

# Lac Sinclair Newsletter

Spring 2024



## Message from the president

Hello dear residents,

Another year has gone by and I will remain as president for as long as someone steps up to the plate. Thank you all for your support, encouragement and above all, your nice comments towards your Association for our work.

- I have included in this newsletter a Hydro-Québec communiqué
- An update on the FireSmart Program and more...

The Association hopes to count on your support for the year **2024** 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. Your membership will help us greatly in supporting our goals and ongoing projects:

- ✓ 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, 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 **2024** calendar the following dates:

- *The 2024 Annual General Meeting: Saturday, **June 22*** at the Ste-Sophie d'Aldfield Community Center at 10:00 a.m. Our guest will be: Captain Stéphane Pambrun from the Municipality of La Pêche Fire Department
- *The Fishing Tournament: Sunday **August 4***
- *Winter activities on the lake: **winter 2024-2025*** - weather permitting, to have trails around the lake for skating, snowshoeing, cross-country skiing, biking or simply walking

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 summer 2024

Jocelyne Alain

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## Firesmart

Lac Sinclair is proud to become an active member of **Firesmart Canada!** In 2024, the Lac Sinclair Lake Association will join 2 other Quebec communities (MRC de L'islet, Town of Rapides-des-Joachims) and 378 neighborhoods in 10 provinces and two territories to participate in Firesmart Canada <https://firesmartcanada.ca/> Wildfire Community Preparedness day.

**What is Firesmart Canada?** FireSmart leads the development of resources and programs to help Canadians increase resilience to wildfire.

**What is Firesmart Education program?** People living in or near forested areas must be aware of the threat of wildfire and the actions they can take to build resilience. FireSmart Canada has developed educational programs in English and French to help property owners.

**What is Firesmart Wildfire Community Preparedness Day?** A national campaign that encourages citizens to take actions that increase their home, neighborhood and community's resilience to wildfire.

**Lac Sinclair's Wildfire Community Preparedness Day is Saturday, June 22 during our AGM (10am-12 pm). Join the Lake Association volunteer executive committee to learn more about the Firesmart program and our selected community volunteer day this summer. Meet Fire Captain Stephane Pambrun who will**

- share his experience and understanding of wildfires in our region and in Quebec
- remind everyone of the rules, regulations (wildfire safety, stay out of the way of fire services teams etc)
- share evacuation routes, contact numbers, etc
- and share general protocol required by property owners to stay safe from wildfires.

Join our **Firesmart** community clean up project this summer and have a chance to win 1 of 2 fire extinguishers for your home or cottage!



**Serge Monette**



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## **Lake 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 was done on June 2nd 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.

Once a month starting in May, clarity readings will be taken at the same two locations on the lake. Using a Secchi Disk, volunteer Erich Neumann will undertake this important task on behalf of the lake association. Results will be shared in the fall newsletter.

### **Safety buoys**

The buoys were installed ahead of the May long weekend this year as the warm spring weather made it feasible to do. Please do not touch or attach any type of water craft to the buoys as this can dislodge the anchors on the lake bed and cause the buoys to float away, leaving rocks unmarked.

### **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.

### **Soap products, pesticide 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 lakeshore, please refrain from using pesticides and/or fertilizer as these products contain phosphorus 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.

## 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. The Association periodically receives emails related to water level fluctuations. There are many factors that affect the lake water level including spring run-off, rain volume, summer temperatures and beaver/human activity vis a vis dams. The lake association has no mandate or ability to impact lake water levels. Should you have questions or concerns related to this issue, please contact the appropriate representative listed below.

Municipality of Low:

Jean-François Patry, Municipal Inspector

Tel: (819) 422-3528

Municipality of La Pêche:

Quentin Liautaud Civil engineering technician – watercourse intervention component

MRC des Collines-de-l'Outaouais

216, Chemin Old Chelsea, Chelsea (Qc) J9B 1J4

Tel: 819-827-0516 ext. 2290, Cell: 819-712-7857



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# Hydro-Quebec Pruning and Clearing of Trees

The following communication was sent to residents in early 2024 about the vegetation control that is being done around the lake.



January 29, 2024

Community Relations – Lanaudière,  
Laurentides, Laval and Outaouais  
Direction – Affaires régionales et collectivités  
333, boul. Jean-Paul-Hogue, 1<sup>er</sup> étage  
Saint-Jérôme (Québec) J7Z 6Y3

## **Subject: Work in 2024 and 2025 to improve the resilience of the power line that serves you**

Hello,

We would like to inform you of the major work to be carried out on the Wake-237 distribution line (see enclosed map). This line supplies 1,973 customers in the La Pêche, Low and Aléyn-et-Cawood municipalities.

The extreme weather and ice storm events Québec has experienced in recent years have been causing longer and more frequent power outages. These unusual weather events have led to a decline in service quality. Hydro-Québec is determined to correct this tendency and reduce the number of outages affecting all of our customers.

As a result, over the next two years we will be upgrading the grid with such new equipment as **composite poles** and **conductor covers**, and adopting innovative practices like **undergrounding certain lines**. Our teams will be dismantling and rebuilding the line in your area to install this equipment.

We also intend to step up our **vegetation control** around power lines. Throughout 2024, we will be carrying out preventive work such as selective clearing, brush clearing and cutting down at-risk trees near our equipment. Since many of these trees are on private property, we will be seeking permission to fell them from the landowners concerned. Sections of trunks will be left on site after the work is complete. We leave it up to the owner to decide how best to dispose of it. In some cases, the branches may also be left on site. Wood and branches on the ground foster biodiversity in rights-of-way.

Please note that some of this work will require the electricity service to be interrupted for short periods so as to ensure worker safety. Rest assured that you will receive advance warning as to the dates and precise duration of these planned interruptions.

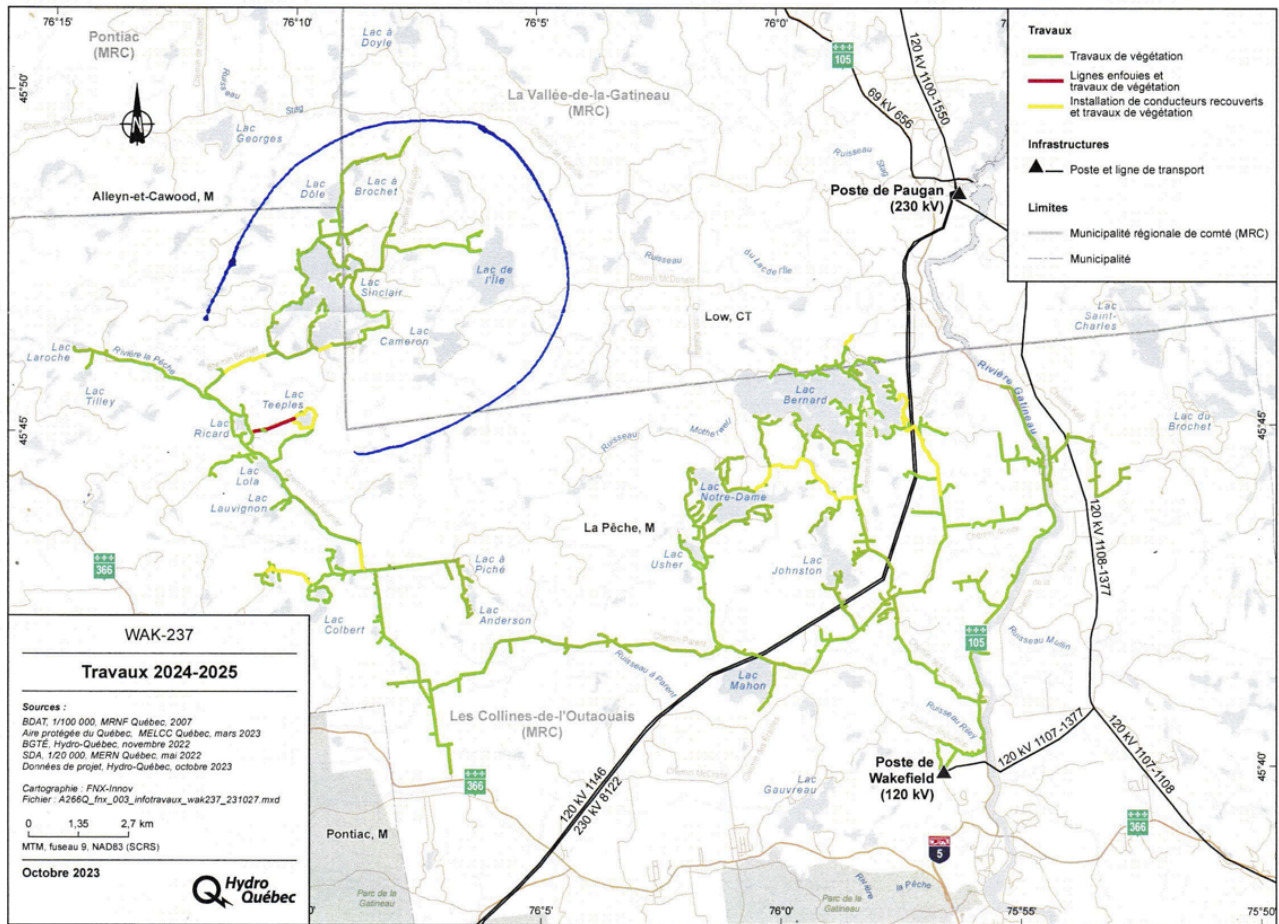
The collective effort is key to the success of our endeavours. Your cooperation in these matters is greatly appreciated.

Yours truly,

**The Hydro-Québec Community Relations team**  
Info-Project line: 1 800 465-1521, ext. 6022



## Planned work site (subject to change)



Document d'information destiné aux publics concernés par le projet. Pour tout autre usage, communiquer avec l'unité Géomatique, à Hydro-Québec.

**Your Association Online**

<http://www.lacsinclair.ca>

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

## Winter Activities

Even though the winter activity trails on the lake were short lived, barely a few weeks, many enjoyed them. A BIG thank you to Brian Grover and Gilles Desjardins who so much enjoy doing the trails and seeing so many people enjoy them.







**Ahmad Hassan** B.Pharm  
Pharmacien-proprétaire  
Pharmacist-owner

Ahmad Hassan pharmacien inc.  
6, rue Principale Ouest F B19 456-1119  
Sainte-Cécile-de-Masham (Québec) J0X 2W0  
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**819 230-9897**

Les propriétaires / owners

Chantal **Bou**cher  
Yves Tu**rgeon**

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## CRIME

In La Pêche, the incidents that were reported in the Lake Sinclair territory:

- One ATV theft occurred in May on ch Beaumont
- Three break-ins occurred between July and August 2023:
  - Two on ch du Docteur; and
  - Onene on ch du Lac Dole

Statistics were provided by Martin Fournel, Sergeant in charge of the Prevention Section, Community and Public Relations Public Safety, MRC des Collines de l'Outaouais.

In Low, Sergeant Dany Dufour of the Sûreté du Québec, after having verified with his superior, let us know that these statistics are no longer public information.

# Pharmacie Brunet

100-895 chemin Riverside

Heures d'ouverture:  
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## Acknowledgements

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, [hallmandk@gmail.com](mailto:hallmandk@gmail.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
- Kathryn Ann Hill – Secretary, [kathrynann.hill@gmail.com](mailto:kathrynann.hill@gmail.com)
- Colin Chesterman – Treasurer, [chestermancp@bell.net](mailto:chestermancp@bell.net), cottage 819 456-2939 Megan Farrell – Director, Water Testing, Social & Special Events, [megan\\_gallagherfarrell@yahoo.ca](mailto:megan_gallagherfarrell@yahoo.ca)
- Luc Vezina – Director, Website and Facebook, [luc.vezina@gmail.com](mailto:luc.vezina@gmail.com)
- 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 the Municipality of Low for its support; 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!



La Pêche





**Lake Sinclair Association**  
**MEMBERSHIP FORM**  
**2024**  
**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>

OR by e-transfer at [lacsinclairinfo@aol.com](mailto:lacsinclairinfo@aol.com)

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)

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