

S P R I N G 2 0 1 5

the

Lac Sinclair

Newsletter



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- Mme Bernier
- Muck in shallow bays
- Water quality
- Lake poetry
- ...and more!

Spring 2015 President's Message

Welcome back. Another severe winter leaves us with hope for a summer of warm, sunny days with lots of fun times at the lake.

In order to help us achieve our objectives (listed on the homepage of our website www.lacsinclair.ca) I urge you to encourage your friends and neighbors who are not members to get behind the Association through the annual \$20.00 subscription as outlined in my letter dated 27 April 2015.

(Continued on page 2)



(Continued from page 1)

We will again this year be undertaking our water-testing program to test for levels of e. coli. The very gratifying results of last years testing for e. coli, total phosphorous and chlorophyll are in our Fall 2014 Bulletin at these links: <http://lacsinclair.ca/newsletter/LacSinclairFall2014.pdf>.

Your current Executive is as follows:

David Hallman - President
Claude Tremblay – Past President
Colin Chesterman – Treasurer
Mark Farrell – Director, Environment and Water Testing
Megan Farrell – Director, Social & Special Events
Maurice Legros – Director, Advertising
Luc Vezina – Director, Web Site
(Vacant) - Vice President
(Vacant) – Secretary
(Vacant) – Director, Silt Reduction
(Vacant) – Director Special Projects

The following volunteers are performing these additional responsibilities:

Louise Bellefeuille-Prégent and Yvon Prégent - Membership
Brian Le Conte –Fishing Derby Convener
Chantale Scott – Water Level Measurement.
Roger Smith – Accounts Verifier
Joanne Smith – First Aid Resource

My heartfelt thanks to all of these volunteers.

All members who registered in 2014 and/or 2015 are eligible to attend and vote at our **Annual General Meeting** which will be held on Saturday, July 11, at 10 a.m. at the Ste-Sophie d’Aldfield Community Centre, 951 Chemin Cleo Fournier. I hope that as many as possible of you will be able to attend so that there will be a quorum to make decisions, including on the make-up of the 2016 Executive Committee. Please think about volunteering for any of the vacant positions listed above.

I look forward to seeing lots of you at our regular program of activities over the course of the summer:

- Canada Day Fireworks: Saturday, 04 July at Bernier Park
- Regatta, Saturday, 18 July; Rain date Saturday 15August.
- Fishing Derby, Saturday 01 August.

Look for more information closer to these times in subsequent e-mails, on our website www.lacsinclair.ca, and on our notice board at the corner of Chemin Cléo Fournier and Chemin Bernier/Chemin du Lac Sinclair.

Best wishes for a great summer.
David Hallman

Loss of a Lac Sinclair Pioneer and Community Builder

On January 21, 2015, it was with a heavy heart that we learned of the passing of Mrs. Jeannette Bernier (née Robertson), a well known and very devoted business woman in our community for over 50 years.



We could say that Mrs. Bernier was a great lady, profoundly honest and spirited with an extreme sense of generosity and relentless energy. She did not give up her spot in the Bernier General Store until 2010, at the age of 88, after 64 years of service. It was in 1946 that she accepted, with great honor and joy, to move into this house, which she never left since her husband had to be on the road to bring back the necessary supplies for the business. Our Mrs. Bernier took care of the store, the saw mill, the house, the children and her mother-in-law. Her store became a meeting place. Every morning, employees met in the kitchen to have their first coffee of

the day.

On June 30, 2007, we celebrated 100 years of history and six generations of the Charron-Bernier family; 100 years of love, smiles, beauty, family labour and friends at Lac Sinclair, under the cross which was built by mother-in-law Nathalie Charron-Bernier in 1936 to protect the roads, and repaired in 1985 by Jeannette Bernier.

Here is a snapshot of Jeannette Bernier's achievements:

The Bernier General Store has always been the tourist information centre for Lac Sinclair. Even today, if you need information you stop at the store, which has become the Dépanneur du lac. The Bernier General Store has clearly contributed to tourism development. In fact, from 1960 to 1990, it offered services to 10 camping sites on Lac Sinclair, and until 1993, it also rented out cottages.

The store additionally contributed to community development by bringing together the area's entire population every year, on its site, to celebrate Canada Day and enjoy great fireworks.

From 1980 to 2008, Mrs. Bernier collected the daily fishing license fees.

For 25 years, she collected, **on a voluntary basis**, the Lac Sinclair Association's annual dues.

Very often, even at the last minute, she met the equipment and food needs of young scouts staying at Camp Awakamenjmeno.

Her community spirit, her determination and her numerous helpful interventions over the years helped to make comfortable country living possible for us even as needs increased with the growth in population, thus contributing to the creation of a better quality of life for Lac Sinclair.

Loss of a Lac Sinclair Pioneer (cont'd)

On February 27, 2010, at the Recognition Gala, the Ste-Sophie d'Aldfield Community Centre honoured Mrs. Bernier, this woman who for 64 years actively supported our community and advanced its local, economic, educational and tourism development.

She was happy to have the chance to thank everyone she had served night and day with much joy. The story of this wonderful lady, always smiling, is summarized by the following poem (French only), describing how work should be fun, filling one with happiness and pride, and how she was always there to help us out:

*Travailler c'est s'amuser,
ça vous remplit de bonheur et de fierté,
d'ouvrages elle n'a jamais manqué.
Même quand le magasin était fermé,
nous pouvions frapper à la porte d'à côté,
elle était toujours là pour nous dépanner.*

Thank you so much, Mrs. Jeannette Bernier, for having been there for us all.

Nicole Croteau and Claude Tremblay

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Lac Sinclair Shoreline and Silt Update

With respect to the Provincial Government's Environmental Shoreline Revitalization Program, the municipalities are directed to analyse the state of shorelines of all lakes in their area. The La Pêche Municipality has performed such a study on Lac des Loups and Lac Gauvreau. This year, the study will concentrate on Lac Sinclair.

The shoreline study will be carried out taking into account our project to rejuvenate the bays of Lac Sinclair. In this context, an additional study will be undertaken to measure the density of the organic matter at the bottom of various bays. Official results of this latter study are scheduled to be available in the early fall of 2015.

In the meantime, the Municipality confirms that we may go ahead with the Rejuvenation of our Bays Project since no municipal or government authorization is needed to install a chosen aeration mechanism on a private lot. To find out what tools are available to install the aeration equipment for your bay, please refer to the article published in the Association Newsletter in the fall of 2014.

Nicole Croteau



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Samedi 9h00 à 17h00. Dimanche 10h00 à 16h00

Water Quality Update

In 2014 the Association du Lac Sinclair became a member of the Regroupement pour la protection de l'eau de la Vallée-de-la-Gatineau (RPEVG) at an annual cost of \$100.00.

<http://abv7.org/regroupement-protection-eau-en.php>

RPEVG is a volunteer group closely associated with the MRC de la Vallée-de-la-Gatineau. We became involved because one-third of Lac Sinclair is in the municipality of Low which is in the MRC de la Vallée-de-la-Gatineau. (The rest of Lac Sinclair is in the Municipality of La Pêche which is in the MRC des Collines-de-l'Outaouais).

The Group's website is hosted by the Agence de Bassin Versant des 7 (ABV des 7) <http://abv7.org> which coordinates the actions of stakeholders in water governance in the following watersheds: West Blanche, Coulonge, Dumoine, Gatineau, Noire, Quyon and Ottawa Rivers.

The Regroupement aims to work towards the protection and enhancement of the water quality in lakes within the Gatineau Valley MRC by encouraging all stakeholders to take action on issues such as water testing, invasive species, shoreline revitalization, and maintenance of septic systems.

RPEVG is funded primarily by the MRC de la Vallée-de-la-Gatineau (\$25,000 per annum). It also receives \$5,000 in membership fees — from municipalities (Low is not a member), associations and individuals; \$17,000 from three local businesses; and a \$16,000 grant from Emploi Québec to pay the salary of a part-time coordinator.



Un des Meilleurs Courtiers chez Gauvin

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Water Quality Update (cont'd)

On 11 March, I attended a meeting of the Group's Executive Committee in Gracefield where I reported on our Association's successful water testing program. I also mentioned the notice we had received on 20 January from Marcel Marchildon indicating that the Municipality of La Pêche had allocated \$15,000 for a shoreline study of Lac Sinclair under the auspices of the ABV des 7. M. Marchildon had mentioned this possibility at last year's AGM.

On 02 May I attended a Forum organized by the Regroupement in Aumont where there were information booths on a variety of subjects such as:

Shoreline management.

- From the Department of Fisheries and Oceans covering both recreation and agriculture:

<http://www.qc.dfo-mpo.gc.ca/habitat-habitat/documents/LivingWatersEdge.pdf>

http://www.qc.dfo-mpo.gc.ca/habitat-habitat/documents/CULTIVER_EN.pdf

- From the Fédération interdisciplinaire de la Horticulture Ornementale du Québec (FIHOQ) (not available in English):

<http://banderiveraine.org>

Invasive species: Eurasian watermilfoil; Zebra Mussels; Rusty Crayfish; Water Chestnut; blue/green algae:

http://www.abv7.org/bibittes_en.php

These species are so far fortunately not present in our lake. The key method of preventing invasion is to continue to ensure that water is drained from boats and live wells and that boats, motors and trailers are cleaned thoroughly before they are put in the water.

David Hallman

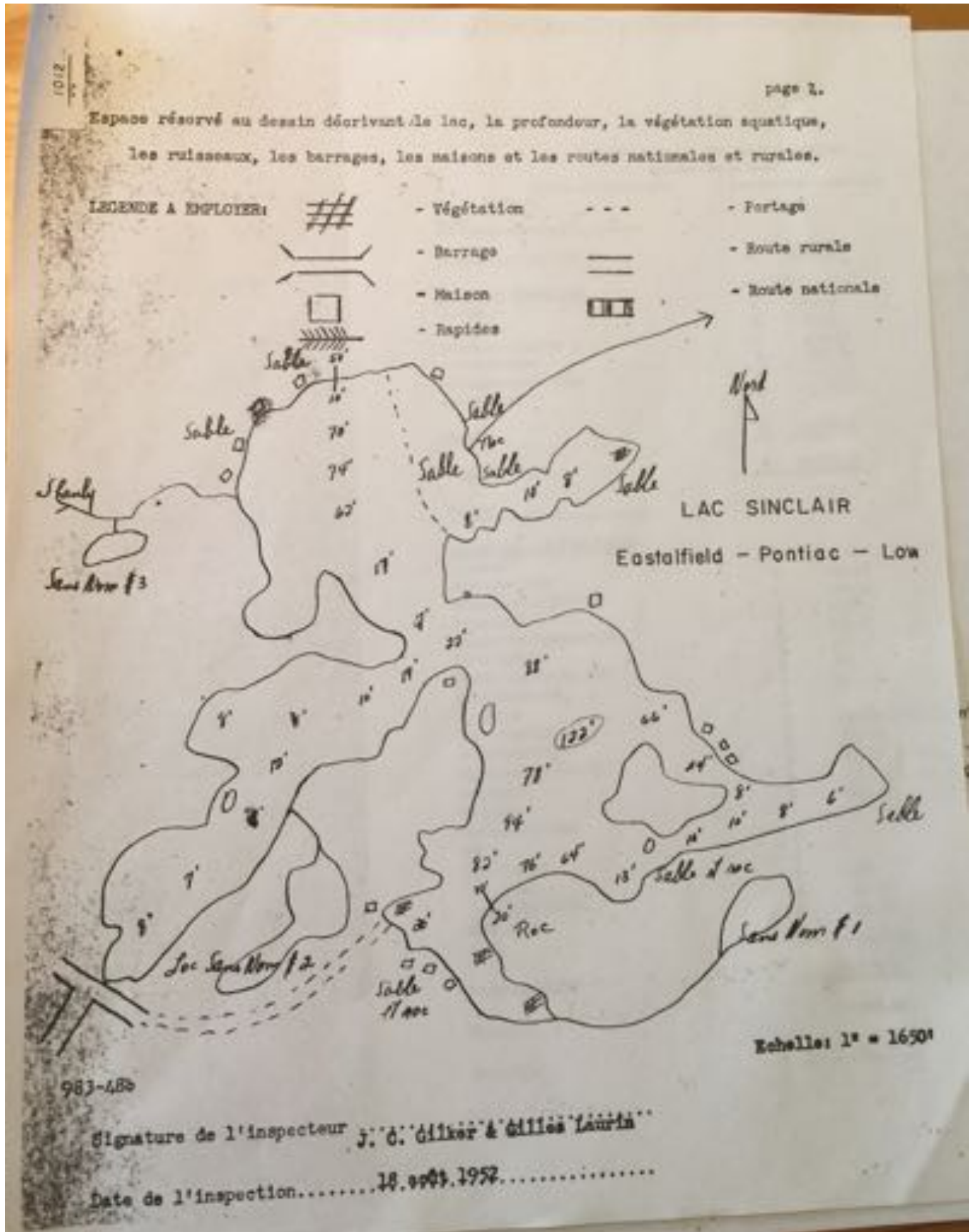


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From the Archives



Boating Safety

“Everyone has the right to enjoy a safe, fun time on the water. This means that everyone also has a responsibility to respect and share waterways with wildlife, swimmers, divers and other boaters and watercraft.”

The Safe Boating Guide published by Transport Canada (<http://www.tc.gc.ca/publications/EN/TP511/PDF%5CHR/TP511E.pdf>) provides a wealth of information on topics ranging from buying a used boat to licensing and registering a boat, obtaining a Pleasure Craft Operating Card; age and horsepower restrictions for operators; safety equipment requirements on board; and “rules of the road” for all boats, including Personal Water Craft (PWCs).

While not all of the information applies to boating on a relatively small body of water such as Lac Sinclair, there are many sections that do, especially those relating to the operation of motor boats, including PWCs, such as this text from page 48 of the guide:

Be cautious and courteous and respect your neighbours. Many people dislike the noise a PWC makes when it is operated for long periods of time at high speed, especially when it is used to jump waves.

Avoid high speeds near shore. Never take your boat between a swimming raft and the shore.

Have a safe summer on the water!

David Hallman



**Ste-Sophie of Aldfield
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Le lac

Alphonse Beauregard (1881-1924)

Aux pieds de trois coteaux habillés de sapins
Gît un lac profond, clair et sage,
Où maintes fois je suis descendu, le matin,
Aspirer la paix qu'il dégage.

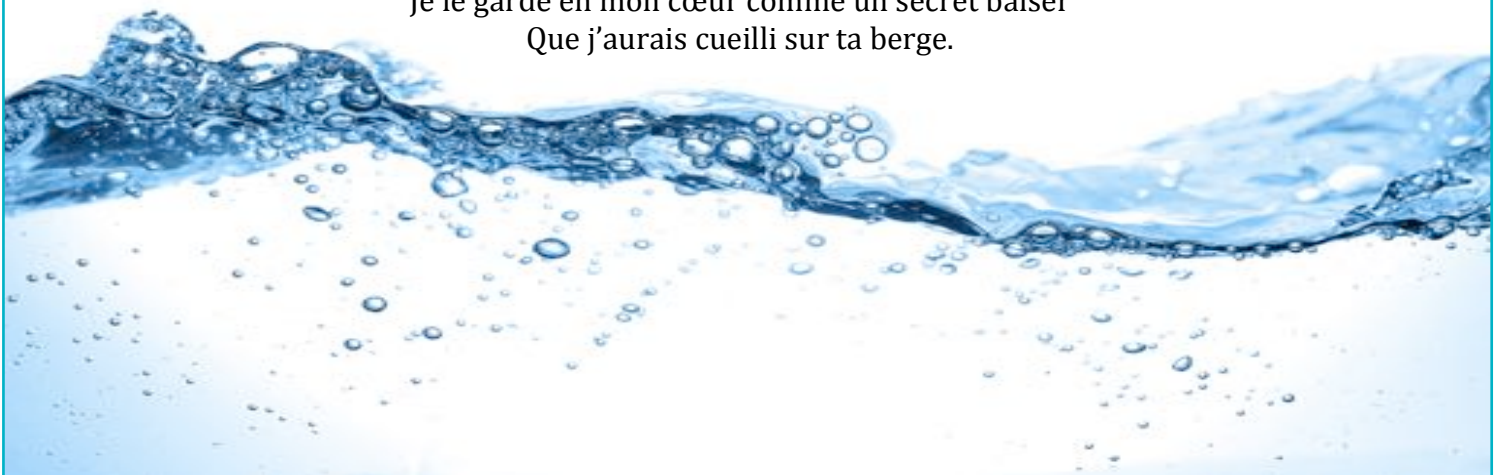
Rond et luxuriant, à son centre, un îlot
Ressemble au chaton d'une bague;
Les arbres alentour penchés au bord de l'eau,
Y dessinent des formes vagues.

Libre de quais encore, à nul chemin ouvert,
Inutile et pur diadème,
Il est, dans l'âpreté de ce pays désert,
Une œuvre d'art pour l'art lui-même.

Je suis ton amant pauvre, ô lac, et ne peux pas
Arrêter les sinistres haches;
Écoute-les sonner, autour de toi, le glas
Du bois qui te pare et te cache.

Tu deviendras, parmi les maisons, les champs nus,
Une eau sans attraits, une mare,
Une chose qui sert à naviguer dessus,
Dont la multitude s'empare.

Qu'importe! Ils n'auront pas, ces maîtres imposés,
Connu ton sourire de vierge;
Je le garde en mon cœur comme un secret baiser
Que j'aurais cueilli sur ta berge.



The Lake Isle of Innisfree

BY WILLIAM BUTLER YEATS

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.





Lac Sinclair Association Membership Form 2015

****New!**** Association Membership fees can now be paid online at
<http://lacsinclair.ca/membership/membership.htm>

Please complete the following form and mail it along with a cheque for \$20 made out to Association Lac Sinclair to the following address:

Association du Lac Sinclair
Boîte postale 146
La Pêche, (Québec) JOX 2W0

Renewal: _____
Name(s):
Address at the lake:
Telephone number at lake:
Telephone number at home:
Mailing address:
Language preference : Français : ___ English: ___
Would you like to be on the associations mailing list? YES ___ NO ___ If yes, please add the following address to your safe sender's list: lacsinclairinfo@aim.com
Email address:
Comments : (How can the association help you?)
We are always looking for volunteers and people to join the association executive. Would you be interested in participating, and in what capacity?