

NEWSLETTER

Association Lac Sinclair

SPRING 2012



President's Message

At the start of this summer season, I am happy to welcome you once again to Lake Sinclair. Because of the short winter and little snow this year, the lake's water level is exceptionally low for May. We will have to navigate with much precaution this summer since the water level may be even lower if predictions anticipating a hot and dry summer are true. We must also be very careful with camp fires.

The Association and the community hope to count on your support for the year 2012. 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 neighbours that are non members to get behind the Association through the annual subscription at a minimal cost of \$20 for the year. Last year, 166 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.

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: Installation of four new yellow buoys.*

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

- *Canada Day festivities (music, fireworks, bonfire) partly sponsored by your Association, **9.00 pm Saturday, June 30** at the Bernier Park, behind formerly the Bernier Store. Bring your chairs and beverages.*
- *Our fourth annual fishing tournament which will be held on **Sunday, August 5.***

*Finally, the Association invites **all the 2011 and 2012 members** to its next General Meeting which will be held on **Saturday, July 7, 2012 at 10:00 a.m. at the Ste-Sophie d'Aldfield Community Center.***

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At our August 2011, Annual General Meeting, 6 members of the Executive committee had terminated their 2 years mandate: 2 members requested a renewal of their mandate and 4 did not renew their mandate. Since we did not have quorum, all the items of the agenda that required the approval of the attending members could not be presented and no decisions were taken. Therefore, all the content of the meeting had to be postponed to the next Annual General Meeting. This is why the coming meeting on July 7 is so special because more than being only an Information meeting, there will be an election.

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, Interim president

2011-2012 Executive Committee

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.



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Community Centre**
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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

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.

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!

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.
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.

Continued page 4

Nautical Security (continued)

- 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.**
- 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](#))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing 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, thrown rings, etc.

Look for these other signs of drowning when persons are in 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 everything 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.**

*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*

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

Nautical Security (continued)

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, 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)

Denis Forest, Director of Nautical Security

Sébastien Aubin et Nadine LaCasse Pharmaciens



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Lorie Nesbitt

Bary McKenna

Regulatory Requirements

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



LE MÉCANO
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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

- 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.

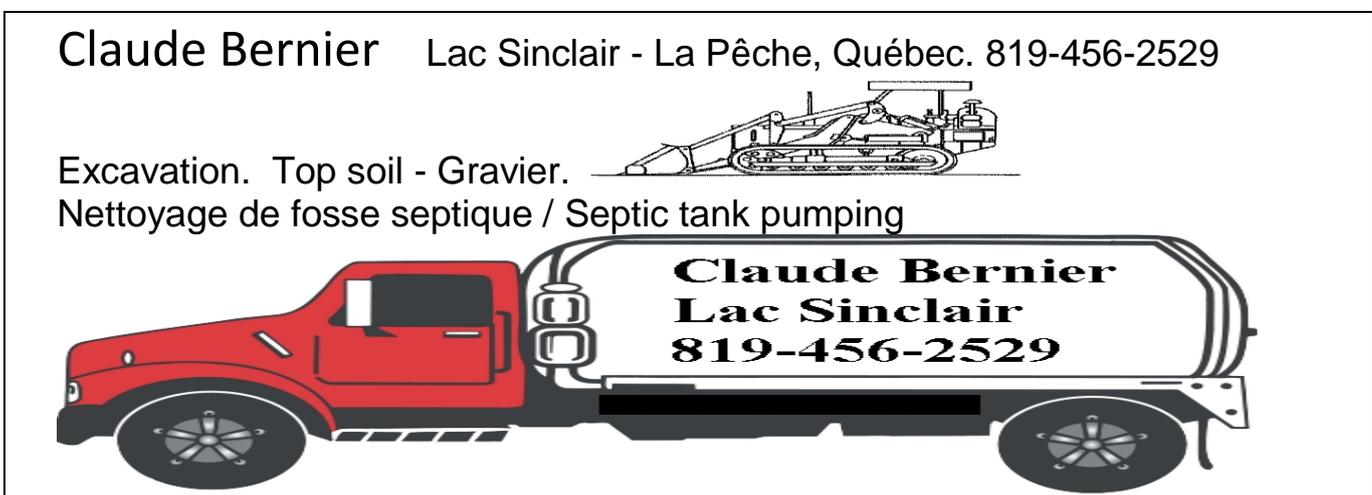
Enforcement

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.



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

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

Claude Bernier
Lac Sinclair
819-456-2529

Fishing Tournament 2012

Our **4th** fishing tournament of the Lac Sinclair Association reserved for the registered members in 2012 will take place on

Sunday August 5, 2012

From 8am to 1pm.

Here is an overview of the 2012 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:

Pike – 1st, 2nd, 3rd place

Bass – 1st, 2nd, 3rd place

Perch – 1st, 2nd, 3rd place

\$1 500 in prizes including a package at a fishing outfitter will be offered this year, thanks to the collaboration of Stéphane Martin Pro-Staff at Shimano Canada and Mrs. Thérèse Gauthier owner of Lake Brûlé Outfitters.

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.

The great prize which is a fishing trip at the Lac Brûlé Outfitters will be drawn from amongst the property owners registered in 2012 with the Lac Sinclair Association and participating in the Tournament.

This package of a value of \$750 with the Lac Brûlé Outfitters includes a week-end of fishing (3 days/2 nights) for 2 persons or a family (2 adults and 2 children) including boat and motor.

DON'T CROSS-CONTAMINATE our lakes!

Help protect the water quality of our lakes and rivers.



- 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.



www.bibittes.org



TOURNAMENT REGISTRATION PROCEDURES AND INFORMATION

Before the tournament (*Strongly recommended before Friday August 3rd*):

Register with Mr. Denis Forest at 819-456-1632 or Mrs. Nicole Croteau at 819-456-2373

1. Have paid 2012 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 **7am** at the organizers' pontoon and complete the registration forms; please remit the above mentioned information and pay the participation fees.

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.

ATTENTION

Buoys: hands off!!!

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.**



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Programme d'entretien préventif

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 add to do extra and dangerous work in difficult autumnal conditions to be able to remove some of these buoys.**

The Association therefore ask 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.

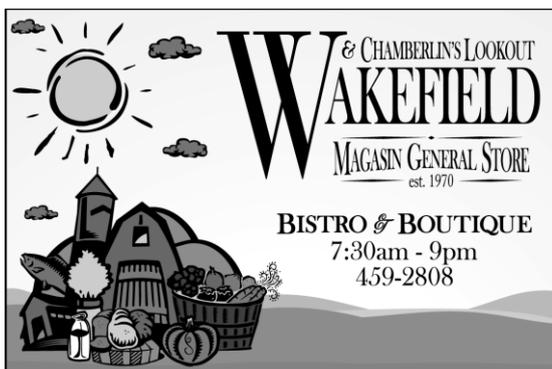
For a buoy problem, call 819-456-1632(nautical security) or 819-456-2373(President)

Claude Tremblay.

Working group on the review of regulations protecting shoreline and wetlands

In January, Mr. Marcel Marchildon, Director of Planning and Environment for the Municipality of La Pêche, invited the main lake associations of the municipal territory to participate in a special working group that would assist the municipality in a review of current regulations governing activities on properties near water.

In his invitation, Mr. Marchildon stressed the importance of protecting the natural environment, particularly the



water resource, since this is a policy requirement set by the province (Protection Policy for Lakeshores, Riverfronts, Littoral Zones and Floodplains i.e. official translation of Politique de protection des rives, du littoral et des plaines inondables) as well as being a priority for the municipality, lake associations and a growing number of the general population. However, effective implementation of the policy presents a major challenge for the municipality given the size of its territory, the number of properties and the increasing number of requests for minor variances by owners wishing to undertake work near water.

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Frequently, municipal authorities responsible for evaluating these requests find that existing regulations are insufficiently precise or subject to interpretation, creating "grey areas" that make it very difficult in some cases to apply the regulations effectively. Hence, the municipality believes that the regulations pertaining to shoreline, waterfront and wetlands should be clarified and has set up a working group to assist.

The group was formed in February 2012 and has met at least once per month since then. Working under the coordination of M. Marchildon, the group consists of 3 members of the existing Advisory Committee on Planning ("Comité consultatif d'urbanisme" – CCU) and representatives from lakes Bell and Fraser; Bernard; Gauvreau; Notre Dame; Sinclair; Teeples and Wolf. Denis Forest and/or Brian Le Conte have been representing the Lake Sinclair Association at these meetings. Work is proceeding but slowly, given the complexity of the subject. When the committee has finished its deliberations, M. Marchildon hopes to have a public information session on a Saturday, prior to submitting the group's findings and recommendations to the CCU and municipal council. Council then will decide whether changes are required to regulations protecting waterfront and wetlands in the La Pêche territory and, if so, what.

This is an important task, one that will affect all of us and our properties and your Association will keep you informed of developments.

Brian Le Conte, June 2012

Report on a Conference by Seauvegarde and the "Agence de bassins versants des 7"

A conference hosted jointly by Seauvegarde and the Agence des bassins versants des 7 (ABV7 - seven watersheds agency) was held in Maniwaki on May 12, 2012. Around 60 people attended, including municipal officials from some of the 11 participating municipalities (out of a total of 17) within the MRC Vallée-de-la-Gatineau, and associations from the lakes and waterways within the region bounded by the seven watersheds. The purpose of the meeting was to learn about activities by Seauvegarde and the ABV7, and discuss the future of these bodies, as Seauvegarde's funding is winding down. Guest speakers addressed the topics of the ageing process of lakes, and dealing with invasive species and dirty water.

Lac Sinclair is situated both within the Municipality of Low (MRC Vallée-de-la-Gatineau) and the Municipality of La Pêche (MRC des Collines), and is part of one of the watersheds within the ABV7. Therefore, our Association was invited, even though Low is one of the municipalities that does not participate in this initiative. President Claude Tremblay and Director Ann Good attended.

Some background:

Seauvegarde is an ad hoc committee drawn from volunteers who have served in local politics, lake associations and environmental committees within the seven watersheds of the regional municipality of MRC Vallée-de-la-Gatineau. They came together on the realization that a regional role based on watersheds was needed to take action at a level beyond the various lake associations and municipal boundaries.

The role of this committee is to:

- share information on subjects relevant to the region via conferences, their website and publications, especially with a focus on education and policy related to the environment;
- help in the formation of lake associations within the region;
- support water analysis in partnership with the Réseau de surveillance volontaire des lacs (RSVL – Voluntary Lake Surveillance Network);
- assist the preparation of funding applications;

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- *liaise with municipalities of the MRC;*
- *provide a meeting space for participating municipalities;*
- *work together with the ABV7 in important areas such as dealing with invasive species in the lakes.*

*To date, **Seauvegarde** has focused on its mandate for education and policy in various ways. Since 2007, it has completed studies on the characteristics of the key watersheds in the region, set up a website (www.seauvegarde.org) and communicated with 18,000 property owners, trained inspectors of septic systems in the fall of 2011 and again in the spring of 2012, and provided small grants for naturalization of waterfronts. MRC Papineau is now following this committee model and the MRC des Collines is currently considering it.*

The mission of the ABV7 is to develop a work plan and maintain a network of stakeholders to support the health of the lakes and waterways in the region. Some of their achievements to date include work on septic waste transformation, studies of water table levels and wells, information on water governance matters in Quebec, and workshops on suitable plants for waterfront rehabilitation. The organization receives funding from some municipalities in the region and also from the Conférence régionale des élus de l'Outaouais (CRÉO - the regional conference of elected officials in the Outaouais).

Discussion at the conference:

*A plenary addressed the question of the future of the two bodies and how to maximize their influence in relation to the province, the municipalities and MRCs in the region, and other organizations such as the le Regroupement des lacs (the Assembly of Lake Associations). Given the end of its funding, it is not certain that **Seauvegarde** will continue. Participants wanted to know if it could be fused with the ABV7. Of the province's 89 municipalities, the MRC Vallée-de-la-Gatineau has highest proportion of seasonal properties within the total residential tax base and is the third largest MRC in terms of seasonal property value in absolute terms. Therefore, its efforts to protect the environment within this region deserve attention. Moreover, because the region's economy relies so heavily on the health of its lakes and waterways, critical issues could best be dealt with by combining resources, for example, to address the insufficient municipal staff and resources to deal with environmental factors and to push for more sewage waste treatment facilities.*

*Much valuable information is available on the **Seauvegarde** website, so it was suggested that participating lake associations could each pay a small fee to have a link on this site for their association, in order to share its resources and reduce duplication of information and effort. Organizers called for a committee of volunteers to propose options for the future and the Lac Sinclair Association will monitor its progress and try to influence any recommendations.*

Ann Good, June 2012



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Daniel Bernier

Father's Day Special!

Sunday, June 17

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