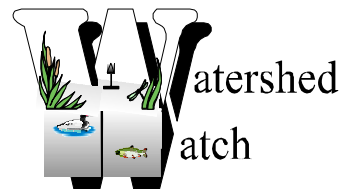




Mississippi Valley Conservation

*State of the Lake
Environment Report
December 2005*

Canonto Lake



CANONTO LAKE

Canonto Lake is located in the amalgamated Township of North Frontenac. Once a cold water fishery, Canonto Lake currently supports a warm water fishery. A boat launch is available off Canonto Road at the conservation authority dam. As of 1998 there were 6 permanent and 39 seasonal residents on the lake.



Canonto Lake Facts

Elevation: 262 metres above sea level

Perimeter: 17.4 kilometers

Maximum depth: 21.4 metres

Fisheries include: Cisco (Lake Herring)

Northern Pike

White Sucker

Walleye

Smallmouth Bass

Individuals have volunteered their time to provide water quality testing through the Ministry of Environment (MOE) Self Help Program since 1989. This data is extremely valuable; the data provides a general picture of water quality conditions over the past 16 years. Comprehensive testing in 2000 and 2005 through Mississippi Valley Conservation's (MVC) *Watershed Watch Program* provides for a comparison between water quality conditions as they exist now, to results obtained 29 years ago through the MOE Recreational Lakes Program.

In general the water quality in Canonto Lake is good. There are two sampling stations at the deepest points. Each station was sampled six times for 2000 and three times for 2005. You will find graphs which show water clarity, as measured by Secchi Disk readings, were observations were very good. The mean for 2005 is 6.4 metres indicating that Canonto Lake is an unenriched (few nutrients) or oligotrophic lake.

Directly related to water clarity is the amount of nutrients, in particular phosphorus, entering the lake. The Provincial Water Quality Objective for Total Phosphorus for Canonto Lake is 20 micrograms/litre (ug/L). The average calculated from the total phosphorus results for 2005 for the euphotic zone (penetration of light) was 3.8 ug/L indicating an unenriched (few nutrients) or oligotrophic lake. The sample taken one metre off the bottom was 12.3 ug/L , indicating an moderately enriched (some nutrients) or Mesotrophic Lake.

Chlorophyll a is a measure of the algal density in the lake. The average chlorophyll a densities for both of the sampling stations in 2005 was 1.46 micrograms/litre, indicating a low algal density for Canonto Lake.

It is not all good news, plants and animals are a direct reflection of their environment. The most critical time of year for conducting dissolved oxygen and temperature profiles is after August 31. Profiles are generally conducted at this time of year and at the deepest point in the lake. Aquatic vegetation and algae that has grown over the summer, has died off and settled on the bottom, using the available oxygen necessary to sustain aquatic life in the lower portion of the lake or the hypolimnion.

The dissolved oxygen and temperature data, measured at the deepest point in the south basin, indicate oxygen concentrations in the deep water portion are poor by late summer. Warm water fish species, such as pike and bass are squeezed into the upper 12 to 13 metres of the lake by late summer. Residents and users of Canonto Lake cannot afford to be complacent. Every effort should be made to reduce nutrient loading into the lake from land use activities.

Canonto Lake was also tested for invasive species in 2000, in particular, for zebra mussels and spiny water flea, in partnership with the Ontario Federation of Anglers and Hunters. Both spiny water flea and zebra mussel veligers (larvae) were not detected in the samples collected. Residents and property owners need to ensure that all access points to the lake have posted signs indicating the precautions they can take to avoid the spread of invasive species into Canonto Lake.

Residents and users of Canonto Lake should continue a stewardship approach to limit the amount of nutrients entering the lake. It is recommended that a Lake Association be formed and a Lake Steward chosen to continue the water quality testing and to join the Mississippi Valley Lake Stewardship Network. Monitoring over time is essential to determine long term trends and changes. Resources and information are readily available through the *Watershed Watch Program*. We all have a responsibility to preserve this precious natural resource for future generations.



For more information on lakes in the
Mississippi Valley Watershed, visit MVC
online at
www.mvc.on.ca



HOW DOES CANONTO LAKE MEASURE UP?

1976 – 2005 WATER QUALITY RESULTS – NORTH BASIN

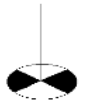
| Sample Year Mean | Secchi Disk Depth (Metres) | Total Phosphorus Euphotic Zone (Micrograms/litre) | Total Phosphorus 1 Metre off Bottom (Micrograms/litre) | Chlorophyll <u>a</u> Composite (Micrograms/litre) |
|--------------------|----------------------------|---|--|---|
| **1976 | 5.6 | 11.2 | *14.0 | 4.20 |
| **1980 | 7.4 | | | 2.40 |
| 1989 | 8.4 | | | 0.80 |
| 1990 | 7.5 | | | 1.40 |
| 1991 | 7.9 | | | 0.80 |
| 1992 | 9.5 | | | 6.40 |
| 1993 | 8.5 | | | 1.50 |
| 1994 | 8.5 | | | 0.60 |
| 1995 | *7.0 | | | 0.96 |
| 2000 | 7.7 | 6.8 | *2.0 | 0.72 |
| 2005 | *7.0 | *2.3 | *11.6 | *1.50 |
| n | 11 | 3 | 3 | 11 |
| Minimum | 5.6 | 2.3 | 2.0 | 0.60 |
| Maximum | 9.5 | 11.2 | 14.0 | 6.40 |
| Mean | 7.7 | 6.8 | 9.2 | 1.93 |
| Standard Deviation | 1.62 | 4.45 | 6.35 | 1.80 |



1976 – 2005 WATER QUALITY RESULTS – SOUTH BASIN

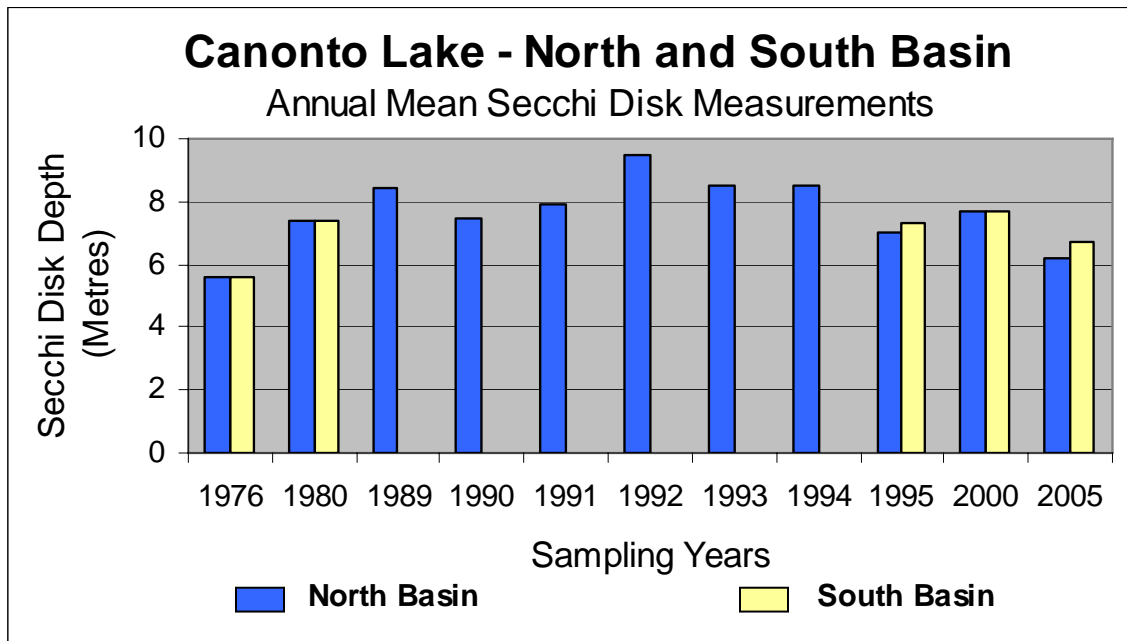
| Sample Year Mean | Secchi Disk Depth (Metres) | Total Phosphorus Euphotic Zone (Micrograms/litre) | Total Phosphorus 1 Metre off Bottom (Micrograms/litre) | Chlorophyll <u>a</u> Composite (Micrograms/litre) |
|--------------------|----------------------------|---|--|---|
| **1976 | 5.6 | 21.5 | *15.0 | 4.6 |
| **1980 | *7.4 | *5.6 | *14.0 | *1.35 |
| 1995 | *7.3 | | | |
| 2000 | 7.7 | 4.6 | *9.3 | 0.63 |
| 2005 | *6.7 | *5.3 | *13.0 | *1.43 |
| n | 5 | 4 | 4 | 4 |
| Minimum | 5.6 | 4.6 | 9.3 | 0.63 |
| Maximum | 7.7 | 21.5 | 15.0 | 4.6 |
| Mean | 6.9 | 9.25 | 12.8 | 2.0 |
| Standard Deviation | 0.83 | 8.17 | 2.48 | 1.76 |

*Mean based on less than 6 measurements **Includes Recreational Lakes Program Data
 Chlorophyll a data prior to 1985 has been adjusted to reflect new lab procedures
 in filtering resulting in an increase in chl.a concentrations by 35%

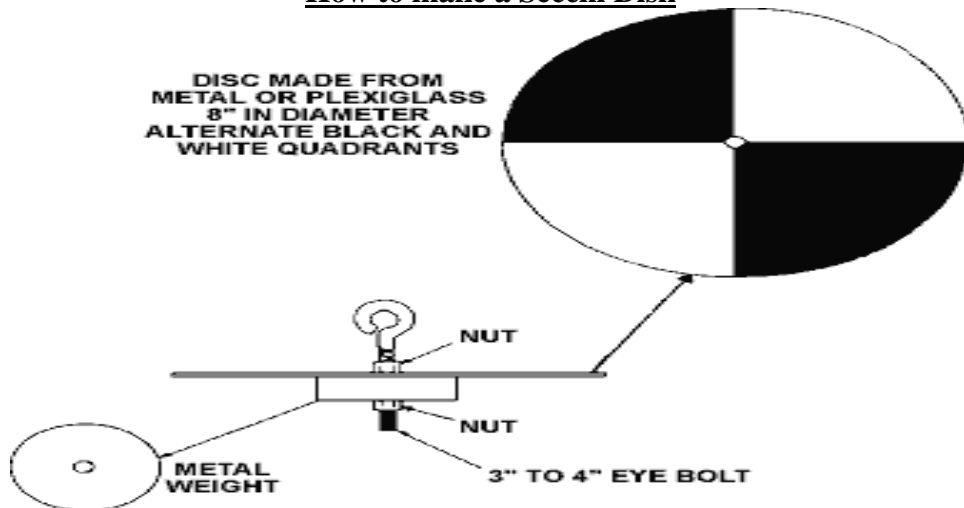


The higher the Secchi Disk measurement the clearer your lake is!

| INTERPRETING YOUR SECCHI DISK RESULTS | |
|---------------------------------------|---|
| Secchi Reading | Lake Nutrient Status |
| Over 5 metres | Oligotrophic - unenriched, few nutrients |
| 3.0 to 4.9 metres | Mesotrophic – moderately enriched, some nutrients |
| Less than 2.9 metres | Eutrophic – enriched, higher levels of nutrients |



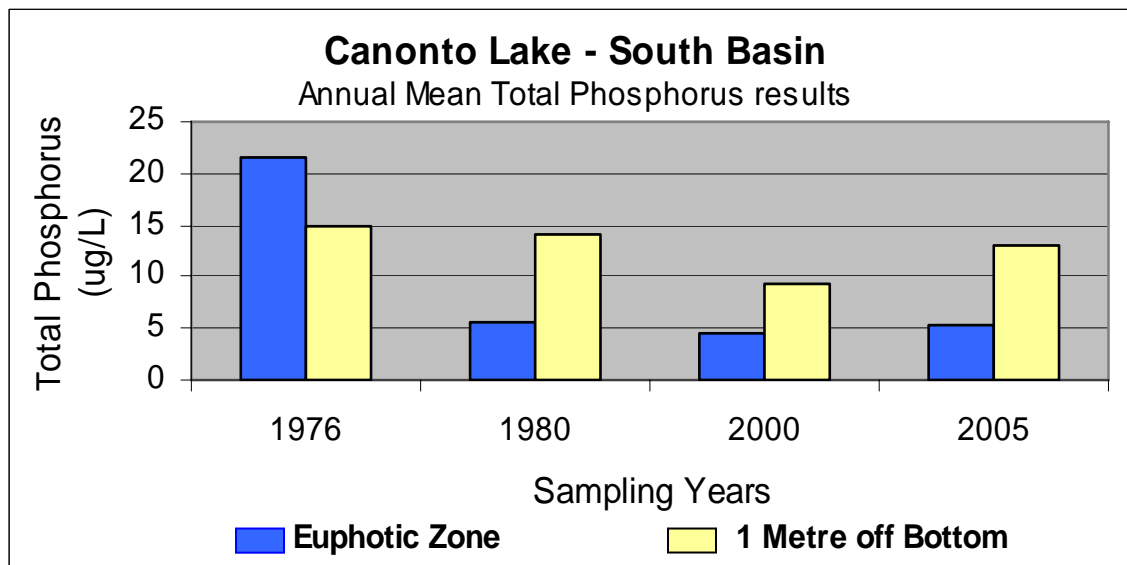
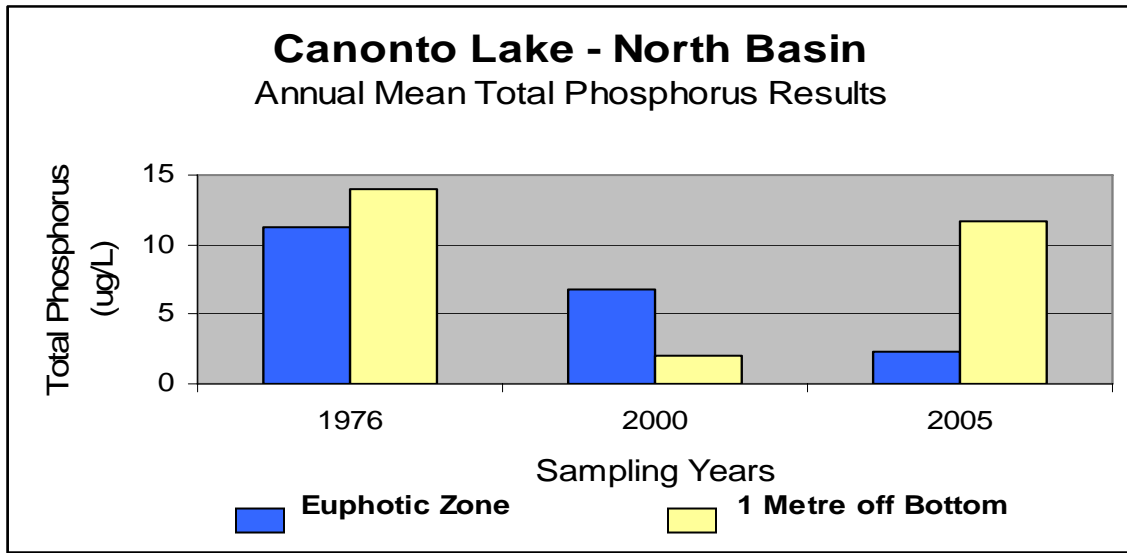
How to make a Secchi Disk



Interpreting Total Phosphorus Results:

Phosphorus is the nutrient that controls the growth of algae in most Ontario lakes. For this reason any increase in phosphorus in the lake will increase the quantity of algae that can grow. High levels of phosphorus can lead to algal blooms and in some cases affect the habitat of cold water fish such as lake trout. A general guideline exists to characterize your lake based on the total phosphorus that is measured.

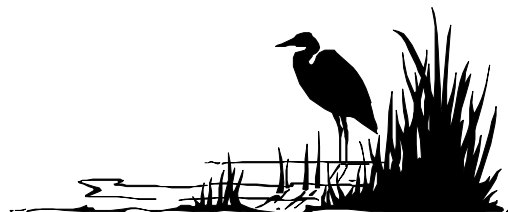
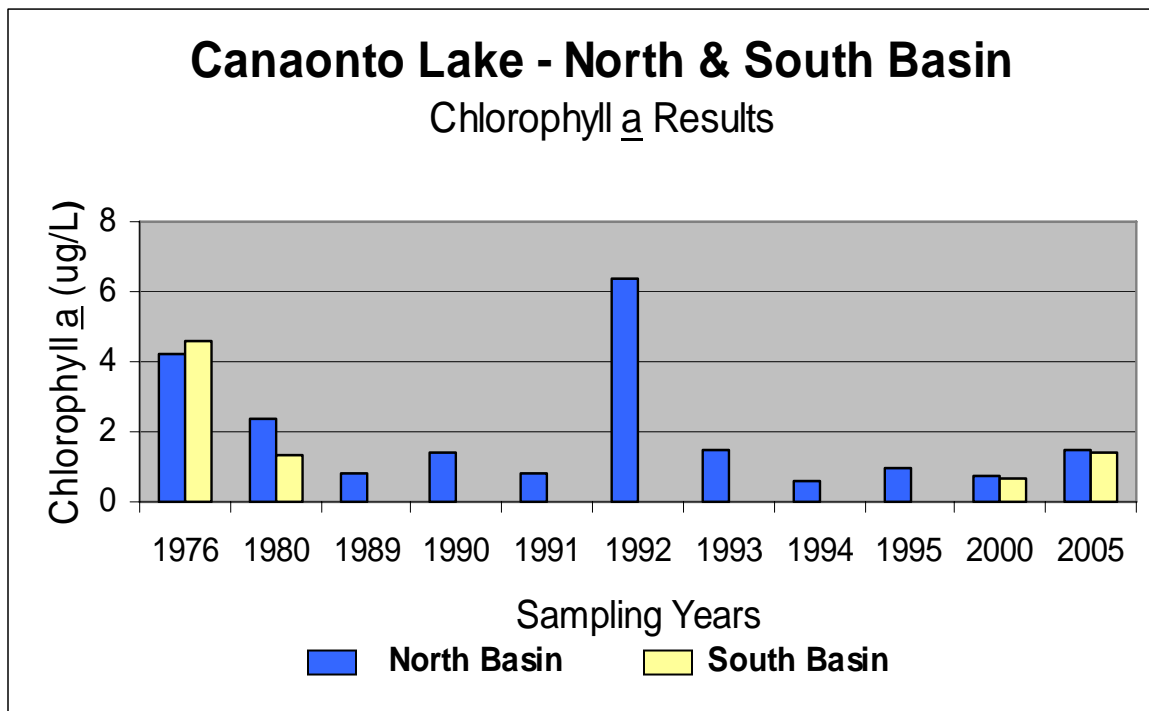
| INTERPRETING YOUR TOTAL PHOSPHORUS RESULTS | |
|--|---|
| Total Phosphorus | Lake Nutrient Status |
| 10 ug/L or less | Oligotrophic - unenriched, few nutrients |
| 11 to 20 ug/L | Mesotrophic – moderately enriched, some nutrients |
| 21 ug/L or more | Eutrophic – enriched, higher levels of nutrients |



Evaluating your Chlorophyll a Results:

The lower the chlorophyll a density in your lake, the clearer your lake is. Chlorophyll a is directly affected by the amount of total phosphorus in your lake. The more phosphorus there is in the water, the more algal growth will occur.

| INTERPRETING YOUR CHLOROPHYLL A RESULTS | |
|---|---|
| Chlorophyll <u>a</u> Reading | Lake Nutrient Status |
| Up to 2 ug/L - low algal density | Oligotrophic - unenriched, few nutrients |
| 2-4 ug/L - moderate algal density | Mesotrophic - moderately enriched, some nutrients |
| More than 4 ug/L- high algal density | Eutrophic - enriched, higher levels of nutrients |



CANONTO LAKE – NORTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE

MOE Rec. Lks. Station 18-3430-706-01

MVC # 05-13

Date: May 13, 2005

Euphotic Zone (Penetration of Light) = 12 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|------------------------|
| 0.1 | 11.7 | 12.7 | 111 | Epilimnion |
| 1.0 | 11.5 | 12.8 | 104 | |
| 2.0 | 11.2 | 12.9 | 113 | |
| 3.0 | 10.9 | 13.0 | 113 | |
| 4.0 | 10.8 | 13.0 | 113 | |
| 5.0 | 10.6 | 13.1 | 113 | |
| 6.0 | 9.9 | 13.4 | 114 | |
| 7.0 | 8.7 | 14.0 | 115 | Thermocline |
| 8.0 | 8.3 | 14.1 | 115 | Hypolimnion |
| 9.0 | 7.6 | 14.0 | 112 | |
| 10.0 | 7.4 | 13.6 | 108 | |
| 11.0 | 7.2 | 13.6 | 108 | |
| 12.0 | 7.1 | 13.4 | 106 | |
| 13.0 | 7.0 | 13.4 | 106 | |
| 14.0 | 6.8 | 13.0 | 102 | |
| 15.0 | 6.7 | 12.8 | 100 | |
| 16.0 | 6.7 | 12.4 | 97 | |
| 17.0 | 6.5 | 12.1 | 95 | |
| 18.0 | 6.2 | 10.0 | 78 | |
| 19.0 | 5.6 | 7.0 | 53 | |
| 20.0 | Bottom | Bottom | Bottom | |

CANONTO LAKE – NORTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE

MOE Rec. Lks. Station 18-3430-706-01

MVC # 05-13

Date: July 8, 2005

Euphotic Zone (Penetration of Light) = 11 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|----------------------------|
| 0.1 | 23.5 | 7.7 | 87 | Epilimnion |
| 1.0 | 23.5 | 7.7 | 87 | |
| 2.0 | 23.5 | 7.8 | 88 | |
| 3.0 | 23.5 | 7.6 | 86 | |
| 4.0 | 23.3 | 7.5 | 84 | |
| 5.0 | 21.9 | 8.3 | 91 | Metalimnion or Thermocline |
| 6.0 | 19.3 | 9.2 | 96 | |
| 7.0 | 16.0 | 9.7 | 95 | |
| 8.0 | 12.8 | 10.3 | 93 | |
| 9.0 | 11.2 | 10.4 | 91 | |
| 10.0 | 10.1 | 10.6 | 91 | |
| 11.0 | 9.0 | 9.8 | 82 | |
| 12.0 | 8.6 | 8.7 | 71 | Hypolimnion |
| 13.0 | 8.3 | 8.2 | 67 | |
| 14.0 | 8.0 | 7.8 | 64 | |
| 15.0 | 7.7 | 6.4 | 52 | |
| 16.0 | 7.2 | 4.6 | 37 | |
| 17.0 | 7.1 | 3.9 | 31 | |
| 18.0 | 7.0 | 3.3 | 26 | |
| 19.0 | Bottom | Bottom | Bottom | |

 Warm Water Fisheries Habitat (Bass, Walleye, Pike, Perch) = DO > 4 mg/L at < 25°C.

CANONTO LAKE – NORTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE

MOE Rec. Lks. Station 18-3430-706-01

MVC # 05-13

Date: September 30, 2005

Euphotic Zone (Penetration of Light) = 14 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|----------------------------|
| 0.1 | 17.3 | 9.0 | 90 | Epilimnion |
| 1.0 | 17.3 | 9.4 | 95 | |
| 2.0 | 17.3 | 9.4 | 95 | |
| 3.0 | 17.3 | 9.4 | 95 | |
| 4.0 | 17.3 | 9.4 | 95 | |
| 5.0 | 17.3 | 9.4 | 95 | |
| 6.0 | 17.3 | 9.5 | 95 | |
| 7.0 | 17.3 | 9.4 | 95 | |
| 8.0 | 17.3 | 9.4 | 95 | |
| 9.0 | 16.6 | 9.3 | 91 | |
| 10.0 | 13.2 | 8.9 | 81 | Metalimnion or Thermocline |
| 11.0 | 10.4 | 6.0 | 52 | |
| 12.0 | 9.6 | 4.9 | 42 | Hypolimnion |
| 13.0 | 9.2 | 3.2 | 27 | |
| 14.0 | 8.7 | 2.0 | 16 | |
| 15.0 | 8.1 | 0.7 | 5 | |
| 16.0 | 7.7 | 0.5 | 4 | |
| 17.0 | 7.5 | 0.4 | 3 | |
| 18.0 | 7.2 | 0.3 | 2 | |
| 19.0 | 7.1 | 0.3 | 2 | |
| 20.0 | Bottom | Bottom | Bottom | |

CANONTO LAKE – SOUTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE


MOE Rec. Lks. Station 18-3430-705-01

MVC # 05-12

Date: May 13, 2005

Euphotic Zone (Penetration of Light) = 13 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|------------------------|
| 0.1 | 10.9 | 13.0 | 113 | Epilimnion |
| 1.0 | 10.7 | 13.0 | 112 | |
| 2.0 | 10.6 | 13.0 | 112 | |
| 3.0 | 10.6 | 13.2 | 114 | |
| 4.0 | 10.5 | 13.2 | 114 | |
| 5.0 | 10.4 | 13.3 | 114 | |
| 6.0 | 10.3 | 13.3 | 114 | |
| 7.0 | 10.0 | 13.2 | 112 | |
| 8.0 | 9.2 | 13.3 | 111 | |
| 9.0 | 8.7 | 13.5 | 111 | |
| 10.0 | 8.3 | 13.5 | 110 | |
| 11.0 | 7.2 | 13.0 | 103 | Thermocline |
| 12.0 | 6.5 | 13.1 | 102 | Hypolimnion |
| 13.0 | 6.2 | 12.5 | 97 | |
| 14.0 | 6.0 | 12.2 | 94 | |
| 15.0 | 5.9 | 11.7 | 90 | |
| 16.0 | 5.9 | 11.3 | 88 | |
| 17.0 | Bottom | Bottom | Bottom | |

 Warm Water Fisheries Habitat (Bass, Walleye, Pike, Perch) = DO > 4 mg/L at < 25°C.

CANONTO LAKE – SOUTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE

MOE Rec. Lks. Station 18-3430-705-01

MVC # 05-12

Date: July 8, 2005

Euphotic Zone (Penetration of Light) = 13 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|----------------------------|
| 0.1 | 23.3 | 8.0 | 90 | Epilimnion |
| 1.0 | 23.3 | 7.8 | 88 | |
| 2.0 | 23.3 | 7.7 | 87 | |
| 3.0 | 23.3 | 7.8 | 88 | |
| 4.0 | 23.3 | 7.8 | 88 | |
| 5.0 | 23.3 | 7.6 | 85 | |
| 6.0 | 19.2 | 9.0 | 97 | Metalimnion or Thermocline |
| 7.0 | 15.9 | 10.2 | 99 | |
| 8.0 | 13.4 | 10.7 | 98 | |
| 9.0 | 11.6 | 10.8 | 95 | |
| 10.0 | 10.4 | 10.8 | 94 | |
| 11.0 | 8.7 | 10.3 | 85 | |
| 12.0 | 7.7 | 9.5 | 76 | Hypolimnion |
| 13.0 | 7.3 | 8.7 | 69 | |
| 14.0 | 7.0 | 7.4 | 59 | |
| 15.0 | 6.7 | 6.2 | 47 | |
| 16.0 | 6.5 | 5.5 | 43 | |
| 17.0 | 6.4 | 4.4 | 35 | |
| 18.0 | 6.3 | 4.3 | 34 | |
| 19.0 | 6.3 | 4.0 | 31 | |
| 20.0 | 6.2 | 3.9 | 30 | |
| 21.0 | 6.2 | 3.5 | 27 | |
| 22.0 | Bottom | Bottom | Bottom | |

CANONTO LAKE – SOUTH BASIN

DISSOLVED OXYGEN / TEMPERATURE PROFILE

MOE Rec. Lks. Station 18-3430-705-01

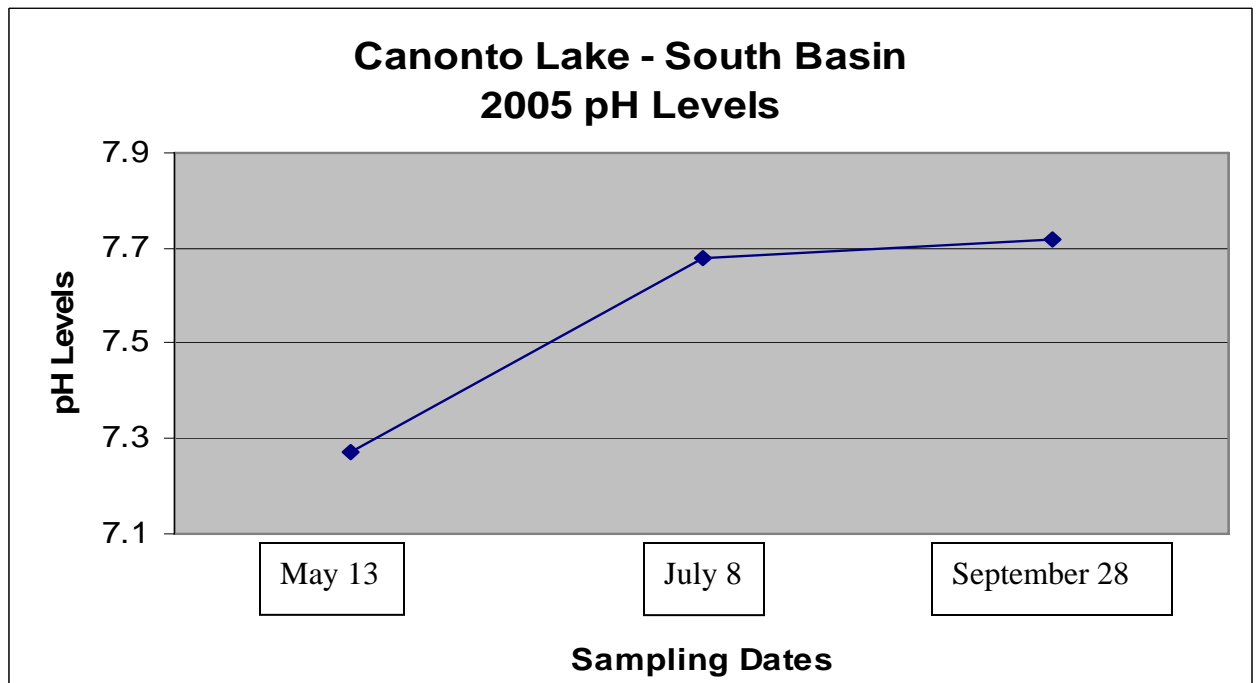
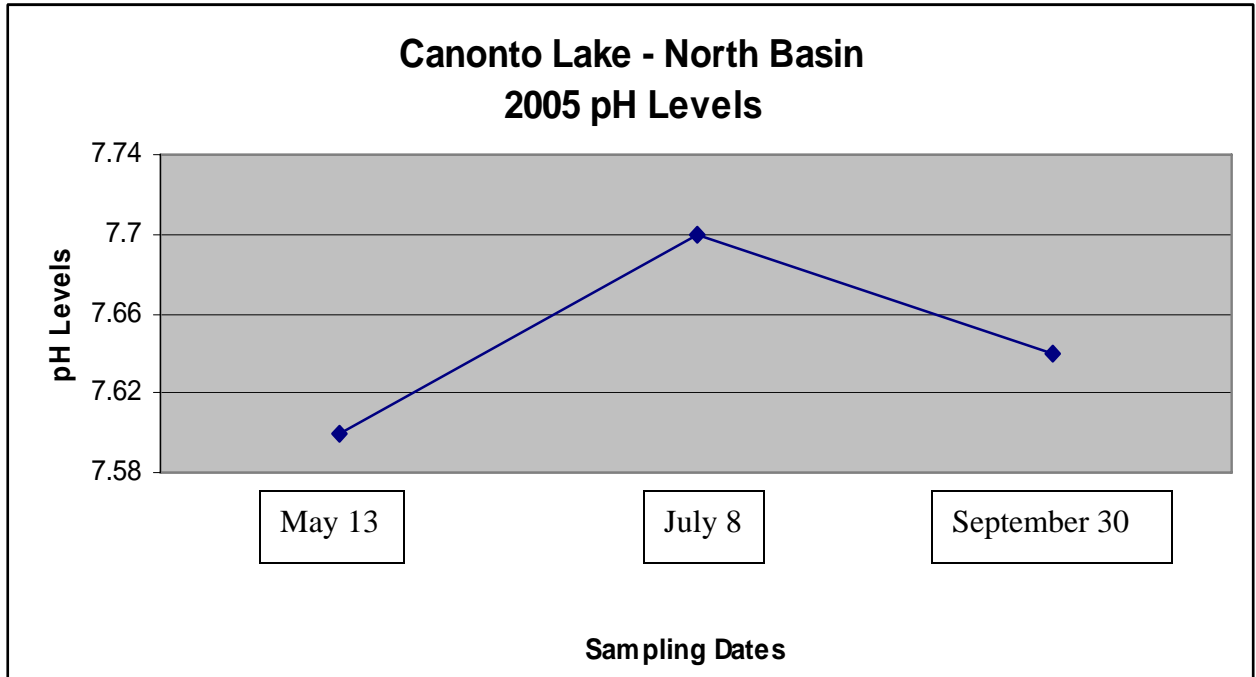
MVC # 05-12

Date: September 28, 2005

Euphotic Zone (Penetration of Light) = 13 Meters

| Depth (Metres) | Temperature (Degrees Celsius) | Dissolved Oxygen (Milligram/Litre) | Percent % Saturation | Thermal Stratification |
|----------------|-------------------------------|------------------------------------|----------------------|----------------------------|
| 0.1 | 18.5 | 10.0 | 102 | Epilimnion |
| 1.0 | 18.5 | 10.3 | 105 | |
| 2.0 | 18.5 | 10.3 | 105 | |
| 3.0 | 18.5 | 10.3 | 105 | |
| 4.0 | 18.4 | 10.3 | 105 | |
| 5.0 | 18.3 | 10.2 | 104 | |
| 6.0 | 18.3 | 10.3 | 105 | |
| 7.0 | 18.3 | 10.2 | 104 | |
| 8.0 | 18.3 | 10.3 | 105 | Metalimnion or Thermocline |
| 9.0 | 16.6 | 10.5 | 104 | |
| 10.0 | 12.1 | 11.0 | 99 | |
| 11.0 | 10.0 | 9.1 | 78 | |
| 12.0 | 8.7 | 7.7 | 64 | Hypolimnion |
| 13.0 | 8.0 | 5.1 | 42 | |
| 14.0 | 7.2 | 2.0 | 15 | |
| 15.0 | 7.0 | 0.8 | 6 | |
| 16.0 | 6.8 | 0.5 | 3 | |
| 17.0 | 6.8 | 0.4 | 3 | |
| 18.0 | 6.6 | 0.3 | 3 | |
| 19.0 | 6.6 | 0.3 | 3 | |
| 20.0 | 6.6 | 0.3 | 3 | |
| 21.0 | Bottom | Bottom | Bottom | |

Evaluating your pH Results: Lakes with pH levels at 7.3 or higher are vulnerable to zebra mussels invasive.



How to protect or restore a shoreline depends on the conditions of the site and the energy and resources of the owner.

There are four main strategies to choose from:

1.) **PRESERVATION** – When purchasing a lakefront property, a natural shoreline is retained and access to the lake is designed to avoid shoreline damage.

3.) **ENHANCEMENT** – Native species are planted non-native species are removed



2.) **NATURALIZATION** – Degraded shorelines are left alone to return to their natural state.

4.) **RESTORATION** – Cleared areas are planted with native species.

FIVE EASY STEPS TO IMPROVE WATER QUALITY

1. Build at least 30 metres away from the shoreline.
2. Keep your lot well treed and preserve or replant native vegetation along the shoreline.
3. Pump out your septic tank every three to five years.
4. Reduce water use and use phosphate free soaps and detergents.
5. Keep the size of your lawn to a minimum; do not use fertilizers, herbicides or pesticides.

| LOW PHOSPHORUS LIFESTYLE | Amount of Phosphorus (grams) | HIGH PHOSPHORUS LIFESTYLE | Amount of Phosphorus (grams) |
|---------------------------------|-------------------------------------|--|-------------------------------------|
| Human waste | 535 | Human waste | 535 |
| No dishwasher | 0 | Dishwasher using powdered detergent once per day | 650 |
| No fertilizer | 0 | Lawn fertilized once/year | 1960 |
| Trees not cut down | 20 | Lot cleared of trees | 30 |
| Uses phosphate-free products | 20 | Uses products with phosphate | 180 |
| TOTAL | 575 grams | TOTAL | 3355 grams |

Environmental Monitoring for you and your family.

There are numerous programs for you and your family to participate in, all of which are great ways to learn while monitoring your environment. The programs listed below are easy to use and created for those who are concerned for the environment.

* The **Great Ontario Dip-In**. This program helps determine your lakes water clarity while contributing to the documentation of your province's water quality. For more information contact the Federation of Ontario Cottagers' Association Inc. at www.foca.on.ca or the Ministry of the Environment at www.ene.gov.on.ca

* Borrow a **Zebra Mussel Kit** from MVC or the Ontario Federation of Anglers and Hunters (OFAH). This will give you the opportunity to help stop the spread of invasive species such as zebra mussels and spiny water flea in Ontario waters. For more information contact MVC or OFAH at www.ofah.org

* Become a **Citizen Scientist**. Environment Canada's Environmental Monitoring and Assessment Network (EMAN) are working with the Canadian Nature Federation (CNF) to create nature watch programs. These programs give people the opportunity to learn about the environment while helping gather information needed to protect it. There is a wide variety of watch programs to choose from such as frog watch, plant watch, ice watch and worm watch, this is a great program for kids. To become a citizen scientist check out the nature watch website at www.naturewatch.ca



Mississippi Valley Conservation

*The **Watershed Watch program** was made possible thanks to the generous support of the Ministry of Environment, Lake Associations, area Stewardship Councils, the Lake Stewardship Network and concerned citizens.*

For more information regarding *Watershed Watch* or for advice on how you can help protect and enhance your lake environment, contact Susan Lee, Water Quality Technician at Mississippi Valley Conservation. (613) 259-2421 or slee@mvc.on.ca

