

# *The Lac Sir John Community Newsletter*

## **From the Editor:**

The Lac-Sir-John Community Newsletter is a voluntary publication with the sole purpose of informing residents at the lake of local social events, activities and general on goings, both upcoming and those which occurred within the past year.

All of you are invited and encouraged to get involved and contribute to any and all lake community activities. Anyone wishing to contribute news of lake activities, an article, a historical tidbit or pass on any information whatsoever to the 2020 edition please send an email by June 30, 2020 to me at [oksannap@hotmail.com](mailto:oksannap@hotmail.com).

Oksanna Pohlod (editor)

Livio Merlo (translation)

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## ANNOUNCEMENTS

### **1. Annual General Meeting**

The annual AGM of the SIJOLM corporation will take place on October 19, 2019 from 9:39-12:00 AM at the Gore Community Center, 9 Chemin Cambria, Gore, QC J0V 1K0.

A report from the president of SIJOLM, Merv Trineer, regarding the SIJOLM Corporation will be sent to you separately.

### **2. Thomas More Institute This is an English course.**

The Thomas More Institute is again offering, at Gore, a "Lifetime Learning" course as part of its Seniors Outreach program.

Title: "**FOOD, GLORIOUS FOOD: A FEAST FOR THE MIND**"

"There is no sincerer love than the love of food." —George Bernard Shaw

It is said that some eat to live while others live to eat. How has our relationship with food changed over the centuries? As increased trade and easier travel shrank the world, unfamiliar foods and drink became available, reducing the need to rely on local products. From taxation schemes to hunger strikes, food has been frequently implicated in politics.

What is the importance of food in different cultures? Why do some societies suffer from widespread obesity, while others struggle to feed their citizens? Does an army really march on its stomach? How has technology changed the way we eat and drink? With climate change and GMOs, what twists in the story of food might surprise us going forward?

In this 18-week course, we will use fiction, non-fiction, film, and lively discussion as food for thought.

**FULL COURSE (18 WEEKS) \$30.00 - 1 SEMESTER ONLY \$15.00**

Address: 4 Cambria Road (just off route 329) Gore

Day/Time: Fridays, 1:30-3:30 pm

First Fall Session: October 18th, 2019

First Winter Session: January 17th, 2020

Leaders: To be confirmed

Contact: JENNIFER MACGREGOR: Call: 514.935.9585 or Email: [jmacgregor@thomasmore.qc.ca](mailto:jmacgregor@thomasmore.qc.ca)

**3. A New Facebook Group for Lac-Sir-John.**

Karen Nicholson has started a Facebook group for past and present residents of the lake. It is called Lac Sir John (Gore/Lachute). She thought it would be a good way to share thoughts, photos, and news easily. You can access it by going to <https://www.facebook.com/groups/912142705791741/?ref=share> or by searching for Lac Sir John (Gore/Lachute) in your Facebook app and requesting membership.

**4. A new restaurant on the 329.**

It's called Douceures et Gourmandises Espace gourmand, located on the 329 at 4 Chemin du Lac Chevreuil. They don't have a website but you can get their info from their facebook page <https://www.facebook.com/traiteurdouceursetgourmandises/>

**5. New House Cleaning Service Available.**

Monique Chartrand qui demeure au 1139 entrée 1 depuis plus de 35 ans. Elle est disponible pour faire des ménages à domicile. Les gens peuvent la contacter sur sa cellulaire au 514-949-1096.

**Wildlife Report 2019  
by  
Doug Dempster**

Lac Sir John enjoyed a great year for local wildlife and birds. The highlight for many this year was a loon population of up to four birds, more than the single pair normally seen. Loon calls were heard on most nights throughout the summer. We had two families of ducks that patrolled our waters. The great blue heron was often seen standing still on the shoreline or flying majestically at low altitude. There were many songbirds, woodpeckers, blue jays and of course hummingbirds. We saw turkey vultures circling high and saw a pair of hawks, likely broad-winged hawks, at tree-top level in the bay in August.

Deer made appearances, mostly at the North end of the lake. Beavers were sighted on the West and North shorelines. Racoons were present, and a good reason to secure the lid of your garbage can with a bungee cord.

Our fishermen continued to have good catches, and most beach areas had schools of small fish. It was a good year for frogs and toads.

Our wildlife appreciates the pristine environment and thrives when we limit noises that upset them. Let us know of any sightings that have impressed you.

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**Our Sailing Club 2019**  
**By**  
**Doug Dempster**

The summer of 2019 was exceptional that we had no Sunday sailing cancelled due to weather. There were several Sundays with continuously strong winds that made for excellent races. The temperature was never cold or blustery, and racing was a pleasure in these conditions.

The season started with a seminar at Chris Vroom's that was well-attended. We were pleased to see John Bishop, now 95, racing with his daughter Susan on three weekends. Diane Robichaud's brother Claude joined us for a Sunday and achieved a second-place finish. Stephen Christensen joined us one weekend when we had our maximum of seven boats on the water. This year Terry Brew achieved a personal best with a first-place finish in a tight race.

Commodore Livio Merlo and his wife Oksanna hosted the annual sailing party at their home, an event that everyone enjoyed. The food was superb, and the highlight was a large cake iced with a sailboat. This year the trophy went to Doug Dempster, with Ron Cole winning the champagne race.

We are planning next year to have a lady's sail regatta, more participative than competitive, so we encourage our ladies to join in as the plans firm up.

The club can arrange dry-land tutorials and then in-boat coaching for those who would like to try sailing. We can also arrange to share boats with sailors without one.



*Photo courtesy of Christine de Groot.*

## **Water Quality Report 2019**

**By**

**Doug Dempster**

The lake water quality test results this year were excellent. The 12 samples around the lake were taken on 26 July following two weeks of hot, dry weather. Once again, we used the Bluewater Biosciences test plates that we incubated for 24 hours. Peter Nicholson and I read the results the following day.

The Canadian standard for safe swimming water requires less than 100 e-coli bacteria per 100 ml of water. This year eight of our test sites had zero e-coli and the other four had only 3, the lowest measurable amount of e-coli possible. This is the lowest level of e-coli that we have yet observed in the five years using this test procedure. The result correlates with the Vanier College testing done earlier in June.

We can conceive of two possible reasons for this exceptional annual result. First, the month of June was especially cold, and the lake may have been slower than normal to warm up. Second, we had very little rain in July and therefore run-off from properties and creeks was low, reducing inputs into the lake of fecal and organic matter from local fauna and flora.

At the meeting of Gore Lake Associations that Merv Trineer and I attended in June, there was special emphasis placed on inspecting and maintaining septic systems, especially as they age. Septic system malfunctions are a leading cause of reduced water quality in other Laurentian lakes. Gore has new procedures in this regard. There is no evidence of any septic tank run-off issues in this year's test results.

We should be proud of these results and confident of the safety of our water for swimming.

### **RECENT SOCIAL ACTIVITIES**

#### **CORN BOIL**

Another year and another successful corn boil at the boathouse beach. The event was even better attended than last year with as many as 41 people enjoying the food, games, bonfire and fireworks. I have heard though that this may have been the last year for fireworks at the corn boil as they tend to be expensive as well as having a negative environmental impact.

As you have no doubt noticed this year the corn boil was held in late July instead of the traditional early August. The reason for this is that in August the corn boil has often been postponed because of bad weather. By holding it in July the organizers hope to avoid postponements. Look forward to the 2020 corn boil to again be in late July.

A big thank you goes to Terry and Martha Brew for organizing the corn boil and to the numerous volunteers without whom this wonderful Lac-sir-John tradition could not continue.

The volunteers this year were Henry Andres and his friends Danny Bachmann, Merv Trineer, Doug Dempster, Chris Vroom, Debbie Barlow, Chris Robitaille Emma Robitaille, Oksanna Pohlod and of course the organizers, Terry and Martha Brew.

Anyone wishing to help with the corn boil for next year please contact Terry Brew at 518-260-1395.

### **LAKE SYMPOSIA**

This discussion group meets during the summer months at various participants' houses. Symposia themes cover a wide range of topics. A few readings and discussion focus questions may be sent in advance. These discussions can be a great learning experience incorporating both research, reading and the opinions of our learned members. Unfortunately, this summer due to busy schedules and family commitments the group was only able to get together to discuss two topics "Humanism" and "China".

Discussions commence at Happy Hour, accompanied by wine, cocktails and appetizers. Traditionally, a potluck dinner follows.

All are welcome! If you have opinions and love a lively discussion and a good meal contact Susan Anastasopoulos at [sanastass@gmail.com](mailto:sanastass@gmail.com).

### **ENTRANCE GARDENING**

Thank you to all who participated in sprucing up the three lake entrances. The effort is even more appreciated this year as there were so many mosquitoes and flies to deal with.

## **UPCOMING SOCIAL ACTIVITIES**

### **DINNER CLUB**

Lac Sir John Dinner Club: The dinner club is inviting new members to try out this activity. The dinner club is open to all and a great opportunity to get to know more of your neighbours, as well as dine fantastically. It meets on the last Saturday night of the month (October, November, January, March and May). Diners are assigned at random to various houses and a different theme of international cuisine is chosen for each dinner. The host house prepares the main course and coffee. Others bring hors d'oeuvres, salad or dessert, as well as their bottle of wine.

If you would like to try out the dinner club, please contact Oksanna Pohlod [oksannap@hotmail.com](mailto:oksannap@hotmail.com) by the third week of September.

## **RESTAURANT OUTINGS AND CHRISTMAS DINNER**

The Dinner Club organizers will attempt to organize several restaurant dinners open to all members of the Lake Sir John community: a December Christmas Dinner, and another outing in late April. We need volunteers to take responsibility for each of these restaurant outings including choosing the restaurant, making the necessary arrangements, writing the announcement for lake residents, and receiving their reservation requests by email.

This year our spring outing took place at Restaurant le 16 on Principale in Lachute and the Christmas outing was at Le Faimfino. All had a wonderful time.

Please contact Oksanna Pohlod if you would be willing to help arrange for one of the restaurant dinners.

## **NEW FACES**

We wish to welcome our new neighbours and hope they will soon be joining a number of the lake community activities.

Fran and Bob who bought the McTavish property.

## **IN MEMORIAM**

Our deepest sympathies go to the families and friends of those residents of the lake who have recently passed away.

- Carmel Sweeney passed away on February 19, 2019
- Bruce Adams passed away on June 16, 2019
- Shirley Dempster passed away on August 12, 2019

If I have accidentally omitted anyone, please let me know so I can mention them in the next newsletter.

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## **CLASSIFIED ADS**

For Sale - Marilyn Adams is selling a 2011 Dodge Caravan. For details, please call her at 450-562-8727