



# BUCK LAKE NEWS

DECEMBER 2023

## BLA SPECIAL GENERAL MEETING SATURDAY, JANUARY 20, 2024 10:00AM PERTH ROAD SUNDAY SCHOOL HALL

There will be a special general meeting of the Buck Lake Association at the Perth Road Sunday School Hall on Saturday, January 20, 2024 at 10:00 am. The primary purposes of the meeting will be to elect new Buck Lake Association Board members and to vote on changes to the BLA constitution regarding the makeup of the Board.

In the summer of 2023, four board members completed their terms and left the board. This left the board with only six members. The BLA constitution requires a minimum of 9 members and a maximum of 12 members. The board has been very limited in what it could achieve without the minimum number of members. The following people are nominated to the Board (in alphabetical order): Greg Anderson, Ian Kilborn, Rob McLean, and Rob Sinclair.

We realize that many cottagers who do not come to the lake in the winter may not be able to attend the meeting, as well as the folks that spend the winter in the south. It is critical that we achieve a quorum for this meeting for the association to continue its activities. If you are not able to attend this meeting, please complete and forward this [proxy form](#) and email it to [bucklakeassoc@gmail.com](mailto:bucklakeassoc@gmail.com) by Friday, January 19, 2024.

Should you wish to join the Board, please email us and let us know - we would be pleased to welcome more members to the Board of Directors. We are looking forward to a great 2024 and we are eager to get to work on the various activities and initiatives of the Buck Lake Association.

Wishing you a joyful holiday season and a healthy, happy Buck Lake New Year!

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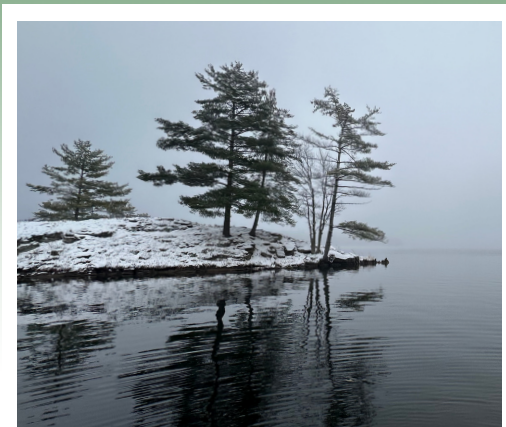
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*To enhance people's enjoyment of Buck Lake now and for future generations*



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## WHERE DO LOONS GO IN THE WINTER?

BY STEVE EARSOM, WILDLIFE BIOLOGIST

*Retrieved from The Nutty Birdwatcher website*

<https://www.birdnature.com/where-do-loons-go-in-the-winter/>

Loons, like many (though not all) flying birds, are migratory birds. Migratory birds spend roughly half the year in one place and go somewhere warmer in the winter. Loons spend their summers in the northern part of the United States and all of Canada. In the wintertime, they head to warmer locations to find food.

Different bird species migrate to different places around the world. The longest-migrating bird is the Arctic Tern, which migrates all the way from the North Pole to the South Pole. However, loons are not such long-distance fliers.



One of our seasonal residents relaxes before their winter departure.

*Photo by Scott Lillis*

In the winter, loons head to warmer waters along the coasts. As water-living animals, loons do not want to stay on dry land but can't stay on frozen-over lakes either.

So, loons migrate to shores along the coast of the United States and Canada. Loons travel to the Atlantic and Pacific Oceans, along with the Gulf of Mexico.

Loons in the Midwest, Northern Central United States, and Eastern Canada migrate all the way down to the Atlantic Ocean shores of Florida and the Gulf of Mexico.

Loons that spend the summer in Maine lakes and other North Eastern portions of the U.S. usually migrate a very short distance to their closest eastern coasts.

Western Canadian loons and loons from the Northwestern region of the United States spend their winters along the pacific coast, from California all the way down to the Yucatán Peninsula.



Lunch time for this adult loon while their offspring watches.

*Photo by Scott Lillis*

Loons usually fly north in spring, around April and early May, and usually fly south in October and early November.

Loons tend to lay eggs and breed in the summer months. They build their nests close to shores because they prefer water. Loon nests are commonly spotted on lake and river islands, where they will have plenty of privacy and access to water.

A loon's primary source of nutrients is fish. It is rare to see a loon eat a fish, as they usually consume their prey while underwater. An adult loon raising chicks will eat about two pounds of fish per day in the summer months. Common loons tend to live for 20-30, which is long for a bird.





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## LOONS... continued



A female loon finds a suitable place on land to lay her eggs.

Photo from <https://www.birdnature.com/where-do-loons-go-in-the-winter/>

Loons typically reproduce for the first time at two or three years old. They do not mate for life and often switch partners when they switch territories. When a pair of loons lay their eggs depends on where the loons have built their nest and that year's climate, but most eggs take about 27 days to hatch.

Female loons lay only one or two eggs at a time, usually a few days apart. If neither of the eggs hatches, the mating pair may try again that same summer. Loons will usually attempt to hatch a set of eggs no more than three times per mating season.

After the baby loons are born, the parent loons will care for their young. Loon couples tend to care for their babies for about 12 weeks, longer than most other bird species.

Because the care period for their young is so long, loons will not have another set of babies if one of their sets of eggs hatches.

All of these factors, combined with the loss of chicks, habitat, and other regular risks, mean that a mating pair of loons typically only have one baby every two years. On average, it takes four years for a pair of loons to replace themselves in the population.

It seems evident to anyone who has spent a winter up north why a bird might fly south. It's cold and windy, and there aren't many insects and fish for birds to eat. But you might wonder why a bird would choose to fly back north after winter is up. Why bother flying north at all? There are a few reasons that some birds decide to migrate.

*Competition* - While it's true there are more insects and plants in the south, it is also true there are also more birds to compete with. Many different bird species head north to get an advantage in finding food.

*Spring Bears Food* - The true spring that occurs in more northern locations means extra food all at once. Every spring, insects reproduce, plants release seeds, and things begin to bloom. This rapid influx of available food is attractive to many birds. These birds follow spring north, collecting food from the best possible places until they land in their summer nesting location.

*Daylight* - In summer, northern areas of the Northern Hemisphere tend to get more light than locations closer to the equator. This extra daylight provides extra hunting time for parents to gather or hunt food for their young.

Whether migratory birds originally started heading north to get food or began moving south to escape the cold is not fully understood. Ironically, it is a chicken or egg situation, and it isn't apparent to scientists which came first.

However, most scientists believe that warm-weather birds gradually began leaving their southern homes to find more food during summer. These birds found that the lack of other migrating birds created an excess of food that didn't exist further south.

In most cases of evolution, scientists would resolve the debate by looking at fossil records, but most birds have hollow bones that fossilize poorly. Though there is more research to be done, it is possible we will never know if birds moved north for food or south for warmth.





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## TAKE WHAT3WORDS WITH YOU

BY GEORGIAN BAY ASSOCIATION

Retrieved from Georgian Bay Association website

<https://georgianbay.ca/news/take-what3words-with-you-this-fall>

At the end of October an experienced 50-year-old hiker from Hamilton went on a four-day hiking trip in Killarney Provincial Park and did not return when expected on October 25. On Thursday, Oct. 26, shortly after 3 p.m., Nipissing West OPP responded to a missing-person report in Killarney Provincial Park, in the Municipality of Killarney. At 4:35 p.m. on Friday, Oct. 27, police reported the Emergency Response Team had located and escorted the missing hiker out, with no medical concerns. It happens and can happen to anyone.

Time is often of the essence in a rescue situation and the OPP would like to remind everyone that the what3words app is a great tool to have on your phone for your fall adventures. The app labels every three square metres with a unique three-word location string, which can be converted into latitude and longitude coordinates for entry into the Computer Aided Dispatch system in use at the OPP Provincial Communication Centre (PCC). This will allow the police or other first responders to pinpoint your location and expedite help.

Find out more about what3words [here](#) and take the app with you wherever you go! You can download what3words from your app store.



## 2024 CALENDARS NOW AVAILABLE



This year the calendars are \$16 and can be picked up at the lake or add \$6 more and we will mail one to you.

For more information simply click [here](#).



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CUSTOM LEGEND BOATS TRIUMPH MERCURY





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## 1,000 HOURS OUTSIDE

BY SCOTT LILLIS

A couple of years ago, I learned about an initiative called 1000 hours outside. It was conceived by Ginny Yurich of Michigan in an effort to address her family's screen time. The idea is simple, with screentime increasing every year, how could she combat the amount of time her children spend inside staring at a monitor? Her answer, more time outside. At the time it was suggested that children spend approximately 1,000 hours a year looking at a screen of some kind so it only seemed natural that they should try to spend the same amount of time outside. Doing some simple math, 1,000 hours divided by 365 days works out to be 2 hours and 45 minutes spent outside every day. While this seems like a perfectly reasonable amount of time I quickly found out that it isn't - at least not throughout the year!



Kayaking is a great way to get outside and enjoy nature.

*Photo by Scott Lillis*

2023 marked my second year participating in this challenge. I am not officially registered but I wanted to see where I stood and after falling well short in 2022 - completing 612 hours. I decided to track my hours outside again this year and have been more purposeful about getting outside to enjoy fresh air and exercise, consciously putting my phone away and spending less time watching television.



The creator of 1,000 Hours Outside with her family.

*Photo by Ginny Yurich*

The challenge is aided by an app that is available for iPhone and Android, and the website has a number of fun tracking sheets that have been submitted by participants. These can be printed and coloured in a number of different ways to show your progress toward the 1,000 hours or whatever your goal might be. Personally, I would suggest tracking your hours for a year without trying to succeed in completing the 1,000 hours - instead just learning about your habits and seeing if and where you could improve. Then you could set a goal to spend more time outside next year.



Winter is a good time to get outside and go for a hike.

*Image by frimufilms on Freepik*



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## 1,000 HOURS OUTSIDE continued

While 1,000 Hours Outside was created for children it is really something that we can all strive toward as part of a healthy, balanced lifestyle. Embracing the 1000 Hours Outside movement is not just a numerical goal but a transformative journey towards holistic well-being. By reconnecting with nature, we not only improve our physical health but also nourish our minds and souls. Let this movement inspire us to prioritize the great outdoors, fostering a harmonious balance between the digital world and the natural one. It helps that we live in such a beautiful place and it is wonderful that we experience all four seasons here on Buck Lake so there are many outdoor activities that we can partake in over the course of the year to help get us outside enjoying our natural surroundings and away from our screens.

## 1000 HOURS OUTSIDE™ FOR THOSE WITH HARSH WINTERS



JANUARY: AVG 1 HOUR A DAY, -31 HOURS  
 FEBRUARY: AVG 1 HOUR A DAY, -28 HOURS  
 MARCH: AVG 2 HOURS A DAY, -62 HOURS  
 APRIL: AVG 3 HOURS A DAY, -90 HOURS  
 MAY: AVG 4 HOURS A DAY, -124 HOURS  
 JUNE: AVG 5 HOURS A DAY, -150 HOURS  
 JULY: AVG 5 HOURS A DAY, -155 HOURS  
 AUGUST: AVG 4 HOURS A DAY, -124 HOURS  
 SEPTEMBER: AVG 3 HOURS A DAY, -90 HOURS  
 OCTOBER: AVG 2 HOURS A DAY, -62 HOURS  
 NOVEMBER: AVG 2 HOURS A DAY, -60 HOURS  
 DECEMBER: AVG 1 HOUR DAY, -31 HOURS

TOTAL = 1007 HOURS OUTSIDE



The website offers this great suggestion for people in colder climates like ours.  
<https://www.1000hoursoutside.com/blog/allthethings>

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## TICK PREVENTION - PROTECT YOUR PETS THROUGHOUT THE YEAR

COMPILED BY THE BLA

The Ontario Veterinary College Pet Trust funded The Canadian Pet Tick Survey in 2019-2020. The national study collected ticks from pets from 94 participating veterinary clinics from April 1, 2019 – March 31, 2020. The results of the survey were separated into regions and we have included the infographic created for Eastern Ontario for our community to see.

While the seasons change from Fall to Winter we still need to think about tick prevention for our furry friends.

**DID YOU KNOW?**

**TICKS CAN BE ACTIVE ALL YEAR-ROUND** whenever the temperature is **ABOVE 0°C**

### Think thermometer, not calendar

Ticks can be active even in colder weather. They survive the winter, protected under snow, leaf litter, or brush. Blacklegged ticks can be active any time temperatures are 4°C and above, including mild days during the winter months.

### Ticks can have serious consequences

Ticks are not only unsightly, they can also transmit agents that cause disease, like Lyme disease.

### Help protect your pet before exposure

Being aware of the risk in your local area is an important part of protecting your pet and yourself. In addition, tick control medications can be initiated prior to the start of tick activity to help optimize protection for your pet. Talk to your veterinarian for more information.

### CONCERNED ABOUT TICKS?

MUST-KNOWS FOR PET OWNERS IN EASTERN ONTARIO

Ticks were submitted for 1 year (2019-2020) from 7 participating veterinary clinics in eastern Ontario. These findings provide a snapshot of ticks in the region and highlight general patterns.

**What tick species were submitted?**  
number of ticks = 963 ticks

**Who was bitten?**  
The majority of ticks were reported on dogs; however, **25%** of ticks were seen on cats.  
Make sure to keep both your canine and feline friends in mind when thinking about tick prevention!

**When were ticks active?**  
**85%** of ticks were seen in the spring (April - June) and fall (October - November).  
Tick risk was present throughout the year with submissions in most months!

**Where did ticks bite?**  
**1 in 2** ticks were found on the head, ears, and shoulders.  
Pay special attention to these areas when doing your tick check!

**Why are we concerned?**  
**27%** of blacklegged ticks were positive for *Borrelia burgdorferi*, the bacterium that causes Lyme disease. 3.4% were positive for the bacterium that causes anaplasmosis. This is based on 375 pooled samples.

**How do I protect my pet?**

- ✓ Use a veterinarian-prescribed tick preventive
- ✓ Perform daily tick checks (don't forget to check yourself!)
- ✓ Speak with your veterinarian if you are travelling
- ✓ Avoid areas with higher risk of ticks, such as wooded areas and long grass

This study was conducted by researchers at the Ontario Veterinary College and sponsored by OVC Pet Trust. Creation of this infographic was sponsored by Boehringer Ingelheim, Merck & Zoetis.

Scan this code for more information:

[https://www.petsandticks.com/files/ugd/ea08fb\\_a2fc599151814dcb8a420e8c268cebdf.pdf](https://www.petsandticks.com/files/ugd/ea08fb_a2fc599151814dcb8a420e8c268cebdf.pdf)

Compiled with information from:  
<https://www.tickmaps.ca/?location=Kingston%2C%2520ON>  
<https://www.petsandticks.com/canadian-pet-tick-survey>



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## A GIFT OF A GREENER EARTH: SYMBOLICALLY ADOPT A TURTLE, SALAMANDER, OSPREY, OR SANDPIPER!

BY MONICA SEIDEL, WATERSHEDS CANADA

If you are starting your search for a thoughtful and unique gift for the nature lover in your life, look no further than our symbolic adoptions. Taking one of these representative species under their wing will directly support Watersheds Canada's programs, and with four new options to consider – Blanding's turtle, eastern red-backed salamander, osprey, or spotted sandpiper – there are plenty of choices to help you select the perfect species for the gift's recipient.

Symbolic adoptions start at \$25 and all monies raised support on-the-ground freshwater stewardship work! Tax receipts are available on eligible purchases of \$25+. Each symbolic adoption includes a 5"x7" postcard featuring a different work of art done by a Canadian artist. Gifts also include a beautiful blank honour card for you to personalize and personally give as a gift to your friend, loved one, or co-worker (or yourself!).



[watersheds.ca/a-gift-of-a-greener-earth/](http://watersheds.ca/a-gift-of-a-greener-earth/)

Join the  
 Buck Lake Association!  
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 To learn more and/or to sign up,  
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AVAILABLE ONLINE AT  
[KAYAARM.COM](http://KAYAARM.COM)

## TOWNSHIP NOTICES

- There's snow much to do in South Frontenac this winter! From holiday markets and festive events to unique outdoor experiences and family festivals, check out our 25 Things to Do in South Frontenac winter edition. Be sure to pick up a printed copy from one of our local retailers for your fridge
- The second ever Snow Social is happening on January 20th from 11:00am – 4:00pm at The Point Park and throughout the village of Sydenham. This event is a celebration of the winter season and will feature lots of family-friendly activities including kid's games, face painting, fire pits, live music, a vendor fair, and much more.



*A progressive and vibrant rural community.*



# KIDS CORNER

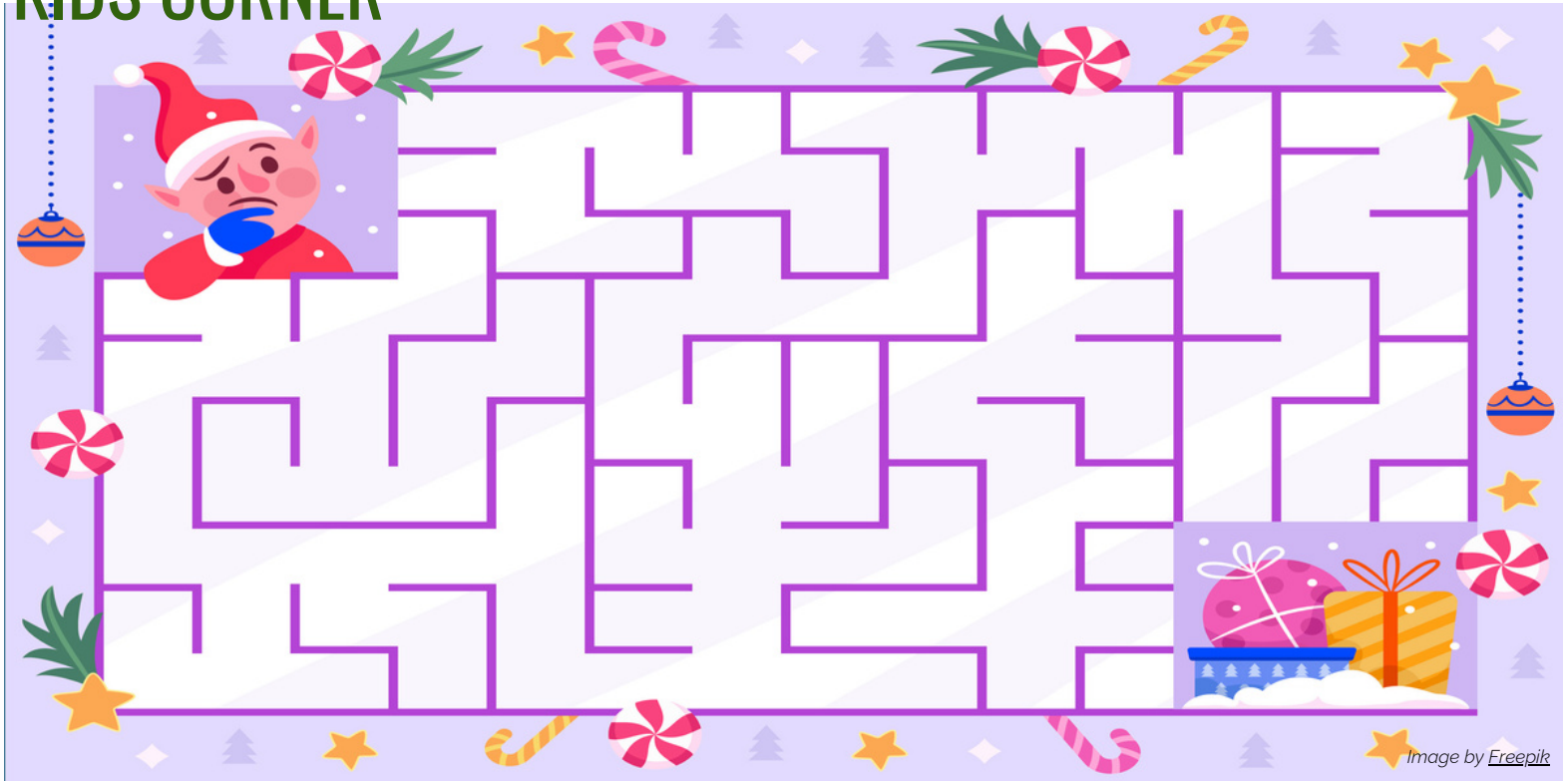


Image by Freepik

Unscramble the letters to find the words in our

## Winter Anagram

Hidden Word (circled letters):

\_\_\_\_\_

- w n o s \_\_\_\_\_
- a r c f s \_\_\_\_\_
- m e n s i t t \_\_\_\_\_
- n e v e r e r e g \_\_\_\_\_
- t s o r f \_\_\_\_\_
- a t e k s s \_\_\_\_\_
- e g i s l h \_\_\_\_\_
- i n n u p e g \_\_\_\_\_
- c l o d \_\_\_\_\_
- s i r c p \_\_\_\_\_



Image by Freepik

Image by dlth-holidays.com

## WINTER

Crossword Puzzle

Image by Freepik

Free printable courtesy of PrintitFree.net

