

NEWSLETTER

ASSOCIATION LAC SINCLAIR

FALL 2011



2010-2011 Executive Committee

Claude Tremblay – President 819-456-2373
Brian Le Conte – Past President 819-456-4067
David Hallman – Treasurer
Nicole Croteau – Secretary, Newsletter Edition
Denis Forest – Director Water Safety
Maurice Lamontagne – Vice-President of Environment

Ann Good – Director of content of Web Site
Guy Chiasson – Web Master
Vacant – Director of social events
Vacant – Director of Membership Registration
Vacant – Director publication and edition of Newsletter

President's Message

The 2011 season is now over. If the 2010 season will be remembered for the high level of water caused by a beaver dam, that of 2011 will be remembered for the water level being slightly lower than what we normally have, and by the implantation of the new buoys that, by their colour, respect the maritime code.

I would like to thank all the members of the executive committee for their dedication and professionalism throughout the year and especially to the 5 members that did not renew their mandate: Mr Maurice Lamontagne, Mrs Ann Good, Ginette Ouellette, Nathalie Comtois and Danielle Simoneau. We will miss you. Also thank you to all the people who supported the Association throughout 2011, whether by becoming a member of the Association, participating in the fishing derby, being a spectator of the fireworks at the corner store (what used to be Bernier's store) or a buyer of one of the Association's promotional items. Thank you also to the volunteers that worked behind the scene : Mrs Denise Carrière and Mrs Marguerite Ducharme for their translations; Mrs Jacinthe DesAulniers for water testing; Mrs Chantal Vaillancourt who was responsible for membership and the taking of the measurements of the water level all summer long; and also to Mr. Philippe Chartrand for recruiting new members.

The Association and the community hope to count on your support and involvement for 2012 and for the years to come. Please encourage your friends, family and neighbours to support the Association through the annual dues at the very low cost of \$20 per year. The lake counts approximately 375 residences and cottages, 163 of which have answered our call. Your membership fees help us support our objectives:

- preserving the wildlife, the flora and the common aquatic resources;
- 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 and also in the "H₂O, project of the MRC des Collines;
- Creating activities fostering a sense of belonging (fireworks, fishing derby, sale of promotional articles of the Association).

The executive thanks the Ste-Sophie d' Aldfield Community Centre for the use of its premises for meetings of the executive committee, the Information Assembly in June and the Annual General Meeting (AGM) in August. We sincerely thank all people involved in these meetings. (continued on page 2.)

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

- creating an email address lacsinclairinfo@aim.com;
- publishing a newsletter twice this year;
- using the outdoor bulletin board near Bernier's store;
- selling promotional material displaying the Association's logo;
- centralising phone calls to one number, 819-456-2373 (President);
- encouraging members to participate in the "Neighbourhood Watch Program".

As it did last year, the Association has continued to help residents and vacationers through its volunteer system of marker buoys installed in May; by advising residents of the water quality through regular testing in all areas of the lake and by following up on critical areas. The Association has also shared with the



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member important information from different governments concerning the shoreline and owners' 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

Meeting; 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 2011 season. I invite you to complete the 2012 membership form which we will be sending you next spring.

Claude Tremblay, President

Follow up on the AGM – August 2011

On August 27, at the Ste-Sophie Community Centre, the Executive Committee had convened all the members of the association to attend the Annual General Meeting.

At this meeting, the Executive Committee presents to the members its achievements and requests that they vote for adoption of the minutes and financial report of the preceding year's Annual General Meeting.

Furthermore, all the active members attending this annual meeting have to vote for the nomination of members of the Executive Committee and elect the members that will fill in the positions that have reached the end of their mandate and/or for vacant positions.

In order to make this meeting official and in conformity with the Association's Constitution, a quorum of 30 persons representing 15 properties has to be present. Unfortunately only 16 persons representing 13 properties were in attendance at the August 27, 2011 meeting. The General Meeting was then changed into an information meeting and the Executive Committee was obliged to postpone all the items requesting the official vote of the members until the next AGM of 2012. Furthermore, the electing procedures to create the 2011-2012 Executive Committee were also cancelled.

This year was very significant for the Executive Committee, as seven (7) members were arriving at the end of their 2 year mandate: Mr. Claude Tremblay (president), Mrs. Nicole Croteau (secretary), Mrs. Nathalie Comtois (treasurer),

Mr. Maurice Lamontagne (vice-president and director of environment), Ms. Ann Good (director of the content of the Web site), Mrs. Danielle Simoneau (director of social activities), Mrs. Ginette Ouellette (director of the Association Newsletter). Of these members, only Mr. Claude Tremblay (presidence) and Mrs. Nicole Croteau (secretariate) have asked that their mandate be renewed, thus leaving **five (5) empty positions** on the Executive Committee.

Because there was no quorum, the Executive Committee could not organize the election in order to fill in the empty positions and as a result of this situation, the Association has an interim Executive Committee with only 6 members out of the 11 determined positions.

Here is the current situation of the interim Executive Committee who will have to be adopted at the next Annual General Meeting in 2012 in order to make the actions of the Association official:

- 1) Brian Le Conte – Immediate Past President status
- 2) Claude Tremblay – President, request to renew 2 year mandate
- 3) Nicole Croteau – Secretary, request to renew 2 year mandate
- 4) David Hallman – Treasurer; 1 year left, mandate ending in 2012
- 5) Denis Forest – Director Nautical Security; 1 year left, mandate ending in 2012
- 6) Guy Chiasson – Web master; 1 year left, mandate ending in 2012
- 7) Empty Position – Director
- 8) Empty Position – Director
- 9) Empty Position – Director
- 10) Empty Position – Director
- 11) Empty Position – Director

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

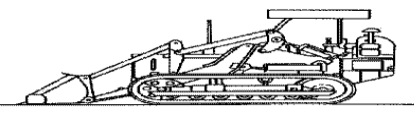
The Association has an urgent need of new members ready to fill in the vacant positions.

To be part of the Executive Committee, one has to be an official member of the Lac Sinclair Association and be ready to get involved for a period of 2 years. The Executive Committee meets approximately 4 times during the summer period and organizes two annual meetings.


For more information concerning one of the vacant positions or to inform us of your interest in one of these positions, you are invited to communicate with Claude Tremblay either by phone at 819-456-2373 or by e-mail at lacsinclairinfo@aim.com

Claude Tremblay, Interim President

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

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Promotional Items of the Association:



T-Shirt (white) 100 % cotton	\$13.50
Beige and green Cap	\$13
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and during activities and general meetings of the Association

We invite you to wear your Association colors!

Nautical Security

Drowning Doesn't Look Like Drowning / June 16th, 2010 by [Mario Vittone](#)

Drowning? Not likely.

The new captain jumped from the cockpit, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the owners who were swimming between their anchored sport fisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"



How did this captain know, from fifty feet away, what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew knows what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that

dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and un-dramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately **750 children** who will drown next year, about **375 of them** will do so within 25 yards of a parent or other adult. **In ten percent of those drowning, the adult will actually watch them do it, having no idea it is happening** (source: CDC).

Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.

Nautical Security (continued)

2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. **Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.**
5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs. (Source: [On Scene Magazine: Fall 2006](#))



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Nautical Security (continued)

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experience aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are n the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Ladder climb, rarely out of the water.

So, if a crew member falls overboard and every looks O.K. – don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. There is one way to be sure? Ask them: "Are you alright?" If they can answer at all – they probably are. If they return a blank stare – you may have less than 30 seconds to get to them. And parents: children playing in the water make noise. When they get quiet, you get to them and find out why.

This Article Was Written By [Mario Vittone](#)

Mario Vittone has nineteen years of combined military service in the U.S. Navy and Coast Guard. His writing on maritime safety has appeared in *Yachting*, *Salt Water Sportsman*, *On-Scene*, *Lifelines*, and *Reader's Digest* magazine. He has lectured extensively on topics ranging from leadership to sea survival and immersion hypothermia. He is a marine safety specialist with the U.S. Coast Guard.

Source: <http://gcaptain.com/drowning/?10981>

Denis Forest, Director of Nautical Security

Sébastien Aubin et Nadine LaCasse

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Traduction Denise Carrière

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Fishing Derby

The fishing derby of the Association took place on Sunday, September 4, 2011 from 8 a.m. until 1:00 p.m.

Despite the bad weather (it had rained all day) **46** persons had participated

Here are the edition 2011 winners:

Adults Categories:

The biggest pike	Yves Therrien	8.03 pounds
The biggest Bass	Jean-Claude Coté	3.07 pounds
Maximum fishes caught	Angèle Larabie	8 fishes

Children less 12 years Categories:

The biggest pike	None	
The biggest bass	Marc-André Lamirande	3.02 pounds
The second biggest bass	Zoé Farrel	2.08 pounds
Maximum fishes caught	Gabrielle Dagenais	9 fishes

Thank you to the volunteers involved Nicole Croteau and Ernie Minichelli

It is recommended that the tournament take place sooner next year, the long weekend of August has been suggested and it should bring more participants during the summer vacation at the lake.

Denis Forest

Responsible for the 2011 Fishing Derby



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Sale of buoys

This year the Association has started the replacement of the orange buoys by some that respect the nautical code, that is, yellow buoys. We have replaced 6 orange buoys by 4 yellow ones with initials **ALS (Association Lac Sinclair)** and 2 white ones with information (more detailed information than just the title ALS?). In 2011, the Association will replace 4 more orange buoys by 4 yellow ones. This means that we have a surplus of 10 used orange buoys. The executive committee has decided to sell these used buoys to their **members** for \$10 each - first come, first served. Dial 819-456-2373 to order and make arrangements for pick up.

Claude Tremblay

President

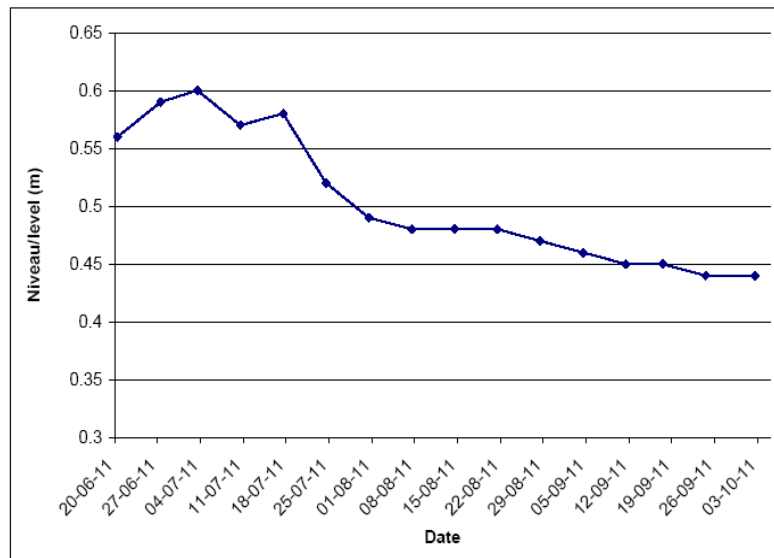
Water Level of the lake

During the 2010 season and thanks to the cooperation of one of our members, the Association installed a permanent scale of one meter in height and graduated in centimeters, in order to measure the water level changes during the summer. Called a limnimetric scale, it is located on the north east end of the lake, near the "Île aux moutons"

During the 2011 season, between June 20 and October 3, one of our members, Mrs. Chantal Vaillancourt, took a weekly reading of the scale. Below, we reproduce on a graphic chart all the data obtained.

WATER LEVEL – LAC SINCLAIR – SUMMER 2011

Date	Level (cm)
June 20	56
June 27	59
July 3	60
July 10	57
July 17	58
July 24	52
July 31	49
August 7	49
August 14	48
August 21	48
August 28	47
September 4	46
September 11	45
September 17	45
September 24	44
October 2	44



According to the data obtained, we notice that:

- 1) the water level reached its highest point on July 4 (60 cm) because of heavy rainfalls at the end of the month of June and the beginning of July;
- 2) the nice weather of the last two weeks of July is the cause that during this period of time, the water level decreased the fastest, i.e. 9 cm in 2 weeks; and
- 3) starting July 31 (49 cm), the water level started to stabilize, diminishing only by 5 cm up to the end of October (44 cm).

The average water level for the 2011 season has been established at 50, 2 cm.

Claude Tremblay
President

Mineral Rights (follow up)

In a article published in our 'Spring 2011' edition, concerning mining rights, we have mentioned that some companies were doing mineral prospecting in our area, looking for rare metals and other substances, and that if they were to find an interesting substance they had the possibility to buy a claim on the territory in question. If your property was situated in that territory, the company could at any time, even without your consent, come onto your property and start digging, and even expel you.

On May 12, 2011, the Minister, Mr. Serge Simard, brought in Bill #14 to the National Assembly, a bill on the exploitation of mineral resources in respecting the principles of sustainable development, modifying the Bill concerning mines.

Article 19 of this bill stipulates that any part of land situated inside a urbanization perimeter according to the bill on planning and urbanism and **all the territory reserved for vacationing according to a planning and development scheme or a metropolitan plan of planning and development adopted in regard of this bill is excluded from marking out, map designation, mining research and exploitation. Furthermore, the owners of claims situated inside an excluded territory must obtain the approval of the local municipality to execute exploration works.**

Even though article 91 of this bill is not yet in effect, **provision has been made to give it, as per article 304.2, retroactive impact from the date of presentation, following article 104 of this bill, and that date was May 12, 2011.**

Claude Tremblay

Assembly of Lake Associations

The president and past president continue to ensure that our Association is part of this network of representatives of lakes in the municipality. In a survey conducted last fall, the majority of representatives confirmed that they prefer to continue working in an informal way. As such, the Assembly will not seek to incorporate itself, nor set up a website nor ask for membership fees. However, volunteers from participating associations will continue to share information through meetings, e-mails and other activities. For example, earlier this year, the informal chairperson of the Assembly approached the municipal council to address concerns about a permit granted for a structure on Fraser Lake. As a result, the Urbanism group has agreed to establish a

working group that will review aspects of the shoreline regulations. Among other things, the Assembly would like lake associations to have more input into applications for variances on their lakes. Also, at the last Assembly meeting, Lakes Bernard and Wolf representatives shared their experiences with non-residents seeking access to their lakes. Your executive will continue to share information of interest at future meetings, in bulletins and on the website.

Brian Le Conte, Past President

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Report on Lac Sinclair Association Website

- A couple of years ago, much of the site content was removed for an update and unfortunately not all of the original material was easily retrieved when the new directors took over. Therefore, this past year constituted an effort to recuperate as much of it as possible and to rebuild the site so that basic information is available to those interested in the lake and Association, and those at the lake could access it as best as possible even with dial-up, e.g.



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Ste-Cécile-de-Masham (Québec) J0W 2W0

Tél.: (819) 456-2038 Fax: (819) 456-3560

Programme d'entretien préventif

with as few clicks as possible from one page to another

- The following pages have been updated: Home, Association Contacts, Environment (with immediate postings of water test results), Newsletters, Maps, News and Stories

- The idea is to lay the groundwork for the future, with more regularly updated information – especially for some of the most important issues for members, such as the environment. However, this work will need to rely on willing and available volunteers who can do most of the work from town with high-speed internet

- Also, in order to have materials available in both

languages, the Association has relied on unpaid professional translators. On this subject, the Association would like to thank two people who have been instrumental in this task: Mme Denise Carrière et Mme Marguerite Ricard.

- The Association invites all interested volunteers to indicate their availability, and get involved in this important activity!

Ann Good and Guy Chiasson

Environment

Thank you for preserving the Lake Sinclair environment in 2011. 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.



**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

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.

Environment (continued)

E. Coli

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

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

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 2011 (see maps and table for results). Our lake was clean enough for swimming as far as bacterial contamination is concerned. A slightly higher level of *E. Coli* was observed in Baie Simon. We must note that a few samples in 2011 were taken in areas never before visited. The normal levels are reassuring as to the water quality.

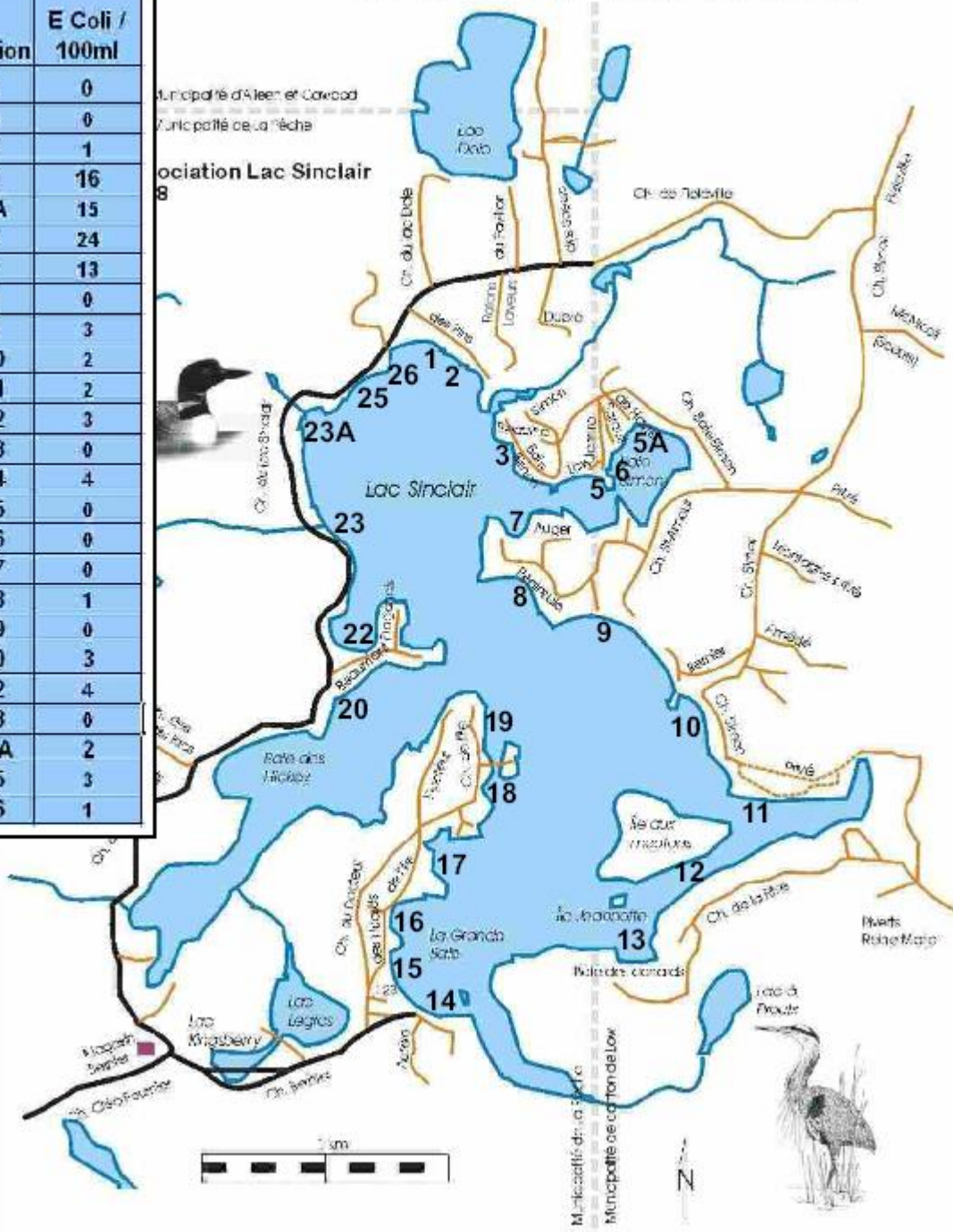
A. Total Phosphorous, Total Carbon and Chlorophyll

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 2010, phosphorous levels were measured in two spots in May, 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 2011 results will only be known in the spring of 2012. <http://www.mddep.gouv.qc.ca/eau/rsvl/index.htm>

E. Coli Août 2011 / August 2011

Station	E Coli / 100ml
1	0
2	0
3	1
5	16
5A	15
6	24
7	13
8	0
9	3
10	2
11	2
12	3
13	0
14	4
15	0
16	0
17	0
18	1
19	0
20	3
22	4
23	0
23A	2
25	3
26	1



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 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 2010 and 2009!



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B. Water clarity

In 2011, water clarity tests ("Secchi disk") were done 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

During the Summer 2011, the lake level has slowly gone down due to the little rainfall and the absence of a beaver dam on the lake's outflow.

D. Water Temperature

I measured the lake's water temperature informally in 2011 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 opposed to 2010, mud in the shallow bays was more evident due to low water level.

2. Shore protection

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

3. 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 2010 Newsletter for more details.

4. Good Practices to Preserve the Environment

The Lake Sinclair Association particularly thanks you if :

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

5. The Future

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

Environment (continued)

Good Points for the future of our Lake :

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

Potential hazards for the future

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

6. Acknowledgments

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

Maurice Lamontagne

V-P Environment 2010-2011

Email: lacsinclairinfo_AT_aim.com



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