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## LAC SINCLAIR LAKE ASSOCIATION

### AUTUMN 2010

#### **President's Message**

The 2010 season is now over. If the 2009 season was uneventful, 2010 will be remembered for the high level of water that was a source of joy for some and misfortune for others. True, Lake Sinclair experienced a very different situation compared to many other lakes in the region where there were complaints about the low level of water. Instead, we experienced an abnormally high level of water because of the beaver dam which caused much damage to the shore as well as some properties (a problem which will be discussed further in this newsletter).

I would like to thank all the people who supported the Association throughout 2010, whether by becoming a member of the Association, participating in the fishing derby and/or the workshop on the reconditioning of the shore, as a spectator of the fireworks at the corner store (what used to be Bernier's store), as a buyer of one of the Association's promotional articles or simply by volunteering their help. (continued on page 2.)

#### **Need Help?**

##### **First Aid – CPR**

##### **List of our First aider club:**

- 1) Joanne Smith, 15 chemin des Pins, 819-456-2349
- 2) Nathalie Comtois, 90 chemin de la Péninsule, 819-456-4765

#### **Association du lac Sinclair**

##### **2010 Executive committee**

Claude Tremblay – President 819-456-2373  
Brian Le Conte – Past president 819-456-4067

Maurice Lamontagne – VP Environnement  
Nathalie Comtois – Treasurer  
David Hallman – Director  
Danielle Simoneau – Director  
Ann Good – Director

Nicole Croteau – Secretary  
Guy Chiasson – Director Web Site  
Denis Forest – Director Water Safety  
Ginette Ouellette – Director Bulletin

The Association and the community hope to count on your support for 2011 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 cottages, 170 of which have answered our call. Your membership fees help us support our objectives:

- preserving the wildlife, the flora and the common aquatic resources (workshop on the reconditioning of the shore, fish stocking of the lake);
- implementing working committees to control the quality of the water and resolve problems related to the silt in certain of the lake's bays;
- participating in the Voluntary Lake Surveillance Network ;
- creating activities fostering a sense of belonging (fireworks, fishing derby, new logo and the sale of promotional articles with the Association's new logo).

The executive thanks the Ste-Sophie d' Aldfield Community Centre for the use of its premises for meetings of the executive committee, the AGM in June and the General Information Assembly in August. We sincerely thank all people involved in these meetings.

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

- creating an email address [lacsinclairinfo@aim.com](mailto:lacsinclairinfo@aim.com);
- publishing a newsletter twice this year;
- using the outdoor bulletin board near Bernier's store;
- initiating two new activities: the workshop on the reconditioning of the shore and the sale of promotional material displaying the Association's new logo;
- centralising phone calls to one number, 819-456-2373 (President)

As it did last year, the Association has continued to help vacationers through its volunteer system of marker buoys installed in May; and 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 its members important information from different governments concerning the shoreline and residents' private property. However, within the voluntary lake surveillance program, test results on the water quality will only be known in a few months and published in the spring edition of the Newsletter.

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

On behalf of the Lake Sinclair Association Executive Committee, I thank you for your trust, your support and your collaboration throughout the 2010 season. I invite you to complete the 2011 membership form which we will be sending you next Spring.

The Association is looking forward to seeing many of you at its next Annual General Meeting which will be held on June 18, 2011 at 10 a.m. at the Ste-Sophie d'Aldfield Community Centre.

Claude Tremblay  
President,  
Lake Sinclair Association  
819-456-2373

### **Sébastien Aubin et Nadine LaCasse**

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Lundi au vendredi 9h00 à 20h00.

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

### **Communications St Germain**

RÉVISION      EDITING

LECTURE D'ÉPREUVES      PROOFREADING

TRADUCTION      TRANSLATION

**Tel : 819-459-2448**

## Assembly of Lake Associations/Regroupement des associations des lacs

The President and past-president continued in 2010 to attend when possible the meetings of this informal umbrella group. These gatherings, usually held in late spring/early summer and fall, bring together representatives of a number of lakes in the MRC and Pontiac areas. Experiences are shared, particularly on environmental issues; those in attendance then pass on the information to the memberships of their own associations.

In view of ongoing interest in water quality issues and the regional/municipal requirement to protect the shoreline, the June 16, 2010 meeting endorsed a proposal to approach the Municipality of La Pêche with a request for municipal officials to make public presentations on these two important environmental questions. The municipality agreed to two evening presentations by Mr. Philippe Vlasiu, municipal environmental technician and Mr. Maxime Cloutier, student in biology. Both sessions were held at the community centre in East Aldfield – in English on July 29 and in French on August 5.

Mr. Vlasiu focused on the use of septic systems. He gave a brief outline of the key requirements for construction and operation of a septic system, including materials to be used; distance from waterfront and trees; and operation and maintenance. He also responded to a number of questions. He noted that the municipality would not be in a position to conduct the planned regular inspections of septic systems until there was a more permanent solution to the question of disposal of the waste. In the meantime, persons suspecting problems with their or others' systems were encouraged to contact him. Mr. Cloutier's presentation dealt with the types of problems faced by lakes – ecoli contamination; imbalances in phosphorous content of lake water; detection of algae; elimination of invasive species. He provided information on the types and frequency of water testing in order to monitor and control these threats. He also reminded attendees of the region's requirement and of municipal by-laws for the naturalization of shorelines in order to protect the health of bodies of water in our area and encouraged residents to get information on the types of plants/vegetation to be used in shoreline areas.

The informal meetings of the Assembly/Regroupement are useful. If other members would be interested in attending these sessions, the additional support would be welcome and would allow us to ensure that our association can be present and benefit from the shared information. Your executive also strongly encourages all members to attend such information sessions organized with the municipality since these help clarify current regulations for waste management and preservation of the shoreline.

Prepared by Brian Le Conte



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## High Level of Water

*This summer, owners were confronted with a high level of water, a situation that was pleasing for many but problematic for others. If the level of water was very low in many surrounding lakes, Lake Sinclair's situation was the opposite: ideal for all kinds of water sports while a cause for concern for those shoreline residents seeing their property threatened and damaged by the high level of water. All this was caused by a beaver dam near the Stag Creek at the lake's outlet.*

*Before continuing, it is important to specify that destroying a beaver dam is not done the way it was 20 or 30 years ago. Today, there are rules and responsibilities to follow. These rules are set by the ministère des Ressources naturelles, and by different regional and municipal governments.*

*It is also important to know that whoever (person or organization) destroys a beaver dam is responsible for the damages caused by the liberated water on its course. If the dam shatters on its own, the owner of the property on which the dam was built is responsible for the damages caused. Since the surroundings of the lake are now very developed, it is important to know what is beyond the dam (culverts, private roads, public roads, etc.).*

*The first action consists in getting a permit from the ministère des Ressources naturelles giving you the authority to destroy the dam and establishing the conditions do follow. For example, here are a few conditions dictated to the Association when it got the permit*

- 1) *get permission from the owner before accessing a private property;*
- 2) *before destroying the dam, you must eliminate all beavers from the environment causing the problem;*
- 3) *the beavers must be eliminated in a way that ensures a quick death. The devices allowed are firearms, killing traps in line with International Humane Trapping Standards (IHTS) and collars connected to a drowning system;*
- 4) *once the beavers are eliminated, the point of relief must not exceed the superior third of the dam and its width must not exceed two meters;*
- 5) *if there is a culvert downstream, the width of the point of relief shall not exceed the dimensions of this culvert;*
- 6) *the point of relief must be gradual to allow the progressive lowering of the level of water, until it reaches its normal level;*

*On July 30, the Association got its permit from the ministère des Ressources naturelles and a few days later, it hired a trapper who withdrew from the case on August 16. Since the Association could not respect the second condition, it gave the file to the Municipality of Low in order to solve the problem. Low gave the owner a deadline to destroy the dam. In default, the Municipality*

will do it and charge the owner. On October 19, the owner advised the Municipality of Low that the dam had been destroyed, but that not all beavers were eliminated. The level of water started to lower to the great relief of the shoreline owners. But this was unfortunately short lived because Mother Nature, in just a few hours of torrential rain, erased all the gains made on the water level so that by the end of the fall, the level of water was very high and all were fearful for the spring. Over time, the mountains stopped sending water into the lake, and the level started to edge down. Today, the level of water has diminished by over 30 centimetres.

The problem may arise again next spring since there are still some active beavers in this area. The Association will ensure that property owners adjacent to Stag Creek make regular verifications, and will again contact the Municipality of Low to intervene in this case if ever the beavers start building another dam.

Claude Tremblay



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

## 2010 Lac Sinclair Fishing Derby

On September 5<sup>th</sup>, 2010, your lake association held it's second fishing Derby on Lac Sinclair. It was a chilly day but that did not stop 69 participants from loading up their boats and meeting at Seagull Island for the 8 a.m. start. Given the fairly difficult fishing conditions, 42 fish were still brought in for official weighting and release.

Congratulations to this years category winners:

- |                                 |  |
|---------------------------------|--|
| 1) Largest Bass Adult –         | Angel Larabie – 3 lbs, 14 oz<br>Julie Harris – 3 lbs, 2 oz       |
| 2) Largest Pike Adult -         | Harry Bouwman – 6 lbs, 11oz                                      |
| 3) Largest Bass (Under 12) –    | Gabrielle Dagenais – 2 lbs, 3 oz<br>Lauren Farrell – 1 lb, 13 oz |
| 4) Largest Pike (Under 12) –    | Kayla Dobson – 1 lb, 15oz<br>Connor Dobson – 1 lb, 12 oz         |
| 5) Largest Crappie (Under 12) – | Sebastien Cadieux – 15 oz<br>Alexander Lemieux – 9 oz            |
| 6) Top Weight for 5 Fish –      | Yves Terrien – 7 lbs, 5 oz                                       |

Many thanks to all those who participated in this years Derby. We increased participation from 54 to 69 with this year's event. Once again, our lake provided plenty of fish making the Derby fun for everyone!

Leo Maiorino

## CAMP FIRES

**DID YOU KNOW** that when the rain water washes out the ashes of a **camp fire** set up too close to the lake or river, that is, in the riparian strip, it will generate significant quantities of nutrient matter such as phosphates, nitrates and potash as well as pollutants such as heavy metal.

These nutrients promote algae and aquatic plant bloom.

This is why it is forbidden to set up a camp fire close to the shore unless you use a metal container. If, however, you have made a fire close to the lake, it is important to pick up all the extinguished ashes and place them in a more appropriate spot.

Denis Forest, director

## First aid – CPR : Volunteers needed !!!

Hello!

Well it's my 'annual' request for people to join our first aid team. As you may or may not know, ambulance arrival times can vary from twenty minutes to an hour, depending on whether it is already on a call, requiring an ambulance to come up from Hull. Please know that you probably would not be alone as you could call on another member of our team to assist you in the interim.

It is very easy to say that nothing is going to happen 'in your backyard'; but, unfortunately, that is why they are called accidents. Would you not feel better knowing that you were able to help someone in crisis, even if it's only to ensure that they have all the proper documentation required upon arrival at the hospital; or more seriously, actually perform CPR or stop fatal bleeding?

Please seriously consider becoming a member of our team: your family and loved ones will be safer, as well as your neighbors. There is nothing more satisfying than knowing that you were able to help someone, and stay calm under crisis.

Actually our first aid team is made up of only 2 members and we are both living in the north end of the lake (chemin des Pins and chemin de la Péninsule). I would like our team to be present in all of the different sectors of the lake so that we can offer first aid quickly to the person in crisis. We provide first aid kits to our members. I am especially looking for members living in the areas of chemin Beaumont, chemin du Docteur and chemin de la Rive. So, if you are living in one of these areas and are interested in joining the team, please call me.

You can contact me at 819-456-2349, and know that my husband and I are full-time residents in our little corner of paradise.

Joanne Smith

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Programme d'entretien préventif

## **Environmental Issues – Cooperation with Municipality of La Pêche**

*In keeping with its role of promoting awareness of environmental protection issues in the MRC/Pontiac regions – particularly as they affect the water quality of our lakes – the Assembly organized two evening information sessions this past summer with representatives of the Municipality of la Pêche. In cooperation with the Lake Sinclair Association and the community centre of East Aldfield both sessions were held at the latter location – in English on July 29 and in French on August 5. At both sessions, presentations were made by Mr. Philippe Vlasiu, the municipal Environment Technician and by Mr. Maxime Cloutier, student in biology.*

*Mr. Vlasiu made an interesting presentation on how septic systems work. He included important information on desirable capacity related to size of dwelling; ground and other construction issues; and proper care and maintenance. During the course of his presentation, he answered questions from the audience (about 20 persons at the July 29 meeting). Among other points, he clarified that septic systems need to be at least 15 metres from the lake; that the tank can be made of cement or plastics; that tanks normally should be emptied every two years; that proper operation requires that only material that will decompose should go into them but nothing that would kill bacteria; that there should be no trees closer than 3 metres and that there should be no shrubs on top of it nor any parking. When septic systems are not possible, the option is for a holding tank (for which there are separate rules). He explained that the municipality had not been able to complete its septic inspection program because of the limited capacity at present for treating septic waste.*


*Mr. Cloutier gave a presentation on lake water quality and how associations should monitor it. He recommended testing in the spring; twice in the summer and again in November. Ideally, tests should not take place for more than 2 days after a heavy rain. They should look both for e-coli and phosphorous levels. Phosphorous is critical to the growth of algae and can be affected by natural mineral content, septic material and particularly by use of detergents and fertilizers. Measures to reduce phosphorous as much as possible will be beneficial to a lake's water quality. Lakes especially need to avoid the growth of blue-green algae, which is toxic. As the municipality does not have the resources to monitor every lake, he recommended that persons with concerns about algae growth in their lake could take pictures and send to the municipality for study. He also confirmed that the regional municipality will be enforcing the naturalization of the 5 metre band from the waterfront. He emphasized the importance of using native as opposed to invasive species in order to avoid problems such as the spread of hogweed and Eurasian milfoil.*

*Draft by Brian Le Conte – Environmental issues summer 2010.doc*



**Ste-Sophie of Aldfield  
Community Centre**  
951 Cléo Fournier Rd.  
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## High Speed Internet Update

According to the latest information, high speed Internet is now in Duclos, and the optical fibre is now at chemin des Pins on Lake Sinclair.

For Bell to bring high speed Internet to chemin des Pins consists in installing transmission equipment in the three (3) following signal stations: the one at the corner of Cléo Fournier and chemin Robertson, the one at the corner of Cléo Fournier and chemin Bernier and finally, the one on chemin des Pins.

At each of these stations, Bell will construct a small power station to protect the equipment, which means getting permission to access the property and acquiring the necessary space to construct the station. These negotiations with respective property owners result in additional costs.

At this time, Bell is studying the economic value of bringing high speed Internet up to chemin des Pins. Hopefully, this study will prove positive and Lake Sinclair will soon have access to high speed Internet.

Claude Tremblay



## WELCOMES YOU AND YOUR FRIENDS!

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## October 2, 2010 Workshop on Shoreline Plants

In light of the regional/municipal requirements for naturalization of shorelines, it was proposed by President of the Association du Lac Sinclair and approved by the executive committee that the services of the Société sylvicole de la Haute Gatineau (SSHG) be engaged to provide two workshops on shoreline vegetation and related issues. The presentations were free for paid-up members of the Association and \$20 for others. The morning session in French and the afternoon session in English both were held at the Ste-Sophie Community Centre in East Aldfield. Both sessions were rather sparsely attended – only about a dozen people at each - which is somewhat surprising, given the requirement for property owners to comply with the regulations. Clearly, the Association needs to do more to increase awareness of this issue. Those who did attend found the presentation useful and informative. Congratulations to those who made the effort – please share what you learned with your neighbours. (attached is a picture of members of the executive and the SSHG representative following her presentation).

The presenter, Andr eane Lafontaine-Paul gave an interesting slide presentation explaining the roles and functions of the shoreline in protecting a lake's health and identifying the types of vegetation which help promote a natural, healthy shoreline. Ms Lafontaine-Paul reminded those in attendance that the requirement to protect the shoreline is governed by provincial legislation which municipalities enforce through local by-laws. The Municipalit  R gionale des Collines (MRC) adopted its regulations in August 2009. She then provided some useful practical information on the best plants to use in order to return shorelines to a natural state of vegetation. These include native species which grow rapidly and have good root systems. In situations where the shoreline consists of breakwalls or stones that cannot easily be removed, property owners are encouraged to plant vegetation that can shade on the hard surfaces. promote the return of natural edge as well as marine life higher temperatures Plant selection also will dryness of the area to be re-list of plants suited for areas degrees of dryness or that are deer resistant.

The Society sells a wide re-vegetation of shorelines

visits and provide a diagnosis. Property owners wishing further information on fees and products and services available can contact the SSHG at 819 449-4105. Additional contact information is available on their site at [www.sshg.qc.ca](http://www.sshg.qc.ca) or by visiting their location at 145, Route 105, Messines. PQ.

The information provided by Ms Lafontaine-Paul was supplemented by the publications regularly provided by the Association at its annual and information meetings for members. (including the excellent "Protecting our Lakes and Watercourses: Essential to Fight the Proliferation of Blue-Green Algae" published by the Conf rence r gionale des  lus de l'Outaouais – CREO). Details on this and other useful publications will be posted on the Association's updated website at [www.lacsinclair.ca](http://www.lacsinclair.ca). Similarly, we will continue to make brochures available for paid-up members attending the information meeting at the beginning of summer and the annual general meeting at the end of summer.

In the coming months, the Association will consider engaging the Society's services for similar group presentations or for site visits/diagnoses of areas on the lake where there may be shoreline issues affecting lake water quality. Additional information will be provided in future newsletters. In the meantime, if you learn more about adaptable native plants that will help maintain the shoreleine, please share your information with the Association and with your neighbours. If they are not members of the Association, encourage them to join – we and the lake can benefit from their financial and moral support!

Prepared by Ann Good/Brian Le Conte



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variety of plants suitable for and also will conduct site



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Golf Shirt (white) 100% polyester Men or Women

Style \$28

**On sale at two places:**

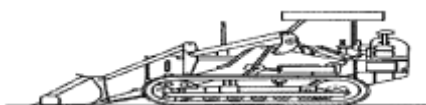
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President's Home, 819-456-2373

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

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

Excavation. Top soil - Gravier.



Nettoyage de fosse septique / Septic tank pumping



Thank you for preserving the Lake Sinclair environment in 2010. 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.

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 2010 (see maps and table for results). Our lake was clean enough for swimming as far as bacterial contamination is concerned. A higher level of E. Coli was observed in Simon Bay and additional testing revealed that the levels returned to normal in August. It is difficult to determine the source of the problem, but the presence of domestic animals on the bank could explain these abnormalities. We must note that many samplings in 2009 were taken in areas never before visited. The normal levels are reassuring as to the water quality.

### A. Total Phosphorous, Total Carbon and Chlorophyll

The total phosphorous is the plants' food: high levels lead to an increase of algae and other plants. Common sources are lawn fertilisers (that we should not use around the lake), detergents and sewers.

In 2009, phosphorous levels were measured in two areas in May, June, July, August and September. Water samples were also used to measure the total carbon and chlorophyll. These standard measures were taken with respect to the the Réseau de surveillance volontaire des lacs (Voluntary Lake Surveillance Network). The results are posted Network's web site with a diagnostic on the aging of the lake. The 2010 results will only be known in the spring of 2011.

<http://www.mddep.gouv.qc.ca/eau/rsvl/index.htm>

Two elements of the Lake Sinclair analysis are:

*The mean concentration of total phosphorous measured is 3.8 µg/l, indicating that the lake's water is very poorly enriched by this nutrient.*

*The input of collected data at every monitoring station puts in perspective the trophic state of Lake Sinclair in the oligotrophic class. This lake presents few or no signs of eutrophication. This body of water must be protected. To preserve its state and uses, the MDDEP recommends that preventive measures be taken to limit the uptake of nutrients resulting from human activities.*

*All in all, the situation is excellent, we just need to continue to protect our lake.*

*Three samples were taken for the phosphorous total in 2010 (May, June, August) as well as a series of water clarity tests. Let's hope the results will be as good in 2010 as they were in 2009!*

#### **B. Water clarity**

*In 2010, water clarity tests ("Secchi disk") were done every two weeks with respect to the Voluntary Lake Surveillance Network's Program (RSVL). Clear water means a low growth of aquatic plants. Results are posted on the RSVL Web site.*

#### **C. Water level**

*All through 2010 the water level has fed our conversations. One of the reasons for the high water level in the spring was the presence of the beaver dam blocking the lake's outflow. See the article on this in the Newsletter.*

#### **D. Water Temperature**

*I measured the lake's water temperature informally in 2010 at the end of my wharf, approximately 20 cm below the surface. The surface water remained under 26°C. Hopefully the water will remain cool enough in the coming summers: warm water fosters algae bloom, which we want to avoid at all costs.*

#### **E. Mud in Shallow Water**

*In the last few years, people living on the shores of shallow bays have noticed the mud becoming more visible.*

*As was the case in 2009, the year 2010 was not so bad as far as mud goes in the shallow bays since the water level was high due to the significant amounts of precipitation (winter and summer), the low temperatures and the beaver dam at the lake's outflow (see the section on the lake's level).*

*A committee was created under the leadership of Nathalie Comtois, our treasurer, to solve this problem.*

### **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 2010, 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 (free of charge) for the construction of a wharf.*

*In October, two information sessions (French and English) were given on plants that help to protect the banks.*

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### **3. Fauna**

#### **A. Beavers and Muskrats**

Beavers are found in many areas around the lake and they have caused the falling of many trees. I have noticed a band of very active beavers around Simon Bay (my reforestation efforts were somewhat undermined!) as well as along Lake Sinclair Road. The muskrats are also present and can be aggressive when approached: we recommend that you stay away from them (and to warn children and guests).

#### **B. Turtles**

Turtles lay their eggs on the shore. Snapping turtles can be dangerous since their beak is very sharp. They are not dangerous under water. Painted turtles, which are smaller, are harmless.

#### **C. Fish**

The fishing tournament gave rise to some information on the lake's fish. No trout was caught, but pike and bass are abounding and well fed.

#### **D. Birds**

There are many species of aquatic birds (ducks, herons, geese). It is generally recommended not to feed the aquatic species since their excrements are very pollutant.

#### **E. Jellyfish**

Fresh water jellyfish are sometimes visible towards the end of the summer. They are harmless. See the June 2009 Newsletter for more details.

### **4. Good Practices to Preserve the Environment**

The Lake Sinclair Association particularly thanks you if :

- You have avoided spreading fertilisers 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.

### **5. The Future**

We always appreciate your help. Please let me know if you are interested in helping me. We could do much together: There is power in numbers!

Good Points for the Future of our Lake :

- It is at the top of the hydrographic network; it has very little feed from other lakes.
- Results from the Voluntary Lake Surveillance Network's Program are excellent.
- There are still undevelopped 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.

*Points to watch for in 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 fertilisers.
- Domestic animals kept near the lakes.
- Awareness-raising among cottagers and homeowners: it's an ongoing challenge.

**6. Acknowledgments**

The Association thanks past president Brian Leconte, for his help with the samplings and the analysis of the samples.

Maurice Lamontagne  
V-P Environment 2010-2011  
Email: [lacsinclairinfo\\_AT\\_aim.com](mailto:lacsinclairinfo_AT_aim.com)



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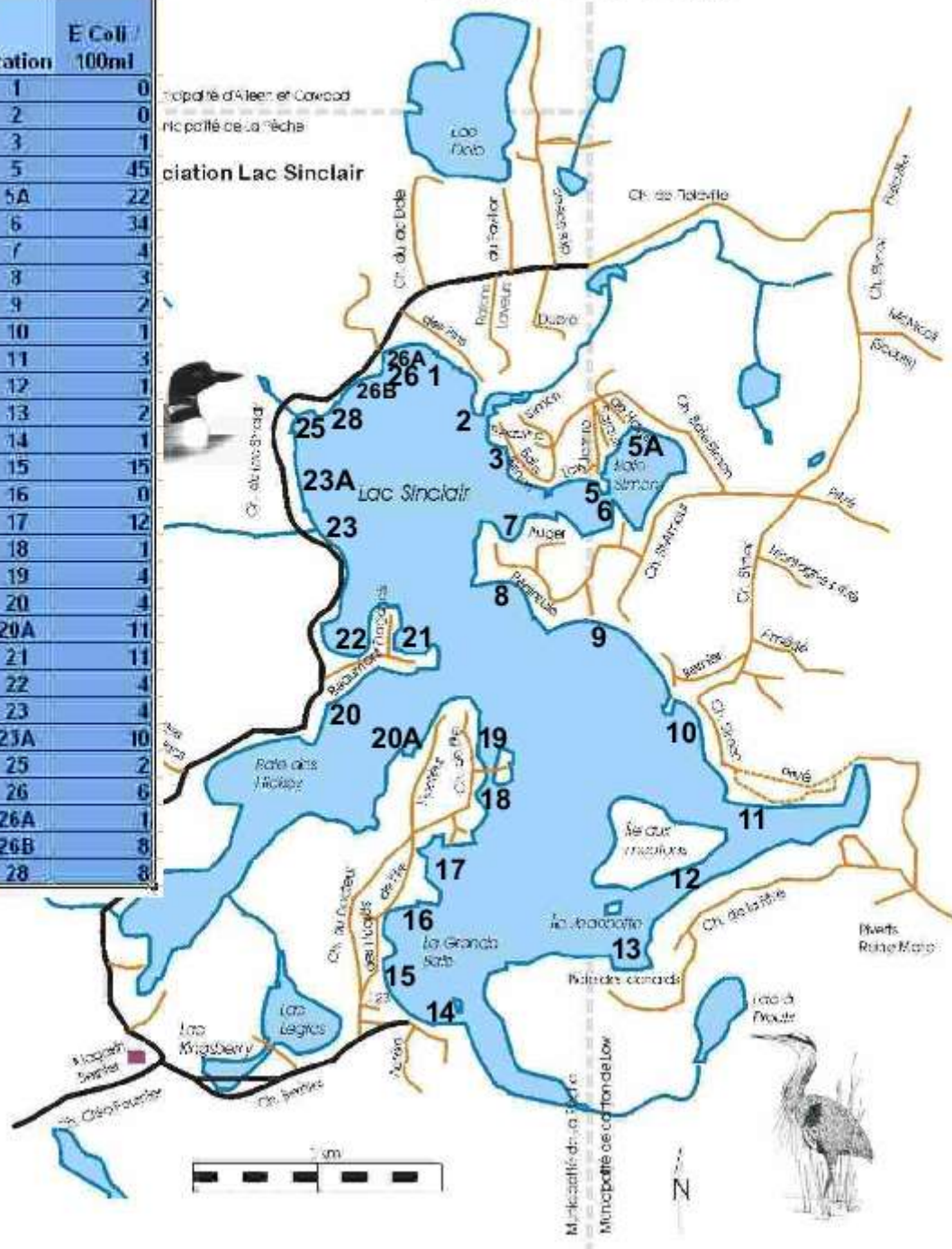
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**LRG**  **MINERALS DIVISION**  
**INC. GEOLOGICAL CONSULTANTS**

# E. Coli Juin 2010 June

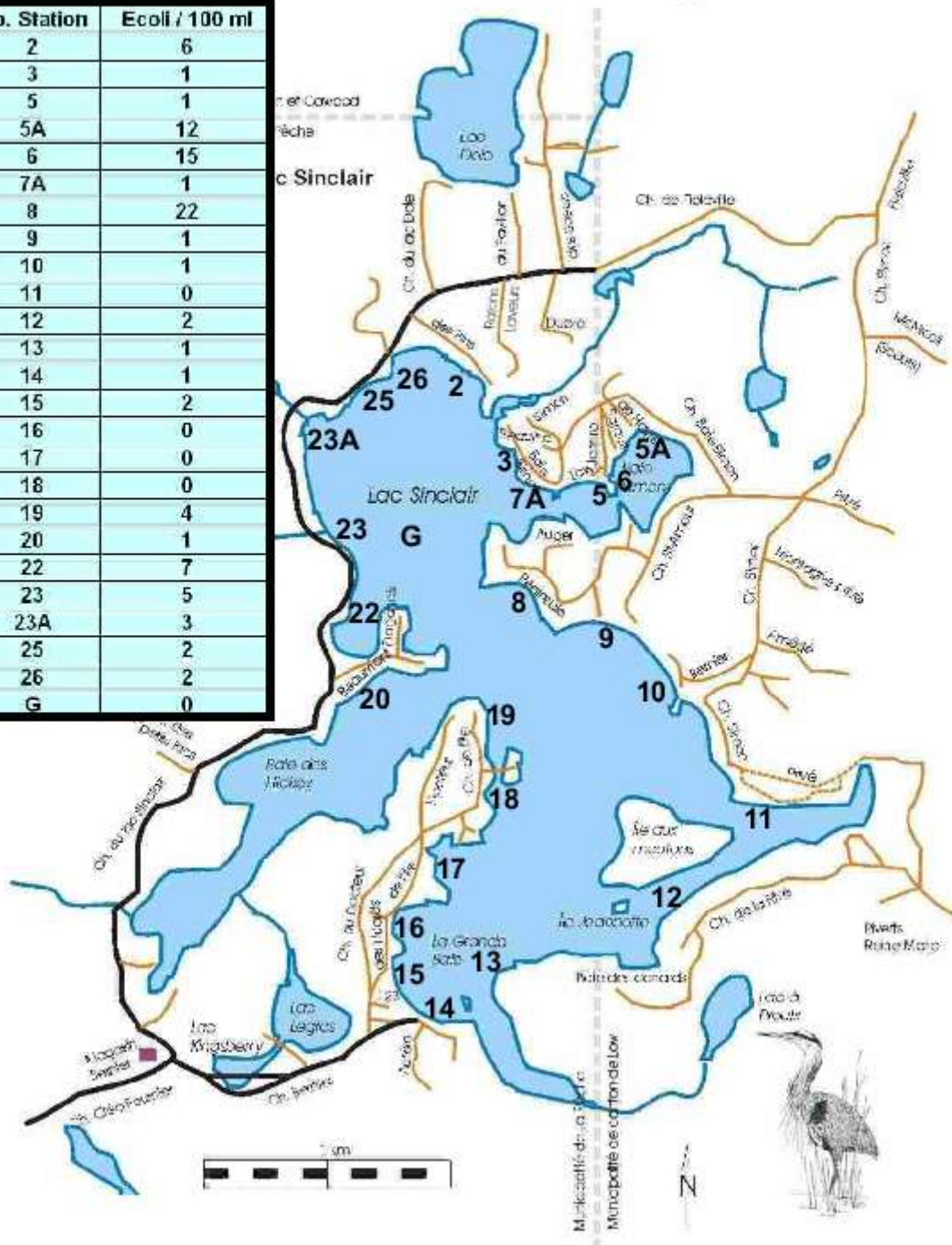
Station	E Coli / 100ml
1	0
2	0
3	1
5	45
5A	22
6	34
7	4
8	3
9	2
10	1
11	3
12	1
13	2
14	1
15	15
16	0
17	12
18	1
19	4
20	4
20A	11
21	11
22	4
23	4
23A	10
25	2
26	6
26A	1
26B	8
28	8



# E. Coli

## 29 août 2010 / August 29th 2010

No. Station	Ecoli / 100 ml
2	6
3	1
5	1
5A	12
6	15
7A	1
8	22
9	1
10	1
11	0
12	2
13	1
14	1
15	2
16	0
17	0
18	0
19	4
20	1
22	7
23	5
23A	3
25	2
26	2
G	0





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