



Est. 1890

NEWSLETTER

We're dedicated to keeping Charleston Lake beautiful in every way !

Summer 2011

President's Message

Winter has come and gone for another year, and as I write this letter in mid April there is still some ice on parts of the lake. Loons and wood ducks have returned with other migratory birds sure to follow. This past winter, The Outlet showcased a flock of trumpeter swans who found Charleston Lake much to their liking, and stayed for a good part of the winter. Otters and eagles were also spotted by many full time residents. I am sure all who are not year-round residents are eagerly looking forward to getting back to the lake.

As you read in our winter newsletter, water quality on the lake remains excellent with phosphorous levels continuing to decline. Again for 2011 Ontario Lake Assessments have been hired by the CLA to continue with water quality surveys. The Ministry of the Environment through its Lake Partner Program still provides analysis of our phosphorous samples.

Rob Gibson and his crew of volunteers: Gary Belisle, Cody Johnston and Wade McBride have braved the still chilly weather to install the 72 shoal markers that go in the lake each spring. This year we are hoping to affix each shoal marker with the wording: "Charleston Lake Association". This way we will know who pays the cost of these important safety markers; another way your membership dues are used.

Once again this summer, CLA director Julia Woito will be offering numerous events for the areas' young people. The Doug Hale Memorial Golf Tournament has been planned for Saturday, August 13th at the Village Green Golf Course in Athens. Ed and Sharon Ristan have passed the torch to Chris Giffen who will be organizing this year's tournament. Information and registration forms for both events are included in the newsletter.

This year's AGM meeting will take place at the Holy Trinity Anglican Church (between lower and upper Oak Leaf Rd.) Saturday, July 9th at 9:30 am. Your directors will give a short report on their activities. Election of officers will be held and then the floor will be opened to questions. There will be no guest speaker this year.

The CLA is requesting for your cooperation in a "Starry Night Lights Out Evening" on August 20th. We are asking everyone to spend some time on that night with their lights out. You might be amazed. This will coordinate with the Star Gazing Program put on each year by the well known astronomer Terrence Dickinson at Charleston Lake Park. This is always a spectacular night program, well worth seeing.

Do you have **electronic junk** to get rid of? Most of this material is sent overseas or fills up our land fill sites. The Ontario Stewardship Council (OSC) has set up depots around the province to collect dead and dying electronic equipment. The material is disassembled and reused in some capacity. Very little is disposed of and there is no charge for this service. Two drop off locations in our area:

- Athens Computers, 28 Main St. E. Athens, 613-924-9994
- BFW Properties, 130 N. Augusta Rd. Brockville, (First driveway on the right just after the overpass, just before Speedy Glass). 613-498-3173

Enjoy your summer of 2011 at beautiful Charleston Lake. Hope to see you at our AGM.

Bill Hallam

President, Charleston Lake Association

Farewell and Good Luck

As you know, Bill Borger, a CLA Director for the past 27 years will be stepping down this July. Bill's contributions to our lake were numerous. No job was too big or too small. The role Bill played in our management plan and Shoreline Binder along with other CLA directors at that time have helped to make our association the envy of others. We are all the benefactors of Bill's efforts to keep Charleston Lake beautiful. His talents as a dedicated director will be sorely missed. I know you all join me in saying thanks, and best of luck to both Bill and Rita in all of their future endeavors.

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Update on the Emerald Ash Borer

The emerald ash borer is a highly destructive beetle that has already killed a large number of ash trees in Ontario and the north eastern United States. It poses a major economic threat to the urban and forested areas of North America.

The distribution of ash trees is significant in eastern Ontario. For example, the United Counties of Leeds and Grenville contain 59,600 hectares (147,200 acres) of forests containing ash trees, of which 23,900 (59,200 acres) are dominated by ash trees.

To help limit the spread of the emerald ash borer, a ministerial order has been enacted by the Canadian government to regulate areas infested by the pest. This will help to restrict movement of ash tree articles and firewood. When people move these articles, this contributes to the spread of the beetle.

The regulated area in eastern Ontario now includes the city of Ottawa, the United Counties of Leeds and Grenville, and the city of Gatineau, Quebec.

Bear in mind that the infestation has not been confirmed throughout this whole area. For example, there is no known infestation currently around Charleston Lake.

If you do move wood or trees from an infested area, you could unwittingly be contributing to the spread of the insect and the destruction of the ash trees. For instance, moving infested firewood or nursery stock from Ottawa could start a new local outbreak at Charleston Lake Park, or at your cottage.

To slow the spread of this insect, please buy your wood and nursery stock locally. Do not transport it from a known or suspected infested area.

For more information call: Martin Streit, Stewardship Coordinator, Leeds-Grenville Stewardship Council
1809 Oxford Avenue, Suite 316, PO Box 605, Brockville, ON K6V 5V8
Work: 613-342-8526
Cell: 613-298-0821

Charleston Lake Plan

In 2006 the Charleston Lake Association produced the "Charleston Lake Plan". If you do not have a copy please contact the CLA office. The Plan listed 9 "Issues" with 9 "Action Plans".

Many of the issues such as:

- Protecting Water Quality
- Maintaining Healthy Fisheries
- Restoring and Protecting the Littoral Zone
- Keeping Ecosystems Healthy

have been put into "Action Plans" such as having our Healthy Shoreline Review binder for each property on the lake.

Other issues are on going or being implemented such as :

- Responsible boating
- Controlling and Planning for Future Development
- Supporting Your lake Associations

Issue # 5 dealt with Responsible Boating which dealt with a variety of topics including "wake impacts" which can be significant in terms of erosion of shorelines, damage to wetlands and injury to wildlife, as with swamping loon nests at water level. This issue is a concern for all bodies of water including the Rideau Canal system. Parks Canada set up a "Working Group" to initiate a number of studies to help understand the issues. The working group met on March 30th of this year with 25 key stakeholders. One of the conclusions stated that "excessive wake" was indeed a problem but also noted that non-regulatory efforts to control excessive wake have not been fully exhausted. The Charleston lake Association should stay in contact with this group and learn from their study. The contact person is Mary Ann Steinberg at 613-283-7199 ext. 243.

It's a big challenge for the Directors of the Charleston Lake Association and the Charleston Lake Environmental Association to implement the Lake Plan. I wish them "Good Luck" and yes I will miss it.

Bill Borger

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While the Association makes every effort to ensure the accuracy of information contained in this newsletter, it cannot accept responsibility for errors and omissions. Readers are urged to obtain professional advice before acting on the basis of the material contained in this newsletter.

This newsletter is published regularly By the Charleston Lake Association for its' members and those persons interested in Charleston Lake. Comments and/or submissions are welcome and should be forwarded to The Secretary, Charleston Lake Association, P.O. Box 609, Athens, ON, K0E 1B0

Newsletter Co-ordinator
& Membership Information

613-924-2010

Charleston Lake Provincial Park Activities

Settler's Weekend at Charleston Lake Park

Come meet some early Homesteaders
and try your hand at settler's activities
and old games that kids used to play



STARGAZE Aug. 20 - 8:30 pm
At Charleston Lake Park with Terence Dickinson.
*Timed to coincide with one of the best
times of the year to star gaze*

For more information, call the Park at: 613-659-2065

Fireworks Family Fun Canada Birthday Party

On July 2nd at the Charleston Lake Dock at 7:00 pm

Hot dog & drink: \$2.00
Hot Chocolate / Coffee: .50c

Tractor Rides

Clown

Kid's Games

DJ Music

Glow Sticks

50/50 Draw

Face Painting

Nevada Tickets

Kid's Tattoos

Silent Bid on Framed Print

Fireworks at Dusk

Come one, come all to help celebrate!

Donations can be left at Dockside Restaurant. Cheques payable to Charleston Lake FX Committee
or in big blue bucket

Rain date on July 3rd

CLA Safety Committee OPP Report

Summer 2010 was a busy one for the OPP on Charleston Lake. Constable Steve Garrah of the 1000 Islands detachment reported that they were on the lake on 30 different occasions, which was more than their patrols in any previous year. Although constable Garrah told the CLEA board that approximately 40 charges were laid for a variety of violations including a charge being laid as a result of a collision between a seadoo and a boat, his report contained more good news than bad.

Lyme Disease on the Rise

In early July 2004, Rob Manten was camping at the Brant Park Conservation Area near Brantford when he caught a black tick biting him. The environmental engineer, who was 38 at the time, thought nothing of it until the last week of August when, at his home in Waterdown, ON, he began experiencing what he thought was a bad case of the flu. Daily migraines, fever, nausea, fatigue and a ringing in his ears (tinnitus) accompanied constant aches and pains. He suffered from dizziness and had difficulty concentrating. His family doctor diagnosed a sinus infection. By late October his cognitive problems were so severe that he had to go on short term disability.

Over the next six months, 18 doctors, internists and neurologists examined Manten as he launched a frantic effort to find out what was wrong. At one point he was told his problems were all in his head. Along the way he was tested three times for Lyme disease, an illness caused by the bacterium, *Borrelia burgdorferi*, which is transmitted by certain types of ticks

But the ELISA (enzyme immunosorbent serum assay) tests, the standard first-level test for Lyme in Canada, were negative. Most Canadian doctors will not order a second test, called the Western Blot, which some consider more accurate.

It wasn't until Manten paid \$325 and sent his blood to a private laboratory in the USA in May 2005 that he tested positive for Lyme. "It was a relief to finally know," he says, "but incredibly frustrating that so much time had gone by dealing with the local medical system that didn't help me."

Manten found a doctor in Mississauga, Dr. Jozef Krop, who had trained with U.S. Lyme specialists. Krop put him on a regimen of intravenous and oral antibiotics, which he still takes, as well as vitamins and supplements. While his health has improved, Manten continues to suffer from fatigue and cognitive problems, although both have diminished. The tinnitus continues. He's still not well enough to work.

No one knows exactly how many people contract Lyme disease in each year. The federal government only made reporting of the disease mandatory a year ago. Ontario has been tracking Lyme for a longer period, and cites 69 cases in 2007, 108 in 2008 and 79 in 2009, but the Canadian Lyme Foundation, an activist group, says the numbers are much higher for a variety of reasons, especially because many sufferers don't know that they have the disease.

Still, "the numbers are increasing" says Dr. David Williams, associate chief medical officer of health for the Ministry of Health and Long-Term Care.

Many are struggling with debilitating medical and neurological problems and some, more rarely die, because many in the medical community can't agree on the symptoms, the tests to diagnose it or even the proper treatment.

Excerpt of an article from www.healthzone.ca

Note: Ticks are very common along the shores of Charleston Lake... BE AWARE!



**ARE
YOU
MOVING
?**

**Make sure
your
newsletter
moves with
you!**

Take a moment to provide us with your new address so that we can ensure uninterrupted delivery of your Association Newsletter

3 easy ways to do it

Phone:
613-924-2010

E-mail:
wayne.rose@ripnet.com

Mail
CLA
P. O. Box 609
Athens, ON K0E 1B0

The Fishing News Update

The MNR will be conducting another creel survey on the lake this year from May 28th to Sept 8th. This will be our 10th creel since 1981 and it will provide important information on age, lengths, weights, fishing pressure and abundance (catch per unit effort). For lake trout, the survey also provides data on the percent of natives, stocked non-natives and stocked natives. MNR has contracted Jane McCann to do these surveys on our lake for several years and she will be doing this again this year. Please give her your complete cooperation as your answers are very important to the census and our fishing future. The results of these surveys will be available for your perusal at the CLA Info Centre.

Lake trout don't mature until they are 8 years old so in order to preserve and enhance our native lake trout population we would like to ask you to PLEASE RELEASE THE LARGE NATIVE FISH. NATIVE FISH DON'T HAVE ANY FIN CLIPS, stocked fish have one or two. The MNR will be releasing another 5000 fish into the lake this spring. This is the last of the fingerlings from our native egg collection in the fall of 2009 that were raised in the White Lake Hatchery.

CLA has obtained the research services of Dr. Steven Cooke of Carleton University to do a study entitled "Investigate the Consequences of Ingested Soft Plastic Lures on Lake Trout and Smallmouth Bass Condition and Health". Alex Nagrodski will be on the lake conducting this survey and visiting fishing lodges to investigate the contents of fish stomachs. Please give him your complete cooperation.

Report: Shoal Markers on Charleston Lake

This year the CLA spent \$3,000 on 20 new shoal markers and replacement solar lights. We have continued to repair and maintain the shoal markers to keep them in the best shape possible. A single shoal marker, stainless steel clip, galvanized chain and anchor costs about \$250. Safety on the lake is one of our top priorities to keep all of the lake travelers safe and aware of any danger. Charleston Lake is one of the best marked lakes in the area, and many people appreciate the fact that their donations and membership contributions are spent to keep Charleston Lake safe. Spring volunteers were: Gary Bellisle, Cody Johnston and Rob Gibson.

The quality of fuel in your boat whether 4 stroke or 2 stroke is starting to become an issue. Fuel companies are blending gasoline with ethanol now and are calling it E10. This means that there could be up to 10% ethanol mixed into your fuel directly at the pump. Issues with ethanol blends to boaters are that they are experiencing more mechanical problems such as plugged fuel filters, deteriorated fuel lines and phase separation in gas tanks (water in your tank). Many fuel stabilizers do treat ethanol blended fuels, and it is critical that fuel left in a boat for more than 2 weeks is properly stabilized. Regular and mid-grade fuels do have ethanol while most hi-test gasoline does not. Most marinas have now changed to hi-test fuel without ethanol. Fuel treatments and proper stabilizers are available at both of the marinas on the lake, and fuel grades are premium, high-test fuel.

Robbie

Reminders

Your membership can be paid for by the discount in participating in the Charleston Lake Association Group Insurance Program as over 300 members are already doing. Members report that they are more pleased with the substantial reduction in the amount of their annual insurance costs. Please contact Roger Kelsey Insurance Brokers Inc. at: 613-924-9135

Please don't forget to renew your CLA membership.

Charleston Lake Association and Charleston Lake Environmental Association

2010 Combined Financial Report

Statement of Revenue & Expense

<u>Revenue</u>	<u>CLA</u>	<u>CLEA</u>	<u>Total</u>
Membership Dues	\$21,634		\$21,634
Club \$100 Donations		\$14,598	\$14,598
Golf Tournament		\$7,945	\$7,945
Other Donations	\$150	\$635	\$785
Interest Income	\$62	\$49	\$111
Other Revenue	\$14	\$1,248	\$1,262
Total Revenue	<u>\$21,860</u>	<u>\$24,475</u>	<u>\$24,701</u>
<u>Expenses</u>			
General Administration	\$7,148	\$1,500	\$8,648
Information Center	\$2,984	\$1,214	\$4,198
Safety	\$4,983		\$4,983
Miscellaneous	\$2,320		\$2,320
Total Expenses	<u>\$17,435</u>	<u>\$2,714</u>	<u>\$20,149</u>
Total Environmental Project Costs		<u>\$28,222</u>	<u>\$28,222</u>
Total Expense & Project Costs	<u>\$17,435</u>	<u>\$30,936</u>	<u>\$48,371</u>
Unexpended Funds in 2010	<u>\$4,425</u>	<u>-\$6,461</u>	<u>-\$2,036</u>
Unexpended Funds Prior Years	<u>\$33,182</u>	<u>\$24,197</u>	<u>\$57,379</u>
Unexpended Funds at Dec. 31, 2010	<u><u>\$37,607</u></u>	<u><u>\$17,736</u></u>	<u><u>\$55,343</u></u>

Combined Balance Sheet at Dec. 31, 2010

	<u>CLA</u>	<u>CLEA</u>	<u>Total</u>
Cash on Hand	\$17,567	\$3,817	\$21,384
Cash Invested	\$20,000	\$15,000	\$35,000
Accounts Receivable	\$40	\$0	\$40
Total Assets	<u>\$37,607</u>	<u>\$18,817</u>	<u>\$56,424</u>
Accounts Payable	\$0	\$1,081	\$1,081
Unexpended Funds	\$37,607	\$17,736	\$55,343
Total Liabilities & Unexpended Funds	<u>\$37,607</u>	<u>\$18,817</u>	<u>\$56,424</u>

Prepared by: *Wayne Gill*
Secretary Treasurer CLA & CLEA

Open Burning of Garbage

What is open burning?

Open burning refers to burning garbage in barrels, open pits, outdoor furnaces, wood stoves or fireplaces. Open burning of garbage is much more harmful to your health and the environment than you may think. Some people say, "We've been burning garbage for ages, so what's the big deal now?" We now understand that open burning of garbage - even seemingly harmless materials like paper, cardboard, yard waste and construction debris - releases a hazardous mixture of cancer-causing compounds and other toxic substances when open burned.

Up in Smoke

Open burning of garbage causes health risks to those exposed directly to the smoke. It especially affects people with sensitive respiratory systems, as well as children and the elderly. In the short term, exposure to smoke can cause headaches, nausea and rashes. Over time, it can increase the risk of developing heart disease. Some of the pollutants contained in the smoke from open burning of garbage can include:

- Dioxins
- Furans
- Arsenic
- Mercury
- PCB's
- Lead
- Carbon Monoxide
- Nitrogen Oxides
- Sulphur Oxides
- Hydrochloric Acid

Some of these pollutants can also end up in the ash that is left behind from open burning of garbage.

Dioxins, Furans and Your Health

One of the greatest concerns with open burning of garbage are the health risks posed by the release of dioxins and furans into the environment. Exposure to dioxins and furans has been linked to:

- Certain types of cancers
- Liver problems
- Impairment of the immune system
- Effects on the developing nervous system and other developmental events.

In Canada, the open burning of garbage produces more dioxins and furans than all industrial activities combined.

Dioxins, Furans and Your Environment

Since open burning of garbage is more common in rural and agricultural areas, there is particular concern for high levels of dioxins and furans settling on crops, in our streams and in our lakes. Dioxins and furans produced by the open burning of garbage are deposited on plants, which are eaten by animals. The dioxins and furans are absorbed by these animals and stay in the food chain until they ultimately end up in our meat and dairy products. In fact, over 90% of our intake of dioxins and furans is from our diet.

Yes!

I / We wish to help keep
Charleston Lake Beautiful
and Healthy

Enclosed is my / our donation of:
\$25 _____ \$50 _____ \$75 _____
\$100 _____ Other \$ _____

Make cheques payable to C.L.E.A.

Mail to:
CLEA, Box 609, Athens, ON
K0E 1B0

FOR YOUR INFORMATION

Notice of Annual General Meeting

Saturday, July 10, 9:30 a.m.

Holy Trinity Church

Holy Trinity Road, (Between Lower and Upper Oak Leaf Roads)



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AGENDA

- Minutes of last meeting
- President's Remarks
- Presentation of Updated CLA/CLEA Website
- Election of Directors
- New Business
- Adjournment



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The Charleston Lake Associations Information Centre

109 County Rd. 40 (Charleston Rd.)

Tel.: 613-924-0149

Hours of Operation:

June, July & August:

Monday, Thursday, Friday, Saturday, & Sunday

10:00 a.m. to 12 NOON

1:00 p.m. to 4:00 p.m.



ENVIRONMENTALLY FRIENDLY CLEANING PRODUCTS

Using these quality products will significantly reduce lake and groundwater pollution, help maintain your septic system & minimize your family's exposure to potentially dangerous toxic chemicals.

Products may be purchased at:

Dockside Restaurant

Kelsey's Marina

Lakeside Lodge & Marina

Charleston Lake Associations info Centre

(109 Charleston Road)

Lansdowne Food Mart

Charleston Lake Association Director's List

Bill Hallam - President

Cottage: 613-659-2997 - Home: 613-535-2621

Wayne Gill	Secretary / Treasurer
Bill Borger	VP North
Yvonne Landon	VP South
Dwayne Struthers	Fish and Wildlife
Rob Gibson	Safety / Shoal Markers
Daragh Mansworth	Membership / Website
Julia Woito	Youth Activities

Charleston Lake Environmental Association Director's List

Ed Ristan	Don Curry
John Swift	Hartley Nochol
Steve Page	Wayne Ashford
Martin Streit	
Leeds & Grenville Stewardship Coordinator	