

WWW.LACSINCLAIR.CA

ASSOCIATION LAC SINCLAIR

SPRING 2011

President's Message

Thank you to all of you who have supported the Association through your membership in the past. We hope the Association, our lake and our community can count on you to continue your support in this and coming years. If you currently are not a member, we hope that you will become one. Please also encourage friends, family and neighbours to support the Association through an annual membership (still only \$20 per year) and to support its goal of the preservation of our shared flora, fauna and water resources.

Once again this year, members of the executive are organizing a
General Information Meeting
for members and non-members
Saturday, June 18, at 10 a.m.
at the Centre communautaire Ste-Sophie in East Aldfield.

The Association executive expresses its thanks to the East Aldfield Community Centre for permitting us to use their facility for our executive meetings and the Association Annual General Meeting (AGM). In particular, we also thank the many Association members who attended the August meeting and who made so many useful suggestions. In fact, we are working actively on improving our communications through our Internet site and the newsletter issued twice a year. Depending on members' interest, we also look forward to organizing future community events such as fireworks and a fishing derby in order to bring members closer together.

(continued on page 2.)

Association Lac Sinclair 2010-2011 Executive Committee

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

Maurice Lamontagne – VP Environment
Nathalie Comptois – 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

As in the past, the Association will continue to assist boaters through its volunteer system of marker buoys and to advise lake residents of water quality by conducting regular water tests throughout the lake, including follow-ups in areas of concern. We also will share any other important information that comes to our attention concerning the protection of the waterfront and residents' private property.

Finally, we will continue to work cooperatively with the La Pêche and Low municipal authorities in ways that support ecologically friendly management of natural resources and comply with provincial and regional regulatory requirements. In particular, **we all will need to work closely together to meet new regulations** which will further affect use of shoreline properties.

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 has already been mailed to you.

This registration give you the right as member to attend the **Annual General Meeting** that will be held this summer
Saturday, August 27, 2011 at 10 a.m.
at the Centre communautaire Ste-Sophie d'Aldfield

Coming up events!

Fireworks: Saturday, July 2, at Bernier's park

Fishing derby: Sunday September 4, 8 a.m. to 1 p.m.

Speaking on behalf of the Association executive, I look forward to meeting more of you and working with you and for you in 2011 and in future.

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

New Buoys

With the intention of respecting the water regulations code, the Association begins in 2011 a gradual replacement of all the ORANGE buoys by new ones that respect this code. The Association has purchased 6 (six) new buoys: 2 (two) WHITE with pictograms helping the navigation and indicating the restrictions in boat steering, and 4 (four) YELLOW with the letters ALS (Association Lac Sinclair). These buoys will be placed in strategic areas on the lake. In the next few years, all of the current ORANGE buoys will be replaced.

Sébastien Aubin et Nadine LaCasse

Pharmaciens **brunet** 

895 ch Riverside,
Wakefield Québec J0X 3G0
(819) 459-2884

Heures d'ouverture:

Lundi au vendredi 9h00 à 20h00.

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

Traduction Denise Carrière

RÉVISION EDITING

LECTURE D'ÉPREUVES PROOFREADING

TRADUCTION TRANSLATION

Tel : 819-456-1559

New Logo

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

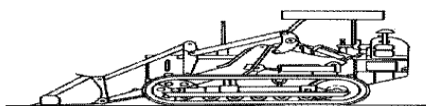
and during activities and general meetings of the Association

We invite you to wear your Association colors!



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

Excavation. Top soil - Gravier.



Nettoyage de fosse septique / Septic tank pumping



Water quality of our lake

Results of the tests conducted under the Réseau de surveillance volontaire des lacs (Voluntary Lake Surveillance Network) in 2010

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 2010, phosphorous levels were measured in two areas in June, July and August. Water samples were also used to measure the total carbon and chlorophyll. These standard measures were taken with respect to 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 posted later on in 2011. <http://www.mddep.gouv.qc.ca/eau/rsvl/index.htm>

Meanwhile, the results that were sent to us by the RSVL in French will be posted on our web site <http://www.lacsinclair.ca> and available at the June 18 meeting.

Two elements of the Lake Sinclair analysis are:

1. The mean concentration of total phosphorous measured is 3.8 µg/l (same as in 2009), indicating that the lake's water is very poorly enriched by this nutrient.

(continued on page 4.)

2. 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 2011 (May, June, August) as well as a series of water clarity tests. Let's hope the results will be as good in 2011 as they were in 2009 and 2010!

Maurice Lamontagne
VP Environment

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 neighbours and 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, Cost 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.



Garage Jean-François Gauvreau, Inc.

164, rue Principale Ouest
Ste-Cécile-de-Masham (Québec) J0W 2W0
Tél.: (819) 456-2038 Fax: (819) 456-3560
Programme d'entretien préventif

MCKENNA GREENHOUSES



For all your garden needs,
annuals, perennials, shrubs, and
bagged soil and manure visit.

916 Chemin des Erables La Pêche, Quebec
Phone 819-456-3193

Lorie Nesbitt

Bary McKenna

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) bale 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, aquabikes:

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

Denis Forest, Director of Nautical Security



Quincaillerie /Home hardware

Matériaux et Location /Building Material and Rental

Beausoleil Ltée. 38, Route 105 N. Wakefield Québec J0X 3G0 -- (819) 459-2952

Pour vous servir: To serve you:

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

Danger – Cold Water

It can take your breath away !

Cold water can significantly affect your chances of surviving an accidental immersion.

*Understanding the **1-10-1 principle** will help you survive.*

1 Minute : Cold Shock

It starts with a deep, involuntary gasp (you may inhale more than a litre of water if your head is under water), followed by hyperventilation. Do not panic. Wearing a lifejacket will allow you to focus on getting your breathing under control.

10 Minutes: Cold Incapacitation

Use this time to rescue yourself or call for help because you will soon become so incapacitated that you will be unable to even swim or tread water. Without a lifejacket on to help keep your airways open, you will likely drown.

1 Hour: Hypothermia

If you can keep your airways open to breathe, you will remain conscious for about an hour or even longer before you succumb to hypothermia. A lifejacket will keep you afloat and help keep your airways open while you await rescue.

If you are boating around cold water, breathe easier... wear your lifejacket!

To see what really happens during a cold water visit
www.coldwaterbootcamp.com

Denis Forest, Director of Nautical Security



Rosaire Gosselin

- For all your plumbing needs. Free estimate.
- Pumps of all kinds, heat-taps.
- Water treatment & softeners.
- Repairs and installations.
- Thawing of frozen pipes in winter- steam or hot water.

Rés.: 819-456-2906 Cell : 613-290-7097



**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

**Épicerie
Francine
et Denis**

952, chemin Cléo-Fournier,
East Aldfield (Québec) J0X 1S0
Ouvert tous les jours de 8h-21h
819-456-2781

- BOUCHERIE • CHARCUTERIE
- PAIN FRAIS DU JOUR
- PRODUITS MAISON
- FRUITS ET LÉGUMES
- PÂTISSERIES
- BIÈRES • VIDÉOS
- PERMIS CHASSE ET PÊCHE
- GUICHET AUTOMATIQUE
- AGENCE SAQ
- ET BEAUCOUP PLUS!

Environmental Issues – Our actions matter

Let's protect our lakes

Lakes and rivers serve as habitat to a variety of fishes, animals and plants. These risk being more and more affected by human activity. How we act in the water, on the water or close to the water matters.

Let's work together for the protection of this wealth that is our lakes and rivers so that the future generations can enjoy them also. Even simple actions can make a difference. Not only is it a trend, but it is also the law.

Pay attention to your boat

Once out of the water:

- ✓ Remove all invasive species too small to be seen by the naked eyes by rinsing your boat, your trailer and the rest of your equipment with hot water (more than 40 degrees Celsius) and if possible using a high pressure water jet.
- ✓ Leave boat and equipment in the sun to dry for at least five (5) days before visiting another lake
- ✓ Use environmentally friendly cleaning products, preferably those without phosphates
- ✓ Do not throw cleaning water in the lake or on the shore line (law in effect since May 3, 2007)
- ✓ Wax your boat: a good waxing will prevent dirt from sticking to your boat and you will not have to use detergents to clean it
- ✓ Did you know that those who contravene this law are liable to a sanction or fines
- ✓ To report a problem, call 1-800-363-4735

You can help to protect the shoreline.

- Reduce the wake of your boat. Reduce your speed to make as few waves as possible and do not get close to the shoreline.
- Keep your waste materials on board. Bring them back to the cottage to recycle them or put them in the garbage can.
- Protect or replace the small shrubs, trees and plants that are on your shoreline.



LE MÉCANO
BERNARD LAFRANCE
819-456-3859

Small Engine Mobile repair
Lawn mowers and lawn tractors
Grass whips
Snow blowers
Chain saws and sharpening
Outboards
All two and four stroke engines

Stop the spreading of invasive exotic species.

Did you know that :

Throwing live bait fish or crawfish into a lake can introduce an invasive species that can cause damage to the food chain and local ecosystem.

A few examples:

- The **zebra mussel** is one of the most spreading invasive exotic species in the lakes and rivers in North America. This small striped mollusk lives in clusters in shallow soft water rich in algae. Each zebra mussel can filter up to one liter of water per day. This means that there is less food for the other aquatic organisms.
- The **water chestnut** is an aquatic plant with floating leaves of triangular form with seeds that look like nuts.
- The spiked **myriophyllae** is an aquatic plant that lives between 0, 5 and 3, 5 m below the water.
- The **blue-green algae** is the most important threat for our lakes and rivers because it grows and spreads very rapidly and cause damages to the environment.

High Speed Internet Update

Following our article on High Speed Internet in our Fall Bulletin, three alternatives are considered today in order to have High Speed Internet at Lake Sinclair:

- 1) **High speed Internet Bell** (optical fiber): Bell has given us their profitability study. According to Bell, it would cost approximately \$ 350 000 to equip the three remaining stations in order to have high speed internet **up to chemin des Pins**. This means, always according to Bell, an investment of \$550 per household.
Bell has established their financial contribution to \$350 per household (\$223 000) which make a difference of \$200 per household (\$127,000). This difference is postponing Bell's project.
- 2) **Rapidoweb des Collines**: According an article published in the newspaper Le Droit, Tuesday, May 31 2011, residents of Val-des-Monts and La Pêche will have access to a better High Speed Internet Service within **two years**. The "ministère des Affaires Municipales, des régions et de l'Occupation du territoire du Québec" will contribute \$1 760 000 to the two municipalities to help them **create the organization Rapidoweb des Collines**. This organisation will have the task of **building 85 transmission towers** on the territory so that 80% of residences, businesses and industries can be connected to High Speed Internet services. Once the towers are installed, Rapidoweb des Collines will have **to find a high speed internet provider** with whom they will sign an agreement. Part of the financial activities of Rapidoweb des Collines will come from the rates imposed to the customers. This rate should be comparable to the rate that city dwellers pay.
- 3) **XtremeNet**: Access to High Speed Internet in our area, for more information, see advertisement below:

Claude Tremblay

XtremeNet.ca

New Internet Provider in your area!
Our company's mission is providing you high-speed Internet access at a reasonable cost.

Installation is offered at a special launch price of **\$ 192.95 + Tx** until July 1st

Thereafter the cost will be \$244.95 + Tx.

To register visit our website
WWW.XTREMENET.CA

To subscribe, tab (PRE-SUBSCRIPTION)
Service available May 18, 2011.

info@xtremenet.ca

Packages available

Basic Speed Download speed of 6 Mbps Monthly data transfer of 30GB	\$54.95 + Tx / Month
Speed Plus Download speed of 6 Mbps Monthly data transfer of 50 GB	\$64.95 + Tx / Month
Speed Ultra Download speed of 10 Mbps Monthly data transfer of 60 GB	\$74.95 + Tx / Month
Xtreme Speed Download speed of 15 Mbps Monthly data transfer of 80 GB	\$104.95 + Tx / Month

Cottage Owners – Beware of Mineral Rights

The issue of mineral rights is causing worry for Lac Sinclair cottage owners this year.

Why take out a claim? To protect your property from mining and exploration companies that are doing just that in the region around Lac Sinclair, please refer to the claims map for Lac Sinclair, Quebec. A person or a company with title to the mineral rights on private property has the right to look for minerals on that property. They can legally enter the property and dig, trench, cut down trees, and remove up to 50 tons of rock in order to search for minerals. Although they are supposed to inform the property owner that they are coming onto their property for the purpose of exploration that does not always happen.

And if a significant mineral find does take place, the individual or company holding the claim has the right to arrange for expropriation.

What are the minerals of interest? Right now, mining companies are looking in the Gatineau for radioactive minerals such as thorite or uranothorite, both of which are needed by the nuclear industry. They are also looking for new sources of the base metals zinc and lead. The mineral graphite, which is used in carbon fibers, for example, in the production of golf clubs is also a highly sought after mineral. Finally rare earths such as lithium, which is being used to produce the next generation of hybrid-car batteries, are fueling exploration activity in the Gatineau.

We have taken out the mineral rights at our lake and are working with individuals at Lac Sinclair and cottage associations throughout the Gatineau. The first step is to ascertain whether or not the claim for your property is still available, or whether it has already been taken out. If the claim is available, you can apply for it. A claim is valid for two years. In order to renew the claim, you must show the Quebec government that you have undertaken a minimum of \$1,2000 worth of geological or geophysical work per claim. A claim typically comprises 59 hectares.

Our geological consulting company can do the legwork for you and if the claim is available, register the claim on your behalf. We can also conduct the required work for you and produce the reports. Once the title is processed, we then proceed with the geological survey, followed by the report.

I hope this helps. Please feel free to call or send an email if you need additional information or would like us to search your claim. In order to proceed, we will need both the address of your cottage and its range and lot numbers.

Regards,

T.L. (Les) White, PhD



Claim your mineral rights: Protect your private property

Claiming and maintaining the mineral rights for your cottage or rural property protects you from unwanted mineral exploration and damage.

For more information contact
Thomas L. White, PhD

Geologist

www.ClaimYourMineralRights.ca

813-748-4422 (ON)
819-457-9442 (QC)

LRG INC.  **MINERALS DIVISION**
GEOLOGICAL CONSULTANTS

DANIEL HÉBERT, F.R.I

819-456-3480

*Évaluation Gratuite
de la valeur maximale de votre
propriété - sans obligation.*

*Know the maximum value of your
property. Call for a free
evaluation with no obligation.*



*Vallées de l'Outaouais
Courtier immobilier agréé*

Franchisé indépendant et autonome de Royal Le Page



1010 Cléo Fournier Rd,
Duclos, Qc J0X 1S0

New owners :
*Nicole Charron
Daniel Bernier*

Father's Day Special!

Sunday, June 19
Brunch from 9 a.m. until 12 p.m.
Roast Beef Dinner starting at 6 p.m.



With purchase of brunch or dinner,
fathers golf 9 holes for Free
CALL TO BOOK YOUR TEE-OFF TIME !

Our tournament of Night Golfing

Saturdays: July 9 and August 20, 2011

Come and have fun! Register and subscribe NOW ...

CATERING SERVICES FOR ALL KING OF OCCASIONS AND FREE RECEPTION HALL

Come and try our home made Goodies, Pizza and much more...
Get a menu for future reference because we deliver NOW!

819-456-2716

*Feel free to organize your family and friends
tournament so you could have fun in our outdoors.
Call us, we will be happy to serve you!*