

Message from the president

I hope you all had a great summer, not the greatest weather wise, but at least many of you enjoyed the various activities offered by your association; we promise to continue these activities and hope for your strong participation.

Our Annual General Meeting was held on June 25, 2022 – you will find the minutes of the AGM as well as the 2021 financial statements at the end of this newsletter.

I would like to take this opportunity to thank everyone who paid their membership fee. By the end of November, we had reached 165 members; you can still join for 2022 if you haven't already done so. MANY THANKS everyone for your continued support.

Please mark in your **2023** calendar the following dates:

- *Winter activities on the lake:* **winter 2023** we plan, weather permitting, to have trails around the lake for skating, snowshoeing, cross-country skiing, biking or simply walking
- The Esprit du lac Regatta: Saturday August 19
- The Fishing Tournament: Sunday August 6
- The 2023 Annual General Meeting: Saturday, **June 17** at the Ste-Sophie d'Aldfield Community Center at 10:00 a.m.
 - o Note: our Constitution has been amended to change the quorum at members meetings from 25 members to 20 members representing 15 properties on or near the lake.

Look for more information closer to the time in subsequent e-mails, on our website 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.

In this edition of newsletter you will find the following information:

- Information on water quality
- Reminder garbage
- Reports of the Fishing tournament and the Regatta l'Esprit du lac

Your Executive Committee members:

Jocelyne Alain – President, <u>jocelyne2855@gmail.com</u>, cottage 819-456-3589 David Hallman – Past President, <u>david_k_hallman@hotmail.com</u>, cottage 819 456-4474 Mark Farrell – Vice President and Director, Environment, <u>mfarrell@inspiredevelopments.ca</u>, cottage 819-456-1041

Kathryn Ann Hill – Secretary, <u>kathrynann.hill@gmail.com</u>
Colin Chesterman – Treasurer, <u>Chestecc@sympatico.ca</u>, cottage 819 456-2939
Megan Farrell – Director, Water Testing, Social & Special Events,
<u>megan gallagherfarrell@yahoo.ca</u>

Luc Vezina – Director, Web Site, <u>luc.vezina@gmail.com</u> (613) 853-0517 Craig Bater – Director, Special projects, <u>baterc@gmail.com</u>

Our other precious volunteers:

Yvon Prégent and Louise Bellefeuille-Prégent – Membership Administrators Roger and Joanne Smith – First Aid Resource Roger Smith – Financial Report Reviewer Chantal Vaillancourt Scott – Water Level Measurement Kevin Scott – Water Clarity Measurement



We wish to thank once again the Municipality of La Pêche for the provision of its annual grant to our Association, and for our activity grants; this financial support is very much appreciated. I take this opportunity to thank the Municipality and more specifically the road repair workers for all the work completed this fall on chemin du Lac Sinclair – note that the work will continue in 2023.

We would also like to thank the Ste Sophie d'Aldfield Community Center for their generous contribution with the Boat Washing Station and the storage of the equipment.



I wish you all a very nice, safe and healthy fall and winter and look forward to seeing you on the lake.

Jocelyne Alain



Lake Water Related Matters

Water testing

Water testing for e-coli levels was completed on June 5th and August 28th this year at 30 standardized sites around the entire lake. The results of all tests are presented in the graph below, measured in e-coli particles per 100 ml of water. Quebec guideline for safe swimming water is 200 particles per 100 ml while Ontario's is 100 particles per 100 ml. You will see that the results at all sites tested in both spring and fall were well below these guidelines. E-coli levels continue to be very low in the lake year over year which is very encouraging.

Again this year the lake association participated in a Provincial water testing program that aims to benchmark water quality and clarity across as many lakes in Quebec as possible. Samples were collected in mid-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.

• <u>Dissolved Organic Carbon</u>: Is basically natural organic residues/decomposition e.g., from leaves etc... Carbon travels to the lake via small streams, mountain/land run-off or, if the water level is high, dry matter on the shore gets washed away into the lake. The best way to control the Carbon level is to protect the shoreline by allowing plants to grow freely within a 10-to-15-feet strip along the water.



- <u>Water Transparency</u>: Carbon and transparency go hand-in-hand. Carbon will result in the water having a hint of color tint (either brownish, yellowish or reddish) from the color of the leaves decomposition. We haven't noticed any water discoloration in fact, our water transparency, measured throughout the summer by Kevin Scott and Chantal Vaillancourt using a Secchi disc, was visible on average up to 5.5 meters deep; the ABV des 7 (https://abv7.org/) obtained an average of 7 meters.
- <u>Phosphate</u>: Comes from nutrients such as fertilizers, including your own natural compost.
 When phosphate ends up in the lake either through fertilized lawn/vegetable
 garden/flower beds, or sceptic beds, it will feed the roots of aquatic plants. Too much
 phosphate will promote the growth of aquatic plants which will cause the oxygen level in
 the lake to decrease. The oxygen level measured three times last summer was in the
 normal range.
- <u>Chlorophyll</u>: Indicates the presence of aquatic plants. An increased level of phosphate will encourage the growth of aquatic plants and thus increase the level of chlorophyll. Chlorophyll is the natural compound present in green plants that gives them their color.

As it stands, our lake is in good shape – it is in a safe zone according to the RSVL chart. We do have to try and control the carbon so that our water transparency does not decline...SHORELINE PROTECTION IS THE KEY TO A HEALTHY LAKE.







Safety buoys

We have now replaced all of the safety buoys on the lake over the last three years. On a go forward basis we will replace faded or damaged units as needed with the goal of always having bright, visible buoys at all danger spots. Please be sure to remain at least 30 meters away from all buoys when boating on the lake. The buoys are anchored down with cinder blocks; a large wake from a boat driving too close can, however, easily dislodge the buoy and move it away from the rock it was intended to warn boaters about – resulting in a dangerous situation. The buoys are installed no later than the Saturday of the May long weekend and weather permitting we will aim for the week prior. Boating before the buoys have been put in the water is discouraged in order to avoid accidents.

Water levels

The graph below compares weekly water level measurements taken from the same spot on the lake over the past five years. Several factors impact water levels including winter melt, amount of rainfall and heat intensity. A big thank you to Kevin Scott and Chantal Vaillancourt who manage this process on behalf of the lake association.

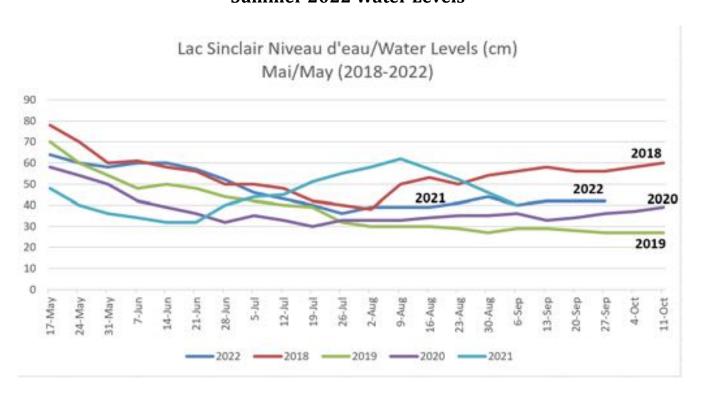
Soap products, pesticide and fertilizer use

It is recommended to use biodegradable products that degrade in less than 30 days such as La Parisienne 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 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 two-meter buffer of natural plant life between your lawn and lake shore.

Finally, everyone can continue to do their part to keep the lake heathy by washing any boats or water vehicles that have visited another body of water before they are put into the lake.

Summer 2022 Water Levels





SÉBASTIEN RICARD: 819 360-7176

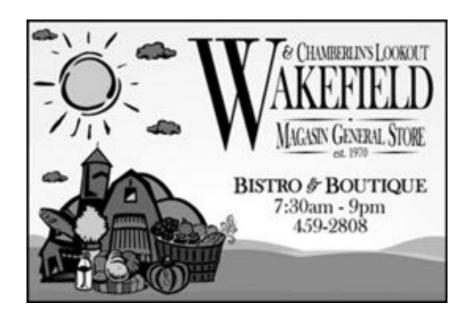
JÉRÉMIE MONETTE: 819 208-1311

9475-5485 Québec Inc. paysagementdescollines@outlook.com

Your Association Online

http://www.lacsinclair.ca

https://www.facebook.com/lacsinclairquebec



Lac Sinclair - E.coli

Août/August 16, 2021 vs Août/August, 2022

Station	8/16/2021 (eColl/100ml)	8/28/2022 (#Coll/100ml)	Change Aout/Aug 2022 over/our Aout/Aug 2021
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2	1	0	1
1	0	1	1
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5	1	0	«D»
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7	10	1	do
	1	6	5
9	1	2	40
10	3	1	4>
11	4	1	cjo
12	1	1	0
13	1	0	d>
14	0	2	2
15	5	1	oto
16	0	1	1
17	0	0	0
18	0	2	2
19	1.	2	1
20	1	.4	7.83
21	1	1	0
22	1	2	1
23	4	0	1060
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26	2	1	 t>
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28	6	0	rija.
29	0	1	1
10	0	0	0
10 Total			- 17
NO Total			

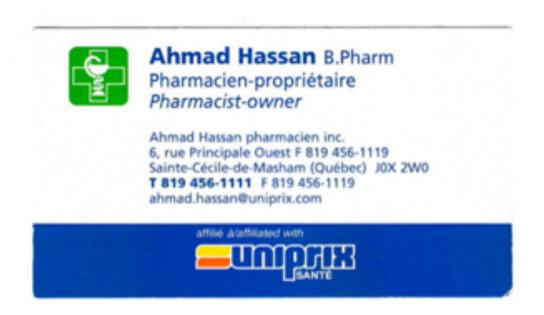
^{*}Provincial Swim Restrictions where e.Coli present: Quebec <e.Coli/200ml; Ontario <e.Coli/100ml

^{*} Eau potable: ne buvez jamais l'eau du lac



^{*} Restrictions provinciales de natation où e.Coli est présent: Québec <e.Coli / 200ml; Ontario <e.Coli / 100ml

^{*}Drinking Water: never drink lake water



Garbage Reminder

This article aims to raise awareness among residents to respect the property of others in regards to garbage dumping. It is in all of us not to deposit waste on our neighbour's property, at an intersection or even in a field.

Some waste such as construction debris and tires are not picked up by garbage collection services. Please refer to your municipality's regulations to determine the items that may or may not be picked up, and the procedures to be followed for disposal of the items that are not picked up.



La Pêche Municipality:

http://www.villelapeche.qc.ca/en/municipal-services/publicworks/waste-recycling/

Telephone: 819 456-2161, extension 0

Low Municipality: http://www.lowquebec.ca/pages en/waste and recycling.php

Telephone: 819 422-3528

Stray animals

Many pets seem to go astray around our lake. This notice is to inform residents who to contact to pick up or report a stray or unlicensed pet.

La Pêche Municipality : 819 456-2161

Animal Control Services (villelapeche.gc.ca)

Anitek

Tel: 819 431-9904

controleanimalier@anitek.ca

www.anitek.ca

Low Municipality:

SPCA: 819 243-2004 or info@spca-outaouais.org



Fishing Tournament - Lac Sinclair - July 31, 2022

It was another beautiful Sunday for Association members family and friends fishing on Lac Sinclair. For the first time, participants had to register on-line on our Facebook page; this worked very well and made for a smooth start to the morning for participants and volunteers. There were approximately 86 registrations including 12 children and 20 guests, most of whom showed up to fish and later witness the presentation of trophies/prizes and the draws at the Lafrance location. Lots of bass were weighed and returned to the lake and quite a few pike as well. Trophies prepared by Globe Awards in Ottawa were presented in all categories but there was only one child reported catching a pike. Trophy winners were:

Child pike (1st) – Loïc Prégent

Child small mouth bass (1st, 2nd, 3rd) – Jaymes Roussell; Kendrick Bernier; Charlie Beaudry

Child rock bass (1st, 2nd 3rd) – Finn Campbell; Charlie Beaudry; Abygail Bernier

Adult pike (1st, 2nd, 3rd) – Sophie Séguin; Mathis Beaudry; Steve Renaud

Adult small mouth bass (1st, 2nd, 3rd) – Steve Livernoche; Sophie Séguin; Pierre Beausoleil

Thanks again to all who participated; to Tony and Val Lafrance and family for the set-up on their beach area; to the organizing committee who helped with weigh-ins, photography and presentations (Jocelyne Alain, Colin Chesterman, David Hallman, Paul Gauthier and Brian Le Conte); to our sponsors Beausoleil Home Hardware, Gauvreau BMR, Tigre Géant, Le Ptit magasin general, Services DR et Fils, Dollars en folie, Beauté Arc-en-Ciel esthétique, Laurentian Marina, Rosaire Burelle, Sweetlegs from Annie St-Amour and to the Municipality of La Pêche for their valuable grant. Remember to support our sponsors and to renew your membership in 2023.

See you again next year! Your organizing committee











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Lundi au vendredi 9h00à 20h00.
Samedi 9h00 à 17h00. Dimanche 10h00 à 18h00





Lac Sinclair Association L'Esprit du Lac Regatta 2022 - report

Saturday, August 20, 2022 – A very good turnout on the beach at Chemin des Pins! Everyone enjoyed an afternoon of fun and games for the 5^{th} annual L'Esprit du Lac Regatta. The strong turnout was no doubt due to sunny, hot weather and strong community spirit. The organizing committee planned the events communications and sign-up through our Facebook page and group using a Google form to track interest and attendance by age and by individual or group. On August 9^{th} there were less than 4 registrations, so the Association emailed members to encourage sign-up. By August 15, 6 families and 28 participants had signed up. By 1pm we had \sim 35 participants in the games and \sim 10 spectators. Shout out to the fabulous kids and young adults who joined without hesitation – helping to balance each of the Red, Green, Yellow and (last minute joiner) Blue teams.

The Regatta featured only team games on the beach and in the water, including water balloon toss, wet T-shirt Relay, Kayak races, Lake Frisbee Toss and the very popular Sink the Swiss Navy Canoe. Hand-crafted - locally made medals on lanyards were generously made and donated by Shane Dobson, woodguy.ca and were given to the winners including the team with the most "Esprit du Lac Sinclair"!

The organizing committee was able to use most items from last year for the games. We will need to purchase 1 bucket (due to breakage), more balloons, frisbees (we borrowed Corinne's) and recommend we order a large banner with the Lac Sinclair logo on it for multi-purpose events. Megan purchased additional

coloured bandanas for team colours.

Many thanks to all who participated! Special thanks to the Smith and Lussier families for allowing use of their beautiful waterfront and to all the volunteers and the organizing committee.

Looking forward to sunny weather and strong Esprit du Lac in 2023!

Megan Farrell on behalf of the L'Esprit du Lac Regatta Organizing Committee











In Memorium

We note with regret the passing of Claude Bernier on 14 October 2022 at the age of 79. Claude was a long-term member of our Association and a supporter of its activities, notably the earlier annual Canada Day celebration in Parc Bernier.

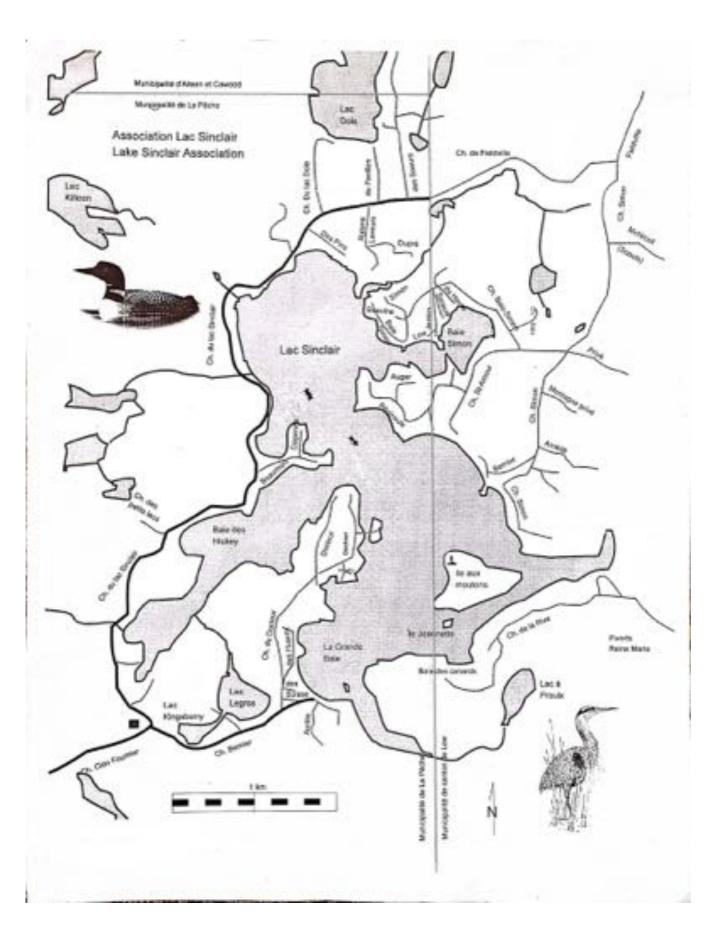
The obituary may be found at https://www.cfo.coop/avis-de-deces/claude-bernier-216780/

We offer our sincere condolences to the family and friends of Claude.









Association du Lac Sinclair Annual General Meeting Saturday, June 25, 2022, at 10h00 Ste-Sophie d'Aldfield Community Centre

1. Opening of the meeting and establishment of quorum.

20 members were present including the following executive members: Jocelyne Alain, David Hallman, Luc Vézina, Mark Farrell, Megan Farrell and Craig Bater. Absent: Colin Chesterman. The President announced that as the quorum of 25 was not met, no voting would take place.

2. The President introduced executive committee members and named other key volunteers: Yvon Prégent, Louise Bellefeuille, Roger Smith, Chantal Vaillancourt-Scott, Kevin Scott, Brian Le Conte and Paul Gauthier.



- 3. The meeting proceeded in accordance with the attached agenda.
- 4. There were no comments on the Minutes of the 11 September 2021 AGM.
- 5. Financial Report (verified by Roger Smith). (Attached)
 - Roger Smith advised that the Association might be able to obtain liability insurance at a lower cost by signing on to the insurance program used by the Municipality of La Pêche. The President replied that she would check into this.
 - The President expressed her appreciation for the various grants provided by the Municipality of La Pêche. Despite numerous requests, The Municipality of Low had not provided any grants.
- 6. President's Report.
 - The President delivered her report as per the attached.

7. Active Association Files

- Jocelyne advised that the Fishing Tournament is confirmed for 31 July 2022.
- Megan advised that the Regatta is confirmed for 20 August, rain date 21 August.
- Details and application forms for both on lacsinclair.ca.
- Jocelyne commented on the great trail-making work on the lake carried out by volunteers last winter.

Water Testing and Buoys

- Mark reported that water testing reveals that e. Coli levels are consistently low.
- 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 mid-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.
- Mark advised that the multi-year program to replace all buoys is now complete. In future, buoys will be replaced regularly as required.
- Any buoys found floating on the lake should be dropped off on Mark's dock.

Website

- Luc provided an update on lacsinclair.ca and the face book group https://www.facebook.com/groups/455917824786194.
- 8. Election of new members of the Executive Committee for 2022-2023

David advised that all current members of the Executive Committee had stated their intention to volunteer for another year. With the recent resignation of Chantal Vaillancourt-Scott as Secretary, David asked if there were any volunteers for this position and for the position of Publicity Director. No one put up their hand for the latter, but Kathryn Ann Hill volunteered for the Secretary position.

Welcome Kathryn!

9. Adjournment The meeting adjourned at 11h00.

President's Report – 25 June 2022 AGM

I am completing my fourth year as president and I continue to appreciate the Association's mandate, which is to ensure the quality of the water, the protection of our environment and the safety of everyone on the lake.

- We held two executive committee meetings: one on October 30, 2021 and the other on May 28, 2022.
- We have published two newsletters: the fall 2021 newsletter published in mid-December 2021 and the spring 2022 newsletter published in mid-June 2022.
- Since we are at the very beginning of the summer season, I do not have much to share with you in this report however, we were able to enjoy wonderful activities this winter thanks to very dedicated and valuable volunteers.
- We have made our usual grant applications to the Municipality of La Pêche to help us offset the expenses incurred during our various 2021 - 2022 activities: The Fishing Tournament, The Regatta and our Winter Activities.
- We will once again be carrying out various water quality and transparency tests this summer and, at no cost, the ABV des 7 tests will measure the oxygen level three times. This data will be used by the RSVL (Voluntary Lake Monitoring Network) and especially by us to learn more about the health of our lake.

- The next meeting of lake associations is scheduled for September 2022. The purpose of these annual get-togethers, now in our 4th year, is to share information, discuss common issues and find solutions. These meetings are very beneficial for all of us as we can learn from each other and bring information back to our respective associations.
- Again, remember that all of our work is done entirely on a voluntary basis; I would like to warmly thank all the volunteers for their invaluable contributions.

Jocelyne Alain, President



Lake Sinclair Association MEMBERSHIP FORM 2023

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 JOX 2W0

You can also join or renew your membership online by following this link: http://lacsinclair.ca/membership/membership.htm
OR by e-transfer at lacsinclairinfo@aol.com

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Tel. # at Lac Sinclair: Tel. # at h	ome:
Mailing Address:	
Language Preference: English Français	
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Comments: (How can the Association help you?)	
In what way might you be interested in assisting of activity would interest you? (Executive, Enviro	the Association as a volunteer? What type