



We are excited to relaunch the newsletter of the Association for the Protection of Lac Long and Lac Latourelle (APELL)!

To ensure its success and readership, we need your help in finding a catchy name! Send us your ideas at info@lalongbluesea.ca. We will select three suggestions and invite our members to vote for their favourite in the next edition of the newsletter!

Happy reading!

Updates

Great News! Did you know that APELL will be joining the Vallée-de-la-Gatineau Water Protection Group (RPEVG)? What is the RPEVG? It is an organization that fights against the threat of invasive species, promotes boat decontamination (washing), shoreline revegetation, responsible navigation, and supports the creation and development of lake associations.

In short, we are combining our efforts to implement concrete measures to protect the lakes and rivers that are part of our natural heritage. Want to learn more? Check out [their first newsletter](#), "Water Heroes"!



APELL Instagram Page



Did you know that we now have an [Instagram page](#)? Send us your best photos taken at Lac Long and Lac Morrissette, and we'll share them on our page! Let's capture the beauty of our lakes together. We can't wait to see your pictures!

Updates (cont')



APELL – Welcome Your New Neighbours!

Introduce them to our organization and invite them to join APELL! Why join our association?

- Membership helps preserve water quality and supports the conservation of natural habitats, essential for local wildlife and plant life. By working together, we can raise awareness and actively contribute to protecting our environment.
- It also ensures a healthy lake for recreational activities such as swimming and fishing while enhancing the economic and tourism value of our region. Together, we can make a real difference!

Over the past few years, our association has seen great growth, and we want to continue this momentum. Your membership allows us to carry out important projects for 2025.

How to renew your membership or become a member? Several payment options are available:

1. Online: Via our website (an additional \$1.50 fee applies for credit card payments through our online payment provider, STRIPE).
2. By Interac e-transfer: To sweetings1@hotmail.com.
- 3 In cash: In person at our address (9, Chemin des Chevreuils) or at our annual general meeting.

Thank you for your support—we hope to count you among us in 2025!



February is almost over but we are still in the magic of winter! Our frozen lakes provide the perfect setting for cross-country skiing, snowmobiling, and walking.

However, safety comes first: always check ice thickness before venturing out, especially as spring approaches and temperatures rise.

Let's continue to enjoy the season safely! ❄️

Water Quality Report – Summer 2024

APELL joined the Réseau de surveillance volontaire des lacs (RSVL) in 2024. The RSVL is a monitoring network managed by the Quebec Ministry of the Environment that tracks the health of lakes in the province.

To do this, tests are conducted to determine the state of eutrophication (aging) of lakes, which can be accelerated by pollution from residential and industrial activities, shoreline degradation, and other factors.

APELL was previously a member in 2008, meaning we have historical data to compare to this year’s findings.

The results show that for Lac Long, there have been no significant changes in indicators between 2008 and 2024. In addition, transparency (turbidity) measurements, taken throughout the summer from June to October, averaged 4.7 meters, which is consistent with results dating back to 2008. These findings indicate that Lac Long remains in a state classified as oligotrophic-mesotrophic.

Transparency testing at Lac Morrissette showed similar results to previous years, with an average of 4.5 meters.

Table: Test Results for Lac Long (2024 vs. 2008) by Sampling Month

Test	June	July	August	Average
Dissolved Organic Carbon – 2024	4.83 mg/L	5.29 mg/L	5.23 mg/L	5.1 mg/L
Dissolved Organic Carbon – 2008	4.8 mg/L	4.8 mg/L	6 mg/L	5.2 mg/L
Chlorophyll a – 2024	1.29 mg/L	1.69 mg/L	3.88 mg/L	2.3 mg/L
Chlorophyll a – 2008	4.4 mg/L	2.3 mg/L	1.8 mg/L	2.8 mg/L
Total Phosphorus – 2024	8.3 mg/L	6.6 mg/L	6.5 mg/L	7.1 mg/L
Total Phosphorus – 2008	8.8 mg/L	6.8 mg/L	4.5 mg/L	6.7 mg/L

While the water quality of our lakes remains good, we must not take it for granted. For Summer 2025, we will continue:

- ✔ Sampling on Lac Long as part of the RSVL.
- ✔ Transparency testing on both lakes.
- ✔ Exploring methods to detect Eurasian milfoil, an invasive aquatic plant that threatens the health of our lakes.

 Boat washing and vigilance are essential in preventing its introduction. Let’s stay alert and protect our lakes!