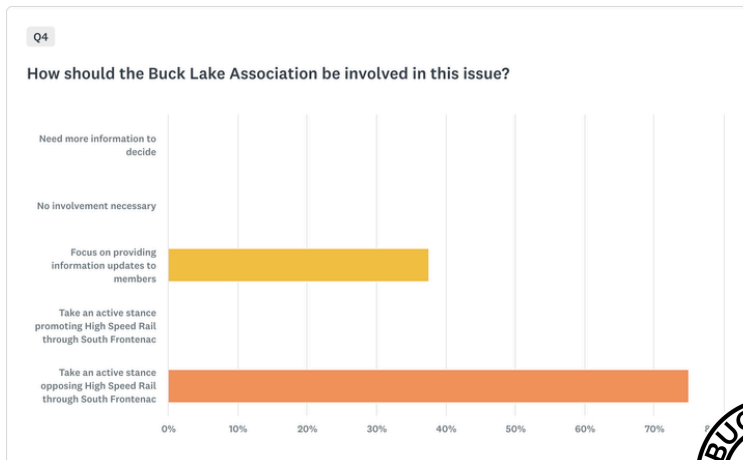
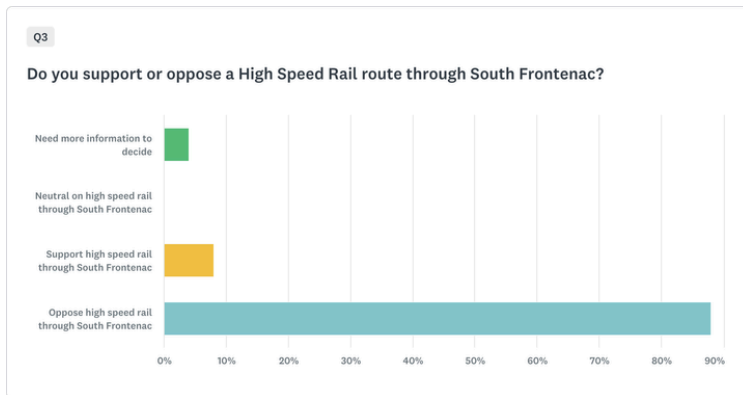
BY SCOTT LILLIS, BUCK LAKE ASSOCIATION

Last month we emailed members of the Buck Lake Association to better understand your knowledge and understanding of ALTO's high speed rail proposed to traverse South Frontenac on it's way from Peterborough to Ottawa.

We asked members four questions:

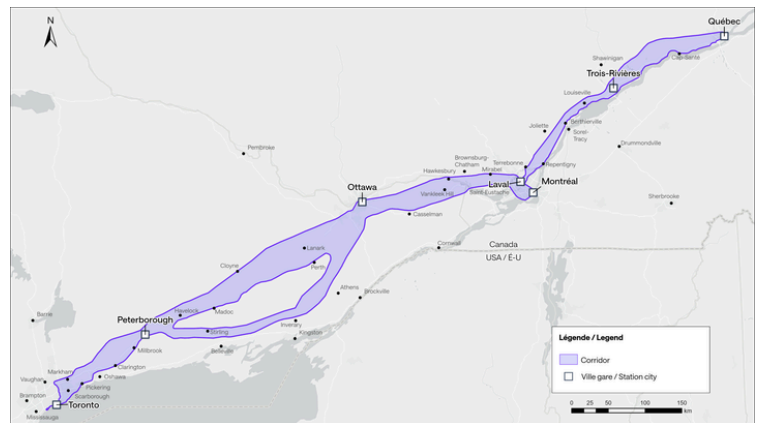
1. What is your level of awareness of the potential implications of the ALTO High Speed Rail Initiative for South Frontenac?
2. What information sources have you used to become educated about the implications of the ALTO High Speed Rail through South Frontenac?
3. Do you support or oppose a High Speed Rail route through South Frontenac?
4. How should the Buck Lake Association be involved in this issue?

We want to use this space to share the results of Questions #3 and #4.



It was very clear that the majority of our members oppose a High Speed Rail route through South Frontenac and that you would like us to take an active stance against it. To that end we will be writing letters on behalf of our membership to our Member of Parliament, Scott Reid sharing our concerns.

At this time the exact route from Toronto to Ottawa has not been chosen. There are currently two proposals, one traveling near Highway 7 and the other traveling further south through South Frontenac. This would have a negative effect on our community. There are many concerns that have been brought forward, for example, the expropriation of land and the effect on the environment. The proposed high speed train will be fenced in its entirety, isolating sections of our communities along its way. For more information you can call MP Reid and visit <https://www.altotrain.ca/en> to learn more.



Taken directly from ALTO's website - *Between Peterborough and Ottawa, two main approaches are being analyzed: a more direct northern corridor crossing less populated areas of the Canadian Shield, which presents greater technical challenges, and a more southern route through agricultural and recreational areas, which would facilitate construction and operations while crossing more densely settled regions. In both cases, the objective remains to reduce impacts on agricultural, forested and recreational environments.*





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## BUILDING A HEALTHIER BUCK LAKE SHORELINE

BY ANDREA LILLIS, BUCK LAKE RESIDENT

Last Thursday, June 4, I attended a Watersheds Canada Design Your Shoreline workshop hosted by the Township of South Frontenac. It was an informative and engaging evening focused on helping waterfront property owners create healthier, more resilient shorelines.

I was joined by fellow Buck Lake Association Board members Scott Lillis and Sharon Ledwell. Together, we learned about practical steps that shoreline residents can take to support water quality, wildlife habitat, and the long-term health of our lakes.

One statistic shared by Watersheds Canada staff Chloe Lajoie and Chantal Lefevre was particularly striking: only 22% of waterfront properties in Canada maintain the minimum 75% natural shoreline coverage needed to support long-term lake health. In other words, 78% of waterfront properties do not meet the minimum criteria for sustaining healthy lake ecosystems.

The workshop highlighted several ways property owners can improve shoreline health, including:

- Planting native trees, shrubs, grasses, and wildflowers
- Leaving aquatic vegetation in place where reasonable
- Evaluating and minimizing lake access points
- Maintaining septic systems regularly
- Reducing unnecessary shoreline lighting to limit light pollution
- Creating climate-resilient planting plans, even for properties with retaining walls

Participants were introduced to the Natural Edge Native Plant Database, a free online resource that helps property owners identify native plants suited to their shoreline conditions and develop customized planting plans. The database can be explored at: <https://naturaledge.watersheds.ca/plant-database/>

As an added bonus, attendees each received 50 native plants to help kick-start shoreline naturalization projects.

As Buck Lake residents, many of us are fortunate to enjoy extensive natural shoreline. However, every property owner has opportunities to support water quality and wildlife habitat through thoughtful shoreline stewardship. What impressed me most was how achievable many of the recommendations were. Shoreline restoration doesn't necessarily require a major project—small changes can have meaningful benefits for both the lake and local wildlife.

If you are interested in learning more, Watersheds Canada will be offering another information session on September 16. Watch for details in future Buck Lake Association newsletters and social media channels, as well as on the Township of South Frontenac's Facebook page.

This summer, consider identifying one small step you can take to improve your shoreline—whether that's adding a few native plants, leaving a patch of shoreline natural, reducing outdoor lighting, or scheduling a septic system inspection. Collectively, these actions can have a significant impact on the health of Buck Lake for generations to come.



Slide from the presentation shared by Watersheds Canada.





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## KEEPING OUR LAKE WATER HEALTHY

BY BILL WYLIE, BLA VICE PRESIDENT

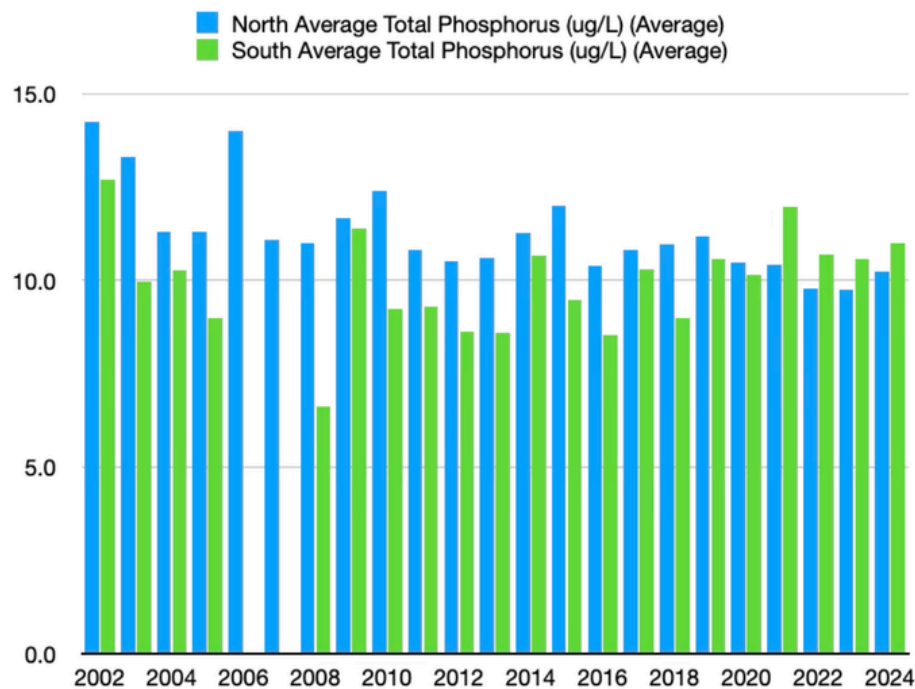
The Buck Lake Association (BLA) has a long history of supporting activities to maintain the health and quality of the lake water, its shorelines, and habitats. At present, your "State of the Lake" Committee is comprised of Suzanne Bailey, Martin Cooper, Rob McLean, Alastair Mathers, and Bill Wylie.

Concerning water quality, we are fortunate to have participated for many years in the Lake Partners Program, which is delivered through the Federation of Ontario Cottagers' Association (FOCA) under an agreement with the provincial Ministry of the Environment, Conservation and Parks (MECP). Water samples are collected by a number of volunteers from May to October at different points on the lake and submitted to the MECP's lab in Dorset for testing.

Buck Lake is classified as an "oligotrophic" lake, which means it is relatively deep with minimal aquatic plant growth and low levels of nutrients, phosphorus and chlorophyll. Oligotrophic lakes support cold-water fish such as trout and cisco.

Low phosphorus levels in a lake, below 10 µg/L (micrograms per litre, similar to parts per billion), helps minimize the risk of algae blooms. Blooms can produce toxins that are dangerous for humans and animals and cause long-term damage to a lake.

### Phosphorus Testing Levels Results for Buck Lake



## The Buck Lake Association Board of Directors 2026

*President:* Sharon Ledwell  
*Recording Secretary:* Lorelei Rosa

*Vice President:* Bill Wylie  
*Treasurer:* Rob McLean

*Directors at Large:* Suzanne Bailey, Kevin Borges, Ian Kilborn, Kasia Kindrat, Scott Lillis, Kathy McDonald

*We will be looking for new board members to join at our AGM, so please contact [BuckLakeAssoc@gmail.com](mailto:BuckLakeAssoc@gmail.com) for more information*



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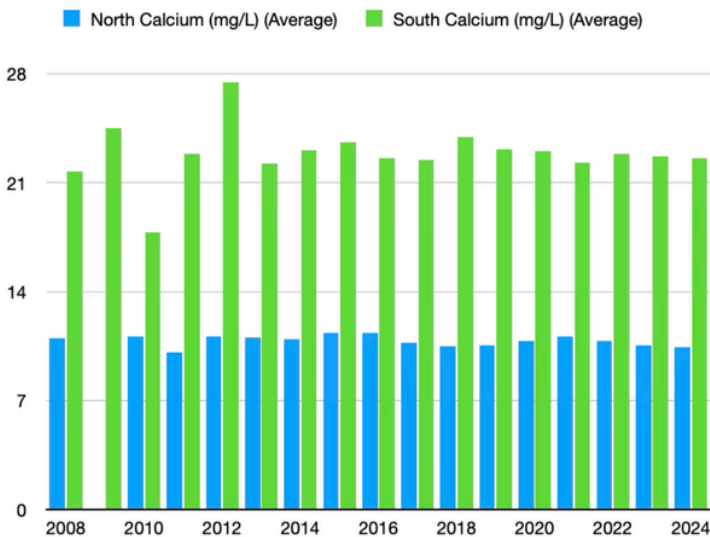


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Phosphorus levels for both branches of Buck Lake have remained at about 10 µg/l for many years, so it is in our best interest to ensure that levels do not increase. We can do this by ensuring that our septic systems are maintained regularly; and minimizing the use of fertilizers and pesticides on our properties, particularly within 30 metres of the shoreline.

Calcium levels are another key indicator for the health of a lake. If it's too low, below 3 mg/l, then freshwater crustaceans and other aquatic life is at risk. And if it's too high, 20 mg/l or higher, the lake may be at risk from invasive species such as zebra mussels.

**Calcium Testing Results for Buck Lake**

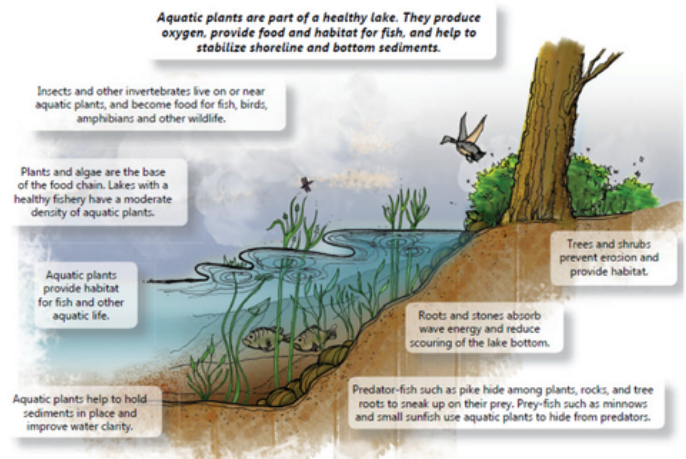


Graph created by the author.

Both branches of Buck Lake have adequate levels of calcium to support aquatic life. The level of calcium in the South Branch is higher than the North Branch, possibly due to differences in the underlying geography of the South Branch. Calcium levels in the South Branch are just high enough to support the growth of zebra mussels (as you may have observed on your own shoreline), but at around 21-22 mg/l this growth is likely to be inhibited.

Planting "buffer zones" – a strip of natural vegetation – of at least 10 metres is one way to help minimize the run-off of calcium and other minerals and nutrients into the lake. Buffer zones also help prevent the erosion of banks which provide a habitat for fish and other wildlife.

**Typical Buffer Zones**



Detailed drawing of a typical buffer zone. Greater Bobs & Crow Lakes Association, "Keeping our lake Healthy"

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# Tammy & Heath Gurr

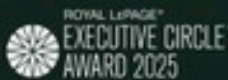
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## SOUTH FRONTENAC

# LAKE & TRAILS FESTIVAL

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JUNE 20 • 10AM - 3PM •  
MCMULLEN PARK BEACH





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*State of the Lake uses this column to share useful links and information to help promote a healthy lake for everyone's enjoyment.*

## FRESHWATER STEWARDSHIP

Sharing best practices and resources and fostering community relationships is daunting in a country as vast and diverse as Canada. This virtual community brings together students, lake and river associations, individuals, and organizations to connect and collaborate to protect freshwater and shoreland areas. It features a webinar series, networking opportunities, and free education resources.

<https://watersheds.ca/freshwater-stewardship/>

## RESOURCES

If you are looking for information on planting native vegetation, maintaining a shoreland buffer, invasive species, engaging your community in stewardship projects or something else that's impacting your shoreland and lake, chances are we have it here! These resources are free to share and distribute thanks to the input and support of granting organizations, private foundations, steering committees, and community partners.

<https://watersheds.ca/our-work/resources/>

## A LANDOWNER'S GUIDE TO DOG STRANGLING VINE

Dog-strangling Vine (*Cynanchum rossicum*). Seedpods of dog-strangling vine typically appear in June and can grow well into the fall. The pink or maroon flowers have five points and are a key identification of dog-strangling vine (DSV). Young plants will grow upright until eventually bending under their weight.

Also known as European swallow-wort, is found in parts of Ontario, southern Quebec, and several American states. This plant grows aggressively by wrapping itself around trees and other plants, and can grow up to 2m high. DSV forms dense stands that overwhelm and crowd out native plants and young trees, preventing forest regeneration. The plant produces bean-shaped seed pods 4-7cm long and pink to dark purple star-shaped flowers.

Digging is the most viable eradication measure for small populations. Land managers have reported that digging up the root crown is more effective than hand pulling and, in some cases, pesticide use. If a newly established plant and its roots are removed, there is a good chance that it can be eradicated. Follow-up is required to make sure seedlings aren't growing from old seeds and that all plant pieces were removed to prevent resprouting.

Do not compost DSV or use the cut plants as mulch onsite. DSV can leach plant toxins into the soil which are harmful to other species and may reduce the effectiveness of replanting efforts. If plants have seed pods, carefully put all plant material in black plastic bags. Seal the bags tightly and leave them to "cook" in direct sunlight for 1-3 weeks. If flowers/seed pods have not formed, allow stems and roots to dry out thoroughly before disposing of them. Dispose of all parts of removed plant material, including roots, stems, and leaves to ensure there is no resprouting. Seed pods left on site can ripen, open, and be spread by wind.

Learn more about how to identify and protect our wetland from dog strangling vine and other invasive species by visiting [Ontario's Invading Species Awareness Program](#).



Look for seedpods of DSV to begin appearing any time this month.

*Photo and Article retrieved from:*  
<https://www.invasivespeciescentre.ca/invasive-species/meet-the-species/invasive-plants/dog-strangling-vine/>





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*A progressive and vibrant rural community.*

## TOWNSHIP NOTICES

- **Fire Ban Status.** Keep up to date on whether or not you can have a fire [here](#).
- **The Lakes and Trails Festival is Back!** South Frontenac is thrilled to announce that the infamous Lakes and Trails Festival will be back on Saturday, June 20, 2026, at McMullen Park in Verona, ON.
- **Canada Day Celebrations in South Frontenac.** South Frontenac Township is gearing up for a full day of family-friendly Canada Day celebrations across the community, capped off with one spectacular fireworks finale at dusk. This year's fireworks display will take place at The Point in Sydenham.
- **Beats by the Beach.** South Frontenac's beloved summer tradition is back with a fresh new name, Join us to enjoy local live music in a relaxing, picturesque waterfront setting on Saturday, July 19<sup>th</sup> and Saturday, August 16<sup>th</sup> from 1-3 pm.

## Lake Forum

Tuesday, June 23, 2026  
Doors open at 6:00 pm

Grace Social & Activity Centre:  
4295 Stage Coach Rd., Sydenham

- 6:00 pm: Enjoy an Open House with educational booths and networking with community members
- 7:00 pm: Learn about:
  - Programs & current initiatives from our local conservation authorities.
  - Projects from Lake Ecosystem Grant Recipients.
  - Grant opportunities for lake and lane associations.

Please RSVP to [hwoodland@southfrontenac.net](mailto:hwoodland@southfrontenac.net)  
Snacks and drinks provided



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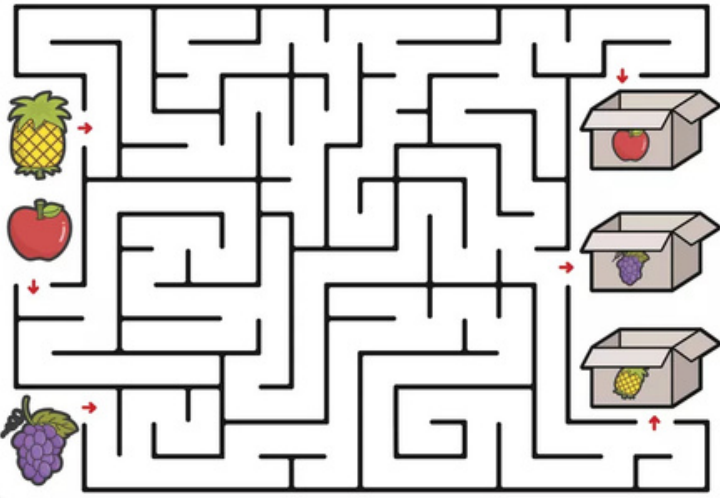
(and a happy year-round resident on  
Buck Lake since June 2006)


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 Instruction: // Unscramble the letters to write the words



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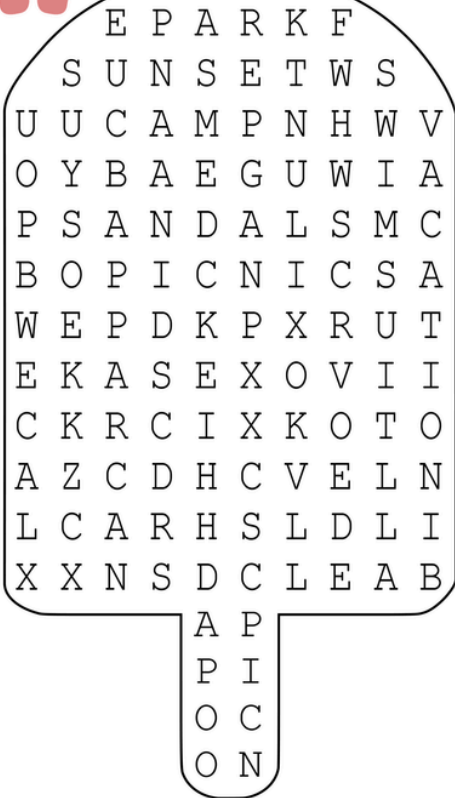
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## SummerTime



Word list:  
 BEACH  
 CAMP  
 PARK  
 PICNIC  
 POOL  
 POPSICLE  
 SANDALS  
 SUNSET  
 SWIMSUIT  
 VACATION



## NAME THAT BIRD!

Can you identify the species of bird that was photographed here on Buck Lake?

*The answer and information about the species will be provided on our website - under the Kid's Corner tab.*

## WHAT KIND OF BIRD AM I?

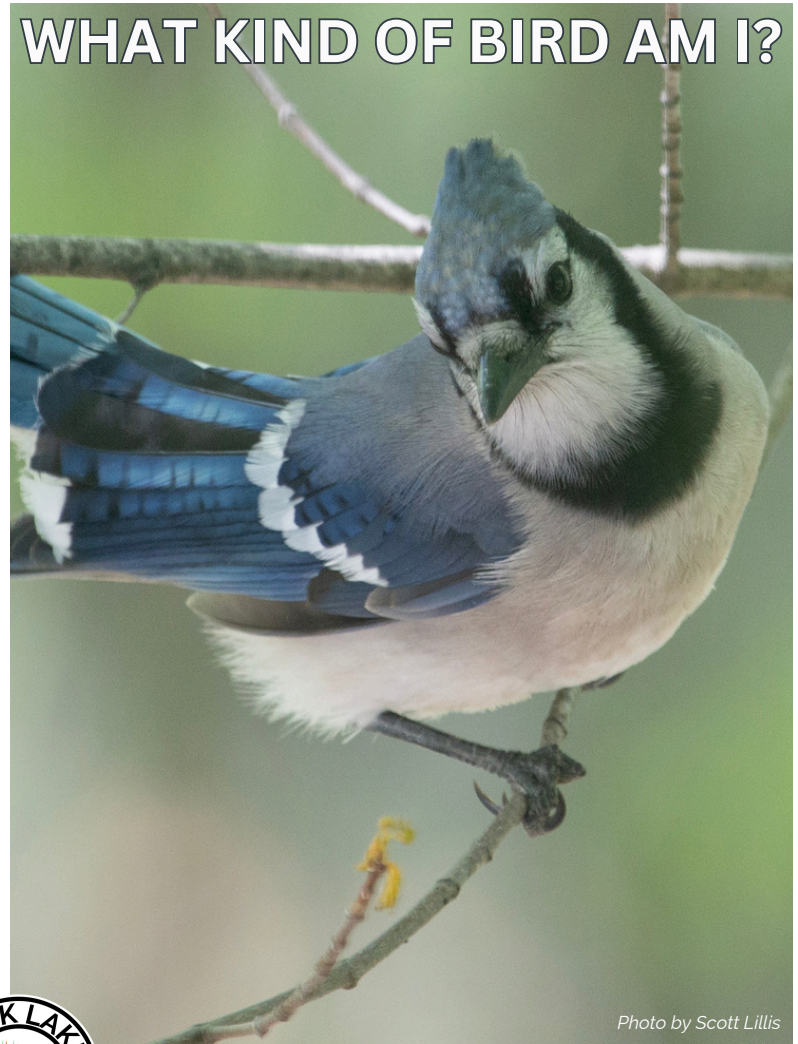


Photo by Scott Lillis