

## NEWSLETTER

### ASSOCIATION LAC SINCLAIR

## FALL 2012



[WWW.LACSINCLAIR.CA](http://WWW.LACSINCLAIR.CA)

#### 2011-2012 Executive Committee

Claude Tremblay – President 819-456-2373

Brian Le Conte – Past President 819-456-4067

David Hallman – Treasurer

Nicole Croteau -Secretary, Newsletter Edition

Denis Forest – Director Water Safety

Maurice Lamontagne –Vice-President and director of Environment

Ann Good – Director of content of Website

Guy Chiasson – Web Master

Vacant – Director publication and edition of Newsletter

Vacant –Director of Membership Registration

Vacant – Director of social events

#### President's Message

The 2012 season is now over and what a beautiful season it was. If we thought that the 2011 season would be remembered for its low water level, that of 2012 will be remembered for an even lower level caused by the heat wave and dryness that lasted almost 5 weeks (end of July to the end of August) thus permitting vacationers the enjoyment of cottage life to the maximum.

I would like to thank the five Executive Committee members: Brian Le Conte, David Hallman, Denis Forest, Nicole Croteau and Ann Good for their dedication and professionalism enabling the Association to continue until the July 7 meeting, and to the six new members that answered our call to free the Association from its precarious situation caused by the departure of many members (there were only six active members out of 11). A special thank you to Ann Good for delaying her departure from the committee until the AGM to prevent the dissolution of the Association for lack of quorum. Also thank you to all the people who supported the Association throughout 2012, whether by becoming a member of the Association, participating in the fishing derby, being a spectator of the fireworks at the Bernier park or for buying one of the Association's promotional items. Thank you also to the volunteers that worked behind the scene: Jacinthe Desaulniers for water testing; Chantal Vaillancourt who was responsible for measuring the water level all summer long; and also to Philippe Chartrand, Gilles Beaulieu, Marvin Blauer and Denise Léveillé for recruiting new members; to Ernie Minichelli for the use of his pontoon in the fishing derby and to Shimano Canada and its representative, Stéphane Martin, which permitted the fishing derby to be a total success.

The Association and the community hope to count on your support and involvement for 2013 and for the years to come. Please encourage your friends, family and neighbours to support the Association through the annual dues at the very low cost of \$20 per year. The Lake counts approximately 375 residences and cottages, 181 of which have answered our call. Your membership fees help us support our objectives:



(continued on page 2.)

- preserving the wildlife, flora and common aquatic resources;
- implementing working committees to control quality of water and resolve problems related to silt in some of the Lake's bays;
- participating in the H<sub>2</sub>O, project of the MRC des Collines; and
- creating activities fostering a sense of belonging (fireworks, fishing derby, sale of promotional articles of the Association).

The Executive thanks the Ste-Sophie d'Aldfield Community Centre for the use of its premises for meetings of the Executive Committee, the Information Assembly and the Annual General Meeting (AGM) in July. We sincerely thank all people involved in these meetings.

To connect more closely with its members, the Association has attempted to enhance communication by:

- maintaining an email address [lacsinclairinfo@aim.com](mailto:lacsinclairinfo@aim.com);
- publishing a newsletter twice this year;
- using the outdoor bulletin board at the entrance of Lake Sinclair Road;
- selling promotional material displaying the Association's logo;
- centralizing phone calls to one number, 819-456-2373 (President); and
- encouraging members to participate in the "Neighbourhood Watch Program".

As it did last year, the Association has continued to help residents and vacationers through its volunteer system of marker buoys installed in May; by advising residents of the water quality through regular testing in all areas of the Lake and by following up on critical areas. The Association has also shared with members important information from different governments concerning the shoreline and owners' private property. However, within the voluntary lake surveillance program, the Association received a 3-year holiday because of the quality of the water tests in 2011.

Finally, the Association continued to collaborate with La Pêche and Low municipal authorities by inviting them to attend our General Information Meeting; supporting their ecological management of natural resources; and respecting federal, provincial and regional regulatory requirements.

On behalf of the Lake Sinclair Association Executive Committee, I thank you for your trust, support and collaboration throughout the 2012 season. I invite you to complete the 2013 membership form which we will be sending you next spring.

Claude Tremblay, President

#### **Promotional Items of the Association:**



T-Shirt (white) 100 % cotton	\$13.50
Beige and green Cap	\$13
Golf Shirt (white) 100% polyester Men's or Women Style	\$28

**On sale at President's Home, 819-456-2373**

and during activities and general meetings of the Association

**We invite you to wear your Association colors!**

## **Follow up on the AGM – July 7, 2012**

On July 7 at the Ste-Sophie d'Aldfield Community Centre, the Executive Committee had invited all active members to this important Annual General Meeting.

At this meeting, the Executive Committee presented what the Association had accomplished and asked members to vote and adopt the minutes of the last Annual General Meeting as well as the Financial Statements. Also, all attending members voted on the nomination and election of the members to the Executive Committee to fill in the position coming the final term and /or those vacant positions.

This year had been significant for the Executive Committee and members had responded well to the invitation to participate at this Annual General Meeting whereupon all eleven positions were filled.



Here is the **new 2012-2013 Executive Committee:**

- |   |                               |
|---|-------------------------------|
| 1) Brian Le Conte – Immediate Past President status | 7) André Gauthier – Director  |
| 2) Claude Tremblay – President                      | 8) Maurice Legros – Director  |
| 3) Nicole Croteau – Secretary                       | 9) Mark Farrell – Director    |
| 4) David Hallman – Vice-president et treasurer      | 10) Megan Farrell – Director  |
| 5) Denis Forest – Director Nautical Security        | 11) Sharen McBride – Director |
| 6) Luc Gélinas – Web master                         |                               |

N.B.: Since this meeting, Mr. Denis Forest has resigned and the position of Director Nautical Security is vacant.

The Director positions will generally cover the following mandates according to the current requirements of the Association: membership, publicity and social events, environment and water quality, website content, publication and preparation of Association newsletters, and First aid.

Claude Tremblay, President

**Claude Bernier** Lac Sinclair - La Pêche, Québec. 819-456-2529

Excavation. Top soil - Gravier. [REDACTED]

Nettoyage de fosse septique / Septic tank pumping



## 2012 Fishing Derby

Our fourth annual catch and release Fishing Derby at Sinclair Lake occurred on Sunday, August 5 from 8 a.m. to 1 p.m.

The purpose of this tournament was to promote the sport fishing among all members of our Association.

This year, we doubled the participation in this activity with 29 boats and a total of 99 fishermen; among them were 21 children aged 12 years old and under, 4 teenagers, 42 adults members and 32 guests aged 18 years old and older.



Registration of the fishermen was done by division and all participants per boat had to be registered before the starting time of 8 a.m. As understood, all fish caught had to be brought alive to the weight station (pontoon) for the official weight and release.

The presentation of trophies was made at Seagull Island. We had five fishing categories, and trophies stating their performance were given to the three first places per category as well as fishing equipment, sponsored by Shimano Canada, equivalent to a total of 12 trophies and 12 prizes.

Also, Shimano Canada had presented many fishing gifts to fishermen attending the trophy ceremony.

### **Children Division 12 years and under**

Winners were:

#### Bass Category

- 1<sup>st</sup> place Locas Madison (2,13 pd)
- 2<sup>nd</sup> place Raphael Bernier (2,09 pd)
- 3<sup>rd</sup> place Morgan Picard (2,08 pd)

#### Perch Category

- 1<sup>st</sup> et 3<sup>rd</sup> place Damiel Lévesque (4 years) (0,06-0,02 pd)
- 2<sup>nd</sup> place Jacob Torrance Whitley (7 years) (0,04 pd)

Pike Category No fish had been registered

### **Adults Division (13 years and over)**

Winners were:

#### Bass Category

- 1<sup>st</sup> place Richard Percival (3,14 pd)
- 2<sup>nd</sup> place Andrew McCully (3,04 pd)
- 3<sup>rd</sup> place Jean-Claude Côté (3,02 pd)

#### Pike Category

- 1<sup>st</sup> place Tony Lafrance (7,07 pd)
- 2<sup>nd</sup> place Zachary Desnoyers (6,11 pd)
- 3<sup>rd</sup> place Denis Binns (6,02 pd)

**A total of 22 fish were weight and released alive as shown in photos taken during the fishing derby and accessible on our Web site [www.lacsinclair.ca](http://www.lacsinclair.ca)**

The fishing trip at Lac Brûlé Outfitter was drawn amongst the registered property owners participating at the derby. The **winner** was Mr. Daniel Ricard.

Considering the total success with the number of participants this year, it was recommended to keep the annual fishing derby during the long weekend holiday of August.

Thank you to volunteers Denis Forest, Claude Tremblay and Ernie Minichelli; and to our major sponsorship Shimano Canada, represented by Stéphane Martin.

Nicole Croteau



## 2012 Fishing Derby



**THANK YOU AND CONGRATULATIONS TO ALL PARTICIPANTS !**



As mentioned in previous articles and as a reminder, should an accident occur which requires the services of an ambulance, it could take anywhere from twenty minutes to over an hour if it is coming from Hull or elsewhere.

Are you aware that a person could die from merely fainting if their airway is obstructed? Did you know that patting someone on the back while they're choking could complicate the situation? As well, applying direct pressure on a wound could lessen blood loss. These are just some of the facts that you would learn when taking a First Aid course. Yes, a lot of what you would learn is common sense; but having that knowledge could save a life; or at the very least, lessen their suffering.

On behalf of the Lake Sinclair Association, I will be arranging for a First Aid Course to be given next spring at the local community centre for all those who are interested. It only requires a weekend of your time and the benefits outweigh the inconvenience of your time. Please contact me if you are interested as there is limited space.

Joanne Smith, Volunteer First Aid at Sinclair Lake

[Shmishoz@aol.com](mailto:Shmishoz@aol.com)

819-456-2349

### ***We never know when!***

*This article is a testimony to encourage Lake Sinclair Association members to support the initiative of Joanne Smith. Living at the lake is nice but there is a reality, a hard reality: we are far, very far from any medical help. This is why we have to organise ourselves. Here is what happened during the early hours of July 7, 2012.*

*At about 1 o'clock in the morning, my wife and I had a car accident on Cleo Fournier road. A Good Samaritan, who happened to drive by, saw us and helped us exit our car. Fortunately, after verifying, both of us were not seriously hurt (later on we learned that the car was a total loss), we did have pain and bruises here and there. Being **in the middle of nowhere** and seeing no houses, I decided to use my cell phone to call a relative for help: impossible to do so because there is **no cell phone signal in that area!** The Good Samaritan then offered to drive us to our residence where we would be able to nurse our pain and call for help. Since it was dark, we couldn't really establish what physical state we were in and that going home was not a good idea. We **needed help**. At that moment I remembered that **a few kilometers further up** lived Joanne and Roger Smith who are still members of the first aid team that the Association had organised a few years ago.*

*We then asked our Good Samaritan to drive us to their place where we were welcomed, 911 was called and we were taken care of until the ambulances were arrived. A few minutes after the 911 call, firemen and policemen arrived. They suggested that it would be preferable for us to go to the hospital for a check up. A call was made and **75 minutes later**, the ambulances arrived.*

*As you can see, we have to organise a first aid system that will permit the person in need of medical help to have the presence of a qualified person to help them until the arrival of the ambulance.*

*In 2013, your Association, through Joanne Smith, will try to organise another first aid team by offering a first aid course. The Association will gratuitously lend a first aid kit and free Lake Sinclair Association membership for the following three years to those who will offer their services to the community. In order for the Lake Sinclair community to have a better first aid service, the Association would like to have at least one first aid volunteer on the following roads: de la Rive, du Docteur, Beaumont, du Lac Sinclair et Baie Simon. Joanne is waiting for your call.*

Claude Tremblay

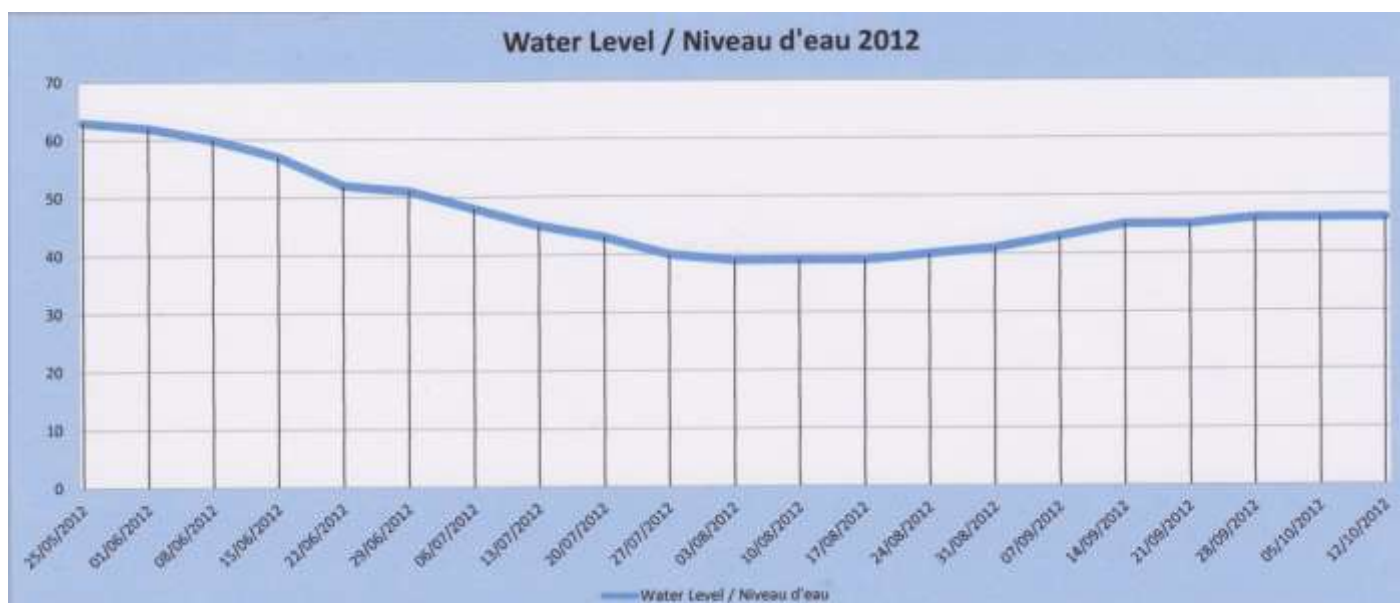
## Water Level of the lake

The Association, with the cooperation of one of its members, permanently installed a one meter scale, graduated in centimeters, in order to measure the water level changes during the summer. This scale, named limnimetric scale, is located on the north east end of the lake near the "Île aux moutons"

During the 2012 season, between May 25 and October 12, one of our members, Chantal Vaillancourt recorded the levels weekly.

Below, in graphic form is a record of all the data obtained.

### LAC SINCLAIR – SUMMER 2012



Week of																			
25/05	01/06	08/06	15/06	22/06	29/06	06/07	13/07	20/07	27/07	03/08	10/08	17/08	24/08	31/08	07/09	14/09	21/09	28/09	05/10
05	06	06	06	06	06	07	08	07	07	08	08	08	08	08	09	09	09	09	10
Water level (cm)																			
63	62	60	57	52	51	48	45	43	40	39	39	39	40	41	43	45	45	46	46

According to the data obtained, we noticed that:

- 1- starting at the first reading, the level always went down until it reached its lowest level on the first week of August and started increasing the first week of September to reach 46 cm in October;
- 2- from the last week of July and all of August, the water level reached its lowest point of 39 cm. As for the same period of time in 2011, the water level was between 49cm and 47 cm, 10 cm higher than this year;
- 3- this year the lowest level was reached on the first week of August compared to October 4 of last year;
- 4- the average water level for 2012 was 46,7 cm, compared to 50,2 cm in 2011, indicating a higher score of 3,5 cm.

Claude Tremblay  
President

## Human activity endangers lakes in our region

The MRC de la Vallée-de-la-Gatineau requested a study on the characterization of the lakes in the region. Part of Sinclair Lake is in the MRC de Vallée-de-la -Gatineau since it is under the supervision of the Municipality of Low. Because of too much human activity, a third of the lakes in the MRC are aging more rapidly than anticipate and some could die within half of a century.

Eutrophation (the aging of a lake) is a natural process that usually carries on for 25000 years whereupon a lake is filled up by vegetation, becomes a marsh and finally dries up. This phenomenon is caused by the presence of nutriments in the water that will favor the outbreak of aquatic plants. Phosphorous is one of those nutriments.

On the other hand, the study requested by the MRC showed that more than half of the studied lakes have a "high" or "very high" vulnerability to phosphorous (see charts). Normally in our life we should not see the eutrophation of a lake, but certain lakes are so affected by the human activity that they could disappear in **less than 50 years**.

Here at Lake Sinclair, thanks to the Voluntary Lake Surveillance Network and the H<sub>2</sub>O program, the level of nutriments in the water (phosphorous and its derivatives) is monitored in June, July and August when human activity is at its highest level. Presently, in accordance with the last results received, our level of phosphorous is within the norms.

## Vulnerable lakes

Phosphorous Sensibility		Accelerated eutrophation Vulnerability	
Very low	0, 6%	Very low	21, 1%
Low	9, 2%	Low	26, 1%
Moderate	37, 3%	Moderate	19, 9%
High	44, 2%	High	30, 7%
Very high	8, 6%	Very high	2, 2%

Claude Tremblay



## Quincaillerie /Home hardware

Matériaux et Location /Building Material and Rental

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Pour vous servir: To serve you:

**Claude Beausoleil, prop., Suzanne Beausoleil, Serge Beausoleil, Daniel Beausoleil**



## Environment

Thank you for preserving the Lake Sinclair environment in 2012. Our most recent water tests confirmed the excellent quality of the water: let's continue our great protection efforts! A good water quality ensures a clean environment and preserves the value of our properties. The same care applies to the protection of the lake's shore. The water is directly related to the shore; if we destroy the bank, the quality of the water will suffer.

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**Rés.: 819-456-2906**

This report covers three main aspects related to the environment: water, shore, and wild life. A few recommendations are made concerning good practices to preserve the natural environment.

#### **1 Water Quality**

For over 35 years, the Lake Association has monitored the water in Lake Sinclair through a series of standard tests. To be meaningful, the tests are made through a similar method (same tests), regularly (same time of year), and if an abnormality is observed, an action plan must be set in motion. Since 2009, we

have slightly changed the sampling areas and have revisited many sites where high levels had been observed in the past. We believe this will allow us to better detect potential problems relating to water quality.

We are happy to see that our lake continues to have good water quality.

#### **E. Coli**

High levels of E.Coli bacteria are mostly caused by:

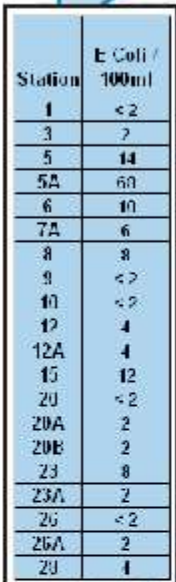
Causes	Solutions – Attenuation Measures
Faulty septic systems or reservoirs	Regular pumping of the reservoir Regular maintenance Conditions comply with standards
Dry toilets (outhouse) too close to the shore	Complete removal of dry toilets or displacement away from the shore
Pumping of feces into the lake	Pumping by a qualified contractor
Pumping of animal dung into the lake	Enhanced social behaviour Appropriate pumping
Wild life: Feces in the water and waste in the environment	No feeding of aquatic birds Household garbage in containers protected from animals

The presence of wild life brings some E. Coli, even to completely wild lakes, making the water unsuitable for drinking at a level as low as 1 coliform per 100 ml. High levels are usually caused by human activity.

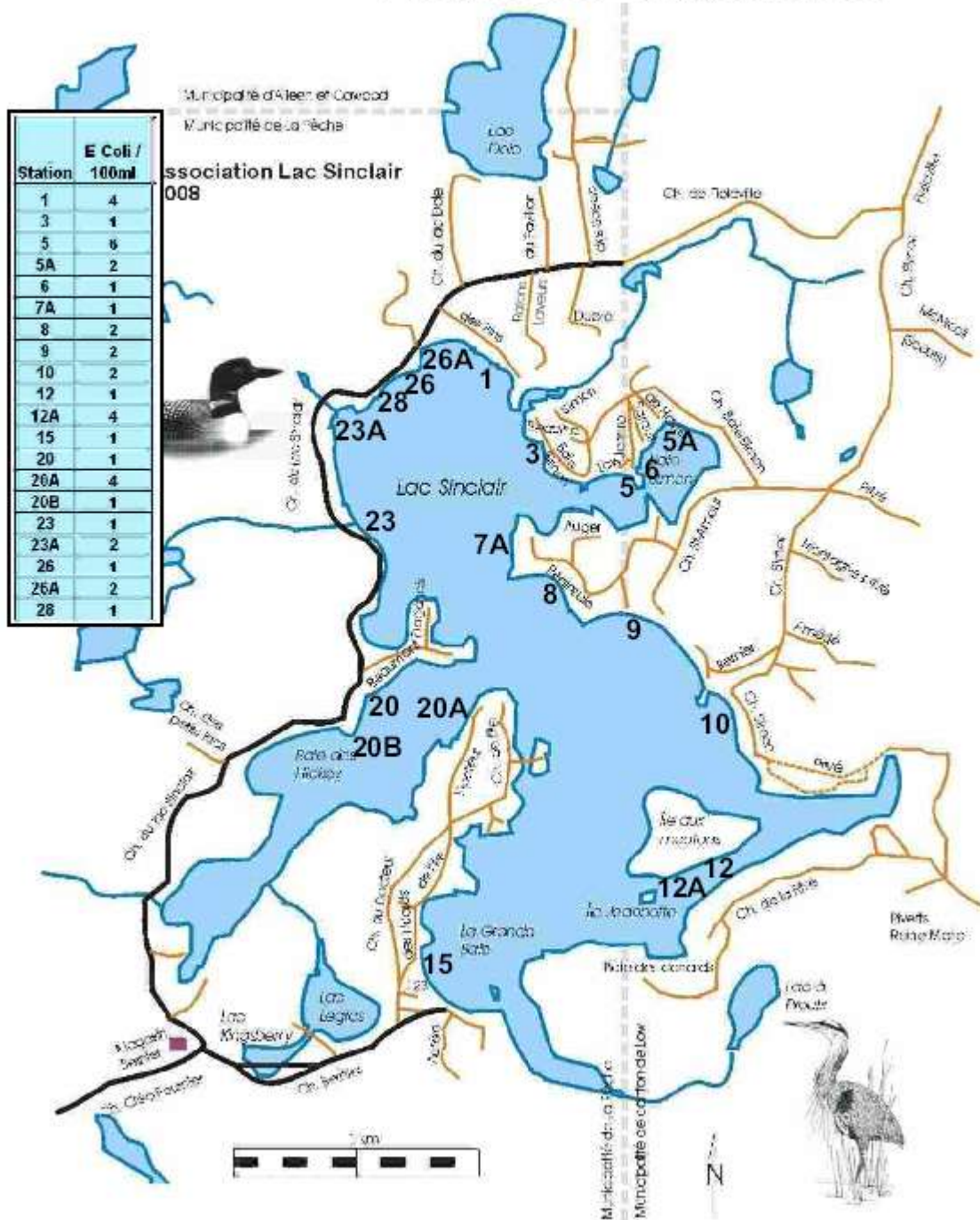
We are happy to report that the water quality continues to be very good.

Samples were taken in June and August 2012. (**see maps and table for results**)

**E. Coli**  
**Juin 2012 / June 2012**



**E. Coli**  
**Août 2012 / August 2012**



### 2 Shore protection

The water quality is closely linked to the protection of the riparian strip that acts as a filter for nutrients. It is generally accepted that a 15 meter riparian strip be preserved or returned to its near-natural state. The absence of vegetation or its deterioration can accelerate erosion and turbidity. In 2011, your Association closely monitored a few hot spots and worked with members and government authorities to preserve the environment. We incurred a few cases of non respectful and sometimes even illegal development of the environment, especially when making boat launches or when clearcutting. If you have doubts about activities around the lake, we invite you to communicate with your Municipality. Furthermore, please note that you must get a permit from your Municipality for the construction of a wharf.

### 3 Good Practices to Preserve the Environment

The Lake Sinclair Association particularly thanks you if :

- You have avoided spreading fertilizers or pesticides on your property.
- You have inspected your septic system and made sure it is in good working order.
- You have protected or planted plants along the shoreline and avoided cutting trees in an area of 15 meters (50 feet) from the shore (NB: New MRC des Collines Regulations ban grass cutting within this area).
- You have filled your boat's gas tank far from the shore.
- You have renewed your Association membership card (only \$20). The funds help us protect the quality of the environment.

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*Lorie Nesbitt*

*Bary McKenna*

Good Points for the future of our Lake :

- It is at the top of the watershed; it has very little feed from other lakes.
- Results from the Voluntary Lake Surveillance Network's Program are excellent.
- There are still undeveloped sectors that will remain that way (i.e. the île aux Moutons).
- The Association ensures the protection of the lake and has the municipalities' help.

#### Sébastien Aubin et Nadine LaCasse

Pharmaciens **brunet** 

895 ch Riverside,  
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Heures d'ouverture:

Lundi au vendredi 9h00 à 20h00.

Samedi 9h00 à 17h00. Dimanche 10h00 à 16h00

#### Potential hazards for the future

- A development that does not respect the shoreline protection.
- The progressive destruction of the riparian strip by certain people.
- The use of lawn fertilizers.
- Domestic animals kept near the lakes.

Nicole Croteau



## ***New Social Activity: Lac Sinclair's Summer Regatta***

Summer 2013 may seem like a long way away, but the Executive Committee has already been making plans for a new activity aimed at getting our Lac Sinclair community together to share good times – a regatta featuring some fun and friendly events for kids and adults alike.

We are targeting a weekend in mid-July for the regatta and envisage swimming and kayaking/canoeing races for different age groups, a water obstacles course, as well as some land-based activities for cottagers who prefer to stay dry.



If you have suggestions or are willing to volunteer with organizing the regatta, please contact Executive Committee member **Karen McBride at (613) 729-9657.**

An update on the Lac Sinclair Summer Regatta and other social activities will be provided in the spring newsletter.

Karen McBride



**Garage Jean-François Gauvreau, Inc.**

164, rue Principale Ouest  
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Tél.: (819) 456-2038 Fax: (819) 456-3560  
Programme d'entretien préventif

We may even have a contest for the best-decorated boat and end the regatta with a flotilla.

As we are in the early stages of planning and this is the first year for a regatta, the social activities committee would very much welcome your input on how to make the event most enjoyable for you!

Our emphasis is on participation and, of course, in the interest of safety, the regatta's races as for "non-motorized" boats only.



**Ste-Sophie of Aldfield  
Community Centre**  
951 Cléo Fournier Rd.  
La Pêche Qc. • 819-456-4869

***For reservations***  
To reserve the hall at the Community Centre for  
your association, your group or for a family  
reunion, reserve your space at  
**819-456-4869**



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**Stéphanie Gauvin**

Courtier immobilier

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**FISHING TOURNAMENT AND WALLEYE DINNER**

*Date to be confirmed...*

*We hope to see you !*

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