

*STATE OF THE LAKE  
Environment Report  
2014*

**CONSTANCE  
LAKE**



## WHY WATERSHED WATCH?

A lake monitoring program of the Mississippi Valley Conservation Authority

Mississippi Valley Conservation Authority (MVCA) has long recognized the recreational and aesthetic value of lakes within the watershed and is committed to preserving and protecting water quality and fish habitat. Since the launch of the Watershed Watch program in 1998, MVCA has joined together with volunteer lake stewards throughout the watershed to take steps in restoring and protecting water quality.

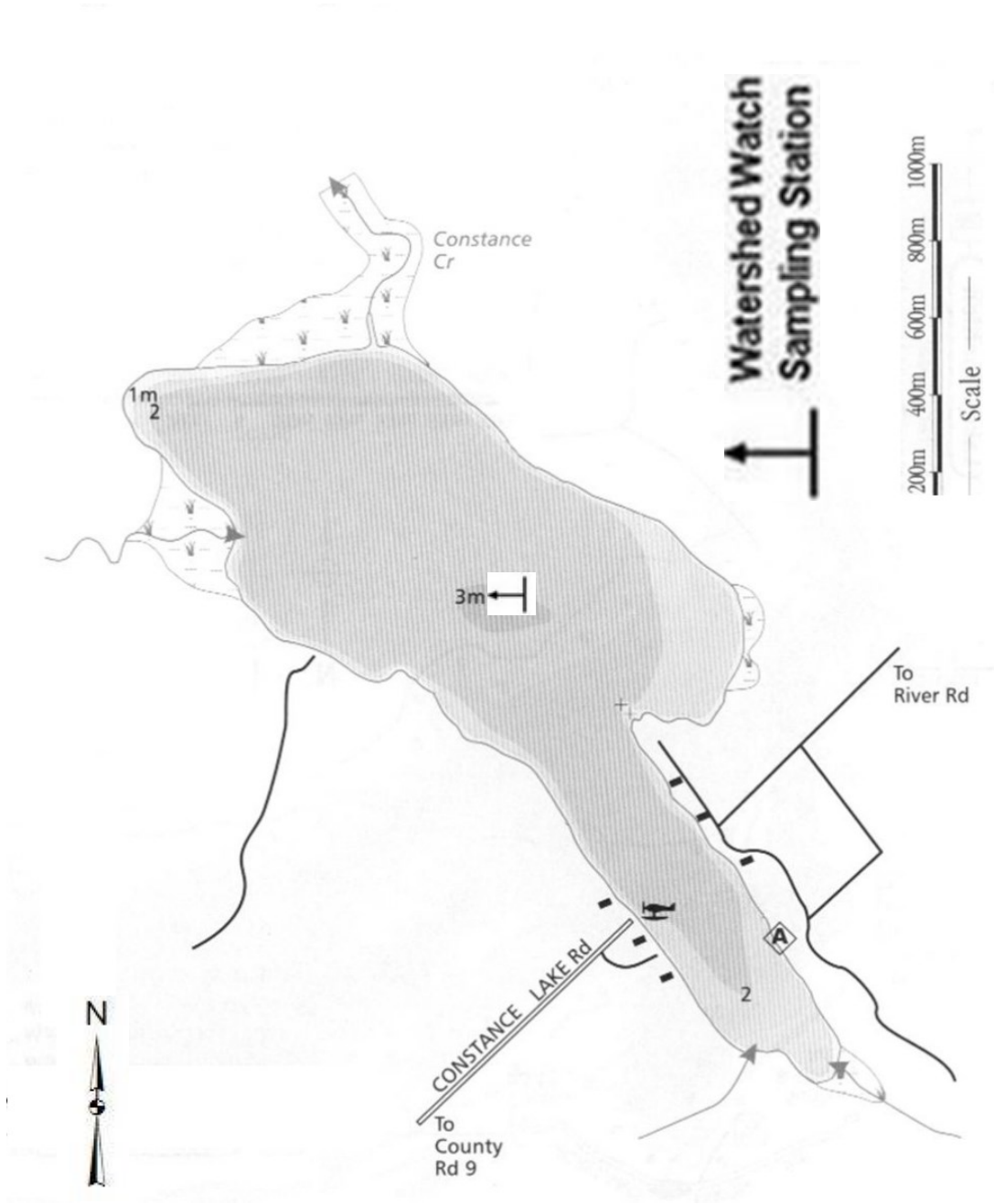
Watershed Watch is an environmental monitoring and awareness program. The objectives of the program are to collect reliable environmental data to document current water quality conditions. This data is used as an essential educational tool to encourage residents to adopt sound stewardship practices aimed at maintaining water quality. We will assist shoreline residents, both seasonal and permanent, to become personal stewards of their lake by encouraging them to take on an active role in restoring and enhancing their shorelines. In this way, we will work together to maintain healthy lake environments throughout the watershed.



## ABOUT CONSTANCE LAKE

- Located in the Township of West Carleton.
- Elevation of metres above sea level.
- Lake perimeter is 7.4 kilometres.
- Deepest point is 3.5 metres.
- There was 29 properties within 35m of the lake as of 2012
- Warm water fishery, particularly: Northern Pike, Largemouth Bass, Carp, Black Crappie, Yellow Perch, Pumpkinseed and Brown Bullheads.

# Constance Lake



*This map is intended for illustration only; it should not be used as a navigation guide.*

# HOW DOES CONSTANCE LAKE MEASURE UP?

## WATER QUALITY RESULTS (2009 - 2014) - CONSTANCE LAKE

Sample Year [Watershed Watch Station]	Secchi Disc Depth [Metres]	Total Phosphorus Euphotic Zone [Micrograms/Litre]	Total Phosphorus 1 Metre off Bottom [Micrograms/Litre]	Chlorophyll <u>a</u> Composite [Micrograms/Litre]
2009	2.8	28.7	28.3	7.50
2014	2.3	15.7	23.0	5.20
n	2	2	2	2
Minimum	2.3	15.7	23.0	5.2
Maximum	2.8	28.7	28.3	7.5
Mean	*2.6	*22.2	*25.7	*6.4

\* values based off of less than 6 years of data





MVCA Monitoring Staff use 4 different sampling procedures to measure water quality.

## WATER CLARITY

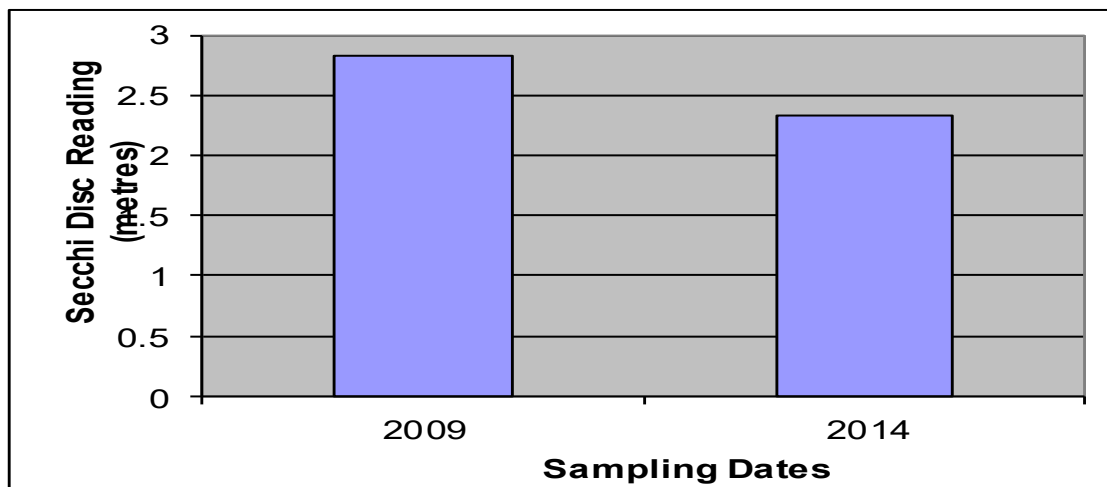


A Secchi Disc is a black and white coloured disc used to determine water clarity. The disc is lowered into the water. The point at which you can no longer distinguish the black and white is called the Secchi depth. The higher the Secchi Disc measurement, the more clear your lake.

Lakes are classified as oligotrophic, mesotrophic, or eutrophic, depending on age and whether they have little, some, or a lot of life, respectively. Oligotrophic lakes are the youngest, mesotrophic lakes are middle-aged lakes that are less deep and more fertile than oligotrophic lakes, and eutrophic lakes (the oldest lakes) are most fertile and even more shallow than Mesotrophic lakes.

Interpreting SECCHI DISC Results	
Secchi Depth	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

**COSTANCE LAKE — ALL BASINS  
ANNUAL MEAN SECCHI DISC DEPTHS (metres)**



# PHOSPHORUS LEVELS

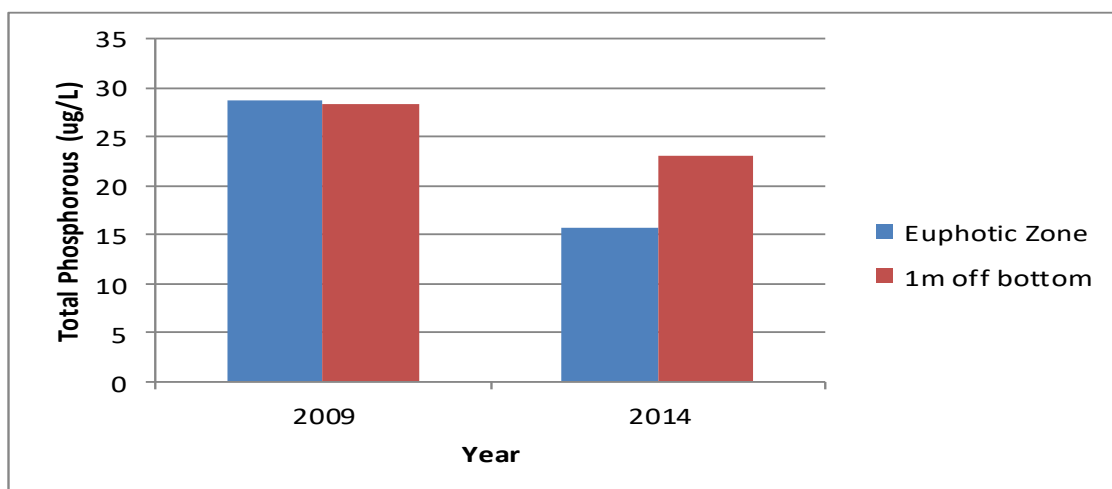
Phosphorus is the nutrient that controls the growth of algae in most Ontario lakes. For this reason any increase in phosphorus in the lake will increase the quantity of algae that can grow. High levels of phosphorus can lead to algal blooms and in some cases affect the habitat of cold water fish such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

*A Kremmerer Bottle (pictured to the right) is used to sample water at specific depths. The bottle is lowered to the required depth with both ends open. A weight on the rope is dropped. When the weight hits the bottle it causes both ends to close, sealing the sample water in the bottle.*



Interpreting 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

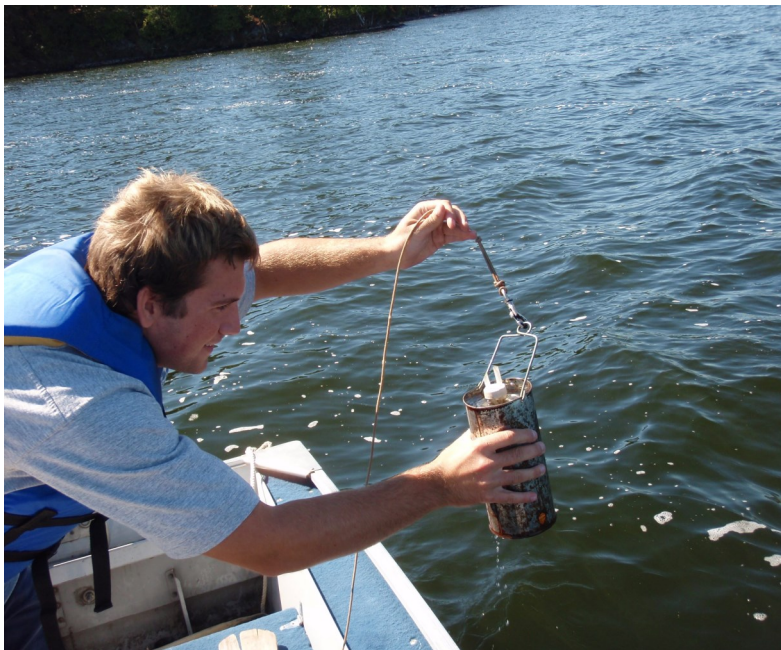
## CONSTANCE LAKE - ALL BASINS ANNUAL MEAN TOTAL PHOSPHORUS RESULTS (ug/L)



## CHLOROPHYLL a

Water clarity is influenced by the amount of phytoplankton or microscopic algae present in the water. Chlorophyll a is the green pigment in phytoplankton.

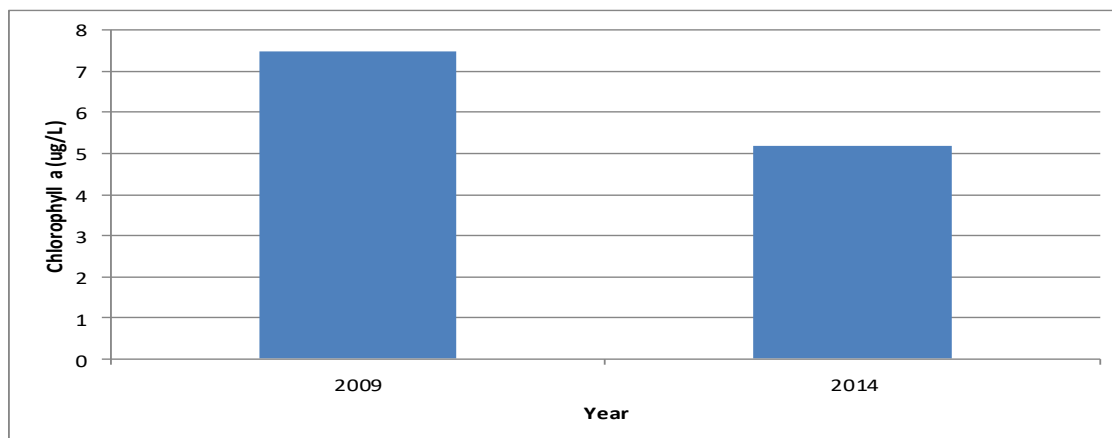
The lower the chlorophyll a density in your lake, the clearer your lake is. Chlorophyll a is directly affected by the amount of total phosphorus in your lake. The more phosphorus there is in the water, the more algal growth will occur.



*A Composite Sampler (pictured above) is used by dropping the tin container into the water. When it reaches the required depth it is slowly pulled back to the surface. The tin is filled as water enters one tube and air escapes the other. Some air remains in the tin to ensure collection throughout the haul to the surface.*

Interpreting CHLOROPHYLL <u>a</u> 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

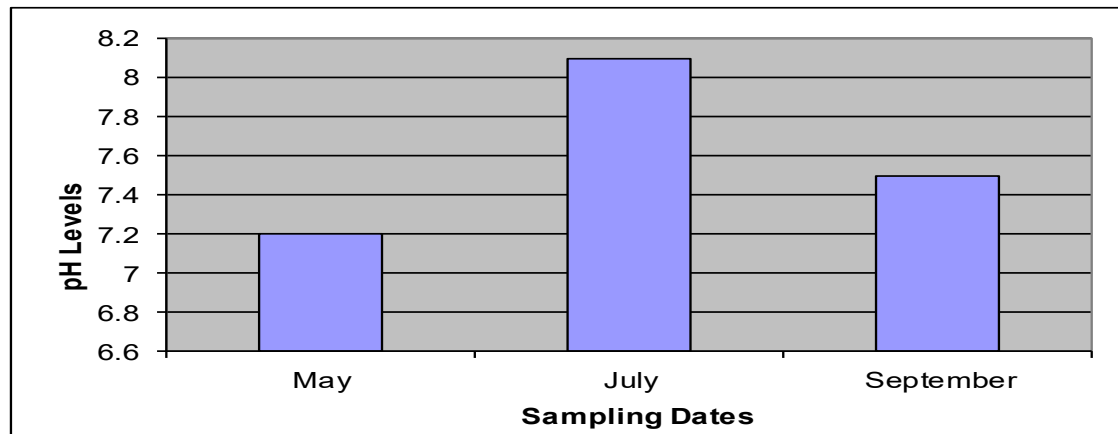
### CONSTANCE LAKE - ALL BASINS ANNUAL MEAN CHLOROPHYLL a RESULTS (ug/L)





## pH LEVELS

### CONSTANCE LAKE - EAST AND WEST BASINS 2014 pH LEVELS



## Help MVCA and the Ontario Federation of Anglers and Hunters Stop the Invasion!

Constance Lake was tested for invasive species, particularly [zebra mussels](#) and, [spiny water flea](#), in partnership with the Ontario Federation of Anglers and Hunters (OFAH). In 2008, zebra mussel veligers were found in Constance lake this finding was confirmed by samples taken in 2011. Sampling results from 2014 can be found in Ontario's Invading Species Awareness Program Annual report which will be available in the Spring of 2015 ([www.invadingspecies.com](http://www.invadingspecies.com)).

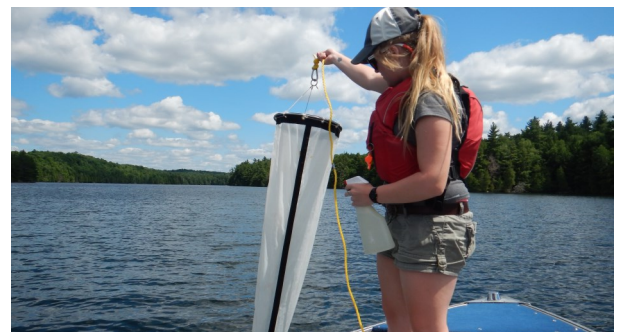
Residents and property owners need to ensure that all access points to the lake have posted signs indicating the precautions that boaters and anglers can take to prevent the spread of invasive species into Constance Lake and beyond. Residents are also invited to participate in the Invading Species Awareness Program ([www.invadingspecies.com](http://www.invadingspecies.com)) through MVCA and OFAH.



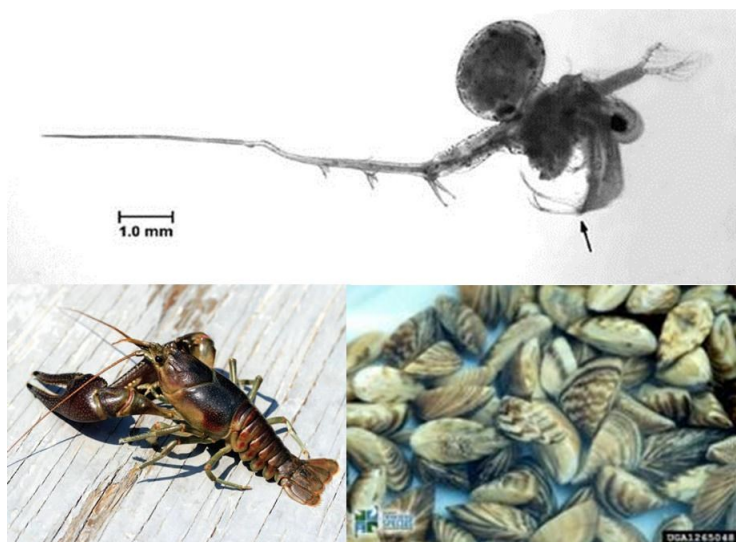
*MVCA and OFAH promote a proactive approach to invasive species management. This includes education and outreach about invasive species and how they are transported. Stop signs such as the one pictured above remind boaters to Inspect, Clean and Drain their boats so that they don't give invasive species a free ride.*

## Check and clean watercraft every time it is moved to a different water body!

*The plankton haul net (pictured right) looks like a wind sock with a plastic cup attached to the end. The mesh size of the net is 63 microns, which can filter microscopic organisms (plankton) like spiny water flea and zebra mussel veligers from the water. The plastic cup portion of the net is called the cod end. It collects the plankton sample as water passes through the net.*







For more information on these and other invasive species, visit [www.invadingspecies.com/invaders](http://www.invadingspecies.com/invaders) or call the Invading Species Hotline at 1-800-563-7711.

If you would like to help monitor and prevent the spread of invasive species in the Mississippi Valley watershed, email [monitoring@mvc.on.ca](mailto:monitoring@mvc.on.ca) or call us at 613-253-0006.

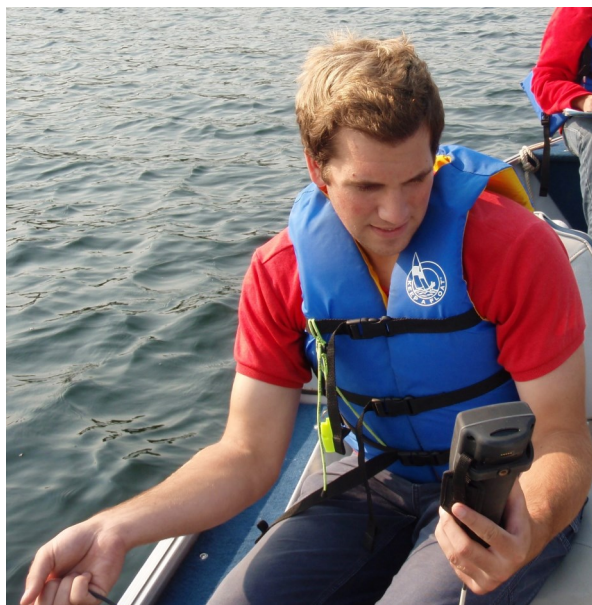
*Top: Spiny water flea. Photo: Cathy Darnell  
Left: Rusty Crayfish. Photo: Doug Watkinson, DFO  
Right: Zebra mussels. Photo: Amy J. Benson, US Geological Survey.*

## CONSTANCE LAKE SAMPLING RESULTS

**Dissolved Oxygen (DO)** is a dissolved form of oxygen vital for all underwater plants and animals to survive; it's what they need to breath. Adequate dissolved oxygen is important for good water quality and necessary to all forms of life. Poor (low) DO levels will cause stress on fish and may result in fish kills (mass death of a species in a season).

MVCA takes three DO readings each sample season. By monitoring the DO levels of our lakes we can develop lake profiles showing the lake stratification and the state of the lake.

**Lake Stratification** is the separation of lakes into three layers:



*The Dissolved Oxygen Metre is used to gather DO and temperature readings. The probe is lowered into the lake and readings are taken at every metre from the hand-held screen.*

<b>Epilimnion</b> (top layer of the lake)	Warmer water with higher D.O. concentrations.
<b>Thermocline</b> (middle layer of the lake)	Distinct layer in which temperature changes more rapidly with depth than it does in the layers above and below.
<b>Hypolimnion</b> (bottom layer of the lake)	Typically the denser and colder water at the bottom of the lake.

## CONSTANCE LAKE SAMPLING RESULTS

**CONSTANCE LAKE #14-09**

**MAY 27/2014 11:00AM**

Depth (m)	Temperature (°C)	Dissolved Oxygen (mg/L)	Percent Saturation	Thermal Stratification
0.1	21.5	9.81	111.1	Epilimnion
1	21.5	9.83	111.3	
2	21.5	9.81	111.2	
3	19.4	11.27	122.0	
4	Bottom	Bottom	Bottom	

**CONSTANCE LAKE #14-09**

**JUNE 30/2014 11:00AM**

Depth (m)	Temperature (°C)	Dissolved Oxygen (mg/L)	Percent Saturation	Thermal Stratification
0.1	27.1	10.12	127.2	Epilimnion
1	26.2	10.24	126.8	
2	23.8	8.87	105.0	
3	20.9	8.90	99.4	
4	Bottom	Bottom	Bottom	

**CONSTANCE LAKE #14-09**

**SEPTEMBER 5/2014 10:15AM**

Depth (m)	Temperature (°C)	Dissolved Oxygen (mg/L)	Percent Saturation	Thermal Stratification
0.1	42.1	9.65	115.1	Epilimnion
1	24.0	9.66	114.7	
2	23.8	9.42	111.3	
3	23.8	5.71	67.0	
4	Bottom	Bottom	Bottom	



*Warm Water Fisheries Habitat* (Bass, Walleye, Pike, Perch) defined as Dissolved Oxygen Concentrations greater than 4 mg/L at temperatures less than 25°C.



## SEINE NETTING

Seine netting by hand is a way of sampling fish species that may live or visit the near shore areas of a waterbody. A seine net is a type of fishing net that has floats along one edge and weights along the other edge, to keep it upright in the water. It is then dragged through a section of water, encircling it, thus collecting all the fish within that area. The depth of the testing area is limited to areas wadeable by the field crew. This method has a very limited impact on the health of the fish sampled and is affordable, easy to do, and portable.



Seine netting was conducted at the boat launch sites of all the Watershed Watch lakes of the 2014 field season to help expand our knowledge of each lake beyond just its chemistry. Netting was conducted in August to avoid disturbing sensitive nesting and breeding sites.

The majority of the individual fish captured with the seine net are bait fish such as minnows and cyprinids, however some juvenile and adult game fish were also caught. Both groups (bait fish and juvenile game fish) tend to stick close to shore to avoid predation from larger fish that can be found in deeper waters. Near shore areas may also contain aquatic vegetation which is ideal camouflage for all sizes of fish that are either hiding from predators, or waiting to surprise prey, explaining why some adult game fish were caught.

It is important to note that if something was not caught in the seine we cannot conclude that the fish species is not in the lake, rather that the species was not in the sampling zone when the sampling was done.

Most stakeholder interest in fish species within a water body has to do with game fish. However, baitfish far outnumber game fish and thus play a critical role within their ecosystem and the food chain. It is important to take note of their presence, and provide them the same consideration you would for larger fish. If you are interested in learning more about baitfish, and how to identify the different species, please refer to the Department of Fisheries and Oceans [Baitfish Primer](#). It is available online and at the MVCA office.

### CONSTANCE LAKE SEINE NETTING RESULTS - FISH SPECIES CAUGHT

- Yellow Perch
  - Northern Pike
  - Pumpkinseed
  - Central Mudminnow
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- Banded Killifish
  - Rock Bass
  - Creek Chub
  - Largemouth Bass



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## PLANT YOUR LAND

Our **free** shoreline planting service helps you restore the natural look of your shoreline while combating erosion, cleaning your water and creating a healthy habitat for fish, birds and wildlife. It'll save you time and money for lawn maintenance too.

**Naturalizing your shoreline does not mean you lose your view or your shore access.** MVCA staff will look at your property and create a planting layout that suits your needs. The designs will maintain open areas and let you enjoy your waterfront property while gaining the benefits of naturalization.

Contact Caleb about planting your land by phone at 613-253-0006ext.253 or by email at [Cyee@mvc.on.ca](mailto:Cyee@mvc.on.ca)



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## ALGAE WATCH



*Eurasian water milfoil and invasive aquatic plant that forms dense mats*

Over the last decades algae and plant growth appears to be increasing in our lakes. MVCA in partnership with Friends of the Tay Watershed Association, Carleton University and Rideau Valley Conservation, are trying to better understand aquatic plant and algae growth in Eastern Ontario lakes. Phosphorus, climate change and zebra mussels are all being examined for their possible effects.

You can help us get a handle on this issue by reporting algae blooms and a excessive plant growth on your lake at [www.citizenwaterwatch.ca](http://www.citizenwaterwatch.ca).



**MVCA would like to thank the many dedicated volunteers and the Lake Steward Network for their assistance with and support of the Watershed Watch program.**

For more information about  
MVCA Monitoring Programs  
please call: 613.253.0006 ext. 235 or  
email: [monitoring@mvc.on.ca](mailto:monitoring@mvc.on.ca)

or

visit: [www.mvc.on.ca](http://www.mvc.on.ca)

We are currently located at

10970 Hwy 7  
Carleton Place, Ontario  
K7C 3P1

