



Kennisis Lake Cottage Owners Association

# Kennisis Breeze

## Plans for Summer 2022 Activities

### Ladies Of The Lake Lunch

July 1st - done

Rain date: July 2nd

### KLCOA Fireworks/CANADA DAY

Friday July 1st - done

Rain date: July 2nd

### Rock Bass Fishing Derby

July 9th - done

Registration required

### Art on the Dock

July 15th & 17th

### Summer Swimming Lessons

Cancelled

### Regatta

July 30th

### Sailing Regatta

July 31st

### Sailing Series

Sundays through July and August 2022

To register for e-mail updates:

Contact Jim at

[jimprince@sympatico.ca](mailto:jimprince@sympatico.ca)

### KLCOA General Meeting

Sept. 3rd

Haliburton Forest and  
via Zoom (hybrid model)  
(more details to follow)



## HAPPY BIRTHDAY CANADA!

### What a Wonderful Beginning to the Summer of 2022!!



Many thanks to Steve Ashfield and the team of volunteers who purchased, picked up, set up, and cleaned up in order to provide the terrific Canada Day Fireworks Display for you! Thank you to Kennisis Lake Marina who provided the location as well as the Haliburton Home Hardware for their generous sponsorship. We are a very fortunate lake community! (See more pics on page 37)



Message from the President:

Welcome to Summer!

It looks like all of our events with the exception of swimming lessons will go ahead over the summer of 2022.

After a two year hiatus, the Ladies of the Lake Luncheon was back on July 1. This year's host was Lea Bartlett and the host's charity of choice is Abbey Retreat Center. At the point of writing this message, registration was over 100 ladies. Thank you to Sheelagh Lawrance and Liz Austin for organizing and Lea Bartlett for hosting.



The Annual Rock Bass fishing derby will be on July 9. This is during the period which the Province of Ontario has designated license free for 2022, allowing everyone to participate with or without a fishing license. Every year the KLCOA organizes a friendly competition to see who can catch the most Rock Bass. Rock Bass are an invasive species in the Kennisis Lakes, damaging our Trout populations. Thank you to Kelley and Mike Neely for organizing this annual event.

The **Haliburton Home Hardware Building Center** joined the KLCOA as a major sponsor to the Annual KLCOA Canada Day fireworks on July 1. Their generous sponsorship allowed us to put on a great display this year. Thank you **Haliburton Home Hardware Building Center!** Please show your support by shopping local and patronizing this business and those of our other advertisers.

We are looking forward to the KLCOA Annual Regatta this summer on July 30. We will be back at the marina site with some old and some new events. Watch for details in upcoming eblasts and on our website for details. The Annual Sailing Regatta will happen on July 31.

Summer is a busy time at the Lake. Traffic on both land and water is heavy. As you enjoy boating on our Lakes please be respectful of others and be aware of your surroundings and how you are affecting them. Obey the rules of the water but also be aware of how your individual watercraft affects the area around you including shorelines and docks. It may be that you need to slow down or stay further way from shore and other boats to minimize your impact. Check our website for more details on boating safety and etiquette.

On land, slow down and share the road respectfully. Walkers, bikers and vehicle operators are all entitled to the roads.

Last year the KLCOA conducted a general survey of the membership to help guide and focus the board of directors with planning and direction. A lot of great information came out of the survey. One of those things was the desire of the membership for more education on a broad range of topics. Another was the importance of maintaining good water quality and specifically, the number one concern was algae.

As a result, we held our first 'What's Up Kennisis' webinar on the topic of 'Our Water Quality and Blue-Green Algae: What You Need To know'. Dr. Elizabeth Favot presented us with details on what blue green algae is, what causes it and what we can do to help prevent it. She explains the science around it and the research that is being done to better understand it and how it is impacting our Lakes. The recording is available on the KLCOA YouTube channel <https://youtu.be/IIAf5TTGo7Q>

We look forward to hosting more webinars in the future.

The results of the general survey also led the board to start a review on policies, governance, communication and programs. The results of these reviews will be presented to the membership as they are completed.

Please remember to read your eblasts and check our website regularly for updates and current **factual** information on ongoing topics. Please note that the KLCOA does not participate on any social media platforms.

Thank you to all of the wonderful volunteers that participate with the KLCOA at events and programs, on committees, and on the board. Your time and commitment is always appreciated!

Have a safe and happy summer!

Deb Wratschko, KLCOA President

.....And The Survey Says:

Thank you to the **718 members and 73 non-members** who responded to our 2021 KLCOA survey, **KENNISIS ALL OF US**. We learned a great deal about our lake community and here is a snippet of what you "Love to do" while you are at the lake.



## KLCOA Creates Our Own YOUTUBE Channel



You asked for more education on a variety of topics and information about the importance of maintaining good water quality and specifically, the number one concern was **algae**.

Another strategy to share information with you is to offer **webinars** with various speakers on various topics.

On June 15th, Dr. Elizabeth Favot, a research biologist, presented us with details on what blue green algae is, what causes it and what we can do to help prevent it. Plenty of information was based on science and research but also very informative. We all knew that fertilizers increase phosphorous in our waters and we also know that we need to keep our

shorelines as natural a possible, but a few more interesting facts were also presented.



### Interesting Facts:

- Blue green algae is not always blue or green
- Blue green algae is on the rise in Ontario
- Blue green algae produce toxins dangerous to the liver
- Water filters don't work
- Boiling the water doesn't work, it only increased the toxins

### Other factors causing blue green algae or now know as "cyanobacteria" are:

Climate change causing high temperatures,

- extreme precipitation,
- less ice cover,
- warmer water surface and
- less wind all contribute to the growth of blue green algae

### How can we to best manage to prevent blue green algae?

- Increase and maintain natural shorelines and
- Monitor oxygen levels in our lakes in deep water
- Increase public awareness
- Reduce nutrients going into the water

The entire webinar can be viewed on our YouTube channel by clicking on the following link:

<https://youtu.be/IIAf5TTGo7Q>

# KLCOA Webinar Series

## OTHER Upcoming topics:

- Boating Safety and Etiquette on the Kennisis Lakes
- Pesticides and our Shoreline Community
- Renting Your Cottage – Tips and Tricks for Happy Renters, Happy Owners, Happy Lakes
- New to the Kennisis Lakes – A webinar for new property owners
- Invasive Species – Broad Overview and specific to the Kennisis Lakes
- KLCOA Lands and Traditional Rights of Way



Stay tuned for more webinars geared to Kennisis Lake Community interests. Our YouTube channel will allow for live viewing or will allow you to view the webinar at a time more convenient to your schedules.

For additional information contact:  
 Jim Prince - KLCOA Stewardship  
[jimprince@sympatico.ca](mailto:jimprince@sympatico.ca)



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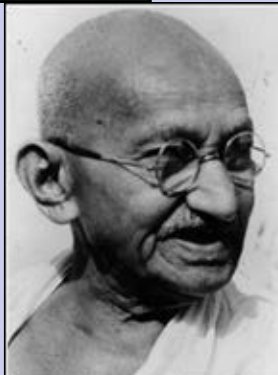
## KLCOA Acquires New Land for Public Use



Your KLCOA stewardship committee has been successful in acquiring the lands that surround Soap Pond for public use.

- The legal transfer from Dysart et al is now complete.
- A Land Use Principles Workshop will take place in 2022
- The land will be protected in its natural state
- The land surrounding Soap Pond is open for public use.
- The portage access to Lipsy Lake is retained for public use.
- The insurer stipulated liability conditions that required the removal of the rope swing.
- Signage for “no motorized vehicles” on the Soap Pond lands will be posted.

**ENJOY THE USE OF SOAP POND  
AND THE SOAP POND LANDS!!**  
**Please remember to respect the  
land and leave it in its natural  
state.**



The earth, the air, the land and the water are not an inheritance from our fore fathers but on loan from our children. So we have to handover to them at least as it was handed over to us.

— Mahatma Gandhi —

AZ QUOTES

### Water Quality Testing is an Ongoing Task

It appears as if water quality testing could be enjoyable. Thank you, Jim Prince and volunteers for making sure that the testing gets done on our lakes.



Thanks for the pictures, Julie Bramm!



“Christi Belcourt is a Michif (Métis) visual artist with a deep respect for Mother” from <https://www.honortheearthmerchandise.com/>



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## Each morning I read

the splash of milk  
in the foam of my coffee,  
as some read tea leaves.

It is always a good omen.  
That there is coffee.

Milk.

A cup.

Fresh water  
from my faucet.

A machine to brew.

Electricity too.

What else?

A safe home,  
peace without and within.

A cat washing herself  
even behind the ears.

A maple beginning to unfurl  
her mapped hands  
which tell news too.

There are wonders still.

A bird perches for a moment,  
then soars.

Small things are miraculous.  
The quick sperm.  
A healthy egg.

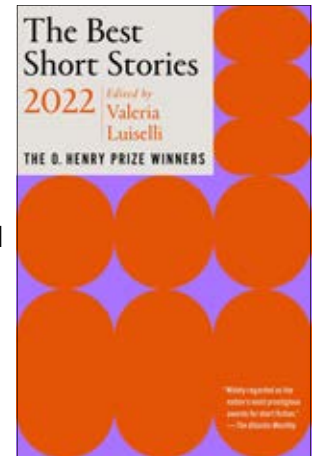
Children singing as they play.

The songs can comfort me  
forever.

Shared By Jennifer Frankum

In our survey, [Kennisis is All of Us](#), you told us that “reading” is one of your favourite things to do while at Kennisis. Cottagers may enjoy a variety of themes and authors with less lengthy story lines within one book. “The Best Short Stories 2022” includes twenty O. Henry prize winning stories that have been published in magazines in Canada and U.S. throughout 2022.

The O. Henry award is given to short stores of exceptional merit. The first award originated in 1919!



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## Our Roads DO have A Speed Limit



Many thanks to all of the drivers who respect the speed limit and all of the traffic and challenges of our cottage roads.

We have ATV drivers, cars, boats and trailers, trucks, dump trucks, construction vehicles, cyclists, dog walkers, families with children, bumps, road wash outs, loose gravel, bends, hills, hills on bends, downed trees and limbs and wildlife including turtles!

If we leave sooner, drive slower, we can all live longer!

"BASEBALL IS LIKE DRIVING, IT'S THE ONE WHO GETS HOME SAFELY THAT COUNTS."

TOMMY LASORDA

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TEAM

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## Presents "Birds of a Feather" Piano Concert

Featuring

**Drew Murray Allen**

**Saturday August 20, 2022**

**Tent Entrance opens at 6:30 pm**



Fly over with your friends and family and sing along to the music of Billy Joel "Just the Way You Are", George and Ira Gershwin "Summertime", The Eagles "Desperado", Ludwig Van Beethoven "Pathetique Sonata", Louis Armstrong "What a Wonderful World", Leonard Cohen "Hallelujah" and many more.

*Complete program available on HHLT's website (news & events tab)*

DREW ALLEN began his musical career at age three! He studied privately at the Royal Conservatory of Music in Toronto and went on to study at NYU in New York City. He continues to play the piano at various festivals and special events in Ontario

**Pre-registration required: on line at [www.haliburtonlandtrust.ca](http://www.haliburtonlandtrust.ca)**

**or call 705-457-3700 (only 80 tickets available)**

**Admission: \$42.00**

**Location: Abbey Gardens -marquee tent opposite Haliburton Highland Brewing**

Evening event includes a **delicious array of appetizers**, prepared by the culinary team at Abbey Gardens, to be served during intermission. Beer and Wine will be available for purchase. You will also be treated with a sneak preview of some of our bird houses that have been uniquely painted by local artists and will be featured in our **"Birds of a Feather" online auction** being held **August 14<sup>th</sup> – 22<sup>nd</sup>**.

*Note: Current COVID safety protocols will apply. Masks are recommended when you cannot maintain a 2-metre distance from others. If you are unwell, please do not attend.*

**For more information contact: Haliburton Highlands Land Trust**  
**adm@haliburtonlandtrust.ca 705-457-3700**

## KENNISIS COTTAGE RENTALS



Contact Lea Harper for an on-site evaluation of your rental potential.  
705 754-4678 or [www.kennisiscottagerentals.com](http://www.kennisiscottagerentals.com)

Kennisis Cottage Rentals handle a wide spectrum of lakefront accommodations in Haliburton County. We have been matching guests with just the right cottage since 2006. We know what vacationers want, and as fellow cottagers, we understand your pride of ownership and attachment to the lake.

A permanent resident of Kennisis Lake for 20 years, and seasonal resident for 50, owner/manager Lea Harper specializes in Kennisis and Redstone Lake cottages.

And it's hassle-free income! Kennisis Cottage Rentals handle everything from the ground up the cost of marketing, the careful screening of applicants, bookings, contracts and the processing of rental payments.

Kennisis Cottage Rentals Inc. is a trusted member of the Travel Industry Council of Ontario (Tico)  
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# KENNISIS LAKE!

Your Neighbour On The Lake!

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4536 Kennisis Lake Road

## Bathing in the Lake: Is it OK? NEVER!!!

The KLCOA and many Kennisis community members struggle with the issue of people lathering up and jumping in the lake. While many of these offenders believe that they minimize the environmental impact by using biodegradable soap. This is simply not true.



Even if a soap is biodegradable, it is not safe to put that soap directly into our lake water. All soap, whether biodegradable or not, affects lake chemistry in a detrimental fashion. It can also have a negative impact on fish and other aquatic organisms.

Is bathing in the lake with any soap OK? The simple answer is, never soap up in the lake.

If you are going to bathe in the great outdoors, instead of using soap to get yourself clean, just use a washcloth and scrub. Water is an excellent solvent that attaches to dirt and mud and washes it away. Soap only helps to suspend the dirt that water attaches to and rinses it away more quickly and easily.

If you must wash with soap out of doors, use one that is biodegradable and phosphate-free and use it sparingly. Do all your washing, bathing or cleaning at least 30 metres from any water sources and dispose of your soapy wash and rinse water in a hole six inches deep to allow bacteria in the soil to completely biodegrade the soap.

Please remember that for many of us, the Kennisis Lakes are a source of drinking water. Please don't add anything to the water that you wouldn't want to drink yourself.

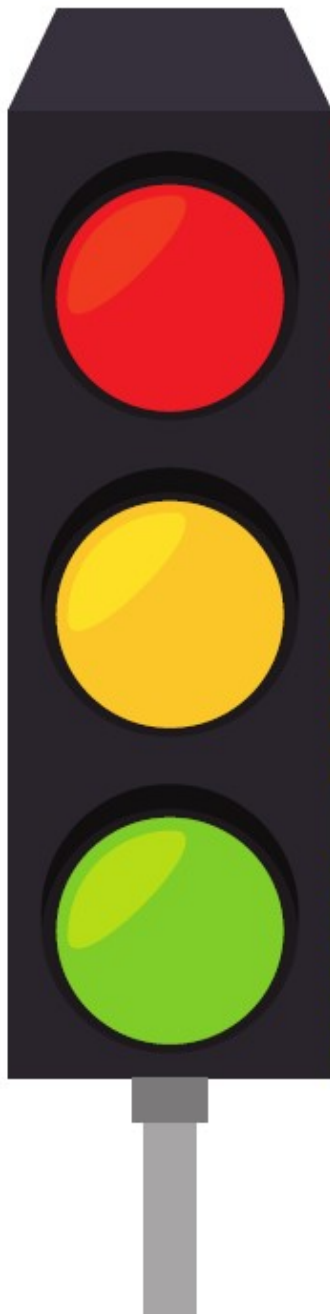
Thanks to the Muskoka Watershed Council for providing the background information.

Additional information can be found at: <https://www.muskokawatershed.org/blog/bathing-in-the-lake/>

# Is it an Emergency?

If you are in need of serious medical attention, always CALL 911.

*If not, before visiting a HHHS Emergency Department:*



**Stop:** could self-care or a doctor's visit take care of it?

**Check:** if the ED you want to visit is open  
visit [hhhs.ca](http://hhhs.ca) or call 705-457-1392

**Go:** proceed to the nearest open ED

*Thank you for your assistance.*



### KLCOA Organizes Shoreline Preservation Tree Planting Workshop with Abbey Gardens Staff



Cara Steele discussed types of native shrubs and soil types.



Dylan demonstrated how to plant the shrubs.

Thank you for attending the Shoreline planting workshop on July 9th. Cara and Dylan did an outstanding job covering the reasons for Shoreline Naturalization through to the planting demos. Thanks also for helping to plant Paul and Lynn's new shoreline plants!

A big thanks to Paul and Lynn from the KLCOA and Abbey Gardens for hosting the workshop and volunteering to be the demonstration site.

The native plants were sourced from Grow Wild - <http://www.nativeplantnursery.ca/>. If you are considering adding additional native plants, please do send your business their way as they are very knowledgeable and Grow Wild has been very supportive of our work in the Haliburton Highlands. Paul Heydon is the owner of Grow Wild.



Cara's take away message from the workshop:

**Native plants first sleep, then creep and then leap.**

We need to give native plants a couple of years to get established.



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The survey said: "tells us more about invasive species....."

**Garlic Mustard**  
**One of Ontario's Most**

**UN-WANTED**  
**Invasive Plant Species**

*Garlic Mustard - Alliaria petiolata*  
 Alias: Hedge-garlic, Sauce-alone, Jack-by-the-edge, Poor Man's-mustard and Garlicwort

**ECOLOGICAL THREAT**

Native to Europe, garlic mustard was brought by early settlers as a green vegetable and a medicinal plant. First reported in gardens of Toronto in 1879, the rest is history. It can be found in moist forests, wooded stream banks, floodplain forests, roadsides and trail edges and yes, maybe in your garden. In these places, it dominates the ground layer of plants reducing the forests' natural ability to regenerate.

Recent research demonstrates that toxic chemicals produced by the roots of garlic mustard interfere with the microscopic fungi in the soil needed to stimulate the growth of native plants, giving the garlic mustard something scientists call "displacement capacity". A nasty ability to change our forests forever.

**MUG SHOT**

The plant is green year round, with dark triangular shaped toothed leaves arranged alternately on the stem. The leaves produce a distinctive garlic odour when crushed. The plant grows from 13 to 120 cm tall, producing a single floral stalk with delicate white flowers from May to early June. Garlic Mustard is often found along trail edges, as it is often spread by people's boots, clothes or on tires of recreational vehicles.

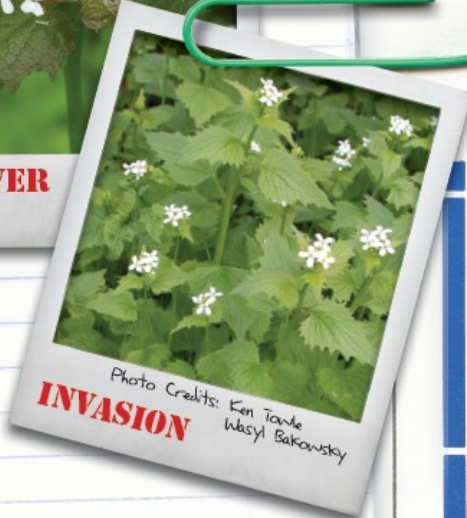
Flowers are produced in clusters at the end of the plant, typically six to seven millimeters long. Fruit is produced in late July through August as a small oblong black seed. A single plant can produce up to five thousand seeds that germinate the following spring. The seed is its only way of reproducing. Accomplices contributing to its spread are animals in nature, humans and their dogs.



**FLOWER**



**LEAF**



**INVASION**

Photo Credits: Ken Towle  
 Wasyl Bakowsky

UNWANTED CASE: GARLIC MUSTARD

No.

**INVADING SPECIES HOTLINE 1-800-563-7711**  
**WEBSITE WWW.INVADINGSPECIES.COM • WWW.ONTARIOINVASIVEPLANTS.CA**



### TIPS ON MANAGEMENT

Land managers, farmers, landowners and community members everywhere, must extend their best efforts to detect this species on their properties early in its establishment, avoiding larger more labour intensive control efforts down the road.

The slender tap root with a distinctive “s” curve is easily pulled by hand, but only in light moist soils, for small infestations and over a minimum of 5 successive years to ensure the seedbank is exhausted. In larger infestations pulling often results in stimulating the seedbank, disturbing the soil and further compounding the problem.

Garlic mustard is a biennial, meaning it takes two years to complete its growing cycle then it dies. First year plants are referred to as basal rosettes, with just a few leaves appearing. In year two, the plant actually flowers. Each plant can produce between 200 and 800 seeds and they continue to photosynthesize during the winter months between the two stages.

Cutting the plants using a hand-held motorized trimmer like those used for lawn trimming, from the top down rather than side to side should be done twice a year and prior to flowering.

The use of herbicides has met with some success, however a Letter of Opinion from the district MNR may be required before controlling invasive plants with chemicals. The Pesticide Act does have some excepted uses including control in forestry, agriculture, public health and safety as well as others. Consult with your district MNR if you have questions. A licensed applicator must do the application.

Biological control and the reintroduction of microbial content to locations where garlic mustard has been removed still require extensive research.

### TIPS ON PREVENTING THE SPREAD OF INVASIVE PLANTS IN THE LANDSCAPE

- ◆ Learn to properly identify and manage invasive plants on your property.
- ◆ Avoid using invasive perennials in gardens and landscaping. Always check your plant references before choosing garden plants.
- ◆ Purchase non-invasive plants from reputable suppliers. Native plants will provide a variety of benefits to the plants and wildlife that also depend on them.
- ◆ Do not dispose of compost or garden waste in natural areas as this can disturb the natural vegetation.
- ◆ When hiking, remain on designated trails and keep pets on a leash to reduce transferring invasive plants and seeds to new areas.
- ◆ When an invasive plant is flowering, cut the flower tops to prevent the plant from going to seed, put it in a garbage bag and throw it in the garbage.
- ◆ Share this fact sheet and spread the word to friends, family and neighbours.
- ◆ When in doubt about a plant, whether it is invasive or how it should be controlled, contact the “Invading Species Hotline” @ **1-800-563-7711** or **www.invadingspecies.com** or **www.ontarioinvasiveplants.ca**



#### A Message from the Ontario Invasive Plant Council (OIPC)

*The Ontario Invasive Plant Council facilitates a coordinated and effective response to the threat of invasive plants by providing leadership, expertise and a forum to educate, motivate and empower organizations and citizens. The OIPC is composed of conservation authorities, academic institutions, aboriginal organizations, stewardship networks, private consultants, industry and environmental NGOs as well as all levels of government. For more information on the council please visit [www.ontarioinvasiveplants.ca](http://www.ontarioinvasiveplants.ca)*

# Dog Strangling Vine

One of Ontario's Most

# UN-WANTED

Invasive Plant Species

The Swallow-worts - *Vincetoxicum rossicum* syn  
*Cynanchum rossicum* C. louiseae  
 Alias: Dog-strangling vine



Photo Credits: Ken Towle  
**LEAF & FLOWER**

## PROFILE

Dog-strangling vine (DSV) is a perennial, twining soft-stemmed vine-like plant that dies to the ground each season. It is a member of the milkweed family, originating from Eastern Europe, and introduced to Canada approximately 120 years ago. Currently it is finding its way into our backyards and natural areas at an alarming rate, as it produces seeds that are easily carried by the wind over great distances.

DSV prefers disturbed areas like highways, railways, utility and transport corridors, Christmas tree plantations, nursery and perennial crop farms, limestone quarries and abandoned pastures. Once a colony is established, DSV will quickly spread into adjacent undisturbed areas, displacing the native plant species and altering the natural landscape.

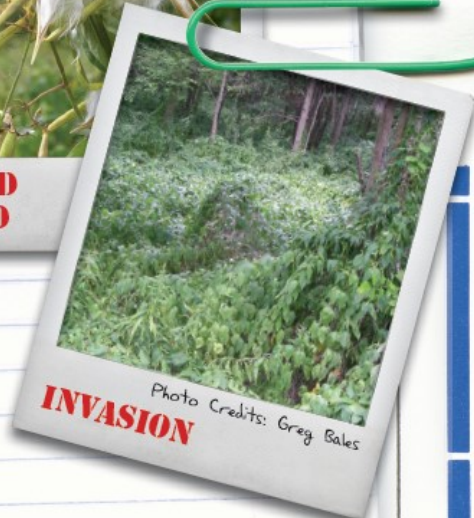
## MUG SHOT

Dog-strangling vine can grow 1-2 m (3-6 feet) in height with leaves that are 5-10 cm long. The leaves are oval in shape with a pointed tip and are arranged oppositely along the stem. They are glossy in luster and appear green in the early summer and yellow in the late summer.

DSV has visible flowers from late May to mid July. These flowers have five pinkish maroon colored petals that are 5-9 mm (0.2-0.4 inches) in length. Like other milkweed species, dog-strangling vine produces pods that split open lengthwise to disperse their seeds in the late summer. These pods are abundant in July and August and appear smooth and slender with a light green color. The pods are



**SEED  
 POD**



**INVASION**  
 Photo Credits: Greg Bales

usually 4-7 cm (1.5-2.5 inches) long. The fruits of DSV often occur in pairs and are 4-6 cm (1.5-2 inches) long and 5 mm (0.2 inches) wide.

The roots are fibrous or thread like and spreading, giving them the ability to hold onto the soil firmly. Within the root structure, they have subterranean buds (buds growing below the soil) which can produce several shoots. Without the support of brush, where DSV persists in open areas, it twines amongst itself forming tops that appear rope like.

UNWANTED CASE: DOG-STRANGLING VINE

No.

**INVADING SPECIES HOTLINE 1-800-563-7711**

**WEBSITE WWW.INVADINGSPECIES.COM • WWW.ONTARIOINVASIVEPLANTS.CA**

### TIPS ON MANAGEMENT

Land managers, farmers, landowners and community members must extend their best efforts to detect this species on their properties early in its establishment, avoiding larger more labour intensive control efforts down the road.

Manual and or mechanical removal of the entire plant, including the root, may work to control the plant if it is done in the first year of it's establishment. Care must be taken to remove the entire root, as the plant will re-sprout from buds on the rootstock. By the second year manual pulling or digging becomes more difficult as the plant roots are stronger and larger. Seed spread can be controlled if the plant is cut back or pulled before it goes to seed. Pulling and digging will have to be done more than once during a season, as plants will re-grow and produce more pods.

The use of herbicides has met with some success, especially for larger infestations. Glyphosate in at least a 3% solution can be effective if the plants are sprayed while in flower, followed by a second spraying approximately one month later. However a Letter of Opinion from the district MNR may be required before controlling invasive plants with chemicals. The Pesticide Act does have some excepted uses listed including control in forestry, agriculture, public health and others. Consult with your district MNR if you have questions.

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- ◆ Do not dispose of compost or garden waste in natural areas as this can disturb the natural vegetation.
- ◆ When hiking, remain on designated trails and keep pets on a leash to reduce transferring invasive plants and seeds to new areas.
- ◆ When an invasive plant is flowering, cut the flower tops to prevent the plant from going to seed, put it in a garbage bag and throw it in the garbage.
- ◆ Share this fact sheet and spread the word to friends, family and neighbours.
- ◆ When in doubt about a plant, whether it is invasive or how it should be controlled, contact the "Invading Species Hotline" @ **1-800-563-7711** or [www.invadingspecies.com](http://www.invadingspecies.com) or [www.ontarioinvasiveplants.ca](http://www.ontarioinvasiveplants.ca)



#### A Message from the Ontario Invasive Plant Council (OIPC)

*The Ontario Invasive Plant Council facilitates a coordinated and effective response to the threat of invasive plants by providing leadership, expertise and a forum to educate, motivate and empower organizations and citizens. The OIPC is composed of conservation authorities, academic institutions, aboriginal organizations, stewardship networks, private consultants, industry and environmental NGOs as well as all levels of government. For more information on the council please visit [www.ontarioinvasiveplants.ca](http://www.ontarioinvasiveplants.ca)*

### Ladies of the Lake Luncheon 2022

A big round of applause goes out to Lea Bartlett who offered to host the ladies luncheon on July 2nd. Over 100 ladies were accommodated in a beautiful setting on West Shore. Lea chose to donate the participant donations to the Abbey Retreat Centre. Thank you so much, Lea!

THANK YOU to Sheelagh Lawrence who helped organize this year's luncheon and our president, Deb Wratschko .

THANK YOU To Liz Austin for her work again this year in organizing this luncheon. It was a great success!





## Abby Retreat Centre

### Who Are We:

Abbey Retreat Centre, located in the Haliburton Highlands, is a cancer support centre that cares for the body, mind and spirit of a person while they are living with cancer. (we serve people newly diagnosed, in the midst of treatment, navigating post-cancer life and advanced stages of cancer.)

Through in-person retreats and a variety of online programs, both the person living with cancer and a close support person/caregiver in their life, are provided opportunities to rest, reflect and explore practices that help to soothe, strengthen and tend the body, mind and spirit in the midst of a cancer experience.

Cancer is sometimes described as a solitary journey that we cannot do alone. A cancer diagnosis changes the trajectory of our lives and our life story may need reshaped; grief and loss may need acknowledged; time away from our regular routine may be a catalyst for deep reflection and healing.

### Abbey Retreat Centre's cancer-support programming is rooted in 5 core understandings:

- 1) All activities and healing modalities included have a strong research base and have been found to have a positive impact on the side effects of a cancer diagnosis and cancer treatment.
- 2) Health and wellness are enhanced when we pay attention to the whole person: body, mind and spirit.
- 3) Healing and well-being are enhanced in community.
- 4) Healing is best supported when care is also extended to the key support people and caregivers.
- 5) To ensure that there are no barriers to this cancer support, all programs are provided at no cost. We also recognize that there are many increased expenses for individuals and families facing cancer.

### What happens at a cancer-support retreat?

Programming is led by a wonderfully caring and skilled team of facilitators, practitioners and therapists. On retreat, everyone is well nourished by a delicious and nutritious plant-based diet, including fish and chicken. (Individual dietary restrictions are carefully addressed.) All participants receive a massage and are introduced to a variety of practices including gentle and restorative yoga and yoga nidra (a deep state of rest and relaxation), expressive arts and art-making (absolutely no skill as an artist required), nature connection, large and small group conversation, music therapy and other healing modalities. There are opportunities to share your story and witness the stories of others without need to fix, save or give advice. It is healing to be deeply listened to and to listen deeply to others.



Barb Smith-Morrison  
Co-Director, Abbey Retreat Centre spoke at the Ladies of the Lake Luncheon, explaining the purpose and some details of

Abbey Retreat Centre also offers a variety of 4-6 week online cancer support programs that integrate and creatively adapt these core practices while creating a safe, accepting and caring online community. Sometimes the greatest and most healing gift is simply to be with others who are walking a similar difficult path.

**The waitlist for in-person retreats and online programming has grown dramatically throughout the last 2 years** and Abbey Retreat Centre is working hard to increase its capacity to offer more programs.

### Volunteers and Donations

Volunteers are critical to the success and richness of our programming and serve in a variety of ways including tending the grounds, making beds, cutting grass and working in the kitchen alongside the chef during retreats.

As a young organization we continue to rely on the generosity of individual donors. We assure our participants that there is a whole community of people, unknown to them, who offer their care and support through financial and other in-kind donations. As the need for our cancer support programming grows, we have begun to seek partners, champions and ambassadors who will help Abbey Retreat Centre continue to enhance its vision to be a safe, loving and healing community for those affected by cancer.

### Haliburton Highlands Challenge 3<sup>rd</sup> Annual Fundraiser

We have just launched our 3<sup>rd</sup> annual fundraiser. People are invited to form a team and 'get moving' in support of those with cancer. To find out more: [www.haliburtonhighlandschallenge.com](http://www.haliburtonhighlandschallenge.com)

Thank you for your support! We welcome you to drop by for a cup of tea and a tour. There are many beautiful stories to share!

Warmly,

Barb Smith-Morrison  
Co-Director, Abbey Retreat Centre

Abbey Retreat Centre  
1150 Garden Gate Dr.  
Haliburton, ON  
K0M 1S0

<https://abbeyretreatcentre.ca/>



Photos taken from [www.abbeyretreatcentre.ca](http://www.abbeyretreatcentre.ca)

KLCOA offered our Lake Community with 32 artists at 15 different locations. Thank you to Janis Parker who organized the event again this year.



# Art on the Dock AOTD



Many thanks to Parker Pad & Printing and Bev Pike of Viper Marketing for their sponsorship.



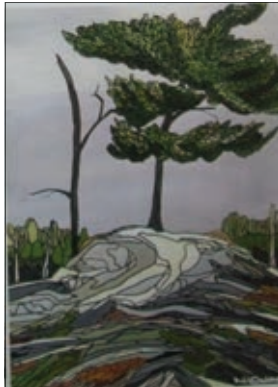




Jeanette Kling paints local and northern landscapes. Her purpose is “to install calm in the observer and a desire to enjoy the outdoors more. I am an amateur landscape oil painter having been mentored by Michael Roth and in the style of Michael and Matthew Kousal. WONDERLAND is how I perceive the Kennisis Lake and Haliburton areas and I try to capture some of that wonder in my paintings.”

This year Jeanette donated all her sales to AOTD for Artists in the Classroom. Her yearly commissions are also donated to SIRCH.

Wow! This was such a generous gesture!  
Thank you Jeanette”



## Artists in the Schools & Community Haliburton County



The Kennisis Lake Cottager Owners Association's "Art on the Dock" has donated over **\$25,000** for Artists in the Schools & Community ~ Haliburton County.

Many exhibitors will be collecting contributions to Artists in the Schools & Community at their locations this year. We would appreciate it if you would share your spare change, paper money or bring a cheque made out to The Arts Council ~ Haliburton Highlands. (Charitable receipts can be provided for larger contributions.)

**Thank you Kennisis Lake Community for your ongoing support & help providing children of Haliburton County access arts education.**

The Artists in the Schools & Community program strives to promote arts education opportunities by:

- exposing students to a variety of art forms with in-class instruction by local artists;
- collaborating with the Youth Hub and other organizations to provide community-based arts programs for youth;
- providing training programs to artists and artisans to further their skills; and
- providing seniors with social and health benefits with creative and accessible arts programs.

Each year the Artists in the Schools and Community program strives to work with our local elementary schools to provide rich in-class, arts-based programs to stimulate interest and creativity, while enhancing the curriculum. The ACHH thanks all donors to this program.

In 2022, we introduced a new component to this program for children, youth and adults, bringing enriched opportunities to engage in the arts. Arts Council members conducted a number of workshops in the visual, performing and literary arts throughout the county. Participants enjoyed new learning in painting, jewelry making, acting, florigraphy, capturing family history, drawing and more.

Our thanks to the Kennisis Lake Cottagers Association for funding this first round of Community Workshops.

Your support is greatly appreciated.



the arts council  
haliburton highlands

This activity was very popular last year so we are offering it again. While going on your walks or sitting on your deck, take note of all the birds you see! Here's to the "hawk eyes" who saw all of them!

# BIRD BINGO FUN



LOON	HUMMING BIRD	RAVEN	HAWK	ROBIN
TURKEY VULTURE	WILD TURKEY	MORNING DOVE	BLUE JAY	SWALLOW
HERON	OSPREY		GRACKLE	YELLOW FINCH
BALD EAGLE	OWL	CHICKA- DEE	CANADA GOOSE	MERGANSER
SEAGULL	GROUSE	WOOD DUCK	PURPLE FINCH	MALLARD



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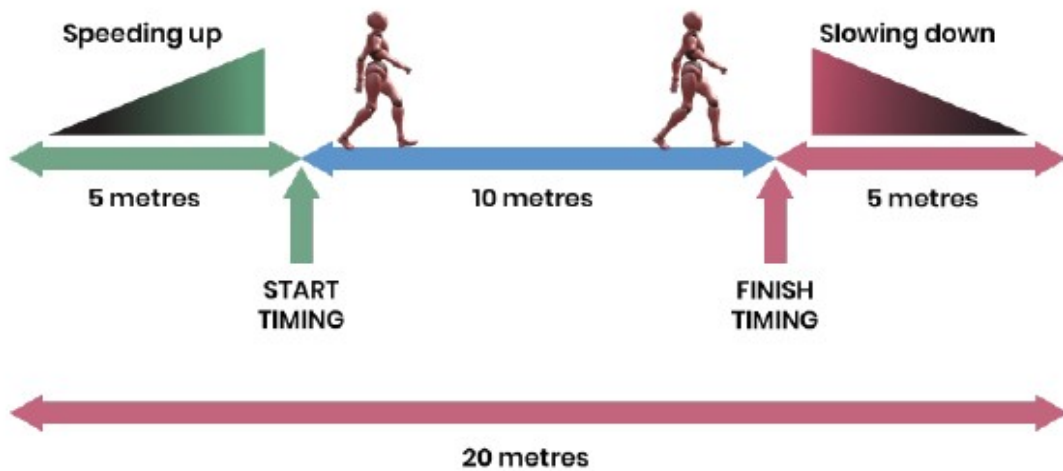
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As many survey respondents told us: you like to walk and enjoy time at the dock. Both of these activities involve the use of our feet and some trips to the dock can challenge our balance or cause falls. To avoid falls, McMaster University Optimal Aging Portal (<https://www.mcmasteroptimalaging.org/>) offers not-for-profit organizations researched information for educational purposes.

## Measuring Walking Speed

### 10-Metre Walk Test

You can measure your walking speed using the 10-metre walk test. To take the test you'll need a 20-metre path to give you 5 metres to get up to normal speed (or usual pace), 10 metres for the measurement of your normal walking pace and then another 5 metres to slow down. Now measure how long it takes you to walk the 10-metre length, or get someone else to time you over this distance.



Then divide 10 metres by the number of seconds it took you to determine your speed in metres/second. Compare your results to those in the table on page 29.

$$\text{Speed} = \text{distance}/\text{time}$$

$$= 10 \text{ metres}/\# \text{ of seconds}$$

### 4-Metre Walk Test

If you would prefer to do the test at home or indoors, you can do a shorter 4-metre walk test. It is identical to the 10-metre test but requires a shorter 6-metre path, 1 metre to speed up, 1 metre to slow down, and a 4-metre testing zone. As with the 10-metre test, divide 4 metres by the number of seconds it took you to determine your speed in metres/second. Compare your results to those in the table on page 2.

As a follow up to our Spring 2022 issue, noting some exercises for our feet, this diagram may help walkers increase "walking speed".

Over time, redo the test to learn if your walking speed has increased.

## Measuring Walking Speed

### Average Walking Speeds by Age and Sex

Use this table to determine how your walking speed compares to the average for your age group and sex. (Reference: Bohannon RW, Andrews AW. *Physiotherapy* 2011 Sep;97(3):182-9)

Sex	Age group	Average self-selected walking speed (metres/second)	Range within which the average value might fall (metres/second)
Women	40-49	1.39	(1.34-1.41)
	50-59	1.31	(1.22-1.41)
	60-69	1.24	(1.18-1.30)
	70-79	1.13	(1.07-1.19)
	80-89	0.94	(0.85-1.03)
Men	40-49	1.43	(1.35-1.51)
	50-59	1.43	(1.38-1.49)
	60-69	1.34	(1.26-1.41)
	70-79	1.26	(1.21-1.32)
	80-89	0.97	(0.83-1.10)

Use this table to track your walking speed.

Date	Walking speed (metres/second)

Use these tips to help improve your walking speed. Practice walking and consciously monitor your progress.

- Try to increase your speed safely for short distances.
- Walk forwards and practice changing directions, walking sideways then forwards and backwards.
- Perform dual-tasking activities such as walking carrying objects or walking while counting or listening to music.
- Walk on circular paths, clockwise and counter-clockwise; or paths that follow a figure-eight shape.
- Work on your strength, flexibility and overall fitness.

## Another Successful Rock Bass Fishing Derby

Did you know that rock bass are aggressive eaters and are a threat to our lake trout population? Did you know that a female rock bass can lay up to 11,000 eggs?

Each year, Mike Neely organizes a rock bass fishing derby during the week when fishing licenses are not required in Ontario.

This year many adults were able to join in with their children to try and catch as many rock bass as possible in one day.

Thank you to Mike and Kelley Neely for organizing this event each year.

Thank you to everyone who came out and took part in the annual KLCOA Rock Bass Derby.

A total of **108.1 pounds** of rock bass were caught and removed from our lake!!!



Congratulations go out to the Williams and Martin and families who won the 12 and under category, catching a total of 16.13 pounds, and to Ryan Nichols and Brody Morrison in the 13 and over category catching a total of 14.9 pounds.



### Ontario's Cool Water Game Fish

## ROCK BASS



**Identification**

- "Frying pan" shaped
- Greenish or brownish sides with horizontal rows of black spots
- Large red to orange-red eyes

**Habitat**

- Shallow, rocky areas of lakes and rivers, especially if woody cover is available.

**Spawning Patterns**

- Late June to early July at water temperatures between 15-22°C.
- Males build nests in shallow water. Nests may be large, up to two feet in diameter.
- Males aggressively guard the eggs and fry until they disperse.
- A single female may lay up to 11,000 eggs.

**Diet**

- Very aggressive feeders with a diet consisting of aquatic insects, crayfish and small fish.

**Age and Size**

- Can live 10-12 years.
- Usually 6-10 inches long; Ontario Angler Award minimum length is 10 inches.
- Ontario record weight is 3.00 lb.

**Fishing Tips**

- Very aggressive and will often hit larger baits targeted at Smallmouth or Largemouth Bass.
- Use live bait such as worms or small minnows, or artificial lures such as spinners and small crankbaits.
- Cast to rocky areas, or near docks and boathouses.
- They are moderately hard fighters for their size, making them an excellent fish for children to catch. They have white flaky fish that is delicious.

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# Music @ the GARDENS 2022

AUGUST 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>

**FRIDAY EVENING:** Susan Aglukark  
**SATURDAY MATINÉE:** Dizzy & Fay  
**SATURDAY EVENING:** John McDermott & Band  
**SUNDAY MATINÉE:** 1 - Nicholas Russell Standard Trio w/ Special Guests  
 2 - Nick & Benton  
**SUNDAY EVENING:** Dala








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**MATINEES:** Doors Open 1pm  
 SET 1: 1:15-2pm • INTERMISSION • SET 2: 2:15-3pm

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**PURCHASE TICKETS** online: [abbeygardens.ca/atthegardens2022](http://abbeygardens.ca/atthegardens2022) • or email: [janis@parkerpad.com](mailto:janis@parkerpad.com)




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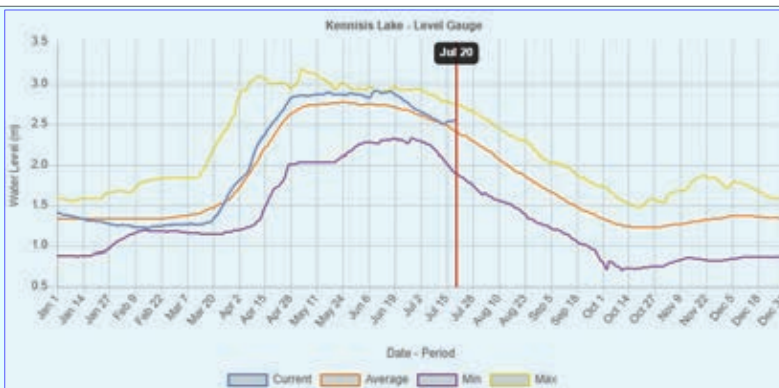
**Trent-Severn Waterway -  
Water Level Management  
Update – Thursday, July 7,  
2022**

Parks Canada's water management team continues to actively monitor water levels, flows, and weather forecasts across the Trent-Severn Waterway. These factors are used to determine dam operations on a daily basis for the Trent-Severn Waterway. Parks Canada maintains the Ontario Waterways Water Management InfoNet on the Trent-Severn Waterway website at [www.pc.gc.ca/en/lhn-nhs/on/trentsevern/info/infonet](http://www.pc.gc.ca/en/lhn-nhs/on/trentsevern/info/infonet)

The InfoNet contains background information on water management practices, water management updates, frequently asked questions about water management, various reports on water management, and the most recent water levels of lakes along both the Rideau Canal and the Trent-Severn Waterway (see Kennisis Lake graph). The information comes from hydrometric gauges located at key points along both waterways and is vetted by trained and experienced Parks Canada water management staff

**Haliburton and Northern Areas**

Most lakes are near their long-term average water levels. The Gull River reservoirs are 91% full. Burnt River reservoirs are 87% full. The Central Reservoirs are 92% full. The drawdown will start this week, and the rate of drop will be largely dependent on the rainfall received. The most recent two-week water level forecast can be found here <https://www.pc.gc.ca/en/lhn-nhs/on/trentsevern/info/infonet/rabattement-drawdown-forecast>



# Boating Safety

**We are a Lake Community and as we near summer and get out on our boats to enjoy the water it is important to remember our boating responsibilities and etiquette.**

**Some points to remember are:**

- Follow the [Boating Code of Conduct](#) and obtain your Pleasure Craft Operator's Card .

- Minimize your wake especially in narrow channels and near shore so that natural shorelines are not eroded, loon and duck nesting sites are not disturbed, and your neighbours' floating docks and parked boats are not bounced around and damaged. An excellent report on the dynamics of boat wakes can be [found here](#).

- Reduce your speed especially in narrow channels and near shore where other boats and swimmers could be in danger and remember that within 30 metres of the shore your speed should be less than 10 km/hr (it's the law).

- Head for the centre of the lake when travelling at speed or when water skiing, wake boarding, or tubing, etc - don't ride parallel to the shoreline. Give everyone a wide berth and travel slowly when pulling away from docks, launching ramps or swimming areas.

- Respect your neighbours' TRANQUILITY by moving around the lake rather than operating on one small area.

- Protect the environment by treating bays as no wake zones, operating in water over 1.2 metres (4 feet) deep to avoid disturbing the lake bottom, stowing garbage until you return to shore, and avoiding spillage of gas and oil into the water during refuelling.

-When anchored take care not to obstruct navigation for other boats.

-Clean your boat and trailer when transporting them to other lakes and when bringing them into the Kennisis Lakes to avoid transporting invasive species.

Wear life jackets.

Alcohol and drugs in combination with boating are dangerous and illegal.



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Again this year, there have been bear sightings on our lake roads. Here is some information from the experts:

**BEAR WISE**



Bears travel  
far for food.

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometres to a known food source like a berry patch or a stand of beech trees and they will return to these same locations year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.



In an immediate emergency, call your local police or 911. To report bear problems call:

**1 866 514-2327**

(1 866 514-BEAR)

TTY 705 945-7641

For more information, visit our website:

[ontario.ca/bearwise](http://ontario.ca/bearwise)

**Some things to remember about Ontario's black bears:**

- When food crops fail, the potential for human-bear conflicts increases as bears search for alternate food sources
- Bears lose their natural fear of humans through repeated exposure to people in areas where food is intentionally or unintentionally provided. In such cases, conflict with humans is inevitable. Bears may even become destructive or dangerous
- Such bears are often destroyed because they have become "nuisances" or are perceived as a threat to human safety. They also have a greater risk of getting injured or killed in collisions with vehicles. That is why you should never intentionally feed bears or place food to attract other wildlife (including birds) to your yard for viewing
- Bears quickly learn to associate human residences and campsites with a readily available food source. In fact, most bear problems occur as the result of improperly stored household garbage
- Bears are also attracted to pet food that is left outdoors, bird feeders, grease and food residue left on barbecue grills, composters, fruit trees, sweet corn and grain fields
- Garbage dumps provide a concentration of readily available food that often attracts bears. Bears that feed on garbage in landfills risk physical injury. They also become conditioned to eating garbage at landfills

*To learn more about bear encounters, see our Fact Sheets "What to do if you encounter a bear" and "Be safe in bear country".*

There's more ... see over!

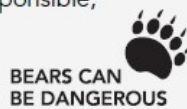


## BEAR WISE



## Be safe in bear country.

Black bears live in most parts of Ontario. Chances are wherever you live, visit or spend your leisure time, you will be near bears or bear habitat. For your own personal safety, and for the well being of bears, it is important that you learn about bears and their behaviour. Know how to prevent and handle potential encounters with bears. Be safe, be responsible, be Bear Wise.



In an immediate emergency, call your local police or 911. To report bear problems call:

**1 866 514-2327**

(1 866 514-BEAR)

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For more information, visit our website:

[ontario.ca/bearwise](http://ontario.ca/bearwise)

Every encounter with a black bear is unique. Experts recommend the following tips and advice. There is no guarantee that what works in one instance will work in another.

#### Avoid encounters:

- Make noise as you move through wooded areas – especially in areas where visibility is restricted or where background noise is high, such as near streams and waterfalls. Singing, whistling or talking will alert bears to your presence, giving them a chance to avoid you
- While outdoors, keep your eyes and ears open:
  - Do not wear music headphones
  - Watch for signs of bear activity, like tracks, claw marks on trees, flipped-over rocks or fresh bear droppings
  - If you are out with a dog, leash it. Uncontrolled, untrained dogs may actually lead a bear to you
  - Pay attention, especially if you are undertaking activities like working, gardening or berry picking. Occasionally scan your surroundings to check for bears. Rise slowly from your crouched position so you don't startle any nearby bears. They may not recognize you as a human when you are in a crouched position

#### Think about safety:

- Carry and have readily accessible a whistle or an air horn
- Learn how to carry and use bear pepper spray. Know its limitations
- If you are in "back country" consider carrying a long-handled axe

#### Whenever you spot or encounter a black bear:

- Stop. Do not panic. Remain calm
- Do not try to get closer to the bear for a better look or picture. Never feed a bear
- Do not run, climb a tree or swim
- Quickly assess the situation and try to determine which type of an encounter this might be – sighting, surprise or close encounter
- Always watch the bear. While watching the bear, slowly back away until the bear is out of sight
- If you are near a building or vehicle get inside as a precaution
- If you are berry picking, or enjoying other outdoor activities like hiking, jogging cycling or camping leave the area
- Tell others about bear activity in the area

# A Perfect Night and a Perfect Location to Celebrate Canada Day and the Beginning of a Busy Summer



A great big **Thank you** to Minden and Haliburton Home Hardware who has generously sponsored our July 1st fireworks display! We appreciate your support. The display was superb!



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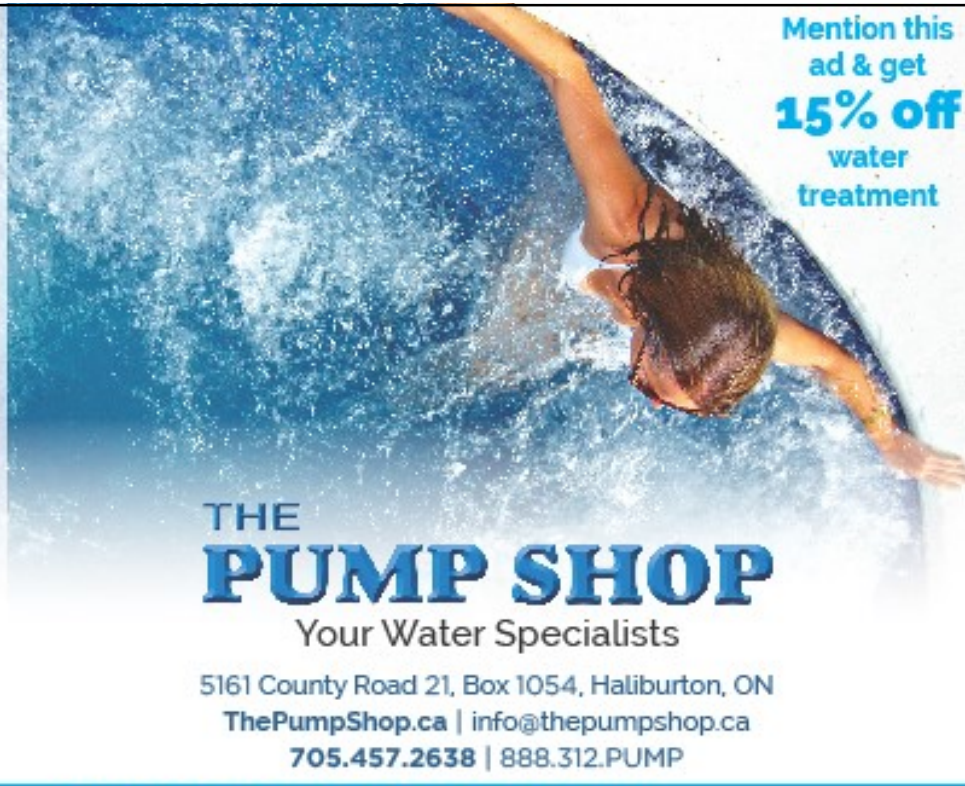


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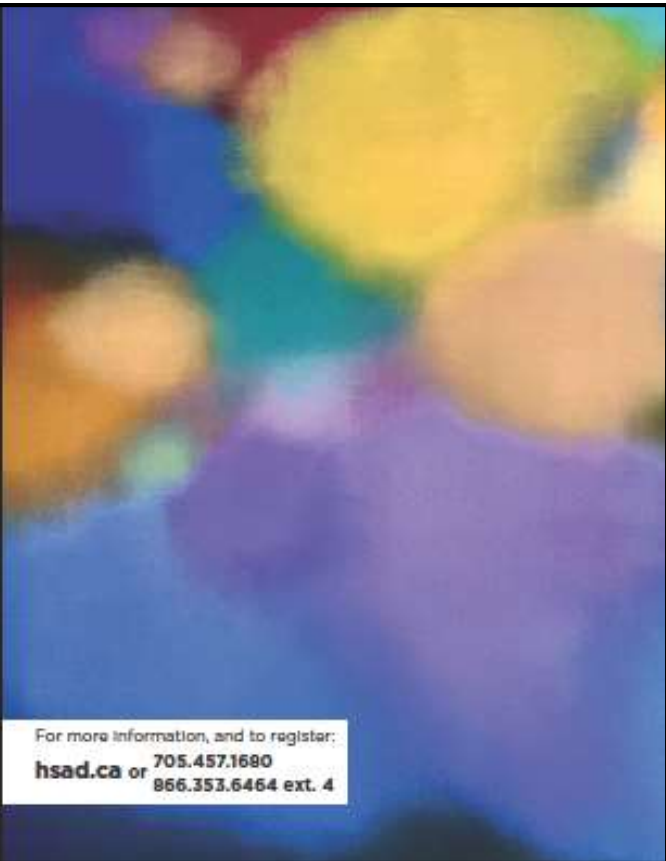


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Art: Anda Kubis, Director, Haliburton School of Art + Design  
 Bay, 7:45pm - Oil on canvas



For more information, and to register:  
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 866.353.6464 ext. 4

From:

Kennisis Lake  
Cottage  
Community  
facebook page  
by

[Kim Stevenson](#)

I am a volunteer with the Ontario Trumpeter Swan Restoration Group and we're looking for trumpeter swans in Ontario and we need your help as citizen scientists. As part of our research and restoration project we are building our database of trumpeter swan locations in the province. Our goal is to understand their migratory movements over the year – where are they in the summer and where do they go in the winter? And what about the spring and the fall when they are in transit? The autumn migration is underway and the birds are moving around. These beautiful birds have been brought back from the edge of extinction and we now have about 1,200 trumpeter swans in the province. If you see or know where there are trumpeter swans, we would love to have you complete our sightings report here:

<https://docs.google.com/forms/d/e/1FAIpQLScgZbszLDLhb6Fd6gYfgf6atVFLVb7-SJxPPbRtaad0IPQXAg/viewform>

If you prefer you may send me a PM (personal message) or post to this thread. If you are lucky enough to come across a tagged swan, please include the tag number and I will tell you the history that we have on this swan. I thank you in advance and look forward to hearing from many of you. Feel free to visit our Facebook page, Ontario Trumpeter Swans.

<https://www.facebook.com/groups/ontariotrumpeterswans/about/>

## Trumpeter Swans in Ontario

One of the best ways to identify a Trumpeter Swan is by its deep trumpet-like call. It has a white plumage with a black beak marked with salmon-pink along the mouth-line. The black extends from the beak to the front of the eye.

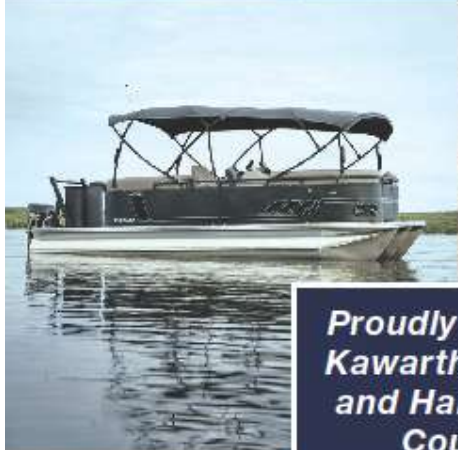



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# Come out for a fun Day at the KLCOA Regatta

July 30th, rain date July 31st 2022

We have not had a face to face regatta since 2019 due to COVID19! Natalie Wood was able to fill the gap with an online Summer Challenge. Thank you Natalie.!



This year, Beth DeMarsh has offered to help organize our “in person” Regatta with Joan Middleton and a host of eager volunteers. She calls for the Kennisis Lake community to come out and support the participants with shouts and cheers of encouragement!

**Here are a few pictures of the 2019 events that keep us smiling and coming back each year for more fun!**



The following pages out line the schedule of events!

## K.L.C.O.A. 62<sup>nd</sup> ANNUAL REGATTA

Saturday July 30<sup>th</sup>, 2022  
Kennisis Lake Marina Shoreline & Docks

**9:00 am Start Time - Marathon Swim** from Island to Marina Docks...*Harper Family Trophy*  
(ALL participants must be accompanied by a non-motorized boat)

**10:00 am Start Time - Horseshoe Tournament...***McCann Family Trophy*

**REGISTRATION:** Please sign up for events at the Registration Table. Open to KLCOA Members only. To renew or join, go to [www.klcoa.org/membership](http://www.klcoa.org/membership) OR you can sign up at the Registration tent (\$40.00 Cash/Cheque) ☑

### Morning Events: "Swimming Races" – START TIME 10:00 am

Kids...don't miss having your faces painted by our Kennisis Lake artists! and other activities. Suggest you bring water shoes

### BOYS

- |                     |                        |
|---------------------|------------------------|
| 1. 6 yrs & under    | KLCOA Trophy           |
| 3. 7 & 8 yrs old    | Fletcher Family Trophy |
| 5. 9 & 10 yrs old   | Youell Family Trophy   |
| 7. 11 & 12 yrs old  | McLean Family Trophy   |
| 9. 13 & 14 yrs old  | McGowan Family Trophy  |
| 11. 15 & 16 yrs old | Derek Fletcher Trophy  |

### GIRLS

- |                     |                        |
|---------------------|------------------------|
| 2. 6 yrs & under    | KLCOA Trophy           |
| 4. 7 & 8 yrs old    | Jones Family Trophy    |
| 6. 9 & 10 yrs old   | Ashfield Family Trophy |
| 8. 11 & 12 yrs old  | Butt Family Trophy     |
| 10. 13 & 14 yrs old | Kuehnbaum Trophy       |
| 12. 15 & 16 yrs old | Ketko Family Trophy    |

### BOYS & GIRLS MIXED

- |                                     |                             |                                  |                         |
|-------------------------------------|-----------------------------|----------------------------------|-------------------------|
| 13. Swimmig 4 yrs & under           | <i>Rodd Family Trophy</i>   | 14. Swimming 12 yrs & under      | <i>Read Trophy</i>      |
| 15. Flipper 12 yrs & under          | <i>Little Kicker Trophy</i> | 16. Flipper 13-16 yrs            | <i>Middleton Trophy</i> |
| 17. T-Shirt 12 yrs & under (4/TEAM) | <i>Lenart Family Trophy</i> | 18. T-Shirt 13 - 16 yrs (4/TEAM) | <i>Lenart Trophy</i>    |

### MEN

- |                               |                            |
|-------------------------------|----------------------------|
| 19. 17- 29 yrs old            | <i>Bill Philp Trophy</i>   |
| 21. Over the Hill (30 yrs.+)  | <i>Westwind Trophy</i>     |
| 23. ALL STAR (13 yrs.+ TOP 3) | <i>Stone Family Trophy</i> |
| 25. 55 + yrs old              | <i>Remax Trophy</i>        |

### WOMEN

- |                               |                           |
|-------------------------------|---------------------------|
| 20. 17 - 29 yrs old           | <i>D.Mackenzie Trophy</i> |
| 22. Over the Hill (30 yrs.+)  | <i>Boomstick Trophy</i>   |
| 24. ALL STAR (13 yrs.+ Top 3) | <i>R Beattie Mem.</i>     |
| 26. 55 + yrs old              | <i>Remax Trophy</i>       |

**Swim Race Trophy Presentations following the completion of all Morning Races**  
**Participation Ribbons to ALL Children swimming!**

**VOLUNTEERS, please contact Beth DeMarsh at 705 754-4606 or**  
[demarshbeth@gmail.com](mailto:demarshbeth@gmail.com)

**or Joan Middleton at [jmiddletonlake@gmail.com](mailto:jmiddletonlake@gmail.com) 705 754-2243**

**Don't forget the K.L.C.O.A. Sailing Regatta Sunday July 31<sup>st</sup>, 1 pm!! ☑**

## **Afternoon Events: “Paddling Races” – START TIME 1:00 pm**

1. Pie Plate Race (*Canoe or Boat, 4 people, propelled by pie plates*) **Pat Kleinschmidt Memorial**
2. Paddle Boat Race **Court Family Trophy**
3. Open Canoe Race (*1 per canoe*) **Wilkinson Family Trophy**
4. Kayak Race (*16 & under, 1 per kayak*) **Good Family Trophy**
5. Kayak Race (*17 & over, 1 per kayak*) **Pinkney Family Trophy**
6. Stand Up Paddleboard (*16 & under GIRLS*) **Martin Family Trophy**
7. Stand Up Paddleboard (*16 & under BOYS*) **Martin Family Trophy**
8. Stand Up Paddleboard (*17 & over, WOMEN*) **Martin Family Trophy**
9. Stand Up Paddleboard (*17 & over MEN*) **Martin Family Trophy**
10. Backwards Canoe Race (*2 men + 2 women*) **Arppe Family Trophy**
11. In and Out Canoe Race (*2 per canoe*) **Vermeersch Family Trophy**
12. 150 YEARS & over Canoe Race (*combined ages*) **Generation Trophy**
13. Canoe Race (*16 & under, 2 boys + 2 girls*) **Saunders Family Trophy**
14. Canoe Race (*17 & over, 2 men + 2 Women*) **Kennisis Lake Marina Trophy**
15. Family Members Canoe Race (*MUST be the same family*) **Benson Family Trophy**
16. Log Rolling Contest (*Hat + Shoes mandatory*) **Perry Morrison Trophy**
17. Egg Toss (*open to ALL ages, teams of 2*) **Stewart Family Trophy**

### ***Trophy Presentations following the completion of all Afternoon Races!***

#### **Special thanks to:**

- *Our awesome **K.L.C.O.A. Board** for their support, vision, and commitment!*
- ***Chad/Jim/Gary** for allowing us to share the Marina Property for the day!*
- ***Carson** from ‘The Dock Shop’ for additional docking for swimming/activities!*
- ***Doug** for allowing us to park on his property!*
- ***Mike** from “Smoke on the Water” for providing us with this year’s BBQ Lunch & Refreshments!*
- *ALL the **Families** who have kindly donated trophies over the years!*
- *ALL of our amazing **VOLUNTEERS**...who have generously volunteered their time to help create special memories!*
- ***KLCOA Members** and **Kennisis Cottagers** for participating and helping to make our 2022 Regatta **THE BEST!!!***



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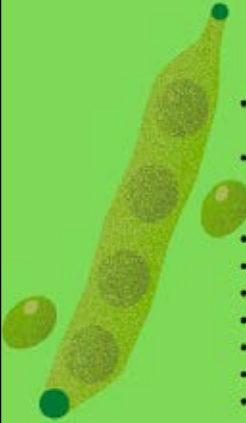


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### EDAMAME DIP



- 2 cups edamame (frozen works great, make sure they are shelled and completely thawed)
- 1 cup fresh kale, remove the thick vein from the leaves & blanch in boiling water for 45 sec. drain & squeeze excess liquid out.
- 2 -3 garlic cloves
- 10 parsley leaves (no stem)
- Juice & zest of 2 lemons
- .5 of a smaller jalapeno (or to spiciness preference)
- 2 tablespoons olive oil
- 1-2 tablespoon water
- Salt & pepper to taste

- Combine all ingredients in a food processor or blender
- Blend until a nice dip consistency has been reached
- Enjoy with pita, tortilla chips, veggies or crackers.



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Natalie Wood has shared some of her delicious recipes to try while at the lake!



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