THE WHITE LAKE WATER QUALITY COMMITTEE
General Delivery
White Lake, Ontario KOA 3LO

Newsletter — 1987

CHAIRMAN'S NOTES — VIN WICKHAM

Surely this summer has turned out to be one of the best yet and let's hope by the time this Newsletter gets distributed, the weeks following will be just as good.

The Committee has held several very successful meetings and I believe that we have a very competent group, whose members can contribute most useful input.

Of course, the perennial question of water level has been discussed at some length and only one area representative could report that one cottager in his area would prefer maintaining the water level somewhat lower. Generally, there seems to be a preference for higher levels at least during the "summer season". For interest, there is attached a chart, Table 12, from White Lake Fisheries Assessment and Pickerel Stocking Analysis, by H. VonRosen and H. McLeod. The levels referred to in the table are the height of water indicated by the scale on the dam at White Lake Village.

We have been advised that the same schedule will be used for present (and future?) seasons.

The overall effect of controlling the water level is complex and all kinds of criteria enter the picture. Water quality, soil and shoreline erosion, fish and wildlife population are all affected and the affects on each are too involved to be discussed in this publication.

As for water quality, Norman Moore has continued to take samples of the water and reports that there are no changes in the quality of the lake's water (positive or negative). Norman has expressed his desire for a rest from this job of water sampler and Bob Jackson has kindly volunteered to take it on.

We are most indebted to Norman for his conscientious sampling and water level monitoring over the past several years.

There have been questions from area residents concerning gypsy moth spraying in the White Lake area. While 105,000 acres of private and crown land in Eastern Ontario was scheduled for spraying, the immediate White Lake area is not included at this time.

The nearest spraying operations occurring during '87 are at Skunk Lake (5 km away) and at Boundary Lake (3 km away).

A note regarding development on the lake; it was brought to our attention that two large parcels of land are being sold. The first covering about 140 acres, the second covering 75 acres ("ideal for trailer park or cottage development"). We as a committee, concerned about water quality, are interested in any large area developments on the lake and attempt to stay abreast of any proposed shoreline developments.

We are planning to get involved in a self-help Shoreline Restoration Program. The Program specifically provides for:

1. curbing erosion;
2. preventing over nutrification;
3. protecting the ecological balance;
4. providing scenic beauty.

For further information refer to accompanying pamphlet and special note sec' newsletter.

TREASURER'S REPORT — WALTER TAYLOR

We ended the year of '86 with a $642.00 cash balance, which included several donations, greatfully received.

The major expense incurred by the Committee is the printing of the annual newsletter. There are other miscellaneous costs as well, such as postage for correspondence, courier services and phone calls to the different agencies with which the committee interfaces.

Since the Committee has no "fundraising" activities, all donations in support of its cause are much appreciated.

Anyone wishing to contribute may do so through their area representative or by mail to the Committee Treasurer (see attached list).

NOTES FROM OUR WATER SAMPLER — NORMAN MOORE

This is the 16th year of the "Self Help" program sponsored by the Ontario Department of the Environment. The program involves more than 70 lakes in South Eastern Ontario. The purpose of the program is to establish a long-term data base so that the dynamics of lakes can be better understood. It is hoped that through this long-term study better management and care can be taken of this very important natural resource.

Presently it is thought that the water quality of lakes does not change significantly, by natural means, in the short term.

Even with development, farming and recreation, it is amazing how much a lake can take before it begins to show deterioration. However, once deterioration begins it is extremely difficult to stop and even more so, to reverse.

It is, therefore, very clear that it is up to each of us on the lake to adhere to the guidelines your committee has published from time to time. Furthermore, each of us should be alert to thoughtless actions by others and take appropriate steps to protect our lake.

Some Suggestions

1. New cottage and septic systems should be sited as far as possible from the lake and conform with Ministry of Health and Township regulations.
2. Near shore areas which are devoid of growth should be landscaped with trees, shrubs, grass, etc., to prevent runoff and erosion.
3. Septic systems must be continually monitored. Seepage of leachate from improperly located or malfunctioning systems contribute significantly to phosphorous input. Protect tile beds from compaction by traffic including snowmobiles and pedestrians.
4. Minimize the quantity of water used for domestic purposes. Detergents contain large amounts of phosphorous — do laundry in the city.
5. Don't shampoo or bathe in the lake — soap contains nutrients.
6. Don't use fertilizers for lawns, gardens, etc.
7. The shallow near shore zone supports most of the plant and animal life of the lake. Before undertaking shoreline activities such as dredging or filling, contact the Ministry of Natural Resources (Carleton Place) for advice.

The health of the lake, to a very large degree, is in your (the cottager's) hands — be vigilant — protect **your** lake.

NOTES FROM AREA 2 — DON GARRETT

In last year's Newsletter, I reported having made contact with the residents of "SNORA", a white log cabin located on the north shore.

Unfortunately late last fall, "SNORA" became another victim of the wrecking crew, becoming all but a memory like the little log cabin in the pines.

For myself and others, "SNORA" is now a small part of the lake's history.

SPECIAL NOTE — SHORELINE RESTORATION

Included with this year's Newsletter is an information pamphlet about the Shoreline Restoration Program, currently in progress at several lakes in the region.

A general information meeting is being planned for the 6th of September (Sunday) from 2 p.m. to 4 p.m. at the Women's Institute Hall in White Lake village.

Ministry representatives will be on hand to show a slide presentation and answer questions about the program.

If you are interested in knowing more about the program, please plan on attending.

SPECIAL NOTE — MERCURY IN FISH — SUSAN WIEBSCH

In response to a request for contributions to the Newsletter, the following report was provided by Susan Wiebsch dealing with mercury contamination of Bass in White Lake.

"People who eat fish caught in White Lake should be aware that they may be consuming unsafe amounts of mercury. According to a 1987 publication by the Ontario Ministry of the Environment[1], ingestion of the Smallmouth Bass and the Largemouth Bass may pose a health hazard depending upon the age of the fish and the amount eaten. Three other species, the Northern Pike, Brown Bullhead and Yellow Perch, were considered safe to eat according to federal guidelines.

Since mercury accumulates in the fish as they grow older, restrictions are placed on the size of the fish consumed. The length of the fish should be measured from the tip of the nose to the end of the tail. Smallmouth Bass longer than 30 cm (12 inches) and Largemouth Bass longer than 35 cm (14 inches) should not be consumed by women of childbearing age or children under 15 years of age. Restrictions on the amount of these fish consumed by other adults are suggested. If the fish are eaten for 1 week/year, a restriction of 1.54 to 2.3 kg/week (3.4 to 5.1 lb./week) is recommended. If the bass are eaten daily on a long-term basis, a restriction of 0.136 to 0.226 kg/week (0.3 to 0.5 lb./week) is recommended.

Mercury is a naturally occurring metallic element which is found in very low levels in air, water, rocks, soil and in animal and plant material. Other than industrial pollution, natural sources of high level contamination may be from airborne particles or erosion from the sediment and rocks. Natural mercury levels very often depend on the type of surrounding rock. Acid rain has also been known to hasten mercury erosion from rock.

Mercury is absorbed by the smallest plant and animal life in the water and is passed up through the food chain. Fish can harbor high levels of mercury because it is eliminated from their bodies much more slowly than it accumulates. Low level mercury toxicity in man is characterized by visual behavioral and locomotory disturbances. Mercury is known to effect the genetic and immune system. The fetus and developing child are particularly susceptible to mercury poisonings.

More information on the effects and distribution of mercury in the Canadian environment can be found in Canadian National Research Council publication No. 16739[2]. For further information on the provincial "Guide to Eating Ontario Sport Fish", available at L.C.B.O. outlets, Robert Stiles of the Ministry of the Environment can be called at (613) 521-3450[3], or you can contact the Ministry headquarters at (416) 965-6954[4]."

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[1]Guide to Eating Ontario Sport Fish, 1987, Ontario Ministry of the Environment, Toronto, Ontario.

[2]Effects of Mercury in the Canadian Environment, 1979, Publication NRCC No. 16739 of the Environmental Secretariat. Available from: Publications, NRCC/CNRC, Ottawa, K1A 0R6.

[3]Ministry of the Environment, 2378 Holly Lane, Suite 204, Ottawa, K1V 7P1.

[4]Sports Fish Contaminants Program, Water Resources Branch, Ontario Ministry of the Environment, 135 St. Clair Ave. West, Toronto, M4V 1P5.

Table 12

White Lake Water Levels

Original Rule Curve 1977 - 1980		Amended Rule Curve 1981 - to date	
January 1	2.5	January 1	2.5
January 15	2.5	January 15	2.5
February 1	2.5	February 1	2.5
February 15	2.5	February 15	2.5
March 1	2.5	March 1	2.5
March 15	3.5	March 15	3.5
April 1	4.5	April 1	4.5
April 15	5.2	April 15	5.2
May 1	5.2	May 1	5.2
May 15	5.0	May 15	5.0
June 1	4.5	June 1	5.0
June 15	4.5	June 15	4.5
July 1	4.0	July 1	4.0
July 15	3.5	July 15	3.75
August 1	3.5	August 1	3.6
August 15	3.5	August 15	3.5
September 1	3.0	September 1	3.0
September 15	2.5	September 15	2.5
October 1	2.5	October 1	2.5
October 15	2.5	October 15	2.5
November 1	2.5	November 1	2.5
November 15	2.5	November 15	2.5
December 1	2.5	December 1	2.5
December 15	2.5	December 15	2.5

Note: All levels to be considered within a 6" fluctuation margin. No drawdowns later than September 15th regardless of level attained.

WHITE LAKE WATER QUALITY COMMITTEE
1987

EXECUTIVE

Chairman	V. A. (Vin) Wickham 919 Connaught Ave. Ottawa, Ontario, K1G 5M7	828-9549	232-1781
Vice-Chairman	A. E. (Archie) Graham 782 Chapman St. Ottawa, Ontario, K1G 1T9	733-1628	
Secretary	D. W. (Don) Garrett P. O. Box 124 Munster, Ontario, K0A 3P0	838-3853	623-6397
Treasurer	W. H. (Walt) Taylor 130 Margaret Pl. Brockville, Ontario, K6V 6R6	345-3426	623-3590
Water Sampler	Norman Moore R. R. 2 White Lake, Ontario, K0A 3L0	623-5283	

AREA REPRESENTATIVES

Area 1:	Bob Jackson, 2570 Henley St., Ottawa, Ontario, K2B 7R3	828-2562	623-6355
Area 2:	Don Garrett, see above		
Area 3:	Jack McFadyen, R. R. 2, White Lake, Ontario, K0A 3L0	623-3247	
Area 4:	Harry Cinkant, R. R. 2, White Lake, Ontario, K0A 3L0	623-3786	
Area 5:	Bill Sample, 64-3205 Uplands Dr., Ottawa, Ontario, K1V 9T4	526-2114	623-6670
Area 6: & 7	Cliff Levelton, 3012 Cowan Cres., Ottawa, Ontario, K1V 8L1	731-5915	623-5224
Area 8:	Archie Graham, see above		
Area 9:	Walt Taylor, see above		
Area 10:	Armer Warwick, Windy Point, White Lake, Ontario, K0A 3L0		
Area 11:	Roy Brule, R. R. 2, White Lake, Ontario, K0A 3L0	623-3403	
Area 12:	Gordon Asher, 18 Cameron Ave., Ottawa, Ontario, K1S 0W7	733-9957	
Area 13:	Vin Wickham, see above		
Area 14:	Brian Leafloor, 902-415 Greenview, Ottawa, K2B 7Y7	829-2486	

(second telephone number indicates summer residence)

White Lake Area Chart on adjacent map

WHITE LAKE, ONTARIO

Parts of the lake are within the boundaries of Darling, Bagot, McNab and Pakenham townships as well as being shared between Lanark and Renfrew counties.

Latitude 45° 18′
Longitude 75° 31′
Height above sea level 530 feet
Maximum depth 30 feet
Mean depth 10 feet
Surface area 5,823 acres
Volume 59,435 acre/feet
Perimeter 60.8 miles