



# Lac Sinclair Association Newsletter

Spring 2022

## In this edition:

- **President's message**
- **2022 calendar**
- **Water quality**
- **Winter trails**
- **And more!**

## Message from the President

Hello everyone, I won't talk about the weather here, nor the countless variants of COVID, nor a winter that has dragged on but I can't skip mentioning our beautiful "Winter Activity" - all I can to say, this activity is definitely to be done again...it was quite a success!!!

- I have included in this newsletter information with links about the spiny water flea, an aquatic invasive species with a high potential for spread, which was detected in the Ottawa River last summer
- A little word about our fishermen
- A map of Lac Sinclair with street names

The Association hopes to count on your support for the year **2022** if you haven't already done so. Please encourage your friends, family members and neighbors to support the Association through the annual fee of \$ 25 per year. There are approximately 235 properties on the lake and 160 residents responded to our call in 2021 which represents 73%, a significant increase again. Your membership will help us greatly in supporting our goals and ongoing projects:

- Purchase of 6 additional buoys to replace the few remaining white ones and add some to new dangerous sites
- Water analysis: e-coli, phosphorus, chlorophyll, clarity of water and its level
- Installation and removal of buoys including maintenance
- Spring and Fall editions of our newsletter, including advertisements from our local business supporters
- Organization of various activities: Fishing tournament, Regatta, and possibly a winter activity
- Boat wash station

Just to name a few...

Your association is also a member of the Gatineau Valley Water Protection Group. For more information on the Regroupement, please visit their website at:  
<http://abv7.org/regroupement-protection-eau-en.php> (English);  
<http://abv7.org/regroupement-protection-eau.php> (French)

Please mark in your **2022** calendar the following dates:

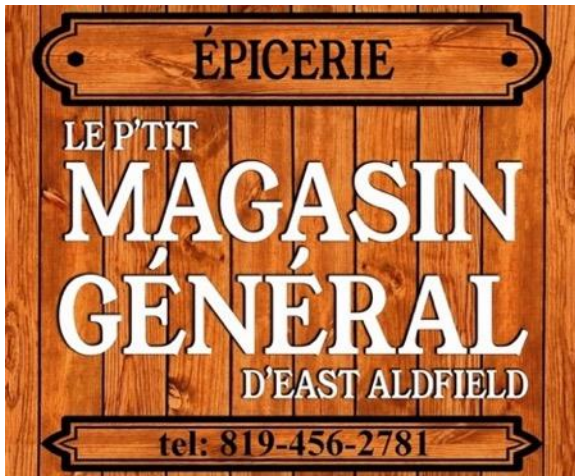
- *Annual General Meeting: Saturday 25 June 2022 at 10 a.m. at the Ste-Sophie d'Aldfield Community Centre, 951 Chemin Cleo Fournier. ALL RESIDENTS are invited; however please note that **only members may vote**.*
- *Membership may be purchased at the meeting.*
- *Fishing Tournament: **Sunday 31 July 2022***
- *Non-motorized watercraft Regatta: **Saturday 13 August 2022 or, in case of rain, Saturday 20 August***
- *Winter activity **2022-2023** as soon as the weather will allow it.*

Look for more information closer to the time in subsequent e-mails, on our website [www.lacsinclair.ca](http://www.lacsinclair.ca), our Facebook page <https://www.facebook.com/lacsinclairquebec>, and on our notice board at the corner of Chemin Cléo Fournier and Chemin Bernier / Chemin du Lac Sinclair.

Wishing you all a safe and healthy summer 2022

Jocelyne Alain

The advertisement is a rectangular graphic with a black top-left section and a red bottom-right section. In the black section, the word "MATÉRIAUX" is written in white capital letters above the stylized logo for "Beausoleil Inc.", which features a sun icon. In the red section, the text "centre de rénovation" is at the top in yellow. Below it is the "Home hardware" logo, with "Home" in white and "hardware" in yellow. Underneath is "building center" in yellow. A large yellow phone number "819.459.2952" is prominently displayed. At the bottom, the address "38, ROUTE 105 Wakefield, Québec" is written in white. On the left side of the red section, there are two columns of services listed in white with yellow bullet points: "MATÉRIAUX DE CONSTRUCTION", "ISOLATION", "QUINCAILLERIE", "BOYAUX HYDRAULIQUES" in the first column; and "PLOMBERIE, ÉLECTRICITÉ", "PEINTURE", "TEST EAU PISCINE ET SPA", "LIVRAISON LOCALE" in the second column.



## Officer in Charge of Waterways

The following article appeared in the Envol newspaper in March 2022:

“Water flow and beaver dams”

The MRC des Collines will work on the file internally

The MRC des Collines will create a watercourse intervention officer position that will allow internal management of all issues related to the flow of water on its territory.

This aspect is becoming increasingly important in the MRC des Collines, says Prefect Marc Carrière. Among the elements that this person will have to keep an eye on is the whole question of beaver dams and their effects on rivers and roads.

“The natural flow of water and beavers, for us, is a big issue.” *Marc Carrière*

Until now, the MRC des Collines did business with an external firm to take care of this aspect. “It cost a lot and the service was so-so,” says the Prefect. There was no follow up.”

Faced with the importance of the issue, the MRC therefore decided to do the work internally. “What is the most advantageous, the most effective, is to do it ourselves,” says Mr. Carrière.

### *Security*

The prefect believes that this water management is essential for a territory like that of the Collines-de-l’Outaouais. “There are a lot of lakes, streams, marshes and there are no more trappers.”

“The issue of cohabitation between beavers, resorts and residences is often difficult, he adds. There are a lot of complaints from citizens, with good reason.”

It is also a question of safety for road infrastructures. Poor management of water flow and beaver dams could have impacts on some roads, says Marc Carrière.”



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[lucrichard.ca](http://lucrichard.ca)

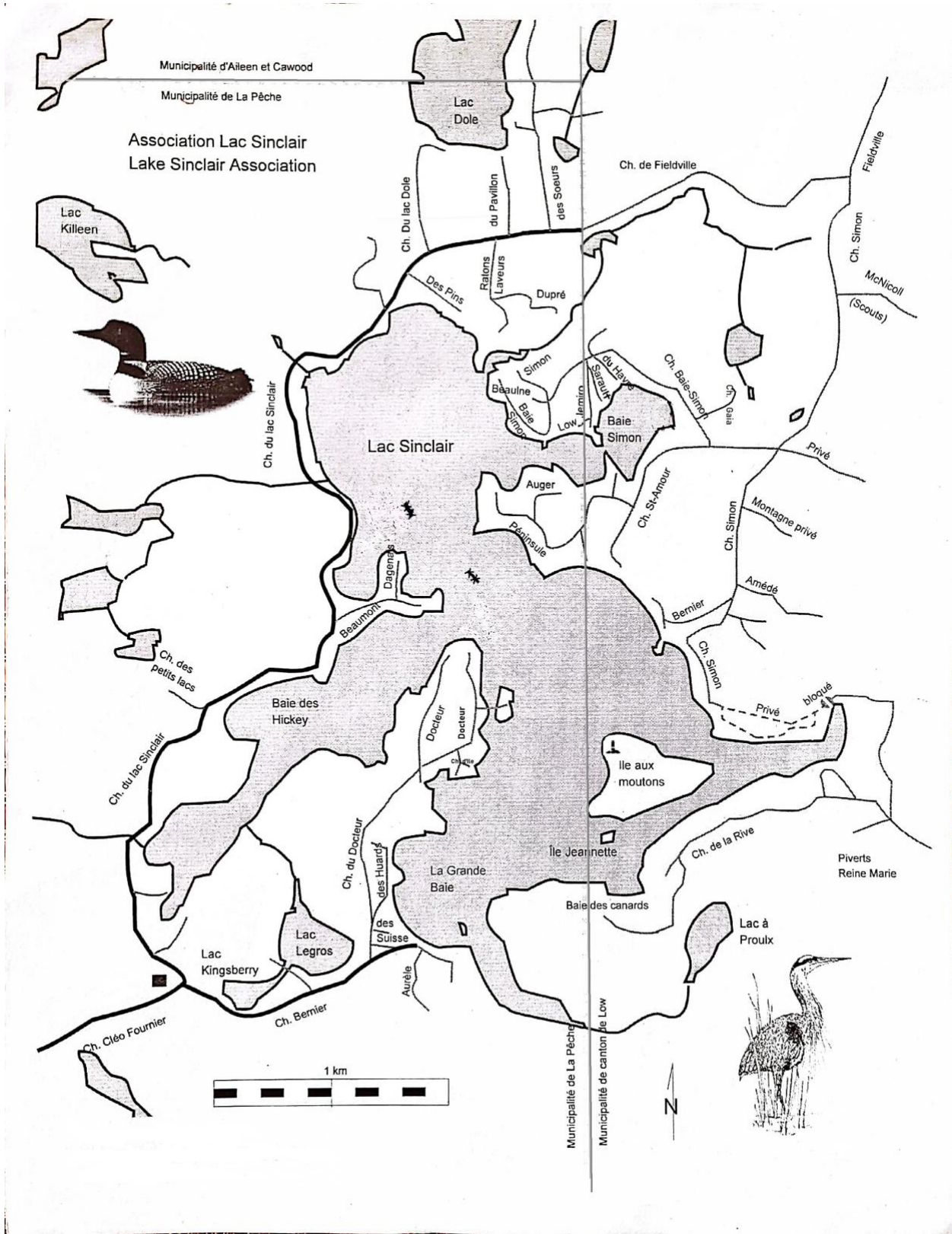
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La Pêche, QC JOX 3G0  
**B. 819 459-4445**



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# Updated Map of the Lake




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Pharmacien-proprétaire  
*Pharmacist-owner*

Ahmad Hassan pharmacien inc.  
6, rue Principale Ouest F 819 456-1119  
Sainte-Cécile-de-Masham (Québec) J0X 2W0  
**T 819 456-1111** F 819 456-1119  
ahmad.hassan@uniprix.com

affilié à/affiliated with  


## 2022 Activities Calendar

### Annual General Meeting

You are ALL invited to the Annual General Meeting on **Saturday 25 June 2022** at **10:00 a.m.** at the Ste-Sophie d'Aldfield Community Centre, 951 Chemin Cléo Fournier. Come support your Association, and possibly win the door prize!

**Please note that only members can vote should there be elections.**

### Fishing Tournament – **FISHING PERMIT REQUIRED**

Our Fishing Tournament will take place Sunday **1 August 2021** from 8 am to 12 pm at the same location as in previous years – Tony Lafrance's property, 344 Chemin du Lac Sinclair. All participating boats must register in advance.

Click on the following link to register: <https://forms.gle/3qSTeNNqNnAmJLT39>. If you do

not have Internet access, please contact Jocelyne Alain au 819 456-3589 to register.

- All participants must remain in their boats - No one will be allowed on the beach
- Prizes will be distributed after 12 p.m. to the winners

**Outside boats/trailers must be pressure washed before going into the lake.**

## Lac Sinclair Regatta 2022

Join your Lac Sinclair Neighbours in the “Esprit du Lac Sinclair” Regatta!

DATE: Saturday August 20, 2022 (Rain date Sunday August 21, 2022)

TIME: 1 pm – 3 pm

LOCATION: Baie du Chemin des Pins (North section of the lake – same location as last year)

- Click on the following link to register:

Further information will be provided from your organizing committee.



## Lac Sinclair Association Online

The lake association maintains a page and private group on Facebook. So far about 260 people have joined our group: <https://www.facebook.com/groups/455917824786194>

<http://lacsinclair.ca>  
[www.facebook.com/lacsinclairquebec](http://www.facebook.com/lacsinclairquebec)  
[lacsinclairinfo@aol.com](mailto:lacsinclairinfo@aol.com)

|  |  |
|--|--|
| <p>Ste-Sophie d'Aldfield<br/>Community Centre<br/>951 Cléo Fournier Rd.<br/>La Pêche Qc.</p> |  |
| <p><i>Hall Rental (110 pers capacity)</i><br/><i>full kitchen available</i></p>              |  |
| <p>reserve our space for your next<br/>family reunion, meeting or party</p>                  |  |
| <p>call <b>819-456-4869</b></p>  |  |

|   |
|---|
| <p><b>Yvon Crête</b><br/>819-456-3937</p>  |
| <p><b>Construction et rénovations de tout<br/>genre</b></p>   |
| <p>Service de backhoe (Kubota)<br/>Service de déneigement</p>   |



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PELÉA

## Watch out for Anglers

The Association wishes to make you aware of fishers... When you see one or more anglers on the lake and you are in any type of watercraft, make sure you keep your distance from them so as not to risk snagging or breaking their line or getting it wrapped around your propeller. It would also help if you were to slow down in their vicinity.

Thank you for your cooperation,

The lake anglers.



**PHYSIO**  
 DES COLLINES

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 www.phtdc.com  
 info@phtdc.com

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- Déneigement et sablage
- Chemin privé / commercial

## Composting in La Pêche

Message from La Pêche Municipality – *Get into the habit of green!*

*Since May 2 2022, residents have been asked to get in the habit of sorting household waste and putting organic materials in the brown bin they received from the Municipality.*

*For more information (dates, special collections, sorting, handy tips and tricks, etc.) visit <http://www.villelapeche.qc.ca/en/municipal-services/publicworks/composting/>*

## Crime Stats

### La Pêche – Lac Sinclair

From Martin Fournel, MCR des Collines:

Good news! For the year 2021, I see no incidents of crimes against property (theft, breaking and entering, mischief) in the Lac Sinclair sector. However, that does not mean that there were none, as it is likely that not everything is reported to the police department.

I also see a few of these incidents but further south, in the East-Aldfield and Duclos area, but nothing in the immediate vicinity of your lake.

We have changed our method for Neighborhood Watch and no longer keep a list of participants. However, the basic principle remains the same: that is to say that we invite people to communicate and report everything quickly to the police department. We also invite people to follow us on Facebook and Twitter for the latest information.

<https://www.facebook.com/mrccollines>

[https://twitter.com/police\\_mrc](https://twitter.com/police_mrc)

Martin Fournel ,  
Sergeant in charge of the Prevention, Community and Public Relations Section  
Public Security MRC des Collines-de-l'Outaouais

### Entire Municipality of Low

|  | 2015      | 2016      | 2017      | 2018      | 2019      | 2020      | 2021      |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Criminal Fires                         | 1         | 0         | 2         | 1         | 1         | 0         | 2         |
| Breaking and entering                  | 7         | 7         | 10        | 9         | 2         | 3         | 7         |
| Simple thefts (ex: rowboat/metal boat) | 6         | 4         | 4         | 5         | 4         | 2         | 2         |
| Vehicle thefts                         | 3         | 2         | 2         | 3         | 5         | 2         | 2         |
| Fraud                                  | 1         | 2         | 0         | 0         | 0         | 1         | 2         |
| Mischief (eg: damage)                  | 5         | 3         | 0         | 5         | 0         | 3         | 3         |
| <b>TOTAL</b>                           | <b>23</b> | <b>18</b> | <b>18</b> | <b>23</b> | <b>12</b> | <b>11</b> | <b>18</b> |

Nathan GAGNON  
819-449-4333  
SQ Vallée de la Gatineau  
[nathan.gagnon@surete.qc.ca](mailto:nathan.gagnon@surete.qc.ca)

**Sébastien Aubin et Nadine LaCasse**

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*Heures d'ouverture:*

*Lundi au vendredi 9h00 à 20h00.*

*Samedi 9h00 à 17h00. Dimanche 10h00 à 18h00*





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## Power Outage

*The following letter was written by the Association president was published on January 19, 2022 in the LowDown and was sent to the Federal and Provincial Deputies, the mayors of our two municipalities, the prefects and the councillors.*

### Power failure and its consequences

We understand that there will be a lot of improvement to the communications network by September 2022, but that is not soon enough. Starting on Friday, December 10, for many of us and for almost 48 hours, there was a major outage, which was very understandable given the circumstances.

Once again here at Lac Sinclair in East Aldfield, loss of power meant that we did not have a landline telephone signal, so no means of communication for many who do not have Internet and/or a generator to connect their Internet to be able to communicate. I know of several in my environment devoid of these necessities and it is heartbreaking to know that if there had been a medical or other emergency... guess the rest. Most importantly, let's not forget, we do not have a cell tower. This is absurd and unacceptable in 2021 almost 2022 and less than an hour from downtown Gatineau-Ottawa.

- Landline signal originates from small distribution buildings housing switching equipment, a battery and a generator located at the intersections of ch Cléo-Fournier and ch du Lac Sinclair, and ch des Pins and ch du Lac Sinclair.
- Power from Hydro Québec is converted to low voltage to send the telephone signal over telephone lines to nearby residences.
- Signal can be received by both cordless and corded telephone sets.
- When Hydro Québec experiences a power outage the system switches to battery power which typically lasts for approximately four hours or less.
- Cordless telephone sets go dead almost immediately; corded sets produce a dial tone for as long as there is power coming from the distribution system battery.
- When this battery goes dead, the generator should kick in automatically or a Bell technician is supposed to bring a portable generator to power the system.
- This typically never happens, and the customer is left with no means of contacting 911 or any other sources of help or support during a power outage which can last for days.

**Conclusion: Many people in Lac Sinclair and the surrounding area do not have Internet or cellular access because there is no tower, AND no landline telephone because Bell is not present during a breakdown... Why is Bell not able to do better to provide landline telephone service to its customers in rural areas during a power outage?**

Jocelyne Alain  
President, Lac Sinclair Association



**SERVICES :**

- LOCATION DE CHALETS/CAMPING
- ENTREPOSAGE DE BÂTEAUX
- TERRASSEMENT
- MATÉRIAUX EN VRAC (TERRE, GRAVIER, SABLE)
- DÉNEIGEMENT



 BERNIER.JEANFRANCOIS@HOTMAIL.COM

## **Water Related Matters**

### **Water testing**

We will be testing for E. coli readings twice this season as per usual at 30 predetermined sites around the lake. The spring sampling will be done the week of June 6<sup>th</sup> while the end of season sampling will be done the week of August 29<sup>th</sup>. E. coli is measured to gauge the cleanliness of the water for swimming purposes.

Again this summer, the association will participate in a Provincial water testing program that aims to benchmark water quality and clarity across as many lakes in Quebec as possible. Samples will be collected in June, July and August and remitted to the province for testing with a focus on chlorophyll, phosphate and dissolved organic carbon levels which are the key drivers of water clarity and algae growth.

### **Safety buoys**

An additional six safety buoys were purchased over the winter and will be installed in early May along with the others. Over the last three seasons the lake association has purchased 24 buoys with two extras as back up. In the future, damaged and/or faded buoys will be replaced on an as needed basis to ensure that we always have bright and easily seen buoys on the water at all times.

### **Water levels**

The water level is measured bi-weekly (thanks to the efforts of Kevin Scott and Chantal Vaillancourt). These readings will be reported as usual in our fall newsletter.

**Gauvreau ski-doo**  
*ski-doo* | *can-am*

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## Boat washing

The boat washing station is available for free the entire boating season in the parking lot at the Community Centre in East Aldfield across the street from the Ptit magasin général. It is very important that all boats, trailers and other vessels that have been exposed to other bodies of water (other than Lake Sinclair) are thoroughly washed prior to being put into our lake. Foreign invasive species are very prevalent in surrounding lakes and rivers and are easily transported to other bodies of water causing irreparable harm in many cases. There is no charge for using the boat wash and it only takes a few minutes to do. Be sure to pass this info on to your guests who may bring a boat or other water vessel with them when visiting.

916, Ch. des Érables, La Pêche, QC J0X 1A0

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## Soap products, pesticides and fertilizer use

It is recommended to use biodegradable products that degrade in less than 30 days such as La Parisienne, Biovert and Attitude. These products are phosphate-free. Phosphorus-containing products increase the level of chlorophyll in the lake which in turn leads to increased algae and aquatic plant growth and reduced oxygen levels for fish. For those property owners with lawns close to the lake shore, please refrain from using pesticides and/or fertilizer as these products contain phosphorous and nitrates that are detrimental to lake water quality. It is recommended to retain a 15-to-20-meter buffer of natural plant life between your lawn and lakeshore.

## Invasive Species

### Letter received from the Ministry of Forests, Wildlife and Parks – July 2021

Hello,

The spiny water flea, an aquatic invasive species with a high potential for spread, was detected in the Ottawa River in the McConnell Lake area near Rapides-des-Joachims.

The spiny water flea can cause significant damage to aquatic fauna by modifying the food chain and can cause inconvenience to users of water bodies by attaching itself to boats, fishing equipment and any equipment that comes into contact with water.

Please consult the following links as well as the attached documents, and please share the information as much as possible.

[Spiny Waterflea \(\*Bythotrephes longimanus\*\) - Ministère des Forêts, de la Faune et des Parcs \(gouv.qc.ca\)](https://mffp.gouv.qc.ca/wp-content/uploads/Depliant cladocere epineux puce eau hamecon.pdf)  
<https://mffp.gouv.qc.ca/wp-content/uploads/Depliant cladocere epineux puce eau hamecon.pdf>

I am available if you have any questions.

Greetings,

Thierry Calve  
**Biologist M.Sc.**  
**Outaouais Wildlife Management Branch**  
**Ministry of Forests, Wildlife and Parks**  
Telephone: 819 246-4827, extension 245  
Thierry.Calve@mffp.gouv.qc.ca



## Winter Trails

Quite impressive the number of people who enjoyed the trails for almost three weeks – walkers with dogs, kids pulled in sleds, skaters, cyclists and more. I have never seen so much traffic in Baie Simon; it was really really nice to see. Unfortunately, we were unable to maintain the trails thanks to mother nature who kindly brought us generous amounts of snow: 35 cm and another 15 cm two days later in addition to the severe cold which caused water overflows and therefore melted snow (slush). It was impossible for our volunteers to continue without risking damage to their snow removal equipment.

The Association wishes to thank all of the people who have contributed to the maintenance of the trails and rinks, and more specifically Mark Johnston and Barry Grover who have worked tirelessly and with so much dedication so that everyone could enjoy it.

This is to be done again next winter!!!!!!



**Luc Richard**  
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La Pêche, QC J0X 3G0  
**B. 819 459-4445**





## Conclusion

Your Executive Committee whom I want to thank very much for their hard work and dedication, and their contact information:

- Jocelyne Alain – President, [jocelyne2855@gmail.com](mailto:jocelyne2855@gmail.com), cottage 819-456-3589
- David Hallman – Past President, [david k hallman@hotmail.com](mailto:david_k_hallman@hotmail.com), home 613 747-7494 cottage 819 456-4474
- Mark Farrell – Vice President and Director, Environment, [mfarrell@inspiredevelopments.ca](mailto:mfarrell@inspiredevelopments.ca), cottage 819-456-1041
- Chantal Vaillancourt Scott – Secretary, [chantalvs@rogers.com](mailto:chantalvs@rogers.com)
- Colin Chesterman – Treasurer, [Chestecc@sympatico.ca](mailto:Chestecc@sympatico.ca), cottage 819 456-2939
- Megan Farrell – Director, Water Testing, Social & Special Events, [megan\\_gallagherfarrell@yahoo.ca](mailto:megan_gallagherfarrell@yahoo.ca)
- Luc Vezina – Director, Web Site and Facebook, [luc.vezina@gmail.com](mailto:luc.vezina@gmail.com) (613) 853-0517
- Craig Bater – Director, Special projects, [baterc@gmail.com](mailto:baterc@gmail.com)
- (Vacant) Director, Advertising

I particularly want to thank our volunteers who carry out these recurring responsibilities year after year:

- Yvon Prigent and Louise Bellefeuille-Prigent – Membership / Database coordinator
- TBC – Fishing Tournament Organizer
- Roger and Joanne Smith – First Aid Resource
- Roger Smith – Financial Report Reviewer
- Chantal Vaillancourt Scott – Water Level Measurement
- Kevin Scott – Water Clarity Measurement

*The Association wishes to thank the Municipality of La Pêche for its annual grant, and grants for our activities; this financial support is much appreciated. We also wish to thank the Ste Sophie d'Aldfield Community Center for their much-appreciated cooperation and assistance with the Boat Washing Station.*

Thank you very much everyone!

Jocelyne Alain



**Lake Sinclair Association**  
**MEMBERSHIP FORM**  
**2022**  
**lacsinclairinfo@aol.com**

Please complete this form, and then mail it with **your \$25 fee** for this year's membership, to:

Association Lac Sinclair, PO Box 146, La Pêche, Québec J0X 2W0

You can also join or renew your membership online by following this link:

<http://lacsinclair.ca/membership/membership.htm>

Renewal:

New Member:

Name: \_\_\_\_\_

Address at Lac Sinclair: \_\_\_\_\_

Tel. # at Lac Sinclair: \_\_\_\_\_ Tel. # at home: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Language Preference: English  Français

Are you interested in receiving news of the Association via email? YES  NO

*If yes, please add the Association Lac Sinclair name in your contact list with the following Email address: [lacsinclairinfo@aol.com](mailto:lacsinclairinfo@aol.com)*

Email address: \_\_\_\_\_

Comments: (How can the Association help you?)

\_\_\_\_\_  
\_\_\_\_\_

In what way might you be interested in assisting the Association as a volunteer? What type of activity would interest you? (Executive, Environment, Social activities, etc)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_