

Hello everybody

It's a wonderful time of year – spring is sprung and we have a whole summer ahead of us. Let's get some good weather going.

It appears we've escaped the smelly yellow algae that has plagued us for the last few years at this time of year. This algae is not toxic and is in fact in some ways quite natural and always in our water at low levels. A bloom is fed by organic matter suspended in the water and occurs when environmental conditions are ripe for its growth – it is something that human activity contributes to. There are many actions we can take to limit our impact – more on that later.

CIEL and Jean-Louis Courteau

Lac-des-Seize-Iles will host the Interpretative Centre for Laurentian Waters (CIEL) in the Municipal Hall. It is a full time centre that focuses on Laurentian waterways (lakes, rivers, streams etc.) and is intended to educate visitors about inland waters in our area. Although it addresses the Laurentians in general many of the exhibits will be focused on our municipality. The intention is to draw eco tourism to our municipality (the best kind of tourism) including school groups and those interested in the scientific aspects of Laurentian lakes and rivers. As well CIEL will attract funding for projects - many on our lake. The Director of the centre is Jean-Louis Courteau who many of you know or know of. Jean-Louis has spent much of the last year planning, organizing, building and implementing this centre. It will open on June 21st. Almost all of the funding for this centre has come from various levels of government (regional, provincial and federal).

Your association (Friends/Amis) will provide \$5,000 in funding to Jean-Louis and CIEL. Our contribution will primarily be focused on projects that directly impact our lake as follows:

- Jean-Louis and a small team of divers will remove all the milfoil from critical trout spawning shoals on the lake. The goal is to increase a natural reproductive cycle. Many of you have been to the shoal in big bay in the fall to watch big lake trout spawning in the shallows. For the past number of years this shoal has been choked with milfoil – it will be removed along with the milfoil in other spawning areas. We will continue to fund milfoil removal at a maintenance level in these areas.
- Friends/Amis will host “Motorless Day” at the Club on **Wednesday July 4th** including lunch. Jean-Louis will do a short presentation on milfoil, its history, why it is a problem and its proper removal (Not done correctly any roots left behind will regenerate the plant. Also any fragments of the plant left in the water can easily re-root elsewhere). This will be followed by some hands-on instruction and removal of milfoil at the shoal just west of the Club docks (in

3 to 4 ft. of water – most with mask, fins and snorkel will be able to dive and remove in up to 7 to 8 ft. of water). The intention is primarily to help cottagers and families remove milfoil from their immediate environment (i.e. in front of their docks) with very little regrowth. If anyone is keen to extend removal past their properties, all the better.

Milfoil is spreading on our lake to areas that have not seen it since it arrived here 40 odd years ago. Many areas that had a few plants several years ago now are thick with it. So the time eliminate it is when there are only a few plants before it's out of control.

To participate in the hands-on removal segment you (or your child) will need a mask, a snorkel and fins. We're told that an inexpensive snorkel and fins are fine but to put your money into a higher quality mask. Jean-Louis has a source for masks – contact him at jeanlouiscourteau@gmail.com and he will be happy to help.

- The Club day above is on a Wednesday when many cottagers will not be in the area. Jean-Louis and his colleagues will do another milfoil education presentation and removal instruction day on **Sunday July 29** at the Club beginning at 10 AM. As we will be paying for instructors and the level of participation will determine how many instructors and for how long, please confirm your participation with Jean-Louis at jeanlouiscourteau@gmail.com. Again a mask, fins and a snorkel are required.

Lake Health

- Individual human impact on the lake as individuals is negligible, however, when you consider there are some 180 residences on the lake plus residences in the watershed and visitors to the lake, it becomes a problem that negatively affects the environment.

Here are a few things that we can work on to minimize our impact:

- Tara Cunningham has researched products that many of us use that are not good for the lake. They range from soap products to sunscreen and other skin products. The retail outlets to purchase lake-safer products are a bit Ottawa centric. There is also a retail outlet in St Sauveur – Boutique Bio-Terre <https://www.facebook.com/Boutiquebioterre/> near the church that has an excellent range of products. We've included Tara's informative email below,

I've been researching a bit on the chemicals and toxins to avoid putting in the Lake (and learning a lot about what I am putting on my own skin daily). Making notes for myself, so thought I would just send them in an email for you and Amis and then I can look back at it myself.

Check out this article through the David Suzuki Foundation. https://davidsuzuki.org/queen-of-green/dirty-dozen-cosmetic-chemicals-avoid/?nabe=5172038556975104:1&utm_referrer=https://www.google.ca/

While the focus is on human toxicity, you will see that many are noted as toxic to aquatic life or to remain in the environment without degrading. Got me thinking about more than cleaning products but also hygiene and cosmetics. And sunscreen which we rub on ourselves several times per day and then jump directly in the Lake.

In addition to phosphates, we want to avoid sodium lauryl sulfate (SLS) is it is toxic to aquatic life (not great for us either). This is an ingredient in just about every soap and shampoo in my house as it is what makes things lather well. Also BHA and BHT, DEA, CYCLOMETHICONE and siloxanes, DIBUTYL PHTHALATE, TRICLOSAN are all toxic to fish and marine life.

The Suzuki article has a little pocket guide with chemicals to avoid that people can print and use when shopping. I thought people might find it handy

Terra20 - the online and Ottawa store I already sent you bans all of these ingredients in their products, so easy to shop there. <https://terra20.com/pages/terra20-banned-ingredients>

I started looking myself at options that might be easier to find near home... some of the products sold at terra 20 are available elsewhere

Green Beaver is available at Kardish and other health food stores and I have used their face cleansers and moisturizer in the past. . <https://greenbeaver.com/en/story> they make sunscreen too,

Nature Clean products (which makes cleaners, soaps, etc.) are sold at Terra 20 but also available online and at health food stores, Loblaws, Metro grocery stores.

Live Clean makes shampoos, soaps, lotions, sunscreen etc and is easily available - I buy at Walmart, shoppers, etc. It is free of all the bad stuff on the list except for fragrance but they explain this in their FAQ. Their packaging is recyclable.

Also cool that all of these companies are Canadian so we can keep our shopping at home.

- Planters and pots with annuals on docks leach their nutrients directly into the lake – whether fertilized or not – the soil has nutrients. The nutrients go into the lake when they are watered or it rains. One planter is a small problem but the next time you drive down the lake – have a look – there are dozens of them. Most of us are guilty of environmental offences – I helped my father drop an old refrigerator into the lake in Big Bay 60 years ago – how’s that for guilty – also had a half barrel of annuals right on the shore. So.... if you move the pots/planters off your dock (a bit back from the shore is good) and refrain from cultivated gardens near the shore you’ll be doing the lake a favour and minimizing weed growth in front of your dock.

Loon Survey

- Once again Friends/Amis will be participating in the National Loon Survey through Birds Canada – this is the third year we’ve participated. Early indications are that there are an unprecedented number of breeding pairs on the lake (up to six loon couples – there are nests with eggs sighted on Cossette’s Island and on Vaillancourt’s Island). Thanks to our early season loon and egg spotters. Charlotte Stretton will be managing this program this summer as she did last year. If you have any data that you think would be

helpful in the survey please contact Charlotte at charlottenwstretton@gmail.com

Membership

- The association membership is as high as it has ever been. We are at 114 members representing almost 200 individuals and our membership (and our board) is more diverse (i.e. younger).
- We are now able to accept membership dues by e-transfer – a very popular payment method for our recent membership renewal notices. If your personal information hasn't changed we do not need a membership form completed. If there are minor changes just update them in the comments section of the e-transfer document. Of course we still accept cheques or cash. A 2018 membership form is attached to this newsletter.
- Last winter Friends/Amis' email list and database was hacked and ransomed. Thanks to Michael Hyde for recovering everything and moving us from Yahoo to a secure Google email – he saved our bacon. Michael is also working on updating our website with Marie-Claire Lorange.
- Thank you all for your support over the last year(s). We look forward to seeing you at our annual meeting on July 15 at 1pm at the Municipal Hall.

Calendars

- After many years of running and managing calendars sales for Friends/Amis Penny Love is passing the torch to Elise Latour – thanks to you Penny and to Elise for taking over. Penny with Mary Campbell will continue to support Elise and to help out with sales at events but Penny will no longer have calendars for sale at her cottage. You can purchase them at our AGM, at other community events or at Elise's or Mary Campbell's cottages. We sold out last year so don't wait too long to pick yours up. The price remains at \$15.
- Tim Boswell continues to create and produce these beautiful calendars (as he has for 10 years now). Tim uses photos taken by members of the community to assemble the calendar every year. If you have any photos that you feel are suitable and you'd like them immortalised in the calendar please send them to or contact Tim at tboswell@cdmmontreal.com

Club Activities

- As mentioned above under “CIEL and Jean-Louis Courteau” we are sponsoring “Motorless Day” by providing lunch and a short presentation on milfoil followed by hands-on milfoil removal instruction. For more details see above.
- Friends/Amis will also fund/sponsor Craft Night at the Club on August 6. Charlotte Stretton will be running the event.

La Station

Most of you will know that sadly La Station closed its doors in late winter this past year. It was obviously not the hoped for result but it has not been an easy road for any of the operators of the business – 4 operators in 10 years speaks volumes. These small stores are closing all over Canada at alarming rates.

However there is some good news:

- This spring the executive of Gestion 16 Iles (the community held company that owns the real estate) reached an agreement with Coop 4 Poles to provide gas service, water and propane. They have been providing these services from the May long weekend on weekends only. From the Saint Jean Baptiste weekend until September 3rd they will be open Tuesday through Friday from 9:30am until 5:30pm, Saturdays and Sundays from 11:00am until 6:30pm. They will be closed Monday.
- Last week the Gestion executive reached an agreement with Jessie and Daniel (who for many years ran the restaurant across the road) to run a casse croute style restaurant from the Station. They will be open 7 days a week from 11am until 8pm until mid August. After that they will be closed on Mondays. They plan to be open Saturday June 23rd. They will also stock milk, bread, butter and a few other essentials out of the restaurant.
- A Go Fund Me page was set up to support the casse croute on Tuesday June 18th. As of Thursday June 20th this site has generated almost \$5,000. These funds will be used to upgrade, renovate and repair the restaurant/casse croute. If you wish to donate to this fund/project click on the following link <https://www.gofundme.com/lacdesseizeiles-station-funding>
- Both of the enterprises above rely heavily on the purchasing power of the summer community. They run on a shoestring and without the full participation of this community these enterprises will not continue. Lots of full 20 litre red gas tanks have been seen coming out of the parking lot in the community. Use them as spares and buy your gas at La Station. Have a BLT,

soup, poutine or whatever Jessie is serving at the casse croute. We don't want these services to disappear!

Municipal News

Our municipality has a new council and as expected some new initiatives and direction. Here are some of the highlights:

- You'll notice some new landscape work has been done on the divide between the bike lanes and the #364. It was done with reasonable cost to the municipality and with volunteer work from a local horticultural school.
- There is a plan to construct a public washroom in the area near the gazebo. This will be funded primarily with grant money but the maintenance will be the municipality's responsibility. The lake councillors do not support this plan.
- The Aerobic Corridor road/trail at the junction of the #364 heading towards Morin Heights is being reconstructed. This infrastructure project is being funded in part by the gas tax transfer money (designed for such projects) that the municipality receives every few years. This project was undertaken as the municipality was being pressured by the MTQ and MRC to make the Aerobic Corridor more secure for cyclists.
- The Hammond's Bay burlap/milfoil project is still ongoing and we're hopeful that it will be completed this season. Several years ago when the project was initiated Friends/Amis committed \$5,000 to the project for primarily a proper buoy system to demark the burlap corridor. We are still committed to this project.
- There are other developments that are at present in early discussion stages and as such this newsletter won't address them. Councilor Corina Lupu will present current information and answer questions at our AGM.

Co-op 4-Poles

- The Co-Op 4 Poles was originally formed to serve the municipalities of Lac-des-Seize-Iles and Wentworth North (a much larger municipality) 5 to 6 years ago. They had their office at Lac-Saint-Francois-Xavier near Montfort. After the change of council in Wentworth North last year that municipality withdrew their financial support for 4-Poles and their office space leaving Lac-des-Seize-Iles as the only community that they serve. Consequently our present council has provided 4-Poles with office space in our Municipal Building.

- 4-Poles' primary function in our community in the past was to operate the navette (ferry). With the change of arrangements and the move of their facilities to Lac-des-Seize-Iles came a change in functions. This summer in addition to the navette they will operate and manage gas, propane and drinking water sales from La Station. As they are a non-profit organization they have also been able to obtain funding for jobs for two summer students who will operate out of the municipal office and serve the municipality and its community.

AGM

- Our AGM will be held at the Municipal Hall on July 15 at 1 pm. In addition to our regular business meeting Councillor Corina Lupu will present a more complete and current update on municipal affairs than this newsletter provides. We hope to see you there.