



Lac Sinclair Association Newsletter

Spring 2019

In this edition:

- **Message from councillors**
- **Invasive species**
- **Crime**
- **Mineral prospecting**
- **Cell towers**
- **A Dog's tale**
- **And more!**

Message from the President

We are Canadians and our favorite subject is the famous weather. A beautiful summer with heat in abundance for those who love the heat and again, a winter of hell with a whole lot of snow and a disastrous spring. Hoping once again that all this stuff is behind us; and we start again in 2019...

The association really hopes to count on your support for the year 2019 and the years to come. Please encourage your friends, family members and neighbors to support the Association through the annual fee of \$ 25 per year. There are approximately 272 properties around the lake and only 119 responded to our call in 2018; this is a mere 40%. Your membership will help us greatly in supporting our goals and ongoing projects:

- On-going efforts to maintain an acceptable water level in Lac Sinclair
- Water analysis: e-coli, phosphorus, chlorophyll, clarity of water and its level
- Installation and removal of buoys including the maintenance
- Organization of various activities
- Boat wash station

Just to name a few...

(cont'd from page 1)

Your association is also a member of the Gatineau Valley Water Protection Group, which has the following priorities:

- Support local lake associations and other groups engaged in the work of protecting water resources
- Ensure consultation and collaboration among these groups
- Raise awareness of waterfront property owners and water users
- Collect and share information
- Promote the rehabilitation of shorelines
- Ensure follow-up of water related projects
- Encourage and inspire participation by citizens to protect water

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Luc Richard

Courtier immobilier

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info@lucrichard.ca



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

Jocelyne Alain – President

David Hallman – Past President

Mark Farrell – Vice President and Director, Environment

(Vacant) – Secretary

Colin Chesterman – Treasurer

Megan Farrell – Director, Water Testing, Social & Special Events

Maurice Legros - Director, Advertising

Luc Vezina – Director, Web Site
(Vacant) - Director, Special projects

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

Yvon Prigent and Louise Bellefeuille-Prigent – Membership Secretary

Brian Le Conte – 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

Please note on your calendar on Saturday, **July 6th**, the date of the 2018 Annual General Meeting to be held at the Ste-Sophie d'Aldfield Community Center starting at **10:00 am**. **I invite you all, members and non-members**, since we require quorum to pass motions and confirm members of the executive. Once again, we are counting on the presence of our councillors from both municipalities to bring us up-to-date on new / upcoming changes.

Here are the dates of activities for the summer of 2019:

- Annual General Meeting, **July 6th**
- Fishing tournament: Sunday, **August 4th**.



This information will also be communicated to you by email, on our website www.lacsinclair.ca, our Facebook page and on our bulletin board at the corner of Chemin Cléo Fournier and Chemin Bernier / Chemin du Lac Sinclair.

The Association wishes to thank the Municipality of La Pêche for its annual grant, and for a grant 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

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assistance with the Boat Washing Station as well as the rental of their room for hosting our AGM.

Jocelyne Alain, President

Message from Luc Thivierge, Low Municipality Councillor

Hello members of the Sinclair Lake Association. On my behalf and of the council of the Township of Low, I wish you a wonderful and prosperous year. As you already know, the Municipality of the Township of Low is growing/progressing and we have given ourselves this year the mandate to continue to improve our road network. In addition, the Council has authorized lake and watercourse management training for the municipal inspector to help protect your investment. I do not have to remind you that you do not buy a property on a lake or watercourse with Eurasian milfoil or other.

City Council has the environment at heart.

- City Council is preparing to pass a regulation on the systematic pumping of septic sludge. This project will help prevent phosphorus, among other things, from continuing to pollute our lakes and streams.
- Public meetings, before the adoption of our regulation on the systematic pumping of septic sludge, will be announced soon.
- We are also working with a planning firm to adopt a regulation that reflects the reality of today.

As for civil security, we are looking into a good neighborhood watch program on our territory and we should implement it soon.

On this, we wish you a very beautiful summer season.

Luc Thivierge, Councillor

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Message from Réjean Desjardins, La Pêche Councillor

Hello dear citizens of the Sinclair Lake Association. I am pleased to write a short note to inform you of the progress of our municipality since the election of the new municipal council. 17 months have passed since the beginning of our mandate and many new projects are underway.

We are finalizing a 5-year strategic planning that ended with a citizen consultation on May 22 at 7:00 pm in the Desjardins room of the arena in Masham; many topics were discussed to provide a quality of life to our community. I know that the environment and the protection of natural environments are important to you, these topics were part of the discussion tables. I invite you to visit the [website](#) of the municipality where you will find information on our strategic planning. I also invite you to visit our new [Facebook page](#).

Our communication service is very efficient; there are continuous updates on municipal decisions that you can consult at any time. Citizen involvement is very important and a well-informed citizen can only contribute to our positive journey. I wish you a beautiful summer on this wonderful territory that only needs to be respected and admired.

Réjean Desjardins, Your municipal councillor of La Pêche.

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QUINCAILLERIE

BMR EXPERT

Invasive Species: Regroupement pour la Protection de l'eau de la Vallée-de-la-Gatineau (RPEVG)

The seventh Annual General Meeting of the RPEVG took place at the [Bois-Franc Community Centre](#) on Saturday 27 April 2019. Your Association was represented by David Hallman and Maurice Legros. The [RPEVG](#) is the group that has provided us with the pressure washer and associated equipment for use at our boat washing station. The focus of the RPEVG is on lakes and water ways in the territory of the MRC de la Vallée-de-la-Gatineau; our membership in the RPEVG is justified on the fact that one-third of our lake is situated in the Municipalité de Low which is in the MRC de la Vallée. (The remaining two-thirds is in the Municipalité de La Pêche which is in the MRC des Collines-de-l'Outaouais).

The AGM heard expert presentations on ground water resources and invasive species. The meeting also [approved an Action Plan](#) which covers topics such as halting the spread of invasive species in our lakes ([French only video](#)), protecting our ground water resources, promoting the growth of natural vegetation along our shorelines, and the implementation of a communications plan focussing on strategies to accomplish these objectives.

In 2018 our boat station was used to wash a little over 25 watercrafts. We look to you to make efforts to increase this usage and to spread the word to others to wash their boats before they enter Lac Sinclair so as not to allow our lake to be contaminated by invasive species such as Eurasian milfoil.

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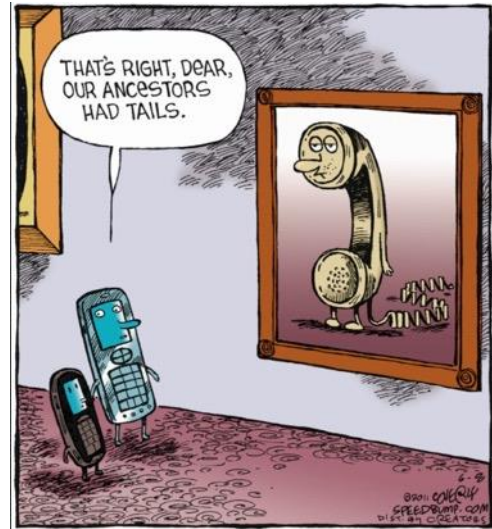
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Cell Towers

On February 6, late afternoon I had a small car accident; my car did not make the curve on ch Fieldville, just past the La Pêche border to the Low Municipality, so I slid and ended up very stuck in the snow bank, perpendicular, all alone and NO CELL phone connection of course to cry for help...Lucky for me, Yvon Crête drove by maybe 30 minutes later and used his snow plow to move my car back in position. No harm done except a tiny bit on my old car. All this to say that I sent a note to our Deputy Will Amos through his Website Contact Us page regarding the cell phone issue. Please see below the note I sent shortly thereafter. This note also appeared in the 20 February issue, Letter to the Editor of the LowDown to Hull and Back newspaper.



Hello Mr. Amos,

My name is Jocelyne Alain, President of the Lake Sinclair Association and Vice-President of the Ste-Sophie d'Aldfield Community Center. Lake Sinclair in East Aldfield is shared between two municipalities: The Municipality of La Pêche and the Municipality of Low. The Community Center is in the Municipality of La Pêche.

<p>Ste-Sophie d'Aldfield Community Centre 951 Cléo Fournier Rd. La Pêche Qc.</p> <p>Hall Rental (110 pers capacity) <i>full kitchen available</i> reserve our space for your next family reunion, meeting or party call 819-456-4869</p>	
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I read your newsletter regularly and I am aware of the steps you are undertaking regarding digital infrastructure in rural areas. This said, Duclos, East Aldfield is just barely one hour away from Gatineau / Ottawa and as you surely know, cell phones do not work in our little corner. Late yesterday afternoon, I really realized the impact of this when my car slipped, missed the curve and ended up perpendicular to the road in the big snow bank on the Fieldville road ... Impossible for me to get out of there because the side of the road is very icy. I was all alone and about a 40-minute walk from my residence (no homes in this area) ... I cannot communicate with anyone using my cell of course; I was very lucky despite my bad luck because a snow removal guy drove by and got me out of my situation.

This small comment is to further encourage you in your efforts to make cell phones work in rural areas because this big lack is very serious especially during an emergency situation such

as an accident or a fire (which already happened and the firefighters had to knock at someone's door to make their call – they apparently were not very happy).

Thank you for your attention to this little comment ...

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DESSERVI PAR

POLKA

Next, I emailed both mayors and Councillors to inform them of my accident. They both replied or called me:

- The Municipality of Low sent a resolution to Will Amos, Stéphanie Vallée and all the municipalities in their MRC requesting financial assistance to solve the problems of cellular phones on the territory of the Municipality of Low-12 Township.
- La Pêche Municipality intends to do the same thing and the mayor will discuss the situation with Mr. Amos at his next meeting.

Following this, I met Will Amos at a Fundraising supper on March 2nd for La Maison des Collines and spoke at length with him establishing that the entire situation was a matter of security...He then sent me his Motion on rural digital infrastructure.

- Quoted from Mr. Amos' attaché, Francis Beausoleil: "Mr. Amos' motion was passed May 8th. In short, two parliamentary committees of the House of Commons will be addressing the issue of security in areas not served by cellular coverage. Let's say that the file is moving!"

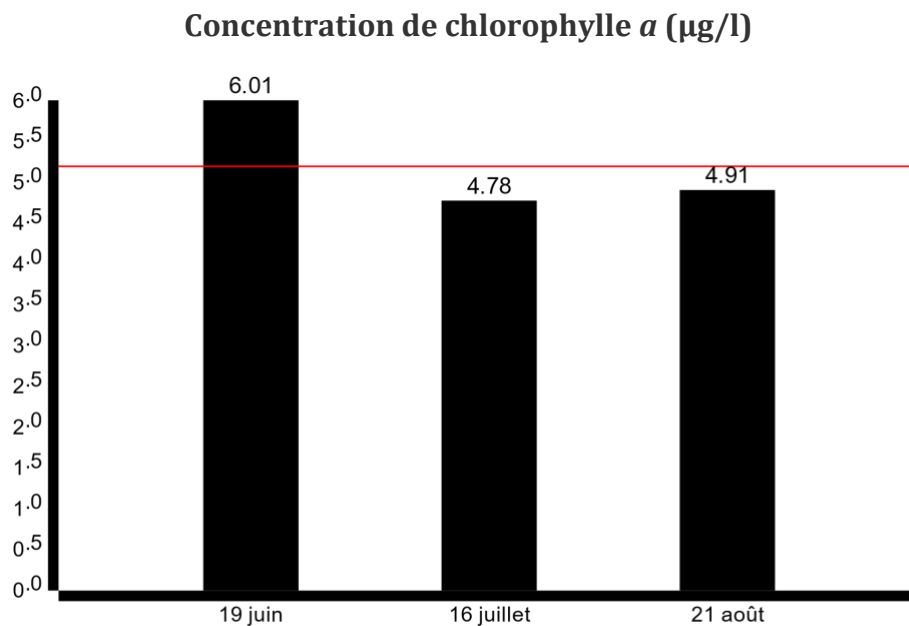
I strongly suggest to all of the readers of this newsletter to read the LowDown newspaper as you will find regular updates on this very hot item

Lake water related matters: Water testing, clarity, depth and boat washing.

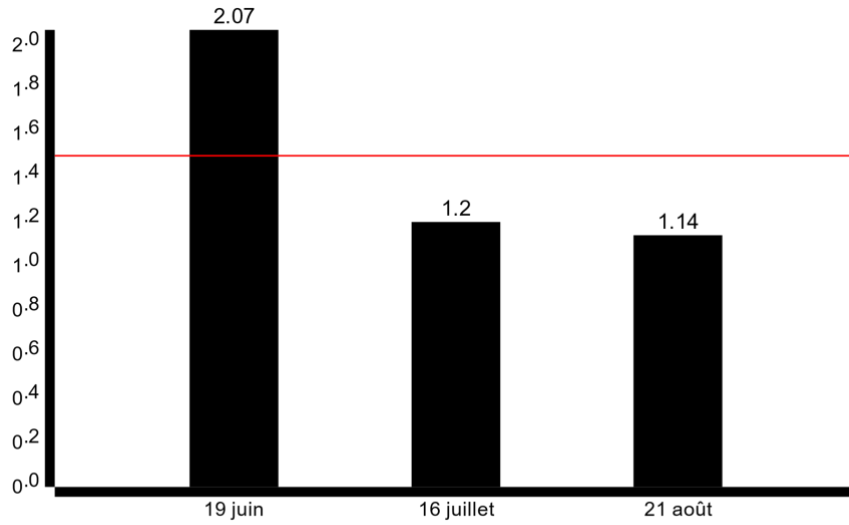
Water testing

We will be testing for E-coli readings twice this season as per usual at 25 predetermined sites around the lake - once in mid-June and again in late August. E-coli is measured to gauge the cleanliness of the water for swimming purposes.

As part of our participation in a Quebec government water study for the last six years, we supplied lake water samples to the Government on three occasions last summer to be tested for phosphorous and chlorophyll levels. Samples were taken from the same spot on the lake each time. Phosphorous is a naturally occurring nutrient that is critical to plant growth. In the case of lake water, it is essential in the formation of algae which is an important food source for fish and other aquatic animals. A normal level of phosphorous in lake water is 5 micro grams per litre. The readings from last summer ranged between 4.7 and 6.01. Heightened levels of phosphorous can be caused by faulty septic systems as well as the use of soap detergents containing phosphates. It is recommended that cottagers use detergent brands that do not contain phosphates. Chlorophyll is a second naturally occurring substance that is also critical to the growth of algae. The key is to ensure that levels do not get too high as this will lead to excessive algae growth and cloudy water. Levels below 8 micro grams per liter, indicate that the water source is classified as “clear”. The readings from our samples last summer ranged between 1.14 and 2.07 micro grams per liter which is very good.



Concentration de phosphore total (µg/l)



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Robert Bussière

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MNA FOR GATINEAU

1 866 315 0237
ROBERT.BUSSIERE.GATI@ASSNAT.QC.CA

Water Levels

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

Sébastien Aubin et Nadine LaCasse
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Boat washing

The boat washing station is up and running again this year next to the Community Centre in East Aldfield across the street from the general store. 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 back into the 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.

Émondage et abattage E.P. 

- Émondage et abattage d'arbres **Eric Philippe**
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Soap products

It is recommended to use biodegradable products that degrade in less than 30 days such as La Parisienne, Biovert and Attitude to name a few. 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.

CRIME STATS

La Pêche

An extremely quiet year, not only in your area but throughout the territory.

In terms of property crime in your area, we only have 2 "reported" complaints of mischief (damage) on the Cléo-Fournier road and that's it.

You can also consult our annual reports on our website. [Here is the link for the latest listing \(2017\)](#).

The 2018 listing should be available around June.

Martin Fournel

Sergeant in charge of Prevention Section, Community and Public Relations

Low

	2013	2014	2015	2016	2017	2018
Criminal Fires	2	1	1	0	2	1
Breaking and entering	10	13	7	7	10	9
Simple thefts (ex: rowboat/metal boat)	8	6	6	4	4	5
Vehicle thefts	2	4	3	2	2	3
Fraud	0	1	1	2	0	0
Mischief (eg: damage)	0	4	5	3	0	5
TOTAL	22	29	23	18	18	23

Pascal Rochon, 819-449-4333 SQ Vallée de la Gatineau, pascal.rochon@surete.qc.ca



Minerals Survey

On 16 December, we noticed a helicopter working over Lac Sinclair and adjacent land conducting an electromagnetic ground survey back and forth on an East-West track gradually moving up the lake South to North.



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[According to this article](#), the helicopter was hired by Métaux Osisko to look for zinc deposits throughout the lower Gatineau Valley. The results of the survey will be examined

to determine inter alia whether it would be economically viable to engage in mining activity to recover any zinc deposits that might be found.

The issue of whether mining activity would take place around lac Sinclair was quite active in the years leading up to 2008 at which point interest gradually faded away when it became clear that high prices for minerals such as uranium and zinc would not materialize. More info available here: <http://no-uranium.blogspot.com>



Mining activity, including mining claims, exploration work on private property and expropriation of private property, is covered by the Québec Mining Act. In the web page at the immediately preceding link you will note that that the Act was amended in 2013 to provide inter alia that MRCs may declare parts of their territory as mining-incompatible in their land use and development plans. MRCs might normally do this if the land in question was adjacent to built-up areas, or part of a recreational or tourist area (villégiature).

To be determined: whether MRCs des Collines-de-l'Outaouais and de la Vallée-de-la-Gatineau and/or the Municipalities of La Pêche and Low have taken action to declare any of their territory to be mining-incompatible.



A Dog's Tale

Last March, 2 dogs Brindille and Buddy went astray surely because they were hunting chipmunks, ventured a little too far and then got lost. The 2 dogs were found safe and healthy, three days later in Cawood, 20 kilometers from Sinclair Lake.

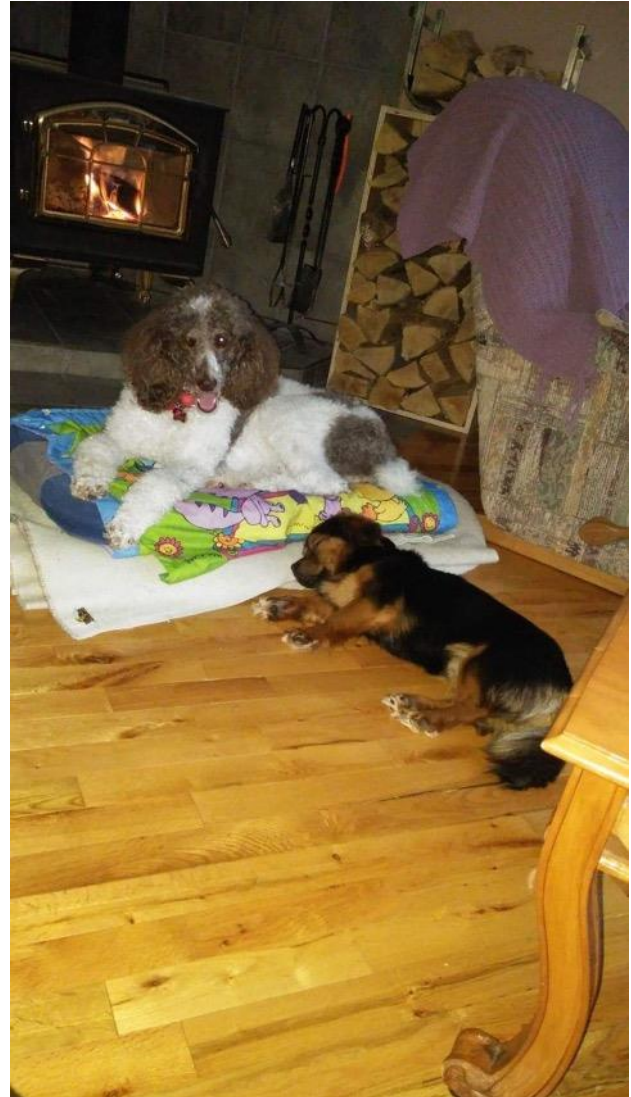
Immediately following their escape, the owners put up posters everywhere including their telephone number, and the Association sent an email to all residents. The owners received more than 10 calls and several emails were received.

Thanks to these successful efforts the 2 owners can now enjoy the company of their dog.

The most remarkable thing about this story is that the 2 dogs never did separate since they were found together.

The purpose for sharing this little story with the residents of the lake is because the owners wish to thank all the people of lake Sinclair for their help, solidarity and especially the compassion they received from you all

THANK YOU!!!!"



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SANTÉ

Ahmad Hassan

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A photograph of a woman in a white lab coat and a man in a blue shirt standing next to the text.

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Lac Sinclair Association Online

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Lake Sinclair Association
MEMBERSHIP FORM
2019
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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:

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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

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)

Neighbourhood Watch Program at Lake Sinclair – 2019 - La Pêche
Service de la Sécurité Publique
MRC des Collines



To participate in the program
if already a member, fill in only name and address.
if a new member, complete entirely the registration form.

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City: _____ Province: _____ Postal code: _____
Language: _____ E-mail: _____ Fax: _____
Tel. home: _____ Tel. work: _____ Tel. cottage: _____

Address at lake
(if different than Residence): _____

Neighbourhood Watch Program at Lake Sinclair – 2019 - Low
Sûreté du Québec



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if a new member, complete entirely the registration form.

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