

NEWSLETTER

Association Lac Sinclair

SPRING 2012



President's Message

At the start of the 2013 summer season, I am happy to welcome you once again to Lake Sinclair. Winter 2013 was quite different than that of 2012 because the following facts:

- The amount of snow received (by early January we had already surpassed the total amount of snow received last year)
- The Christmas eve ice storm that caused a power failure that lasted 5 days,
- The exceptional amount of rain and snow in the last 2 weeks of April during the thaw

All of this is responsible for the water level to reach a record height never seen in the last 40 years (on April 30 our bathymetric scale was at **99.5 cm** while it should have been in the lower 80 cm.

Now that all of this is behind us, I wish you a marvelous summer and safe fun in and on the water, and hope that you will participate in our new social activity: the regatta (non-motorized) that are coming back after 45 years of absence.

The Association and the community hope to count on your support for the year 2013. Your subscription helps us to support our objectives:

- To preserve the wildlife, flora and common aquatic resources.
- To implement working committees to control the quality of the water and resolve problems linked to the silt in certain bays around the lake.
- To organize activities fostering a sense of belonging.
- To communicate the necessary information concerning the protection of the shore line.

I urge you to encourage your friends, your family members and your neighbors that are non members to get behind the Association through the annual subscription at a minimal cost of \$20 for the year. Last year, 186 members responded. This year's objective is to reach 200 members.

In 2011, the Association has started to update its web site (www.lacsinclair.ca) and we invite you to visit it. You can also communicate directly with the Association at the following email address: lacsinclairinfo@aim.com or by communicating with the President at 819-456-2373. In 2013 we are again innovating because you will be able to consult and follow our activities on our Face book page: www.facebook.com/lacsinclairquebec.

Here is what will happen this year:

- in June and August: Water quality analysis by the Association
- in June, July and August: Water tests for H₂O des Collines experimental project
- in July and/or August: Visits from the nautical security services of the MRC des Collines.
- In June, a first aid course, depending on the number of registration received, at the Centre Communautaire Ste-Sophie

Continued on page 2...

I invite you all to participate in our three social activities:

- ❖ Canada Day festivities (music, fireworks, bonfire) , **Saturday, June 29** at the Bernier Park.
- ❖ **New activity – Regatta(non-motorized) “Esprit du lac”, Saturday, July 13**
- ❖ Our fifth annual fishing derby which will be held on **Sunday, August 4.**

Finally, the Association invites all members to its next General Meeting which will be held on **Saturday, July 6, 2013 at 10:00 a.m. at the Ste-Sophie d’ Aldfield Community Center.**

This meeting is more than an information meeting there will also be elections for the executive committee. Come as many as possible in order to make official all actions taken by your committee and to fill in the vacant positions.

Claude Tremblay, president

2012-2013 Executive Committee

Here is the 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 and treasurer | 10) Megan Farrell – Director |
| 5) Denis Forest – Director Nautical Security | 11) Karen McBride– Director |
| 6) Luc Gélinas – Web master | |

N.B.: Since the last AGM meeting, Mr. Denis Forest has resigned and the position of Director Nautical Security is vacant. The positions for President and Secretary will also become vacant.

The Director position is a two year mandate and his duty depends on the requirements of the Association: membership, publicity and social events, environment and water quality, website content, publication and preparation of Association newsletters, and First aid.



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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!

Equipments

Thus, HANDS OFF buoys !!!

The buoys are a voluntary service that your Association places here and there in strategic places on the lake to indicate the presence of shallow water or a boulder that might cause damages to your boat if you pass in that area. At the sight of a buoy it is recommended to **keep a distance of at least 10 meters between the buoy and the boat.**

The Association has finished the replacement of the orange buoys by the new YELLOW buoys!

The buoys are held in place by chains of a length greater than the depth of the water where they are placed for 2 main reasons:

- 1) **To compensate for the variations of the water level**
- 2) **To make it easier for the Association volunteer to remove them in autumn.**

Thus, last summer, some boaters have decided to shorten the chain of many buoys that lead to the following problems:

- 1) **In autumn, the Association was unable to remove a few buoys from there chain because the volunteer was unable to reach the releasing mechanism which was too deep in the water and consequently these buoys were left in the water, and broken by the ice during the winter.**
- 2) **The volunteer had to do EXTRA and DANGEROUS work in difficult autumnal conditions to be able to remove some of these buoys.**

The Association therefore asks all the boaters not to interfere with the buoys.

If you notice that a buoy has moved from her original position, please advise the Association so it can go and reposition the buoy. If you find a buoy drifting away, bring it on your shore line, inform the Association and a member of the committee will go and pick it up.

For a buoy problem, call **819-456-2788** (Buoys Volunteer) or **819-456-2373** (President)

Claude Tremblay.



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What you missed if you didn't visit your cottage over Christmas.

The fun started on 20 December when we were hit by an initial heavy, wet snowfall followed by more snow, wind and real cold. The power went out in the early hours of the 21st and did not come back on until 26 December at 14h30. Initial calls to Hydro Quebec were met with advice that power would be restored by 12:00 noon. When this didn't happen the advice changed to 17h00, then 23h00 until the advice was basically that they had no clue when power would be restored and that customers should call back periodically to check on "progress". The phone was also off and on during this period and we noted that after a few days Bell had its generator van running next to the nearby transformer in order to supply power to the system directly from the generator.

The main priority was to keep at least minimal heat on, as we did not want to drain the water system, close the cottage and go home to Ottawa. The storm was thus a real test of our newly installed portable generator system and it came through with flying colours. We switched over to the generator panel which handles essential items such as water pump, pellet stove, fireplace insert fan, fridge, TV, computer and a few outlets and lights. Of course the generator is a little noisy and uses a lot of gasoline which has to be schlepped up here so we used it on and off for two hours at a time. In the evening when it was off we played cards (cribbage) by candlelight including our wedding candle, which sheds lots of light.

We went down to Ottawa on the 22nd (shopping) and the 25th (cook the turkey dinner and celebrate with family and friends), each time hoping to hear that the power had come back on but as it didn't we came back up on the 23rd and 24th to warm the place up and bring gas for the generator and garden tractor. During each time away



the temperature in the kitchen fell to 5 degrees. (President Claude reminded me that he had a similar experience trekking back and forth to the cottage during the ice storm of 1998, an all together more serious event.)

During the period of the outage I used the tractor-mounted snow blower to blow the driveway out three times. Then there was the issue of the three jack pines from a neighbouring property which blew over, blocking the driveway entrance.

Fortunately neighbour Maurice (not the owner of the trees) was available

to help wield the chain saw to cut an escape route out of the driveway and trim some overhanging branches on Chemin des Ratons-laveurs so the snow plow could get in to plow the road.

Not everything about the storm was bad, not by a long shot. Aside from the fun we had snow blowing and lumberjacking, there was lots of skiing, tobogganing and snowshoeing for guests to enjoy in the sunny, bracing air after the clouds lifted.

And let's not forget to thank the Hydro Quebec crews who laboured valiantly in difficult conditions to finally get the power up and running again, until the next storm.

David Hallman, Vice President

First aid in 2013

As mentioned in the Fall Newsletter 2012 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.

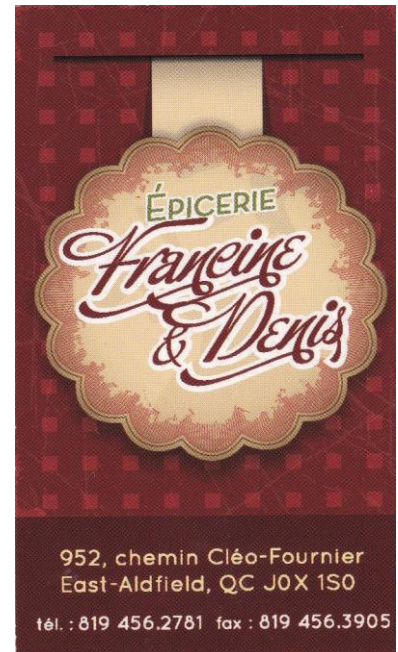
These are just some of the facts that you would learn when taking a First Aid course. Yes, a lot of what you would learn is common sense; but having that knowledge could save a life; or at the very least, lessen their suffering.

On behalf of the Lake Sinclair Association, I will be arranging for a First Aid Course to be given by the end of June 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 **before June 20th** if you are interested as there is limited space.

Joanne Smith, Volunteer First Aid at Sinclair Lake

819-456-2349 Shmisho2@aol.com



Burning By-Law 13-640

To clean a property of some materials on an open fire is allowed between November 1st and May 31st. A burning permit must be delivered. The permit will last five (5) days at a cost of \$10. Please contact us 48 hours in advance at (819) 456-2161 ext 2290. Please leave your name, telephone number, the site where you will burn and the date of the burn.



Safety tips for Burning:

- Supervise the fire at all time
- Maintain a distance of 50 feet (15m) from any building
- Maintain a distance of 15 feet (4,5m) from the property line
- Inform your neighbours
- Ensure the fire doesn't pose a nuisance to surrounding neighbours; in case of complaints, the La Pêche Fire Department will request that the fire be extinguished.
- Do not burn any construction material, household waste, tires or chemicals
- Do not burn in strong winds
- Have a charged water hose near the fire
- Water the ashes before leaving
- Call 911 in case of loss of control

Jocelyn Lessard, Fire Department Director

After verification with Mr. Marco Renaud, the By-law is not applicable to private fire camp with a diameter of 3 feet (1 m) or less during the security period given by SOP-FEU ! 1-800-567-1206

Swimmer's itch

What is swimmer's itch?

Swimmer's itch, also known as **lake itch**, **duck itch**, **cercarial dermatitis**,^[1] and **Schistosome cercarial dermatitis**,^{[2]:432} is a short-term, immune reaction occurring in the skin of humans that have been infected by water-borne schistosomatidae. Swimmer's itch is a temporary, itchy rash caused by small worm-like parasites called schistosomes (Shiss-toe-soams). These little worms are found in many lakes and ponds, usually in the warm summer months.

How do we catch it?

Schistosomes spend their life cycle as parasites in the bodies of water snails and in the blood stream of aquatic mammals, ducks or other waterfowl. Schistosome larvae leave their snail host and swim around near the surface of the water, intending to come into contact with birds and certain mammal hosts. Larvae sometimes mistakenly get on to the skin of people swimming or wading, instead of aquatic mammals or waterfowl.

After a person leaves the water, these larvae start to burrow under the skin. However, these larvae cannot survive in humans and die almost immediately after they burrow into the skin. It is the allergic reaction to these tiny larvae under the skin that causes the itchy rash or swimmer's itch.

Where are these parasites found?

On-shore winds tend to push the tiny larvae to the edges of lakes where these float near the surface. Young children who wade and splash in shallow areas of lakes and ponds may be at higher risk due to the following factors:

- They are constantly getting wet, without thoroughly drying off.
- They usually play by the shore where these parasites tend to concentrate.
- Their young, tender skin is more sensitive.

How can you avoid swimmer's itch?

1. Avoid swimming or wading in high-risk areas, notably those where swimmer's itch is known to be common, or wherever warning signs are posted. Also avoid marshy water that is likely to be home of snails, or water with a large population of bird life.
2. Swim in deep water. When swimming in natural freshwater bodies, don't linger by the shore, where swimmer's itch parasites are more likely to be found. Swim out to the deeper water if you are a strong swimmer. Reduce your swimming time in the water to approximately 10 consecutive minutes.
3. Applying waterproof sunscreen before bathing may help reduce the number of larvae from penetrating the skin, or use Swimmer's Itch Guard. (see add)
4. Most importantly, dry yourself quickly with a dry towel as soon as you come out of the water. Ideally, you should have a shower and then dry yourself with a towel right away. However, showering will not remove any larvae that have already penetrated into the skin.
5. Don't feed the ducks or birds. Feeding birds in the vicinity of your swimming site can encourage them to linger in the water long enough to transfer some of their parasites to the water.
6. Clean the shallow portion of your beach in order to remove as much as possible snails.

What are the symptoms of swimmer's itch?

The degree of symptoms will depend on how many larvae get on to your skin, and how sensitive you are to them. Symptoms also tend to get worse with repeated exposures.

Swimmer's itch ranges from just a mild irritation to a very severe, itchy red rash. This may become badly infected from too much scratching.

When a person starts to dry off and the larvae start to burrow into the skin, a tingling feeling may begin almost right away. Small, pin-point sized red spots will appear, which grow into larger red rashes within several hours. As these red spots grow, the tingling feeling becomes a strong itch, which feels like a nettle's sting or an insect bite.

Continued on page 7...

Swimmer's itch (cont'd)

How long do the symptoms last?

The itching feeling will gradually get worse, and it may last 2 to 5 days or as long as 2 weeks before fading away slowly.

Too much scratching can cause severe pain and swelling or other skin infections.

Repeat infections are usually worse because people become more sensitive to the larvae and develop stronger allergic responses each time.

The rash cannot be spread from person to person.

How do you treat swimmer's itch?

There are a number of steps you can take, which may reduce some of the itchiness. Check with your doctor or pharmacist about treatment. Commonly recommended treatments and advice include:

- Avoid scratching.
- Apply plain calamine lotion.
- Take antihistamines, especially at bedtime. These are not recommended for children under 6 years of age.
- Take shallow, lukewarm baths with three tablespoons of baking soda in the water.
- Take colloidal oatmeal baths.
- Apply cool compresses.

Is swimmer's itch dangerous?

The rash and itch can be very irritating especially for young children, but there should not be any serious danger. However, if a skin infection occurs from too much scratching, you should see your doctor.

And/or contact your local medical center – Info santé CLSC in your area 877-459-1112.

References used for this article:

Wikipedia and Article Written By Joseph Nicholson

Read more at Trails.com: [Swimmer's Itch Prevention | Trails.com](http://Trails.com/Swimmer's%20Itch%20Prevention)

Nicole Croteau



Swimmer's Itch Guard is a very water resistant cream that contains a 30 SPF zinc oxide sunscreen and natural plant oils that prevent the parasite from penetrating the skin. Applied properly and before entering the water, Swimmer's Itch Guard is 100 % effective in preventing swimmer's itch.

Sunscreen

Although it seems as if we have only just finished packing away our winter gear, it is already time to begin thinking about covering ourselves head to toe in sunscreen. The conflicting information concerning sunscreen can sometimes be confusing to navigate. The initial message seemed to be simple: wear sunscreen and avoid skin cancer. Then more recently the media hype was that sunscreen could actually be more harmful than UVB light. Now it appears that certain sunscreens are safer than others and that sunscreens do offer protection against sunburn, skin damage and possibly skin cancer. When selecting a sunscreen we must first decide which sun protection factor (SPF) we need. There is a misconception that the higher the SPF the more protection that sunscreen offers. In fact the higher SPFs do not provide you with more protection at all, but provide you with the same amount of protection for a longer period of time - provided you don't swim or sweat during that time. The SPF indicates how long you can stay in the sun without burning from UVB light. In order to determine how much protection a sunscreen offers, take the time it would take for you to get a sunburn without protection, typically 20 minutes for light skinned individuals, and multiply that number by the SPF of the product. If a sunscreen has an SPF of 15 multiply that by 20 and you have five hours of sun protection. An SPF of 30 would provide you with 10 hours of sun protection. SPF is higher than 30 only increase the amount of protection by three percent. No need to reach for the SPF 65 now! More important than SPF is the amount of sunscreen applied. We tend to apply far less than is needed to provide adequate coverage. If we only apply half the amount that was used in testing the sunscreen to determine its rating, then we could burn in half the time. We also need to be aware of commonly overlooked areas such as the ears, backs of necks and tops of feet. Most important to many cottagers is reapplying promptly after swimming as sunscreen takes 15 to 20 minutes to be absorbed into the skin. Even if you cover yourself generously with SPF 30 at 9:00 a.m. you are not then protected from the sun for the day if you swim or sweat after your initial application. Now that we know what we need to do in order to protect ourselves from harmful UVB light we have to consider protection from UVA light. UVA rays are the rays responsible for premature aging and long-term skin damage. In order to ensure we stay looking great as well as remaining healthy we need to choose a product that either indicates that it blocks both UVB and UVA light or offers Broad Spectrum Protection.

According to the Environmental Working Group (EWG), which is a non-profit environmental organization mandated to protect consumers, it is advisable to avoid vitamin A in sunscreens as it can actually cause skin cancer, and oxybenzone as it is a hormone disruptor and skin allergen. The effects of oxybenzone are most dangerous for children. Safe active ingredients in sunscreen include zinc oxide, titanium dioxide, mexoryl sx and avobenzene (3%). The first two of the above safe ingredients are minerals and mineral sunscreens have the best safety profile. They are stable in sunlight and do not appear to penetrate the skin. They also offer UVA protection.

Here's where it gets a bit confusing. Although research indicates that even one sunburn in childhood doubles a person's chance of developing skin cancer and that sunscreen prevents sunburn, there is still no consensus that sunscreens prevent skin cancer. In fact, people who wear sunscreen often stay out in the sun longer than those who don't and are then at risk of absorbing more harmful radiation even if they don't burn. Therefore, when at all possible, clothing, hats and shade should be used as our primary barriers to UV radiation. When our skin inevitably is exposed to sunlight, we should be using a sunscreen containing safe active ingredients. Last summer my family used two zinc oxide based sunscreens, one by Green Beaver which we found too greasy and expensive and a more affordable option by Substance which we found chalky and white, although it smelled great! According to the EWG website, Aubrey Organics and Badger both produce very safe and effective sunscreens, given their highest rating of one on an eight point scale. More affordable and probably more readily available in pharmacies is Coppertone Sensitive Skin which the EWG rates as a two, meaning it contains at least one ingredient that is a potential hormone disruptor.

This summer our hunt will continue for a sunscreen that is safe, affordable, and of a good consistency which we will use as secondary protection when remaining in the shade or covered by a hat and clothing are not possible. Please enjoy the sunshine as safely as you can!

Tamara Long

Nautical Security

Steering safely and responsibly is a key element in having fun while navigating. If you have the appropriate security equipment, you will have peace of mind and if ever something goes wrong, this equipment will probably permit you to save a life.

Minimal mandatory equipment

For sailboats and motor boats

1. One (1) life jacket or individual floating device, Canada approved, for each person on board
2. One (1) floating catch line of 15 m (49 ft 3 in) minimal length
3. One (1) waterproof flashlight
4. Oar(s)
5. One (1) anchor and a cable, rope or chain or a combination of these, of 15 m (49 ft 3 in) minimal length
6. One (1) bail or manual bilge pump
7. One 5BC category fire extinguisher if the boat has an inboard motor, has a fixed gas tank, or a cooking, heating or refrigerating fuel appliance
8. A sound signaling apparatus (whistle or other)

For seadoos, kayaks:

1. One (1) life jacket or individual floating device, Canada approved, for each person on board
2. One (1) floating catch line of 15 m (49 ft 3 in) minimal length
3. One (1) waterproof flashlight
4. A sound signaling apparatus (whistle or other)

For pedal- boats, windsurfing boards, aqua-bikes:

1. One (1) life jacket or individual floating device, Canada approved, for each person on board
2. A sound signaling apparatus (whistle or other)

If your boat has a motor,
remember to carry:

- ✓ Proof of competency,
- ✓ Personal identification,
- ✓ Pleasure Craft License

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Private Watercrafts (PWCs) Operator Guidelines

Regulatory Requirements

The owners and users of PWCs on our lake are asked to contribute to safe boating by abiding by the following regulations :

- Operators of PWCs must be 16 yrs of age or older;
- Operators must have a proof of competency on board;
- Operators must be cautious and courteous and respect their neighbors.
- Avoid careless operation of a vessel, which includes: high speed operation near shore lines; wake jumping, running in circles, passing close to others;
- Limit speed to **10 km/h within 30 meters of the shore**;
- Only PWCs designed to carry 3 or more persons may be used for towing water skiers;
- Operating a PWC while impaired is illegal and is an offence under same provision of the criminal code.

The above regulations are contained in the Safe Boating Guide published by Fisheries and Oceans Canada, Coast Guard and reflect the law and regulations of the Government of Canada. The Safe Boating Guide is a free publication, available in both official languages at the Motor Vehicle License Bureau in Ottawa.

Enforcement

The MRC Police boating squad members periodically visit the lake and enforce boating safety.

Every property owner is encouraged to approach a PWC operator/neighbor who engages in the careless operation of a PWC or any powered vessel, and suggest that the person consider these regulations for the safety of all boaters.

Alternatively, call the MRC Police and report the particular features of a careless operation, providing the time, description of the PWCs, registration number displayed on the front cover, and possibly the address where the PWC is moored. If you know the owner, report the name and phone number.

Officer Patrick Cousineau is the head of the boating squad at 819-459-9911.



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Fish Stocking Project of the Lake Sinclair

After a review conducted at the Ministry of natural resources and Wild life, Mrs. Julie Deschênes, biologist and Caroline Laberge Pelletier, of the Outaouais region have proposed their subsidy program and they insist that certain species of trout acceptable in our lake be identified.

Based on the lake's history and fishermen's actual experiences, the presence of Northern Pike and various species of Bass would not favor the survival of trout.

An actual cost estimate to realize this project was made and it indicates it would cost approximately \$2000.00 per year for 3 years to get a result of less than 10% survival.

After analyzing the grant document regarding stocking a lake it would require the Association to purchase from a fish breeder the type of fish authorized (trout) after which be reimbursed by way or the mechanism offered by the program.

Furthermore, we ascertain that the Association does not meet the requirements of the Ministry in order to obtain financial aid as indicated below:

- Public access to the lake
- Handicap accessible
- Free admission Cost



- 1 Drain foul water from boat and live wells.
- 2 Remove dirt (mud, plants, fish, bait) and dispose of at safe distance from water!
- 3 Thoroughly clean boat, trailer and other equipment!
- 4 Repeat operation every time.



- Initiation program to inform the younger generation to discover fishing techniques, regulations, conservation and protection of the said resource.

According to the legal and regulating content on wild life of the Ministry of Natural Resources and wild life of Quebec, Section IV, transport and stocking permits, Article D1302-94, a14 ; states : «Species of fish that we wish to stock must already exist in the lake unless we stock with certain species of trout mainly Rainbow trout, Brown trout, Grey trout.» ;

- Taking into consideration that the Association wanted to stock the lake with (Pickerel-Walleye) which never existed in the lake;
- Taking into consideration that actual cost not subsidized related to stocking of authorized fish is (\$6 000.00);

The Association proposes not to go against rules and regulations of the Ministry and not use funds in the budget to go forward with the project of stocking our lake. The success rate of survival is too low.

Therefore, the Lake Sinclair Association Executive Committee is officially closing this file.

Maurice Legros, Responsible for this file.

***Support our association
Buy an advertising space in the
newsletter***

***For more information, get in touch
with the President Claude Tremblay at
819-456-2373***

Social activities

Annual Canada Day Party and Fireworks!



With the partnership of Claude Bernier and Marius Bernier, Association Lac Sinclair is pleased to co-sponsor this annual party and fireworks display.

This year it will be held on
Saturday, June 29 at 9 p.m.
at Bernier Park, at the corner of chemin
Cleo-Fournier and chemin du Lac
Sinclair

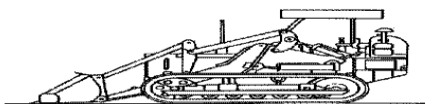


Come out and enjoy the company of your Lac Sinclair neighbours for this fun-filled evening! Bring your chair and beverages and come to dance with live music!

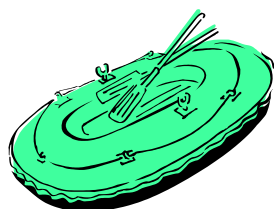
Karen McBride

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

Excavation. Top soil - Gravier.
Nettoyage de fosse septique / Septic tank pumping



Join your Lac Sinclair Neighbours in the "Esprit du Lac Sinclair" Regatta!



Association Lac Sinclair is pleased to sponsor the first lake regatta to be held in more than 45 years! Inspired by the desire to foster even greater "esprit du lac", the event will put the emphasis on family fun and on providing an opportunity for you to get to know more of your Lac Sinclair neighbours.

DATE: Saturday, July 13 (rain date: Saturday, August 17)

TIME : 1:00 pm - 4:00 pm

LOCATION : Baie de Chemin de la Peninsule (please refer to map)

The regatta will feature beach games for younger children, swimming races, canoe/kayak/paddleboat races, as well as the regatta's "premier" event -- a family relay race! Organizers will divide participants into appropriate age categories for the races, with hand-crafted medals for winners, as well as special gifts for the winners of the family relay and popsicles and watermelon for all participants.

Social Activities (cont'd)

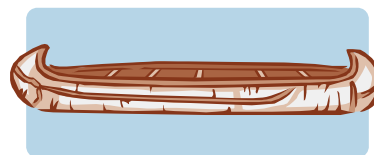
In order to ensure that the event is both fun and safe, Association Lac Sinclair has established the following rules for the regatta:



- ❖ *Participation in the event is open to Lac Sinclair families only (and their visiting guests).*
- ❖ *Non-motorized water crafts only. You are encouraged to bring along as many kayaks/canoes/paddleboats as you have, in order to ensure we can include as many participants as possible in the races (and hopefully you will be willing to share your water crafts, if necessary!)*
- ❖ *A temporary perimeter will be established for the regatta using buoys and water trampolines. If you chose to come to the regatta by boat (either to participate or as a spectator), please anchor outside the perimeter area.*
- ❖ *Children under 13 years old must be accompanied by an adult. Please ensure there is at least one adult for every three children participating.*
- ❖ *Lifejackets for the water craft races are mandatory.*

Please note that there is no road access to the lake regatta. We encourage to come to Baie du chemin de la Péninsule by canoe, kayak, paddleboat, etc. There will a portable toilet on-site. Association Lac Sinclair will provide popsicles and watermelon as snacks, but participants are encouraged to bring their own water bottles.

While we trust that the sun will shine on July 13th for the regatta, should the weather be especially rainy, signs announcing any postponement will be posted by 11:00 am on July 13. These signs will be posted on the Association's information board (corner of chemin Cleo-Fournier and chemin du Lac Sinclair), as well as in the Baie du chemin de la Péninsule area.



The Association's website will provide more updated information on the regatta. If you plan to take part, although not mandatory, it would be helpful for our planning purposes if you could send an email to lacsinclairinfo@aol.com, indicating your name, the number of participants envisaged, as well as participants' ages.

And, of course, we are still seeking volunteers to help on the day of the regatta! If you can dedicate a few hours to help ensure this event runs smoothly, please contact Karen McBride at kmcbride@cbie.ca.

Finally, Association Lac Sinclair would like to thank the property owners along Baie de Chemin de la Peninsule for kindly agreeing to let us use their beach front area so that we can all enjoy watching and participating in the Esprit du Lac Sinclair Regatta!



We hope you will come out and participate in this fun family event!

Karen McBride

Fishing Derby

Our 5th fishing tournament of the Lac Sinclair Association reserved for the registered members in 2013 will take place on

Sunday August 4, 2013

From 8am to 1pm.

Here is an overview of the 2013 Edition of our **Catch and Release Tournament**:

Adult Division (13 and +):

Categories:

Pike – 1st, 2nd, 3rd place

Bass – 1st, 2nd, 3rd place

Children Division (12 and under)

Categories:

Bass – 1st, 2nd, 3rd place

Rock Bass – 1st, 2nd, 3rd place

Perch – 1st, 2nd, 3rd place

Come and tease the Pike, Bass and the Perch in our lake and run the chance to win one of our numerous prizes for the first three positions in each of the categories as well as many other door prizes for the registered participants.

Shimano

\$1 000 in prizes including a package at a fishing outfitter will be offered, thanks to the collaboration of Stéphane Martin Pro-Staff at Shimano Canada and Mrs. Marilène Charbonneau Gauthier owner of Chalets Rapide des Cèdres outfitters at

65, Ch. du Barrage, Notre-Dame du Laus, QC.



The great prize which is a fishing trip at the outfitters will be drawn from amongst the property owners registered in 2013 with the Lac Sinclair Association and participating in the Tournament.

This package of a value of \$350 with the Chalets Rapide des Cèdres Outfitters includes a week-end of fishing (2 nights) for 2 persons or a family (2 adults and 2 children) including a canoe.

TOURNAMENT REGISTRATION PROCEDURES AND INFORMATION

Before the tournament (Strongly recommended before Friday August 2nd):

Register with Mrs. Nicole Croteau at 819-456-2373

1. Have paid 2013 Association membership fees, which is \$20 per property;
2. Submit the names and the number of participants by categories in your boat;
(How many adults, guests, children 12 and under)
3. Additional fee of \$5 per adult guests to be paid morning of tournament.

The morning of the tournament:

Present yourself at « l'île aux mouettes » at **7:30 am** at the organizers' pontoon and complete the registration forms; please remit the above mentioned information and pay the participation fees.

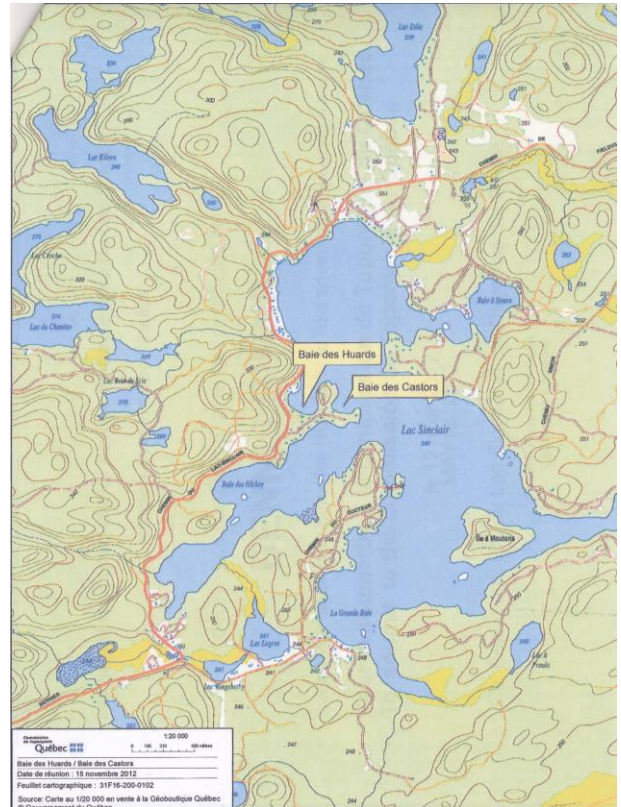
ATTENTION

Validation of prizes at the Organizers' Boat – Ile aux mouettes

A catch is considered valid when after the official weigh-in, the **living** fish is put back in the water.

The executive committee of your Association is proud to inform his members that the "Commission de toponymie du Québec" has accepted to designate two bays of Lake Sinclair by the following names :

- Claude Tremblay, President*



A professional headshot of a woman with long, straight black hair and light-colored eyes. She is smiling and looking directly at the camera. She is wearing a black blazer over a white collared shirt. Her hands are on her hips, and she is standing against a plain white background.



Stéphanie Gauvin

819- 665-2457

www.gauvinimmobilier.com