



CAT TALES

Fall 2002 Issue

In This Issue

Fall is fabulous!

Enjoy the sights, sounds and smells of fall. Go hiking or birdwatching during the most colourful season of the year. This issue of Cat Tales is packed with activities and environmental news just for you.

- What does the CRCA do? We provide a brief introduction on page 1.
- Buzzzz! They're almost gone for another season. The mosquito is our Creature Feature on page 2. Is West Nile Virus a big worry? The answer is no.
- The CRCA is working with the local agricultural community to improve the environment. Find out more on page 3 and page 5.
- Too much water or not enough water. The ups and downs of water levels is on page 4.
- We can see the forest for the trees! See pages 3 and 10.
- Our Friends are a big help to us. See page 10 for more information about our Friends groups.
- What did we do this summer? Pages 9 and 10 help to answer that all-important question.
- It's back-to-school time! Do you know where your education calendars are? Page 12 has more information about our education programs.
- Who won the Cataraqui Conservation Foundation's Ecology Award? See page 11 for this and other Foundation News.
- Plus news from the Walkerton Report, environmental health and our calendar of events!

Who We Are and What We Do

Welcome to the Cataraqui Region Conservation Authority's newsletter *Cat Tales*. We are pleased to be working with the Brockville Recorder and Times to produce and distribute our newsletter. It provides us with an opportunity to reach many more of our watershed residents.

You might be familiar with our conservation areas, like Mac Johnson Wildlife Area and Lyn Valley Conservation Area. Or you might be familiar with our water management or tree planting programs. Maybe you've never heard of us. We'd like to change that! First we need to tell you a bit more about who we are and what we do.

The CRCA has been in the natural resource business since it was established in 1964. Our purpose is to further the conservation, restoration, development and management of renewable natural resources in our watershed.

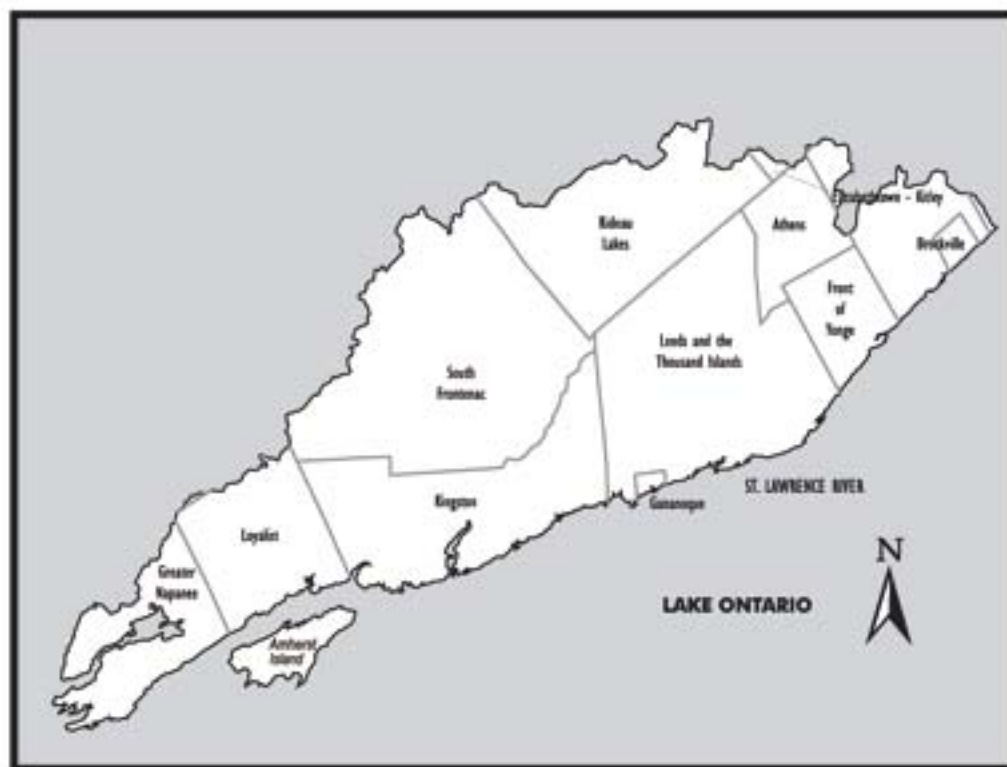
Our watershed includes all of the land that drains into the St. Lawrence River and Lake Ontario from Brockville in the east, north to Newboro and west to Greater Napanee. That's more than 3500 square kilometres of land. This includes 11 municipalities and more than 180,000 full-time residents.

- We work in partnership with our 11 member municipalities, other government agencies, community groups and landowners to improve the local natural environment. So what exactly do we do? Here's some quick facts.
- We own more than 4000 hectares of conservation land including conservation areas, boat ramps, trails, dams, environmentally sensitive areas, forests and wetlands.
- Our conservation areas receive more than 450,000 visitors each year.
- We operate 7 dams and 3 water control structures.
- Our environmental planning staff review 500 to 750 develop-

ment applications each year.

- Since 1983 we have planted more than 1.5 million trees.
 - We teach more than 6500 school children about the natural environment each year.
- We also monitor water levels and water quality, conduct studies and participate in a large number of environmental and conservation initiatives. This and other upcoming issues of *Cat Tales* will provide you with an opportunity to learn more about the CRCA. Another great source of information is our web site at www.cataraqueiregion.on.ca. It has lots of great information including links to other sites.

We would also like to hear from you. We're just a phone call or an e-mail away!



The CRCA's watershed includes 11 municipalities from Greater Napanee to Brockville and north to Rideau Lakes.



Cataraqui Region
Conservation Authority
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Creature Feature

The Northern House Mosquito (*Culex pipiens*)

The common house mosquito is a persistent biter that feeds primarily during dusk, night and dawn. The mosquito is about 5.5 mm long, brown with white markings on the legs and mouthparts. Mosquitoes are recognized by the long needle like proboscis that is used to pierce the skin to obtain a meal of blood. There are a 150 species of mosquito common to North America, with over 3000 known worldwide.

Related to gnats and flies, the mosquito has only one pair of wings (3.5 to 4.0 mm long), the second pair has been reduced to little knobs that assist the mosquito during flight. The wings of a mosquito beat rapidly at 500-600 beats per second, creating the familiar buzz. Mosquitoes

are weak fliers and do not fly far from home, although they have been known to fly up to two miles.

Mosquitoes have an excellent sensory system with two large compound eyes and two antennae. The compound eyes provide the mosquito with excellent vision while the antennae are sensitive to touch, smell, and moisture in the air. Males can be distinguished from the females for their antennae are feathery and brush-like, while the female has only a few small hairs.

All mosquitoes go through four separate and distinct stages of development, Egg, Larva, Pupa and Adult, spending their larval and pupal stages in water. *Culex* mosquitoes are container breeders. That container may be

as small as a flower vase or as large as an ornamental pond. Eggs are laid on the surface of fresh or stagnant water, usually at night, one at a time, forming a raft of 200-300 eggs. These rafts often resemble a speck of soot floating on the water and are about 6 mm long and 3 mm wide. Rafts of eggs may be laid every third night during its life span. Mosquito larvae emerge from the eggs within 24 hours of being laid.

Mosquito larvae live in water for seven to 14 days depending upon water temperature. Larvae must come to the surface to obtain oxygen at regular intervals. Larvae feed upon algae, microorganisms and organic matter. During growth the larvae molts (sheds its skin) four times, after the fourth molt, the larvae becomes a pupa.

The pupa is a non-feeding stage and lasts for one to four days. When development is complete, the pupal skin splits and the mosquito emerges as an adult. When the adult mosquitoes emerge from the aquatic stage, they mate and the female seeks a blood meal to obtain the protein necessary for the development of her eggs. Females may repeat this process many times in a typical season.

Male mosquitoes feed upon plant nectar and live for only a short period after mating. *Culex* species usually live only a few weeks during the warm summer months. Females

that emerge in late summer search for sheltered areas where they hibernate until spring. Warm weather brings them out in search of water on which to lay their eggs.

The northern house mosquito is the most common species of mosquito found in urban areas. It appears to be primarily responsible for the transmission of the West Nile Virus to humans and birds, as well as other mammals. Domestic and wild birds are preferred over humans, cows and horses as a feeding source.

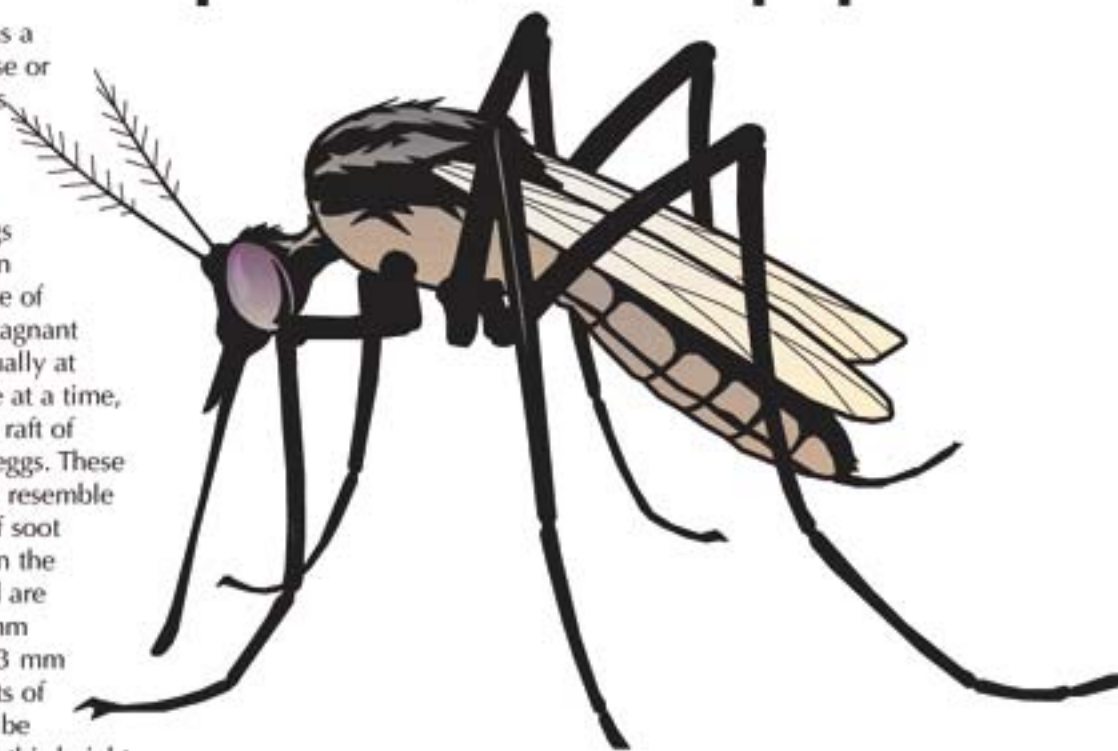
The West Nile Virus has been confirmed in the Cataraqui Region Conservation Authority's jurisdiction. It is spread by the bite of an infected mosquito, but there's no need to panic!

Anyone can get a West Nile Virus infection if bitten by an infected mosquito, however even in areas confirmed to have the virus, there is only a small proportion of mosquitoes that are likely to carry the virus—much less than one per cent. Even when an infected mosquito bites a human, the chance of developing a serious illness is

less than one per cent. Healthy strong individuals, if infected, are likely to exhibit mild flu-like symptoms. After being infected with the virus, preliminary studies have shown that these individuals will be immune to the virus in the future. Although scientists are working on a human vaccine, there are currently no vaccinations available for the West Nile Virus.

Persons with weakened immune systems, children and the elderly are at greater risk of developing the more serious form of the illness—encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord). Should you develop any of the following symptoms, seek medical help: fever, muscle weakness, stiff neck, confusion, severe headache, and/or sudden sensitivity to light.

The best advice is to avoid mosquito bites by wearing insect repellent and staying indoors during the prime mosquito feeding hours of dusk, dawn and night time.



CAT TALES

Fall 2002 Issue

Cat Tales is published three times per year by the



Cataraqui Region Conservation Authority

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Healthy Watershed Program Now Includes All of CRCA Watershed

If you wanted to participate in the **Healthy Watershed Program: Agriculture** before, but were outside of the program area, now is your chance!

As of July, this rural water quality improvement program is being offered across the entire Cataraqui Region watershed. So, if you have an approved peer-reviewed Environmental Farm Plan (EFP), live anywhere in the CRCA's watershed and think your farm operation could benefit from the implementation of any of the Best Management Practices (BMPs) detailed in the next paragraph, call us today for more information.

Improving water quality on your farm, and beyond, can be accomplished by completing any of the following projects:

- planting windbreaks and buffers
- installing an alternative watering device
- restricting livestock access to streams
- constructing low level crossings
- managing surface water runoff
- repairing eroded stream banks and
- retiring sensitive land.

Grant rates for the above-noted projects range from 50 to 75 per cent with a grant ceiling of \$5,000. Your own labour, materials and equipment can be counted as a portion of the landowner's share. These in-kind contributions can count for up to two-thirds of the landowner's share. With these grant rates and because of the fact that the landowner's work, materials, are counted, this program really helps farmers to overcome the financial barrier to making envi-

ronmental improvements.

Although the program ends March 2003, it's best to get started now before the winter weath-

er arrives. Farmers are encouraged to apply now for these funds by calling Holly Evans at the CRCA office (613) 546-4228 ext. 244.



A nose pump is an example of an alternative watering device that qualifies for funding under the Healthy Watershed Program.

Tree Planting and Forestry Improvements

This year, CRCA forestry staff have been busy with reforestation assistance and forest management programs.

Our **2002 Reforestation Assistance Program** wrapped up on May 16. This was the third year of the CRCA partnering with the Children of Ireland Foundation's Trees for Peace program. About 10,000 seedlings were planted by local school children on nine properties. We also partnered with the Lennox and Addington and Frontenac Stewardship Councils to plant another 10,000 seedlings, mainly in the Wilton Creek watershed.

In addition, we distributed 60,000 seedlings to 70 landowners this spring. These landowners did their own planting.

We are now taking orders for spring 2003. If you are interested in planting trees, please call Rick Knapton, CRCA

Forestry Technician at (613) 546-4228 ext. 247 or e-mail him at rknapton@cataraquiregion.on.ca.

This is the final year of the **Tree Replacement and Management Strategy**. This program, which was funded by the Ontario Ministries of Municipal Affairs and Housing and Natural Resources, allowed the CRCA to replace trees and clean up woodlots that were damaged as a result of the 1998 ice storm.

This fall, we will be planting 270 caliper trees on various CRCA properties. We are also doing additional forestry work at Mac Johnson Wildlife Area in Brockville, Little Cataraqui Creek Conservation Area in Kingston and Eden Grove Forest near Gananoque. Most of this work has consisted of the removal of ice-damaged trees.

How Healthy is Your Watershed?

There is increasing interest in the state of our natural environment, including the environment close to home, but there are often more questions than answers as it can be difficult to find relevant information. Questions such as "Is this watershed in better health now than it was 20 years ago?" and "What aspects of watershed health are in need of improvement?", are well worth asking, but may not be easy to answer.

When the CRCA completed **Achieving the Vision - A CRCA Work Plan for 2002-2007** last year, one of the key priorities that was identified was to improve our ability to share information about the health of the natural environment with local residents. Other Conservation Authorities and similar agencies have communicated such information by preparing *state of the watershed* reports which discuss various aspects of watershed health, such as water quality, development activity, and wildlife populations. These reports are updated on a regular

basis, so that positive and negative trends may be observed, and action may be taken to help correct problems.

This past summer, Conservation Authority staff hired Emma Turner, a graduate student with a background in environmental science. Emma spent part of the summer reviewing best practices in watershed reporting in order to recommend how the CRCA might work with its partners to produce a report for this area. Emma's position was funded under the federal Summer Career Placement program.

The result of her efforts is a guide that will help Conservation Authority members and staff to compile information on the Cataraqui Region and work towards our objective of issuing a *state of the watershed* report in the near future. We wish Emma well as she begins course work in the Doctor of Veterinary Medicine program at the University of Guelph this fall.



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CAT TALES

Lake Levels

Fall 2002 Issue



There are more than 90 lakes in the CRCA watershed. While the river and creek systems that have lakes are faring better than those that do not, water levels are below normal throughout our watershed.

There's a popular misconception out there that lakes with dams are not affected by drought and flooding. This is not so. Lakes with dams are affected by nature, by how the dams are operated and for what purposes.

In general terms, lakes are at minimum levels in the late winter and early spring. When the snow melts, the lakes fill up and rise to (generally) their highest levels of the year. Through the summer the water falls as water evaporates, but is occasionally replenished by rain. As was evident in 2001, when we had very little rain, the lake levels fell continually from April through August. Usually this fall is much more gradual. In the fall, with the rains, lake levels generally rise again. Over the winter, most lake levels are close to constant. On a regulated lake, one with a dam, this is to ensure a stable ice cover from a safety perspective.

Almost all lakes follow this general pattern. Regulated lakes, with dams, generally experience lower highs, and higher lows, than non-regulated lakes. This is due to an effort by dam managers to reduce flooding, yet keep residents, recreational users and wildlife happy with adequate usage levels.

Some regulated lakes are even dropped extra low in the spring to accom-

modate melt waters from the snowpack.

The actual lake levels can be attributed to many factors:

- amount of snow on the ground and the expected rate of melt
- forecast weather and amount of rain
- length of time since last rain, temperature and humidity, wind speeds and durations
- time of year and whether upstream or downstream habitat and spawning areas need to be considered
- amount of water downstream and will more water result in flooding, will less water result in drought.

Most regulated lakes have what is called a *rule curve*. Dam managers try to follow this curve as closely as possible. The curve follows essentially as described above, low in winter, early spring, high in spring, falling through summer, rise in fall and then back to winter.

Unregulated lakes are at the mercy of Mother Nature and what she decides. How much rain will fall, how much snow will fall, how fast will the snow melt, will a beaver build a dam at the exit or entry of the lake or will an old beaver dam collapse.

Even lakes with dams are subject to the forces of nature. Hot dry weather with lots of evaporation and no rain to replenish water supplies will result in low water levels without any dam operations occurring.

The Ups and Downs of Water Levels



This year started out shaky from a water quantity perspective. Last year was the driest year in 35 years of available records, and the winter did not provide enough snow for an average spring runoff. By mid-March, many water managers were worried about a continuation of the 2001 drought. Things started to look up with a late March snowfall and melt, and above average precipitation in April. May gave us well above average amounts of rainfall, and in fact there were many low lying areas that were flooded at various times during May and early June due to the rainfall amounts and saturated ground. Unfortunately, the rain stopped in mid-June. Since that time there has been very little rain. The high water levels of early June have been continuously falling for the last 60 days and we are once again in danger of having creeks

drying up completely.

It appears that those watercourses with lakes and wetlands are better off, but all watercourse flows will continue to fall until significant rain returns. The CRCA declared a Level I drought condition across the watershed on August 9, with the possibility of extending that to Level II if current conditions continue. The Water Response Team will be meeting over the next few weeks to discuss possible actions to combat the low water conditions.

The long-term Environment Canada forecast predicts below average precipitation with above average temperature for September 2002 through to spring 2003. If this is true, low water levels could continue.



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The RWDRT: Protecting the Rideau Canal

One of the most scenic areas to visit and live in eastern Ontario is the Rideau Canal, a chain of scenic lakes and canal cuts, which runs from Kingston to Ottawa. The Rideau Canal not only connects two cities, but also two watersheds. Approximately half of the Rideau Canal is located within the CRCA's watershed, the other half is located within the Rideau Valley watershed. The two watersheds are regulated by two

Conservation Authorities, the CRCA and the RVCA, but the Canal itself is regulated by the Parks Canada-Rideau Canal Office. The overlapping of three regulatory agencies has the potential to cause inconsistencies in decision-making about the development of lands adjacent to the Canal. To clarify this situation, the two Conservation Authorities and the Parks Canada-Rideau Canal Office formed the Rideau Waterfront

Development Review Team (RWDRT) in 1995.

The RWDRT coordinates the review of development applications along the 202 kilometre length of the Canal. The RWDRT is comprised of two planners, one from each of the Conservation Authorities; a Compliance Co-ordinator and a Realty Project Officer from Parks Canada. The goal of the RWDRT is to provide consistent planning and development

review along the entire length of the Canal.

The RWDRT meets every two weeks at the Rideau Canal office in Smiths Falls. The members of the team discuss all planning and fisheries applications affect-



A recent team meeting of the Rideau Waterfront Development Review Team included representatives from the Cataraqui and Rideau Conservation Authorities, Parks Canada and local municipalities.

ing lands adjacent to the Canal and coordinate consistent decisions. This consistency has led to uniform land use planning along the Canal. With the common goal of preserving the natural and human heritage characteris-

tics of the Rideau Canal as its guiding principle, the RWDRT is an example of how three separate regulatory agencies can work together to achieve one goal – the protection of one of Canada's heritage waterways.

Wilton Creek Association Success



The Healthy Futures program will complement existing agricultural programs to help improve the environment in the Wilton Creek watershed.

On August 16, 2002 members of the Wilton Creek Association (WCA) were presented with \$141,680.00, through the **Healthy Futures for Ontario Agriculture** program. The money will be used to help landowners improve the health of the Wilton Creek watershed. The focus of what is currently being called **The Wilton Creek Watershed Plan** is the Wilton Creek watershed and, to a lesser extent, the balance of three municipalities: Loyalist Township, South Frontenac Township and the Town of Greater Napanee.

The proposal for funding submitted to Healthy Futures included effluent filters, septic system upgrades, clean water diversion, retention ponds, milk-house effluent treatment and nutrient management plans all to be offered to landowners at a 50 per cent grant rate. The \$141,680.00 provided by the Ontario Ministry of Agriculture (OMAF)

included funds for all project types listed above, except for the effluent filters and the septic system upgrades, as well as for delivery of the project.

The Cataraqui Region Conservation Authority (CRCA) will be the delivery agent for the Wilton Creek Watershed Plan (WCWP). The WCWP will complement the **Healthy Watershed Program: Agriculture** currently being run in the entire Cataraqui Region watershed; therefore making a greater step toward a healthy Wilton Creek watershed.

Due to the project extension granted by OMAF, December 2003 is when the WCWP wraps up. This gives landowners this fall and all of next spring, summer and fall to get projects completed.

Finalization of the grant project is underway, so if you think you may be interested in taking advantage of the grants made available under this project, please call Holly Evans at (613) 546-4228 ext. 244.

CRCA Working with Local Post-Secondary Schools

Environmental education and working with the local community are important aspects of our work. The watershed management team at the CRCA has been working with local post-secondary education institutions to apply their skills and knowledge towards some interesting course-related projects.

The Queen's University Civil Engineering Department has asked the CRCA to provide some project suggestions, as well as future liaison, for the fourth-year design project that all students must complete.

Students at the Queen's University School of Urban and Regional Planning have started a project looking at green space within the Little Cataraqui Creek watershed.

The Civil Engineering Technology Department at St. Lawrence College is looking at a hydrology/hydraulic study of

Little Cataraqui Creek, as well as some water quality testing on some of the lakes in the Cataraqui Region.

Hopefully, the students involved with these projects will receive some good experience, get a flavour for some of the interesting work they can be involved with once they graduate, and the CRCA will benefit through receiving data and recommended courses of action for future use. If you would like more information about these projects, please call Sean Watt at the CRCA at (613) 546-4228 ext. 241.



What's Happening 2002

Cool, crisp air and beautiful scenery. That's what you'll find at our conservation areas in the fall. Hike the trails at Gould Lake, Lemoine Point, Little Cataraqi Creek or Parrott's Bay Conservation Areas. Cycle the Cataraqi Trail. Birdwatch at Mac Johnson Wildlife Area. Want more information about our conservation areas? Visit our web site at www.cataraquiregion.on.ca or call our office.

Fees

Gould Lake and Little Cataraqi Creek Conservation Areas daily entry fee:

- \$4.00 per person for adults and children over 12;

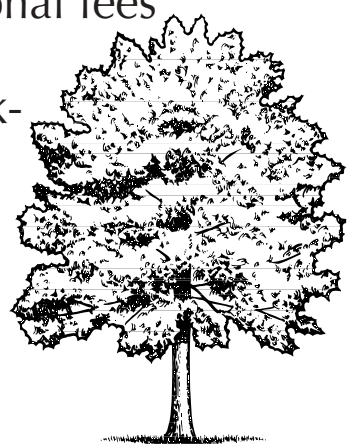
- \$2.00 per person for children 12 and under;
- Maximum fee of \$10.00 per car.

If you're a frequent visitor, a \$50.00 annual vehicle pass provides you with unlimited opportunities to enjoy our facilities. It's a great value!

All other conservation areas and boat ramps have donation boxes. Please make a contribution each time you visit.

Some of our programs have additional fees and require advance tickets or registration.

These are noted in the program description.



Hours of Operation

Conservation Areas are open from 7:30 a.m. to dusk daily

Little Cataraqi Creek Outdoor Centre

- 8:30 a.m. to 4:30 p.m. Monday to Friday
- 10:00 a.m. to 5:00 p.m. Sundays and holiday Mondays
- Closed Saturdays during the fall

Programs and Special Events

Great programs and events are happening this fall at your local conservation areas. Programs and events take place at Little Cataraqi Creek Conservation Area except where noted.

General information

about upcoming programs and events is available 24 hours a day from our information hotline at 546-4228 ext. 500 or on our web site at www.cataraquiregion.on.ca.

Brown Bag Seniors' Program

Cataraqi Trail Hike
Thursday, September 19 (10:00 a.m.)

Enjoy a scenic late summer hike along the Cataraqi Trail. Meet at 10:00 a.m. at the Kingston Centre, Princess St., near the old Loblaw's, to carpool to the Cataraqi Trail in the Sydenham area. Dress for the weather and bring lunch, drinking water, insect repellent, sunscreen and a camera. (Lunch will be at the Burega property on Loughborough Lake after the walk.)

Between Desert and Rainforest

Thursday, September 19 (7:00 p.m.)

Tickets \$12.00 per person

Turid Forsythe, a well-known Kingston area garden writer, will present a slide show and talk about how plants settled in strange places. Hosted by the Cataraqi Conservation Foundation at



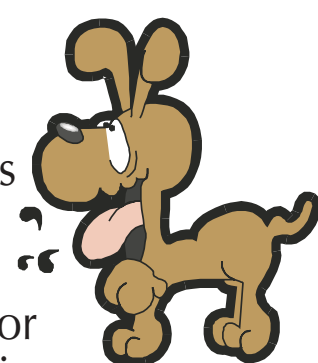
the Little Cataraqi Creek Outdoor Centre, this presentation is sure to be interesting and informative. There will also be garden-related items for sale. Advance tickets are required. Cost is \$12.00 per person. For information or tickets, call 546-4228 ext. 221.

Big Paws at Little Cat

Sunday, September 22 (10:00 a.m.)

Registration is at 10:30 a.m., you must have a minimum of \$20.00 pledged to register.

Have a great time and help raise money for the Kingston Humane Society at their fourth annual Dog Walk-a-Thon. The walks begin at 11:00 a.m., led by Carol Bond of CKWS-TV. There will be music, an air castle and demonstrations by Luv A K-9 and Razor the Police Dog. For more information call the Humane Society at 546-1291.



Fireside Talent Night

Friday, September 27 (7:00 to 10:00 p.m.)

Here's your chance to show your stuff! Enjoy the view from the West Hall of the Outdoor Centre with a hot chocolate or coffee and

enjoy the talents of your friends, family and fellow community members. All ages are welcome. If you play the guitar, keyboard, write poetry, tell jokes, sing, tell stories or simply enjoy being a part of a supportive and easy-going audience then the Fireside Talent Night is for you! The regular entry fee applies to entertainers and spectators alike.



Ontario Hiking Day for Brownies, Cubs, Guides and Scouts

Thursday, October 6 (2:00 p.m.)

This is a special day just for Brownies, Cubs, Guides and Scouts to celebrate Ontario Hiking Day. Advance registration is required. Cost is \$2.00 per person, which includes your gate entry fee. Register in person at the Outdoor Centre, the CRCA Administration Office or call 546-4228 ext. 221.

Our focus is on nature. The hike leaves the Little Cataraqi Creek Outdoor Centre at 2:00 p.m. Bring your hiking boots, a water bottle, a notebook and any questions for our hike leaders.

Fall Colours Celebration

Sunday, October 13 and Monday, October 14 (Thanksgiving)

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

Take a wagon ride or hike back to the sugar bush to enjoy the fall colours. Munch a crisp apple or try out our cider press at the Outdoor Centre. On Sunday, we have a special presentation on traditional aboriginal harvest celebrations with native studies educators Alan Brant and Eartha. Join Alan and Eartha back in the sugar bush and learn more about the importance of the harvest to aboriginal culture.



Brown Bag Seniors' Program

Fall Colours Walk
Thursday, October 17 (10:30 a.m.)

Meet at the Outdoor Centre for a colourful hike of a section of Trail 4. Dress for the weather and bring drinking water and a brown bag lunch for afterwards. Don't forget your camera!

Bat Man

Sunday, October 20 (2:00 p.m.)

The tradition continues! Join local bat expert Matt Saunders for his fascinating

presentation on bats. This is an excellent program recommended for ages 8 and up. Advance tickets are required. The ticket price is \$2.00 per person, plus the gate fee. Buy your tickets soon to ensure that you have a space in this must-see presentation! Tickets can be purchased at the Outdoor Centre, the CRCA Administration Office or by calling 546-4228 ext. 221.



Fireside Talent Night

Friday, October 25 (7:00 to 10:00 p.m.)

Here's your chance to share your talents. Sit by the fireside with a hot chocolate or coffee and enjoy the performances of your friends, family and fellow community members. All ages are welcome. If you play the guitar, keyboard, write poetry, tell jokes, sing, tell stories or simply enjoy being a part of a supportive and easy-going audience then the Fireside Talent Night is for you! The regular entry fee applies to entertainers and spectators alike.

Halloween Campfire and Haunted Hike

Saturday, October 26 (5:00 p.m.: Pumpkin Carving 6:00 - 8:00 p.m.: Campfire)

and Haunted Hike)

The first 50 cars will get one free pumpkin per car to carve here. Additional pumpkins can be purchased at the Outdoor Centre. Bring your carving tools. Pumpkin carving will take place from 5:00 to 6:00 p.m.

After your pumpkins are carved, join us by the fire pit for an early evening campfire from 6:00 to 8:00 p.m. The campfire is the starting point of our haunted hike. The haunted hike follows the service road to trail 5 and finishes at the end of the Outdoor Centre's wobbly, wooden bridge. The haunted hike takes place from 6:00 to 8:00 p.m. It is geared to



Guyana - The Country of Many Waters

Sunday, November 3 (2:00 p.m.)

Join the CRCA's Education Officer, Stana Luxford, for a slide show and talk about her experience as a group leader for Youth Challenge International. Stana spent four months leading a group of youth on a variety of community ser-

vice projects in Guyana, South America. This will be a treat for the senses as you hear about Guyana, view slides of the remote rainforest areas and have a taste of a popular Guyanese dish.

Wonderful Wetlands

Sunday, November 10 (2:00 p.m.)

Do you want to know more about wetlands? Little Cataraqi Creek Conservation Area is a great place to learn! There are lots of migrating birds at this time of the year. Rick Robb from Ducks Unlimited will also be here for a hands-on and interactive presentation on wetlands. All ages are welcome.



Getting Ready for Winter - Critter-Proofing your House

Sunday, November 17 (2:00 p.m.)

It's getting chilly out! Just like you, wildlife are looking for a warm place to stay for the winter months. You don't want it to be your house or cottage. Gary Ure, of Second Nature Wildlife Management, will share expert advice on how to keep those critters out! Bring your wildlife questions to Gary who runs his own company focusing on wildlife rescue, wildlife-proofing and live removal, property naturalization and wildlife inventories. Gary will also be bringing along some animal artifacts for you to see and touch.



creating different nature art projects throughout the day. There will also be time dedicated to fun exploration through the conservation area. So if your child(ren) enjoy being creative and being outdoors be sure to send them to Little Cat for a great day!

Drop-off begins at 8:30 a.m. and the program ends at 4:30 p.m. Bring a lunch, snacks, lots of water, extra clothes, and money for the canteen. Cost is \$30.00 per child and you must pre-register. Space is limited, so register early! For more information call 546-4228 ext. 251.

Brown Bag Seniors' Program

Getting Ready for Winter
Thursday, November 21 (10:30 a.m.)

We're going to Lemoine Point Conservation Area to explore the changes nature makes as winter approaches. Meet at the south parking lot (Front Road entrance beside the airport) at 10:30 a.m. Dress for the weather and bring drinking water. Plan to have lunch at Paulina's in Reddendale Plaza on Front Road after our outing.



Fireside Talent Night

Friday, November 29 (7:00 to 10:00 p.m.)

Our regular monthly talent night returns! Perform yourself or sit by the fireside with a hot chocolate or coffee and enjoy the talents of your friends, family and fellow community members. All ages are welcome. If you play the guitar, keyboard, write poetry, tell jokes, sing, tell stories or simply enjoy being a part of a supportive and easy going audience then the Fireside Talent Night is for you! The regular entry fee applies to entertainers and spectators alike.

Christmas Cookie Decorating

Sunday, December 1 (2:00 p.m.)

Sign your children up for a special workshop on decorating Christmas cookies. Baker extraordinaire, Dawn Knechtel, will be supplying the cookies and the instruction. Your children can supply the creativity and imagination! You'll even get some home-made play dough to take home with you. This workshop is for children aged 4 and up.

All participants must register in advance at the Outdoor Centre, the CRCA Administration Office or by calling 546-4228 ext. 221. Registration fees are \$7.00 per person (includes all materials and instruction) plus the daily entrance fee.

Ski Waxing and Training Clinic I

Sunday, December 8 (2:00 p.m.)

The Canadian Ski Patrol - Frontenac Zone will be hosting a waxing and training clinic for all people interested in cross-country skiing and winter sports. Bring your skis, waxes and wear comfy clothing to this interactive and hands-on presentation.

Brown Bag Seniors' Program

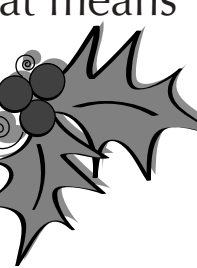
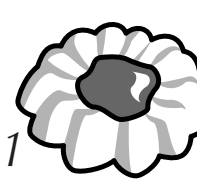
Christmas Potluck

Thursday, December 12 (10:30 a.m.)

Christmas is quickly approaching and that means it's time for our annual potluck! We'll go for a short hike to visit the chickadees and other woodland creatures, so dress for the weather. Instead of a brown bag lunch, bring a dish to share afterwards.

Fireside Christmas Caroling

Sunday, December 15
Details to be announced.



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Walkerton Report Recommendations

In the spring issue of *Cat Tales*, we were anticipating the release of the Walkerton Report - Part 2 and its recommendations. The release of the report was delayed somewhat due to the provincial workers' strike this past spring, but it was finally released in late May 2002.

The report makes a number of recommendations including:

- protection of drinking water at the source
- effective standards and technology for treating water and monitoring water quality
- the Province adopting a government-wide drinking water policy and a *Safe Drinking Water Act*.

Many of the recommendations will have a direct impact on municipal water providers. The recommendations with the most implications for Conservation Authorities are those that deal with source protection. These are some of the Walkerton Report recommendations:

- Drinking water sources should be protected by developing watershed-based source protection plans. Source protection plans should be required for all



Protection of drinking water at the source is a key recommendation of the Walkerton Inquiry Report. Protection of water is a major concern of Canadians, according to a recent Environics poll (see page 11).

watersheds in Ontario.

- The Ministry of the Environment should ensure that draft source protection plans are prepared through an inclusive process of local consultation. Where appropriate, this process should be managed by conservation authorities.

The report goes on to recommend that these plans be reviewed and approved by

the Ministry of the Environment. Once approved, provincial government decisions and municipal official plans and decisions would have to be consistent with the source protection plans.

The report also recommends that conservation authorities be responsible for implementing local initiatives to educate landowners, industries and the public about the importance of drinking water source protection and that the

Ministry of the Environment should take the lead role in regulating the potential impacts of farm activities on drinking water sources. Special recommendations

were included to deal with agricultural activities and intensive farms near drinking water sources.

Implementing the Walkerton Report will require an overhaul of existing policies, regulations and legislation. The recommendations have a number of implications for the provincial government, municipalities, conservation authorities and individual landowners.

Conservation authorities support the recommendations contained in the report. Many of the recommendations build upon work that has been ongoing by conservation authorities for a number of years. The premise that the best way to protect water is on a watershed basis was the original reason for establishing conservation authorities. The best way to protect water is to prevent it from becoming contaminated in the first place.

If you would like to see more of the Walkerton Inquiry Report, visit their web site at www.walkertoninquiry.com.

Who Regulates the Great Lakes and the St. Lawrence River

The International Joint Commission (IJC) regulates water levels on the Great Lakes and St. Lawrence River. They are currently in the middle of a study and would like your input.

The International Lake Ontario-St. Lawrence River Study was started in 2000 by the IJC to assess and evaluate the Commission's Order of Approval used to regulate outflows from Lake Ontario through the St.

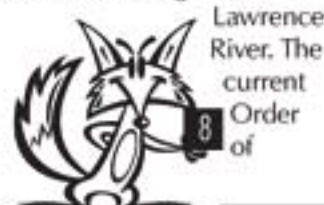
Lawrence River. The current Order of Approval requires that the St. Lawrence Seaway Power Project be operated to meet conditions and criteria to protect both Canadian and American interests, including shoreline communities, commercial navigation and hydropower generation. The Study is also looking at the impacts of changing water levels on environmental factors, shore erosion, flood damages, recreational boating and tourism.

An open house will be held on **October 30, 2002** from 7:00 to 9:00 p.m. at the **Ramada Inn** in **Belleville**, Ontario to discuss the Lake Ontario-St.

Lawrence River Study. The study is a five-year project led by a group of 22 U.S. and Canadian volunteers supported by the Quinte Watershed Cleanup, Lower Trent, Cataraqui and Toronto Conservation Authorities.

Public participation is very important to the evaluation and assessment of current water level regulation in the Lake Ontario-St. Lawrence River basin. You are encouraged to attend this open house.

If you would like more information about the study, visit the web site www.losl.org or call Amanda Morelli at the IJC at (613) 992-5727.





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Summer in Our Conservation Areas

The long hot summer sent lots of people in search of places to cool off. Our conservation areas and boat ramps were very popular spots over the summer. Operations staff were kept busy keeping these areas maintained.

Brock Sheen and Ross Struthers were part of our summer crew, doing conservation area and boat ramp maintenance across the watershed, while our full-time staff were doing forestry work. Brock and Ross were kept busy doing garbage collection, cleaning, grass-cutting, painting and a host of minor repair jobs to keep our proper-

ties in good shape. Gould Lake Conservation Area staff included Ashley Smart, Jennifer Curtis, Amber Gibson, Andrea Almas and Jack Hume. These positions were also funded, in part, by the

Summer Job Service through KEYS. In addition to maintaining the area, Gould Lake staff answered visitors' questions, collected fees, and rented canoes, kayaks and pedal boats.

Summer Staff Help in Administration Office



The CRCA also received funds from the Experience Program for two positions in the Administration Office. Megan Sirett helped with office administration including answering the telephone and assisting with accounting and secretarial duties.

Daniel Liadsky was communications assistant and worked on a number of initiatives including delivering conservation programs to area day camps, writing newspaper articles and revising the CRCA's web site.

The CRCA would like to say thank you to all of the summer students who helped us this year. Your assistance is really appreciated.

More Success With Summer Day Camps



Lyndsay Daly (left), CRCA day camp supervisor, shows campers some of the small creatures that live in the water at Gould Lake Conservation Area.

We had another successful year with our summer day camps. The **Outdoor Adventure Skills Camp** for ages six to 11 taught campers outdoor skills that they will be able to use throughout their lives. Campers learned how to use a map and compass, knot-tying, building a safe campfire and how to enjoy the outdoors while leaving no trace. Another important aspect of the camp is learning about nature and the environment and how we can reduce our impact on the natural world.

So what did the kids have to say about the camp? Here's some of their comments.

"My instructors were fun, smart and funny. They explained things very well, except for maybe the compass."

"The camp was fun because we got to play games every day."

When asked about their favourite activities, most mentioned going to Gould Lake, building fires and building shelters. Least favourite things included mosquitoes and stinging nettle.

The **Wilderness Backpacking Experience** for ages 12 to 14 received a big boost from the Community Foundation of Greater Kingston (CFGK). The CFGK contributed \$1500 to assist with the purchase of backpacks and water filters for the overnight backpacking camp. The CRCA thanks the Community Foundation for their generous contribution.

The Wilderness Backpackers organized

and went on a four-day, three-night backpacking trip in Frontenac Provincial Park. Campers learned how to plan and pack for a trip as well as learning how to take care of themselves and their fellow campers in the wilderness. Our emphasis is on leave no trace camping.

I'm sure all the campers would like to thank camp supervisor Lyndsay Daly and instructors Melissa Sinclair, Elizabeth Kay



Monica Stewart (left) of the Community Foundation of Greater Kingston, presents a cheque to John Conley of the CRCA Board and Ric Bresee (right), Chair of the CRCA. The funds were used to purchase equipment for the CRCA summer day camps.

and Jason Sonneveld for making their summer interesting and fun. The CRCA would also like to thank Kingston Employment and Youth Services Inc. (KEYS) for providing funds through the Summer Job Service program to help subsidize the wages of our day camp staff.



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Friends of Conservation

Our friends are very important to us! The CRCA works with two Friends groups in two different conservation areas at opposite ends of our watershed. Both have been busy with projects and activities over the spring and summer, with more planned for the fall. If you are interested in helping out, they are always looking for new members!

Friends of Mac Johnson Wildlife Area

In an effort to help reduce vandalism and illegal entry into the Mac Johnson Wildlife Area in Brockville, the Friends completed the first phase of a fencing project on the south side of the area along Centennial Road. Signs were also installed at the west end of the property and near the Kensington Parkway entrance. These signs identify the property as Mac Johnson Wildlife Area and indicate that it is closed at dusk.

The Friends plan to do additional fencing work along Centennial Road this fall. A work bee is being organized for **Saturday, October 5**. If you are interested in helping out, please call Don or Linda Wright at (613) 342-6399.

Other upcoming events this fall include

the annual fall open house on **Sunday, October 6** at the Nature Centre and the annual general meeting on **November 4**.

Friends of Lemoine Point Conservation Area

Improving the health of the forest at Lemoine Point Conservation Area in Kingston has been a focus of the efforts of the Friends of Lemoine Point. This has been done in a number of ways including installing signage to close unauthorized trails through the woods and removal of invasive species, such as garlic mustard, from the forest. The Friends have also planted many trees and shrubs in the Conservation Area.

It is the fourth year for the **Red Oak Planting Program**. The Friends, along with the CRCA, are trying to re-establish a red oak forest at the south end of the Conservation Area. This past spring, 300 red oak seedlings were planted. Tree shelters and mulch mats are also used to protect these seedlings from rodent damage. So far, 1500 red oak seedlings have been planted in this area.

The **Heritage Forest Program** is also well underway, with an initial planting of a



The Heritage Forest at Lemoine Point Conservation Area was officially opened by the Friends of Lemoine Point and the CRCA in June 2002.

demonstration site in fall 2001 at the north end of the property. Additional trees and shrubs were planted this past May.

Funding for this initiative was generated by donations through the Friends of Lemoine Point. The official opening of the Heritage Forest was held on June 19, 2002,

with the CRCA and the Friends participating in the unveiling of a sign.

Your donations and volunteer help are always appreciated. If you would like more information, please call (613) 546-4228 ext. 306 and leave a message. One of the Friends will return your call.

Cat News in Brief

News tidbits from our other conservation areas and project updates.

- Kingston Outfitters supplied rental boats for us to use at Little Cataraqui Creek Conservation Area for a trial period this past summer. They provided two canoes, one kayak and a pedal boat. Even though rentals were only available during the day from Monday to Friday, the service grew in popularity over the summer as more people became aware of it. Thank you to Kingston Outfitters!
- Vandalism occurrences are down at Mac Johnson Wildlife Area thanks to the Community Watch program. Thank you to our neighbours and friends surrounding the Wildlife Area for their help.
- Still no cygnets from Milli and Mac. A raccoon raided the nest this spring with only three days left to the hatch date. A

post mortem of the eggs showed that the cygnets were completely formed and just waiting to hatch. There are still three other pairs

- of Trumpeter swans in the Mac Johnson Wildlife Area that may have bred successfully. Only time will tell.
- Road improvements are underway at Gould Lake Conservation Area. This is a joint project of the CRCA, the Township of South Frontenac and the Limestone District School Board. Improvements will consist of ditching, culverts, widening some sections and improving the surface on the steeper parts of the road.
- Work continues on the Regional Groundwater Study for the western part of the CRCA watershed. There will be more to report in the winter issue of *Cat Tales*.

- We are now taking bookings for school programs. Please turn to page 12 for more information about the programs we offer.
- We will be hosting two delegates from the Canada World Youth program this fall at Little Cataraqui Creek Conservation Area. A Canadian and a Chinese student will be working three days per week with our education staff, Stana Luxford and Angela McAneney.



post mortem of the eggs showed that the cygnets were completely formed and just waiting to hatch. There are still three other pairs



Boat rentals were tried for the first time at Little Cataraqui Creek Conservation Area this past summer. Thank you to Kingston Outfitters for supplying the boats.

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Foundation News

2002 Ecology Award Winner

Each year, the Cataraqui Conservation Foundation, in partnership with DuPont Canada Inc., selects a winner of their Ecology Award. The award is given annually to an individual or group that has advanced the understanding of the interdependence of all life in the CRCA watershed and has actively promoted the protection of the natural environment through education, conservation and/or advocacy. The work done must be volunteered and the nominee must have demonstrated determination and commitment in advancing conservation and ecological values.

This year's winner is Ian Wilson of Amherstview. Ian certainly fits all of these criteria. Ian was selected for his work as a municipal politician and his ability to persuade local political entities to make a commitment to improving the environment in this region. The award recognizes Wilson's contributions both as a politician and a community volunteer.

His contributions include the following:

- acting as a driving force behind the acquisition of lands which now form Parrott's Bay Conservation Area
- helping establish the Kingston Area Recycling Corporation, which included cooperation among the City of Kingston, Kingston Township, Pittsburgh Township and Ernestown Townships, as they were constituted at that time
- promoting the protection and regeneration of the waterfront from Adolphustown to Gananoque through the Waterfront Working Group (established 1995)
- raising funds, as past president of the Cataraqui Conservation Foundation, which enabled many school children to take advantage of the excellent learning environment at the Little Cataraqui Creek Conservation Area.

Wilson, a St. Lawrence College professor, was presented with the 2002 Ecology Award on June 25 at the Little Cataraqui Creek Conservation Area Outdoor Centre.

For 2003, the Foundation is planning to make some changes to the award. Watch for more in the winter issue of *Cat Tales*.

Annual General Meeting

The Foundation's AGM was held in May. New officers include Elizabeth

Evans, President; Peter Watson, Vice-President; and Lynne Kenny, Treasurer. Mara Shaw continues as the Secretary. The Foundation would like to thank Pat Chamberlain for all her hard work as Treasurer. We would also like to thank Alison Smith for her work as a Director.

Partners In Outdoor Education

By now you will probably have received our annual appeal letter. Proceeds from this campaign go directly to the CRCA's conservation education programs. Last year, the Foundation's fundraising helped more than 6,500 children participate in these valuable programs.

The CRCA helps to teach children about many different aspects of the natural environment and how they all interact – from plants and animals to soils and wetlands. We know that what people learn when they are young, stays with them for the rest of their lives. We hope that you will be able to make a tax-deductible contribution to this important fundraising initiative.

If you did not receive a letter, but would like to make a contribution to the education programs, please call (613) 546-4228 ext. 226.

Coming Events

We hope that you will join us for a terrific gardening presentation on Thursday, September 19 at 7:00 p.m. at the Little Cataraqui Creek Conservation Area Outdoor Centre. Our guest speaker is Turid Forsythe, a well-known Kingston area garden writer, illustrator and photographer. Her slide show and talk is called *Between Desert and Rainforest - How Plants Settled in Strange Places*. There will also be garden-related items for sale.

Tickets are \$12 per person. If you would like information or tickets, call (613) 546-4228 ext. 221.

Plans are still being firmed up for some other fundraising events this fall. Stay tuned to your local media for more information.

Memberships

The Foundation is a membership-based organization. Your purchase of a tax-deductible membership helps us to help the Cataraqui Region Conservation Authority to provide conservation education programs and to protect environmentally sensitive lands.

If you would like more information



Peter Watson, left, presents Ian Wilson with the 2002 Cataraqui Conservation Foundation/DuPont Canada Ecology Award. Wilson was recognized for his environmental contributions as a local politician and a volunteer.

about becoming a member, please call (613) 546-4228 ext. 231 and leave a message. You can also visit our pages on the CRCA web site ([www.cataraquire-](http://www.cataraquire-gion.on.ca)

[gion.on.ca](http://www.cataraquire-gion.on.ca)).

Thank you to all of our new and renewing members. Your support means a lot to us and to the local environment.

Environics Poll Shows Public Concerned About the Environment and Water Issues

This past summer, Environics surveyed Canadians to determine their thoughts on a number of environmental and planning issues. The poll was conducted for the Sustainability Network. Canadians were asked a number of questions about a variety of issues including environmental education, urban sprawl and water.

Most Canadians feel that they need to know more to make environmentally informed decisions. A majority of respondents said they know some or very little of what they need to in order to make decisions in their daily lives that help to maintain a healthy environment.

On the issue of urban sprawl, 47 per cent of Ontarians don't think the provincial government is doing enough to

stop urban sprawl and the loss of natural areas and farmland to cities. The loss of natural areas like forests and wetlands, is of the greatest concern to most Canadians (40 per cent). Nineteen per cent are most concerned about increased air pollution.

With respect to water, a majority of Canadians believe that governments should offer financial incentives to farmers to replace farming activities near environmentally sensitive streams with tree planting. More than five in ten strongly agree that they would be willing to pay an extra \$2 per year in taxes to provide such incentives.

Canadians are also prepared to pay more to protect their sources of drinking water. Sixty per cent said they would be willing to pay five cents more per day to ensure the safety of their drinking water sources.



South Grenville Environmental Centre

The South Grenville Environmental Centre near Prescott was destroyed by fire on July 30, 2002, erasing five years of work by the local community. The Centre, which was an environmental focal point for the community was built as part of a significant effort on the part of Grenville Land Stewardship Council and many other partners.

Activities at the centre have included educa-

tion programs for area schools, environmental conferences, and many other community events.

The Grenville Land Stewardship Council and South Grenville District High School are offering a reward of up to \$1,000 for information leading to the arrest and conviction of the people responsible for the destruction of this community education centre. For more information, call Jack Henry at (613) 342-8528.

CRCA Conservation Education Programs - New and Improved!

We are always trying to make improvements to our conservation education programs, particularly in response to the evaluations provided by the teachers and students who use these programs. This year, we have made some changes to our Elementary, Secondary and Adult Learners Calendars and we have added a new Pre-School Calendar, especially for day care centres and nursery schools.

We have made major changes to our Secondary School Calendar. We now have specific programs listed under the four separate categories of health and physical education, science, geography, and visual arts. All of our programs are linked to the provincial curriculum. We'd really like to see more secondary schools attending our programs.

There is a new incentive for elementary and secondary schools who want to come and do a wetland program. Ducks Unlimited and Green Street Canada have funds available to schools to attend one of our wetland programs. Funds are available on a first-come, first-served basis for program fees

and transportation. You must apply on-line at the Green Street Canada web site at www.green-street.ca.

Our calendars have been mailed out to area schools and will soon be available on our updated web site. All of our programs are half-day, except for Energy Awareness which is a full-day program. Programs are delivered at Little Cataraqui Creek Conservation Area in Kingston. Some of our programs can be adapted for delivery at your school.

If you haven't received your calendar yet, please call Stana Luxford, CRCA education officer, at (613) 546-4228 ext. 251.



Stana Luxford, left, CRCA education officer leads a group of students on a mapping expedition at Little Cataraqui Creek Conservation Area.

New CRCA Web Site Nearly Ready



Over the summer, communications assistant Daniel Liadsky redesigned the CRCA web site. During the next few weeks, we will be adding more information to the site. We are trying to make our site easier to navigate as well as providing more information about the CRCA on-line.

Our site now contains a good overview of our whole operation and the programs and projects that we are working on. If you want to know more about us, just go to www.cataraqueiregion.on.ca and follow the links. We're just a few clicks away!

If there is something you'd like to see that isn't on our site, please call Karla Maki-Esdon, CRCA communications coordinator, at (613) 546-4228 ext. 226 or e-mail kmakiesd@cataraquieregion.on.ca.

www.cataraqueiregion.on.ca

The Kingston Wetlands Working Group

The KWWG had another successful spring planting. With assistance from local schools John XXIII Catholic School, Bayridge Secondary School and the Kingston Cadets, the final plantings were conducted at Lion's Civic Park located south of the Cataraqui Town Centre shopping mall. Plantings have taken place at the Park over the last four years with assistance from the KWWG partners, volunteers and through funding provided by

EcoAction. The Little Cat Buffer Project will be complete March 2003. The focus of the buffer project has been on the Little Cataraqui Creek system that flows through the City of Kingston.

This fall, the Kingston Wetlands Working Group has plans to finish the planting program at Collins Bay and Frontenac Correctional Institutions. The KWWG would like to extend special thanks to those who have participated in the program.



The Kingston Wetlands Working Group completed the final plantings at Lion's Civic Park in the spring of 2002.

