



The Buck Lake Association Inc.

Box 36, INVERARY, ON K0H 1X0

www.bucklake.ca

email: Buck Lake Information

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

Buck Lake News – April 2017

Buck Lake's Community and Your Health

Most Canadians are proud of our healthcare 'system', thinking it among if not the best in the world. There is no doubt that when you are seriously sick or injured you have ready access, especially here in southeastern Ontario, to medical and hospital care that's first class. But let's not be complacent. Our federal Minister of Health, Jane Philpot, herself a physician, pointed out in a speech in Kingston a few months ago that when compared to nearly a dozen other highly developed countries, healthcare in Canada ranked second from the bottom, not the top. To rub salt in it she also pointed out we were paying more per capita than most – a new car cost for a ride in a beater. It is painfully apparent that healthcare, an icon of what it means to be Canadian, needs work.

Another thing that few Canadians know is that when it comes to optimizing the health of any population, healthcare services (hospitals, doctors, nurses, physiotherapists, the lot) contribute at most about 25%. For the most part the healthcare 'system' can be thought of as the equivalent of a transportation system's repair shops. Like designing new cars, ships, trains, roads, airports, and teaching people to drive, all vital to a transportation system, fully 75% of people's health is determined by the social environment in which they live. Having parents with good genes also helps but that influence pales when compared to the heavy-hitting power of the social determinants of health.

You will be asking, "what has all this to do with Buck Lake?" The answer is "quite a bit, actually" once you understand that one of the most powerful of the social determinants of health is a supportive, welcoming, and inclusive community. Some of the others are education, especially in early childhood, housing, financial and personal security, regular, useful, challenging work, and being in charge of your own destiny, but being surrounded by good friends and neighbours who offer mutual support in good times and bad is a really significant determinant of good health.

A welcoming, supportive, and inclusive community is what the Buck Lake Association is doing its best to support here in our little piece of paradise. That's why we are putting so much of our volunteer time, effort and energy into the social side of our mandate, trying to make it enjoyably possible for everybody on the lake, permanent and seasonal residents alike, to meet and get to

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know everybody else. We all want to be healthy. Being part of and participating in a supportive Buck Lake community is an important way to get and stay that way.

Duncan Sinclair
One-time Dean of Medicine,
Queen's University

The Buck Lake Community Directory

Submitted by Cheryl Savery

The Buck Lake Association is in the process of creating a Buck Lake community email and phone directory for cottagers and residents in the hopes of helping create a more connected and caring community. The directory will be circulated only to those Buck Lakers who supply their contact information for inclusion in the directory and is not to be used for solicitation or commercial purposes. We hope to have it ready by May or June, just in time for the 2017 summer season.

Currently, the directory contains over 120 listings. On the weekend, I sent out a preliminary copy of the directory to everyone from whom I have received contact information. Please note, this is a really manual process and I am hoping that I have not missed anyone who thought they had sent in their information for the directory. If you did send in your information and did not receive a copy last week, please email me at bucklakeassoc@gmail.com. I'll add your information and send you a copy as soon as possible.

If you didn't send in your information and are interested in getting a copy of the Buck Lake Community Directory, there is still plenty of time. Just fill in your information here: http://www.bucklake.ca/directory_form.php



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FOCA Elerts



FOCA is the Federation of Ontario Cottagers' Associations, a not-for-profit organization. FOCA represents the people who live at the waterfront in Ontario, whether seasonally or year-round. Their members include lake and road associations, some very small and some very large, and every size in between.

FOCA acts as an information bridge between policy-makers and property owners on significant issues, including:

- The long-term environmental integrity of Ontario's freshwater resources
- Fair property taxation
- Effective land use planning
- Risk management for volunteer groups
- Rural safety and emergency preparedness in the face of extreme weather developments in recent years

The Buck Lake Association is a member of FOCA and a portion of your BLA membership fee goes towards this membership. As part of a member association, you are entitled to receive their monthly newsletter "FOCA Elert". The newsletter is always full of useful and interesting information and well worth subscribing to.



Not yet receiving the free Elert in your Inbox each month? Click the button at left to sign up now.

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Tammy & Heath Gurr

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613.273.9595 info@gurreathomes.com

The advertisement features the Royal LePage logo at the top left. Below it, the text 'Your Total Real Estate Package' and the website 'gurreathomes.com' are displayed. In the center, there are two overlapping portrait photos of a woman and a man. To the right, a large, modern wooden house with a prominent gable roof is shown. At the bottom, the agents' names 'Tammy & Heath Gurr' are written in a stylized font, followed by their address and contact information.

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(NEW)
Buck Lake Property Management,
available to help you rent your cottage or home.

Website: www.bucklakepropertymgmt.com
Email: information@bucklakepropertymgmt.com

The advertisement for Buck Lake Property Management features the text '(NEW) Buck Lake Property Management, available to help you rent your cottage or home.' Below this text are four small icons of houses, each with a different color scheme (blue, green, yellow, and red). At the bottom, the website and email addresses are provided.

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Water Clarity – Secchi Disk Measurements

In March’s newsletter, we reported on the total phosphorus measurements in the lake. This month, we take a look at the water clarity as measured at various locations in the lake.

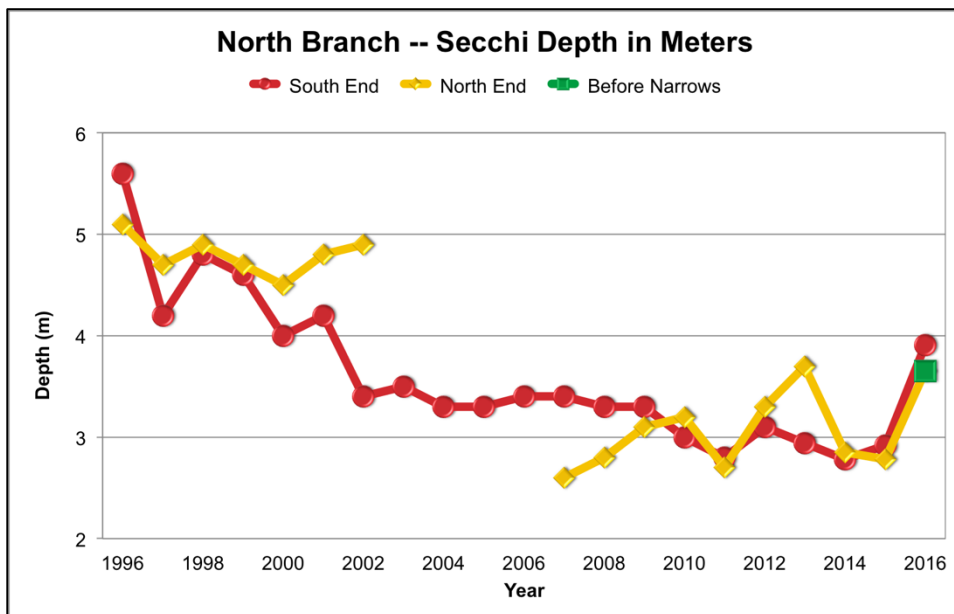
While total phosphorus concentrations are the best way to describe the nutrient status of the lake, regular Secchi depths can help to identify changes in water clarity that are not linked to nutrient status (zebra mussels, climate change, etc.).



Secchi measurements are performed by lowering a Secchi disk into the water until it is no longer visible, and then recording the depth of the disk.

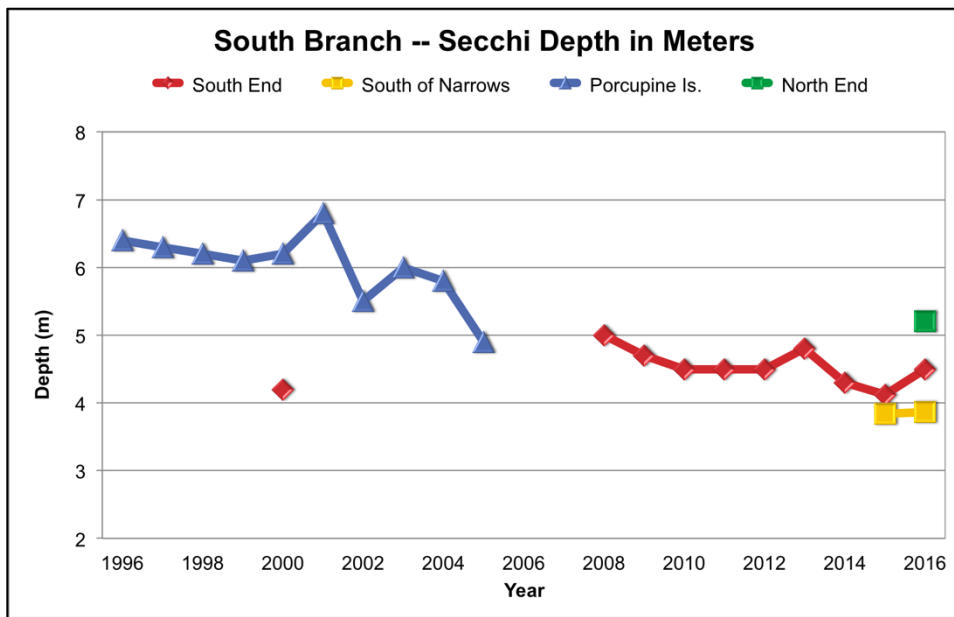
As shown in the graphs below, the Secchi disk measurements have been gradually decreasing since 1996. This means that the water in the lake was becoming less clear. However in 2016, there was an increase in the clarity, particularly on the North Branch. The reasons for the improved clarity, however, are not clear.

The improved clarity may be related to the lower phosphorus levels in 2016, particularly on the North Branch.



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The presence of zebra mussels can also result in increased clarity. As zebra mussels feed, they filter plant plankton from the water, making the water clearer, but not cleaner. As the sun is able to penetrate deeper into the lake, aquatic plants can take root in more extensive areas than they did before zebra mussels appeared. This is unlikely an issue on the North Branch where the calcium levels in the lake are too low to sustain zebra mussels. However, zebra mussels have been found throughout the southern end of the South Branch and may be having some impact on the water clarity.



All of the above data is available online. To access all the sampling results [click here...](#)

Buck Lake Picnic Shelters



Did you know that the Buck Lake Association owns 3 – 10ft x 20ft picnic shelters? We use them for the Boatilla and for the annual picnic, but other than that they are available for current members to borrow – free of charge. If you are having an event this summer and would like to borrow them, just email us at bucklakeassoc@gmail.com

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An Invitation to All Paddlers

This year, the Buck Lake Boatilla would like to extend a special invitation to kayakers, canoeists, paddlers and rowers to join the boat parade. Although every year, a few brave souls have managed the paddle to Hidden Valley Campground, it can be a long hard trek for those living far away. This year, we will have 2 launch locations available where you can park, launch your kayak, canoe etc. and enjoy a paddle to the campground.

Parking will be available on either Roost Lane or Narrows Lane depending on the length of paddle you would prefer. Watch for more details in future newsletters and let's make this the biggest year for non-powered craft in the Boatilla.



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Save the Date – Buck Lake Boatilla – July 2, 2017

Once upon a time, there was a small lake north of Kingston and two people who lived there prompted a group of friends to get together and go for a boat ride and a picnic. While they were boating around this beautiful lake they collected money from everyone they saw with the purpose of sending an Easter seals child to fully accessible Camp Merrywood.

Thus, the Buck Lake Boatilla was born. It has continued to be a wonderful tradition each year. The results are amazing because of the generous and caring people who reside on the lake. It has become a mission to fund children with physical disabilities and their families to go to Camp

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Merrywood. Over the past 12 years, the Buck Lake Community has raised \$190,000 and supported 74 children for ten days at camp.

The camp has amazing facilities and staff. Children who cannot walk are able to swim, sail, kayak, fish and canoe. They join in sports, participate in arts and crafts and evening campfires.

Their families report major positive changes in social, emotional and mental well being as well as generating a new ability to look positively forward in their difficult lives.



Chad has been to camp and been part of the Boatilla family for many years. He is in his second year of college. He loves to speak and hopes to be an announcer. He is delightful and humorous at our event. It wouldn't be the same without him.

Kierra is a young girl who was struggling and was very afraid of water. After her camp experience she is like a little tadpole and just loves to swim. She also has an amazing voice and has sang acapella for us at the Boatilla. Her choice of songs have been "Hear me roar" and "My Fight Song". – you can imagine the emotion generated by her beautiful voice .

Izzy came to the Boatilla in 2015 and was hoping to attend Camp Merrywood in the summer. She was very shy and very concerned about her wheelchair which provides her with the ability to move around. Our guys lifted her and her chair onto one of the pontoon boats and she was able to enjoy the boat parade and celebration barbecue.

There have been many Easter Seals children and families at the Boatilla. It is heartwarming to listen to their Camp stories and share their successes. One year they were offered Seadoo rides and they loved it. Their faces shone with joy and their voices were shouting with glee.

Chad and Kierra have gone on to be Ambassadors for Easter Seals. They are poised and accomplished young people.

I guess what I'm trying to say is that the Camp experience has been very enabling for the children. It gives them outdoor fun and recreation as well as self confidence and optimism and relationships with other campers and leaders. The Boatilla event is also very important to the campers and their families -- giving them a day outdoors and on the lake. Last year 11 Easter Seals Families joined the event!

Our Boatilla is an important event that our community has supported in a very big way. Last year there were over 40 boats that gathered at the boat launch and paraded around the lake. It was an inspiring display of community spirit and commitment. We should be very proud of it and it is back again this year.

So dig deep into your pockets and look forward to the July 2 Buck Lake Boatilla. Donations with instant receipts can be made at easterseals.org/buck-lake-boatilla/

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A Fun Start to the Week with Buck Lake Monday Morning Golf

Submitted by Jo Anne Hopkins

The Buck Lake Golf league has been established for 10 years and it has an interesting and charming history.

The idea was born in Lehigh, Florida where a number of our lake residents spend time in the winter. The “Leaders of the Pack” were and still are Mike Flanagan and Anna Fummerton. The O’Connors, the Barrs and the McLellans were also part of the inspiration. In Lehigh, everyone golfed together two or three times a week, so it seemed like a good idea to continue this back at Buck Lake. We have two lovely golf courses close by: Evergreen and Rideau Lakes, and they have been very happy to reserve tee times for us and give us good rates. The philosophy behind the golf is to get outdoors with friends, walk and golf and meet new people on the lake. So far this has worked very well. A couple of years into the league a new concept was born and that was the North South Challenge. This game honours the memory of Mike Rawe who was one of the most enthusiastic participants every Monday. Sadly he passed away in 2011.

Gil Lemieux made us a fine trophy for this event. So far, the statistics favour the North Branch, but regardless of the outcome, it is always a fun time

Mike and Anna coordinated the golf for the first year. Gil and Maxine Lemieux the second year and then Cheryl Savery took over. As with anything Cheryl does the Buck Lake Golf received a huge IT upgrade. We have a comprehensive list of 70 people interested in our games and a great email system.

When the weather is good we have over 20 golfers who play 9 holes, tease each other, maybe lose a few coins and have lunch together. It is a great way to start the week and everyone is welcome.

So bring your clubs to the lake and join us for Monday golf. Anyone is welcome to join in. There is no commitment to come every week. Please email bucklakegolf@gmail.com or bucklakeassoc@gmail.com for more information.

There is also an active Pickle Ball League in Harrowsmith. There are 6 courts, they play Monday, Wednesday and Fridays at 9 am. Quite a few Buck Lake residents play and you only need to show up to participate.

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

Renew your Buck Lake Association membership on line. A receipt will be emailed to you to confirm your payment. A service provided by FOCA:
<http://foca.on.ca/product/buck-lake-association/>



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