



ASSOCIATION DES PROPRIÉTAIRES DU LAC PAPINEAU

NEWSLETTER

Association des Propriétaires du Lac Papineau

Barb Brehn Langer, Editor

Summer 2023

President's Message

Summer is one of my favourite seasons. Every cell in my body responds to the sun and hears its' call to enjoy outdoor activities. Summer allows the perfect balance between sports and recreational activities, rest and rejuvenation. It's easy to indulge in the sweetness and beauty of a beautiful summer day. That's why I want to talk to you about the importance of taking this time of year to rest and recharge.

We can very often get caught up in the whirlwind of responsibilities associated with our personal or professional lives and we can forget the elements that have the greatest potential to give us the energy we need to live our lives. You probably guessed it. I am talking about nature: our beautiful lake and its natural resources. A connection to nature is definitely the best medicine for the body and mind. The month of July is a good time to direct our attention to nature and **savour all the shades of light and colour, listen to the fabulous sounds of our environment and smell the delicious scents of this beautiful season.**

With sight being one of our five most dominant senses, we can instantly feel joy in nature like rays of light passing through the trees or even the shadows they create. The blue and green colours of nature are the most relaxing and have been shown to reduce anxiety and stress by up to 60%. These colours are found in flower petals, a pine cone, waves created by the wind on the lake and trees.

Paying attention to these brings us a sense of admiration and respect for nature and allows us to turn our negative emotions into positive ones. **Listen to the symphony that birds make at dawn or dusk and feel the calm.** When we listen to the silence of nature, we can hear the song of birds and cicadas, the wind in the leaves, the song of the loon at sunset. Nature offers us an endless symphony. By practicing listening, we can let the sounds of nature enter us and begin to relax us. Innately, we know that the sounds of nature reduce our stress and that our tensions dissolve to the sound of birds or the wind in the leaves. **Breathe in the aromas of nature and improve your concentration.**

In the spirit of connection with nature, smell produces a direct effect on our mood and behaviours. Have you noticed how good it is to go outside following a thunderstorm to breathe in the smell of conifers?

(Continued below)

GOT YOUR WHISTLE??

It is recommended to carry a whistle with you when boating. In June, a boat was drifting in the bay of the first lake, due to motor failure. The man had a whistle, it was heard and help arrived to tow him home. Don't leave home without it!

Catch a muskie??

Please remember: **DO NOT** return the muskie to the lake. It is an invasive species which we do not want in our lake.

DON'T FORGET!! Fireworks are illegal!

DID YOU KNOW??

Your association board had conversations with the mayor last year, in an effort to clarify ownership of the boat launch land.

Approximately one-half of the land from the fence is owned by the Ministry of Environment. The balance of the land is owned by the Ministry of Transport. Now you know!

Be a Good Neighbour!

Please be respectful when travelling around the lake in boats. Don't go too close to shorelines and docks to respect your neighbours' privacy.

PLEASE CLOSE THE GATE!!!

When you use the boat launch gate, please be sure to close it immediately! You would be surprised to hear how many people have left the gate open this spring alone! All our efforts to keep our lake clear of invasive plants will be for nothing, if outside or unwashed boats get on our lake through the open gate.

The smell of pine is used to reduce mental and physical fatigue and improve concentration. Just walking our tree-lined trails or sitting on the lakeside will help us to feel all the benefits. Nature can bring us joy and serenity, despite the ups and downs of life.

P.S. The president is busy enjoying the benefits of nature... It was my girlfriend who wrote this message.

Robert Brès, Président

Don't forget to check out our website!

www.petitlaclong.org

Know your board

President:	Robert Brès
Vice President	Jean-Claude Lecompte
Treasurer	Daniel Zours
Secretary/Editor	Barb Brehn Langer
Administrator	Adam Finkelstein
Administrator	Louis Doré

Many thanks to Mathieu Huppé, Wolf Raaen and Hugues Raymond for their translation assistance. Without the help of these volunteers, we couldn't issue this newsletter!

FIRE PERMIT REQUIRED!!!

Don't forget to get your free permit, valid for 30 days at a time. The permit is required for any fires outdoors, even for roasting marshmallows!

if someone reports smoke, the fire department can check whether there is a permit for the property without having to come out to check.

Permis de brûlage - RIDM - Régie incendie des monts.

For your information: our little lake is really narrow, as you can see from the measurements below.



In the event of another burn ban:

Call the fire department during office hours or 911 at other times to report any burning or fireworks. This is the direction provided from a senior officer at the fire station. Some residents disobeyed the burn ban in May/June but we didn't have a number to call during non-office hours.

SEAPLANES AND BOATS

(Louis Doré)

Last summer, I witnessed an incident involving a seaplane and a boat and, unfortunately, it was not an isolated case. Fortunately and despite particularly dangerous circumstances, there were no injuries.

With my experience in the fields of aviation and navigation, I felt the need to state some points of the regulations and safety principles for the sole purpose of promoting a better understanding between pilots and other users of the lake.

On the water, air and marine regulations clearly set out the priorities assigned to different craft and **seaplanes have been given the highest priority** due to their limited maneuverability and high speed.

This priority comes with training and responsibilities for pilots. Unfortunately, boat license holders do not receive meaningful training to understand seaplane interactions, which was my motivation behind writing this article.

Before take-off, pilots will survey the area to be used for take-off, to the best of their ability, to ensure it is clear of obstacles. When a seaplane gets going slowly to the end of the lake, you must leave a generous clear path for his take-off coming back the other way.

When the pilot turns the main lights on, take-off is imminent.

Similarly, before landing, they overfly the area where they plan to approach and land. In general, their point of view will permit them to see most obstacles and users, but some restrictions to visibility or sun reflection may limit their view. If a boater sees a seaplane overfly a portion of the lake, you must assume he will soon start an approach and you must leave a generous area clear of boats and waves for approach and landing.

Two clues to better understand the maneuvers of seaplanes:

Pilots use landing lights (equivalent to high beams of cars) for takeoff, approach and landing.

Planes usually take off and land facing the wind. We must also be aware that a boat can easily produce dangerous waves for a small seaplane. It is therefore necessary to keep the area used for the maneuvers of an aircraft **free of traffic and waves**.

Swimmers, if not close to shore, should have an escort or at least a brightly coloured float.

If your **visitors** go on the water with any type of boat or floating device, make sure they understand the rules that govern the interaction with seaplanes.

This is obvious, but recent incidents force me to mention it: an airplane propeller is often fatal for anyone who approaches it!

Stay away from an aircraft in operation.

Often pilots will install a camera on board to share memories of memorable flights. On the water and in the air, we must always act prudently and responsibly. You also have to remember that there are cameras everywhere. A phrase that should guide us: safety is a shared responsibility between the users of the lake, guided by the applicable regulations.

The above is my humble understanding of the regulations in force; the most accurate information can be found in the regulations themselves.

I wish you a safe and enjoyable summer on the lake!

ATTRACT BUTTERFLIES BY PLANTING MILKWEED.

(Caroline Tremblay)

Milkweed is essential to the survival of monarch butterflies as it is the only plant on which females lay their eggs and on which their caterpillars feed.

BEE A GOOD GARDEN HOST: MAKE A BEE BATH

Creating a bee-friendly garden means more than just planting flowers. You certainly want to attract them with gorgeous blooms, but while they are in your garden you will want to give them a place to collect water: a pond, fountain, or a bee bath. A bee bath is a simple bee water feeder that is easy to make and care for in your home garden, and it's a nice touch to set out for your pollinating guests. After all, without those busy workers in the garden, you wouldn't have as many beautiful blooms or fresh vegetables and fruit to harvest.

Attracting bees to the garden is an important way to keep your garden healthy and productive. You don't need to have a mason bee house for native bees, or keep honeybees in boxes to invite these fuzzy, striped insects into your yard. Planting bee-friendly plants and creating an attractive habitat for them should be enough to welcome them into your yard.

WHY DO BEES NEED WATER?

Beekeepers know the importance of having water available for bees. They collect water for a variety of reasons:

- to dilute honey – bees use water to manage the consistency of honey and thin out honey that has crystallized,
- to help with digestion – just like us, bees need water to aid in their digestion,
- to keep the hive cool – these smart little creatures will add water to the hive and fan it with their wings, air-conditioning the space by cooling it down,
- and to feed the babies – the nurse bees that feed the larvae need plenty of water to create the right baby food (royal jelly).

In the home garden, a shallow dish or bowl with some rocks in it that sits above clean water is just enough to give bees a drink. The idea is to create a source of fresh water that has places for the bees to perch as they drink and collect water. Materials: shallow dish, plant pot, river stones, fresh water.

Choose a spot in the garden where it is protected and shady. Set a plant pot upside down to use as a base. Set a shallow dish on top of the pot. Choose a dish that is water safe like glass or ceramic, as plastics and metals may leach into the water. Add a few river stones into the dish. Add just enough water that the tops of the stones are not submerged. Change water daily and clean the bee bath weekly.

18th ANNUAL LAKE SWIM

POST SWIM REFRESHMENTS AT BOAT LAUNCH

3rd LAKE TO BOAT LAUNCH SATURDAY AUGUST 5 @ 10:00

RAIN DAY SUNDAY, AUGUST 6 @ 10:00

All swimmers should be accompanied by a boat for safety purposes.

(Note: The lake swim is not an association-sponsored event. However, the association is pleased to provide refreshments at the end of the swim)

Pet Owners – please take note!

It may not be the city but people still don't appreciate picking up after someone else's animals! Keep your dogs on leash when walking, to prevent any mishaps.

ARE YOU MOVING???

HAVE YOU CHANGED YOUR EMAIL ADDRESS??

Don't forget to update the association with changes to your email address, or if you move away from Lac Papineau, so we can update your contact information.

ANNUAL GENERAL MEETING

We had excellent attendance at our July 8th meeting. We had presenters from the city and the ERC. Minutes will be sent to everyone. Thank you to everyone who participated and thank you for the great ideas that were presented.



Do you have a new neighbour?

Please tell them about our association and how to get in touch with us. We will provide them with a Welcome Package, containing the most recent issue of our newsletter, our Code of Conduct, information on our board and more!