

Annual General Meeting

Le 30 avril prochain à compter de 13 h

**Au Musée des Sciences et de la Nature
225 rue Frontenac, à Sherbrooke**

Action Saint-François hosts its Annual General Meeting on Saturday, April 30, 2005 between 1 :00 and 5 :00. This year the meeting will be held at the Museum of Nature and Science at 225 Frontenac Street in Sherbrooke.

The annual general meeting will be preceded by a conference of Maribel Hernández-Montesinos (UQCN), économiste agricole, MSc. Mrs Hernandez will address the public on the subject of « La gestion du territoire et des activités agricoles dans le cadre de l'approche par bassin versant; le cas de la rivière Saint-François ».



River Doughty, Richmond

Schedule :

- 1:00 - 1:05 President's Welcome.
- 1:05 – 2:15 Conference and question period with Mrs Hernandez.
- 2:15 – 2:25 Break (Coffee and donuts provided).
- 2:25 – 4:30 Annual General Meeting.

Agenda for the Annual General Meeting:

1. Word from the President
2. Nomination of meeting President and Secretary
3. Reading and adoption of agenda
4. Approval of minutes of AGM of April 25, 2004
5. Report of the verifactor
6. Presentation of the financial report for 2004 and budget for 2005
7. 2004 Activity Report and projected actions for 2005
8. Elections of the Board of Directors
9. Varia
10. Closure

SUMMARY

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Summary of clean-up activities in 2004

“Raindrops Keep Falling On My Head” could be last summer’s theme song. The total rainfall for July was 117 mm and for August, 131 mm: a four-year high for Sherbrooke in both months. But deluge notwithstanding, we accomplished a good year’s worth of clean-up operations.

This past year, we focused on sites a bit farther away from Sherbrooke. This was to be expected, because we did the sites close to Sherbrooke in the early years and have been gradually moving out from the city centre. This year we cleaned up the banks of seven streams: Ruisseau de l’Abbaye in Austin, Ruisseau Dorman in Stoke, Ruisseau Doughty in Richmond, Ruisseau Gagnon in North Hatley, Ruisseau Veillette in Compton, the Magog River in Sainte-Catherine de Hatley, and the St. Francis River in Sherbrooke.

For the first time in its history, Action Saint-François organized a clean-up operation that included divers. The operation was conducted on the Magog

River at Sainte-Catherine de Hatley. Several people from the Association de la préservation du Lac Magog (APLM) took part in the activity, as well as ten or so divers from the Nord Sud diving school: all in all, about twenty people contributed their valuable time. The divers brought up car and snowmobile parts, tires, and other waste (see photo). Everyone was very surprised to see what we raised from the bed of the Magog River. There was no lack of enthusiasm, and most of the divers and even the volunteers from the APLM said they hope to repeat the experience next year. A very promising partnership.

Speaking of partners, the students from Collège Mont Notre-Dame helped out again

this year, participating in two clean-up operations. We also welcomed students from the Université de Sherbrooke’s green engineering group and its master’s in environment program. What’s more, there were elections in Quebec this summer, so we had the aid of volunteers from two political parties: the Green Party of Quebec and the New Democratic Party (NDP). Volunteers from regional environmental groups and young people from Canada World Youth Brazil-Canada also gave us an excellent helping hand.

Numerous other volunteers took part in our efforts to clean up the banks of streams in the region. We express our sincere thanks to them and encourage them to give their time again next year if the spirit moves them. We also thank Environment Canada for funding our clean-up activities: without their assistance, we could not have continued our good work.

Cleau-up Operations Report										
From May the 15 th to November the 13 rd 2004										
Water Course	Municipality	Outing	Volunteers	Time (x 5h)	Salaire bénévol. (x 9\$/h)	Metal (Kg)	Glass and plastic (Kg)	Tires (Kg)	Waste (Kg)	Total (Kg)
Ruisseau de l’Abbaye *	Austin	3	32	160	1440	3145	0	0	0	3145
Ruisseau Dorman	Stoke	4	32	160	1440	1709	0	0	1701	3410
Ruisseau Doughty	Richmond	10	90	450	4050	1843	970	0	1334	4147
Ruisseau Gagnon	North Hatley	4	27	135	1215	1787	190	0	385	2362
Ruisseau Veillette	Compton	2	3	15	135	/	/	/	/	/
Rivière Magog	Ste-Catherine de Hatley	2	17	85	765	328	0	150	402	880
Rivière Saint-François	Sherbrooke	3	28	140	1260	986	525	0	0	1511
		28	229	1145	10305	9798	1685	150	3822	15455

229 bénévoles dont 206 venus au moins une fois.
 * A requis un conteneur.
 / Les déchets sont ramassés, ils ne sont pas encore évacués des sites et pas encore pesés.



The river's edge

At Action Saint-François, we clean up the banks and flood plains of the waterways which make up the catchment area of the St. Francis River. The banks and the flood plain constitute the riparian zones which act as buffers or filters between dry land areas and the water. These zones play an essential role in the ecological processes and functions linking the two milieus. While they may use them heavily, many owners of waterside land do not appreciate the importance of conserving this special ecosystem.

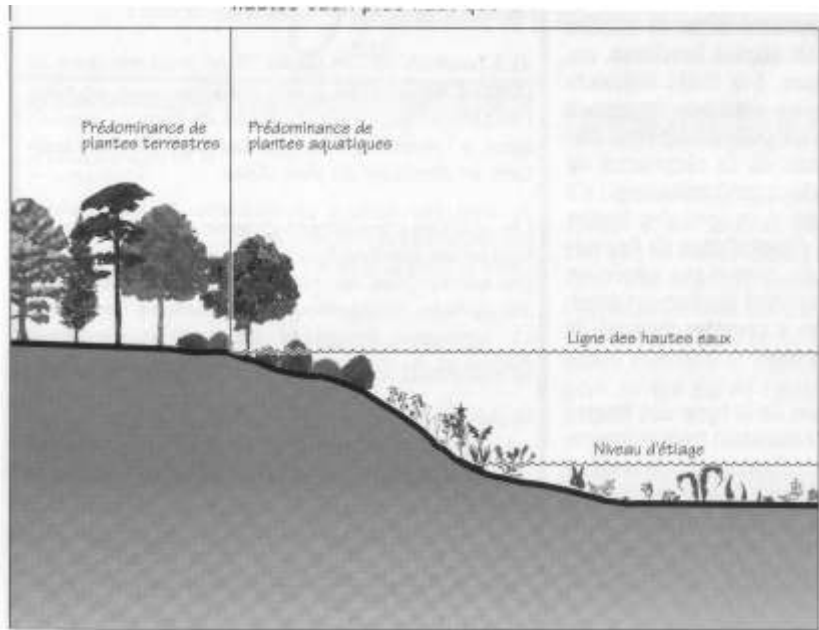
Robert Léo Gendron

The importance of the riparian zone

In its natural state, the riparian zone provides a rich concentration of complex and varied habitats, all of which help to maintain biological diversity. It plays a determinant role in controlling water temperature, pollution and spring floods. Its vegetative cover acts to intercept and to filter sediments, nutrients and contaminants transported by run-off (from rain or melting snow). It reduces the risks of loss of farm land, by slowing down water flowing into the waterway, and cuts wind erosion as well as the risks of clay banks being broken away by livestock or heavy machinery. Moreover, the presence of shady areas near the water's edge may create an attractive habitat for desirable fish species.

In the absence of permanent plant cover, run-off carries away silt, clay particles and fertile organic matter from the soil. These particles remain in suspension for a certain time be-

fore being deposited on the stream or river bed ; this is the process of sedimentation. Gullies quickly form and deepen on bare soil slopes; this is one of



River banks.

the most common causes of erosion. Without plant roots to hold it, soil breaks down more easily and is washed away. It takes 400 years to build up one inch of fertile soil; it does not take long to lose it.

Waterside vegetation also provides hiding places against predators for small mammals,

amphibians, reptiles and birds. These creatures use the riparian zone to feed, to create their habitat and to raise their young. While they only represent a tiny proportion of the overall territory, riparian ecosystems are home to a far greater biodiversity than dry land areas.

A pollution filter

Quebec farmers still use huge quantities of pesticides, herbicides and chemical fertilisers. These products are washed into lakes and rivers

by rain and snow melt. The water's physical quality (suspended matter and sediments) and chemical quality (fertilisers and pesticides) can be greatly compromised, as can all the other parts of aquatic ecosystems.

In urban areas, lawn care and the maintenance of aerial

services (electricity, phone and cable) often involve herbicide use, which contaminate soils and eventually waterways. The tendency to lay bare the water's edge comes from urbanites' desire to control the growth and proliferation of plants which might cloak the landscape and hinder access to the waterway. This is all part of the tendency to transform countryside into townscape, with short grass and well-pruned trees.

Dirty snow dumps, containing road-salt and calcium, oil and tire rubber on roadways, and vehicle corrosion are all sources of pollution which end up in our waterways. This pollution has long term negative effects on both faune and human health.

Because the waterways are located in the lower levels of a catchment basin, they are likely to receive contaminant

residues from higher areas. The riparian zone constitutes the ultimate barrier for intercepting some of these dangerous substances.

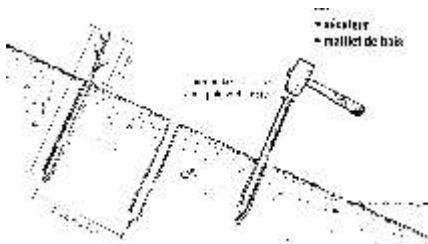
Human developments

Human settlements have always had the tendency to develop alongside water (rivers, lakes). In Quebec, waterways constituted the principal means of communication for thousands of years. The increasing presence of human settlements along the waterways led to progressive change of Quebec's landscape and its hydraulic resources. Introduction of water and sewer facilities, roads, bridges, etc. caused major impacts to previously natural waterways. Systematic removal of vegetation, filling of shorelines, deepening or draining

aquatic areas have all contributed to the transformation of natural ecosystems bordering on waterways.

Soil erosion by water action is a natural phenomenon, but continuing removal of forest cover and constant denaturalisation of waterside vegetation have increased erosion to levels that are critical for aquatic life. Vast quantities of sediment end up in our waterways, and are deposited on the gravel beds of fish-spawning areas. The gravel is plugged up, and oxygen is cut off to fish eggs during their incubation. Deeper water habitats are also disrupted. Sedimentation contributes to the filling of deep channels where the current is slow and where fish seek refuge throughout the year.

Protecting our



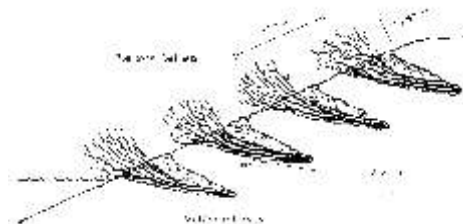
Cuttings.

• Use of cuttings

Cuttings are segments of woody branches taken from trees and bushes with rapid rooting capacities, such as willows. This planting technique is appropriate on bare slopes where minor erosion problems are present.

• Rows of sprouted branches

Main branches with many side stems are buried almost completely in trenches

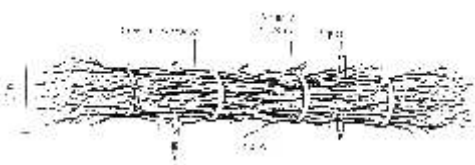


Rows of sprouted branches.

or at the foot of fill, in lines parallel to the waterway. Several layers can be formed, thus providing a dense vegetative barrier along a bank or edge of fills.

• Use of branch bundles (faggots)

Faggots are collections of "live" sticks tied together to form a uniform



Faggots.

bundle. This technique provides effective protection on banks, subject to mild to medium erosion, where slopes cannot be reduced.

• Use of fascines

A fascine is essentially a longer version of a faggot, in which the branches are placed in a continuous alignment between two rows of temporary stakes, to which they are solidly attached.

Transformation and artificial development by humans of shoreline areas is a practice which places many animal and plant species in peril.

Shoreline protection

In 1987, the Quebec government introduced legislation concerning protection of shorelines, river banks and flood plains. Regulations with regard to flood plains extend to all milieus, whether urban, rural and country home, forest or agricultural. The legislation brings together various laws and regulations dealing with interventions in riparian and aquatic zones, and sets forth guidelines for the elaboration of municipal controls in these zones.

The policy objectives can be divided into the five follow-

ing sections :

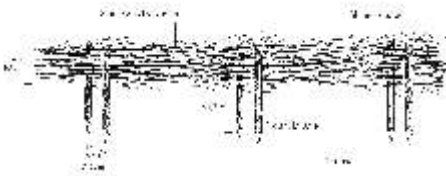
- To maintain and improve the quality of lakes and waterways by providing basic standards for adequate protection of banks, shorelines and flood plains;
- To prevent the deterioration and erosion of banks, shorelines and flood plains by encouraging the conservation of their natural character;
- To conserve and protect the quality and biological diversity of banks, shorelines and flood plains, by limiting interventions which would increase access to or development of these zones;
- To ensure natural drainage of water from flood zones, to protect people and property, and conserve flore and faune in these areas, by taking into account their biological characteristics ;
- To promote the restoration of

degraded waterside areas by use of the most natural techniques possible.

Thus, several laws and regulations have already been enacted by Quebec with regard to the protection of banks, shorelines and flood plains. Some of these aim at controlling human development close to waterways, others control the discharge or disposal of urban and agricultural pollutants. Zoning and lot size regulations prevent people from building in sensitive areas. To know more about these laws and regulations, you can consult the document " Protection des rives, du littoral et des plaines inondables " published by the ministère de l'Environnement du Québec.

In spite of the existence of these measures, it remains

aquatic ecosystems



Fascines.

• Branch mats

Branch mats are arrangements of branches laid on a slope and held in place by wires or cables.

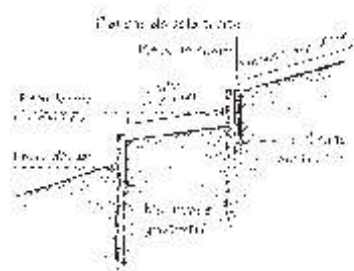
• Palissades

Palissades consist of posts and cross-pieces (ties), which are placed at

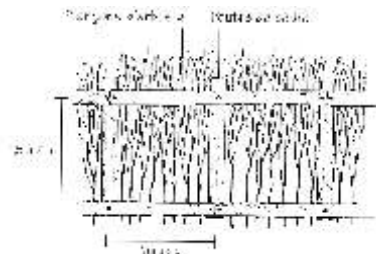
regular intervals to form a series of terraced barriers behind which other techniques such as fascines or branch mats can be used.

• Caissons

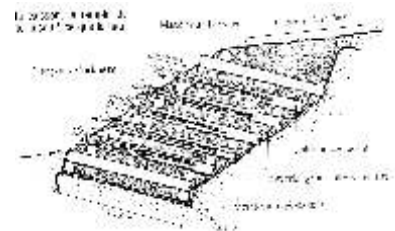
This technique refers to a stepped structure framed with cedar beams or poles, the interior spaces of which



Palissade.



Caissons.



Caissons.

➤ difficult to ensure protection of these aquatic ecosystems, as they are not always recognised, they may be poorly delimited or their limits often do not include the land use areas surrounding them. Moreover, the Environment Department has difficulty in enforcing regulations since there are insufficient numbers of inspectors to monitor their application and respect. In many cases, municipalities are not sufficiently aware of the ecological importance of these riparian zones, and consequently their conservation is not addressed in local land-use plans.

You can act

As a citizen, you can take certain actions to promote the survival of aquatic ecosystems and wetlands. Firstly, you can reduce your personal

use of pesticides and chemical fertilisers, and some natural fertilisers, even if you only have a small piece of land. The adding together of many small measures which respect the environment leads to meaningful improvements. If you have a marshy area on your land, you should not try to drain it artificially. Keep a vegetative buffer zone around the wet zone, so as to reduce the impacts of surrounding land uses. In particular, never build any structure in a wetland area or beside a waterway where it might disturb the habitat of fish or other fauna. If you have farm animals, you should block access to these aquatic milieus by fencing or tree plantings.

If your wetland zone is damaged and you wish to restore it, you should be aware

of the existence of a wide range of methods for protecting such areas; the appropriate solution will depend on the problem facing you. Many problems are a result of removal of vegetation from shoreline areas. We are here-with presenting a list of methods for bank and shoreline stabilisation, as recommended by the Environment Department.

References :

- GOUPIL, Jean-Yves, 2002. Protection des rives, du littoral et des plaines inondables, guide des bonnes pratiques, ministère de l'Environnement et de la Faune du Québec, 170 p.
- RAPPEL, 1999. Artificialisation des rives et du littoral, estrie et haut-bassin de la Saint-François, 61 p.

are filled with soil and planted with willow branches.

• Rock facing

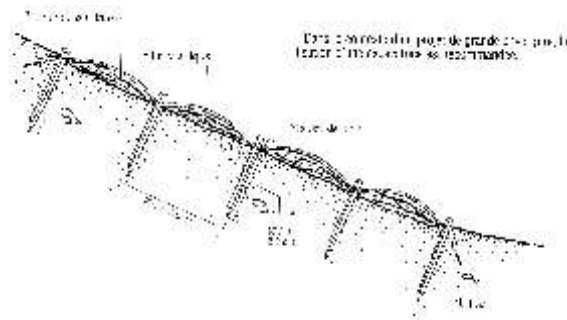
This technique consists of forming a structure of stacked rocks to protect a bank or shoreline against the erosive effects of waves, currents and ice action. The rocks are arranged in such a way as to provide a uniform, stable face.

• Seeding

Seeding can be used in conjunction with all the other restoration techniques. Seeds of herbaceous plants are sowed manually or mechanically on bare, friable soil surfaces.

• Planting

This technique simply consists of



Mat of branches.

revegetating banks with seedings of woody species, grown in pots or multicell containers.

All of these techniques are presented in detail in the document " Protection des rives, du lit-

toral et des plaines inondables " published by the ministère de l'Environnement du Québec. The first essential steps to protecting our aquatic ecosystems are to understand their importance and to then take concrete actions to ensure their conservation.



We Like Danger

By France Bourgouin

In the last fifty years, 100,000 new molecules have been created synthetically¹. Only a few of these have been analyzed for toxicity. An article appearing in the December issue of the magazine *Science et Avenir* (Science and the Future), demonstrated that the European Commission considers that 1,400 chemical substances are

are seven times more concentrated in mother's milk of populations living near the Arctic than populations living in big cities. We are poisoning ourselves gradually.

For this reason the European Commission would like to put in place a program of registration, evaluation and authorization for synthetic molecules. With this program called Reach, implemented

are seven times more concentrated in mother's milk of populations living near the Arctic than populations living in big cities. We are poisoning ourselves gradually. speak of "de-industrialization" and the "loss of the ability to compete" in Europe. And the United States, aware of the impact of Reach on their exports, could appeal to the World Organization of Commerce. This resulted in the Commission modifying the program at its presentation last fall. Instead of 30,000 substances being surveyed, only 10,000 will be scrutinized. Furthermore, the industries will no longer be required to replace dangerous substances when an available non-toxic substitute exists. In short, we would rather be poisoned.

Since the people in power do not have a long-term vision of our survival, it is up to individual citizens to take charge in order to change this tendency. Buy products that are not harmful and that disintegrate rapidly. Another hopeful sign are the ecological products (*chimie verte*) that use molecules from plants to synthesize polymers, enzymes and cleaners that are easily degradable. Here in Canada, these new molecules are seldom mentioned. One hopes that they will soon be identified on product labels and equipment.



Loading the metal : Robert Léo Gendron (coordinator), Bernard Linde, Jean-François Cloutier.

highly suspect and that more than half of these (850) are cancer causing, mutation causing and toxic for the reproductive process (see article *Dangerous Molecules: 7 families to avoid*). Following the initiative of the World Wildlife Fund, several European Ministers of Health and the Environment have conducted blood tests for 103 contaminating substances. The results reveal that between 33 and 43 substances were detected. Here in Canada, the PCB (***)

over a period of eleven years companies would need to demonstrate that their products are non-toxic and to use non-toxic alternatives if they exist.

Obviously, this idea has upset many. The Chemical Industry of Europe threatened the Commission with the loss of jobs and the re-localization of factories. The Prime Ministers of France (Jacques Chirac), Britain (Tony Blair) and Germany (Gerhard Schröder)

1- Québec Science, Nov. 2004, p. 26



Winter blues

I've been working at Action Saint-François for nine years now, and my view of nature and the environment has changed over time. Starting from the theoretical, technical knowledge I had when I first started this job (I was finishing my bachelor's degree in biology at that point), I have developed a more holistic, concrete perception of the current state of the environment in Estrie. This greater awareness of environmental problems can be a heavy burden sometimes: I've seen what a huge task lies before us and how slow the process of changing mindsets can be.

Robert Léo Gendron

Although I am often frustrated with the way certain people respond to environmental problems, I can't cast blame or force anyone to pay attention to the world we all live in. I can only hope that people will decide to have more respect for the planet and start taking care of it as soon as possible. But respect and care also imply taking the time to become familiar with it. Many people never leave the artificial life setting of the city and have no concrete, deep-rooted knowledge of the beauties that surround us. Many may even fear nature, seeing it as something to be controlled and subjugated. With mindsets like that, it's not surprising that the environment is in such a state of deterioration.

I believe that the

more contact people have with nature, the more they will appreciate it and try to protect it. I myself was oblivious to nature's beauty and fragility for years, until I saw with my own eyes the sorry state some of our streams are in. Now that I am a bit more aware, I want to shout out to the whole

world that we urgently need to act and stand shoulder to shoulder to protect life on earth. Many nature-lovers have had this heartfelt impulse before me. Hundreds of books have been written on environmental protection over the years, but the way some humans behave, it's as if nothing had ever been said or written about it. Changing the way people think is a slower process than environmental destruction. In fact, the only time we worry about environment-related problems is when we're forced to. In certain cases, mindsets aren't just changing slowly; we're actually going backwards. To illustrate what I'm saying, let's take an example: the car.

In fall 2004, I attended a talk by Richard Bergeron (of the Agence métropolitaine de transport de Montréal) entitled "La



Environmental Groups Day : Hilda Ashiluan, Catherine Anne Baillargeon, Julie Grenier, Martin Lemieux, Monique Clément, Anaïs Trépanier, Pierre-Yves Vachon (Assistant Coordinator).

☛ tyrannie automobile : un frein au développement durable” [“The tyranny of the car: an obstacle to sustainable development”]. In it I learned that sales of big cars in the US have been growing at an unprecedented pace since Kyoto.

Worldwide, our vehicles have gone from using 10 liters of gas per 100 kilometers

tions”] (Audi A4), and so on, we’re back to the mindset of the sixties, with its total faith in endless, unlimited development.

There are also more and more SUVs (sports utility vehicles) on the road. Consumers are ready to spend fortunes for increased safety on the road. But the best way to improve safety is to drive

us to think about transportation. According to SUV proponents, we have to learn to see driving as a game, an amusement, an activity that gives pleasure. There’s no incompatibility, you may say – but why opt for such an expensive pleasure, one that has no consideration for the environment?

Continuing my search for knowledge about the relation between the environment and human behaviour, I listened to a talk by Hubert Reeves on “Le futur de la vie terrestre” [“The future of life on earth”], available on CD [in French only] at the Sherbrooke library.

According to Mr. Reeves, we have now burned half of the earth’s petroleum. In less than one hundred years, we have used up what it took the planet 100 million years to store. Not to

mention that burning petroleum adds carbon dioxide to the atmosphere. Since 1950, we have raised carbon dioxide levels by 30%, which will heighten the greenhouse effect and result in global warming. The higher temperatures will also destabilize the climate. The Kyoto protocol proposes a 6% reduction in greenhouse gases, but according to Mr. Reeves, we need to reduce them by 60% to stabilize temperatures in the coming years. The earth is not infinite; oil reserves are not infinite.



River Saint-Benoît du Lac, Daniel Maillé.

to 11 liters/100 kilometers. It’s totally backwards. More than half the commercials on TV are to sell cars. With slogans like “Elle élève votre taux de testostérone” [“It’ll raise your testosterone level”] (BMW 323), “La Camaro Z-28 SS n’est pas destinée aux petites natures” [“The Camaro Z-28 SS: not for weaklings”], “Procurez-vous des océans de puissance et de plaisirs” [“Get oceans of power and pleasure”] (Mitsubishi Eclipse), “Préparez-vous à d’extrêmes sensations” [“Prepare for extreme sensa-

more carefully and attentively. These vehicles are mainly safe for their owners: apparently the SUV craze is responsible for 4,000 additional deaths annually in the US. Accident equations:

Car collides with car = 2 ambulances; SUV collides with car = 1 taxi + 1 hearse.

I also find the truck-sport association very surprising (SUV = sport utility vehicle), given that Webster’s Collegiate Dictionary defines sport as “physical activity engaged in for pleasure”. In fact, that’s exactly how they would like

☞ We have cut half of the world's forests in about 100 years. We have also exhausted cod and herring stocks. The sea is not infinite; fish stocks are not infinite. By 2050 we will have caused the extinction of 30% of all plant and animal species. Not a pretty picture, is it?

Mr. Reeves did end on a positive note by telling us that the ozone layer has stabilized; the world population also seems to have been stable for the last five years. His conclusion is that we must respect life because we are part of it: if we manage to keep ecosystems healthy, we will survive, because we are dependent on them. We need to make long-term decisions; people's thinking has to change.

On the topic of changing mindsets, hearing Laure Varidel speak left me feeling more positive. She is someone who radiates optimism, and her ideas and those of Équiterre (a group she cofounded) are very concrete and encouraging. She is the author of the book *L'envers de l'assiette*, of which I found the following capsule on the Internet [translated here from the French]:

"Eating is a vital need. But this act, repeated three times a day, has consequences that extend far beyond the confines of the stomach. Indeed, our eating



River Dorman
Carolina Fernandez, Virginie Castonguay,
Robert Léo Gendron and Noémie Asselin.

habits have repercussions for the health of individuals as well as that of the planet and the peoples that inhabit it. Eating thus becomes a highly political act through which we can exercise our power.

"*L'envers de l'assiette* is a new-style food guide, politically committed and socially responsible. Its author suggests that we can develop a social conscience through our food choices. We learn that it is simple to change the way we eat by embracing four vital concepts, the 3N-F (Naked, Not-far, Natural, and Fair). "Naked" refers to food packaging. "Not-far" concerns the route traveled by our foods. "Natural" suggests a reduction in the amount of pesticides and chemicals used to grow and process foods. Finally, "Fair" suggests some solutions to correct the injustices caused by systems of exchange and unequal resource distribution. Every day, we have the

power to participate in these solutions. Armed with knife and fork, it's up to us to act." A must-read.

Maybe you feel the way I do about the environment, swinging from enthusiasm to periods of discouragement. That's normal. The world is complex, and life nowadays isn't simple. We have to work together to preserve our planet, and that means sharing, communicating, and accepting that things don't always move as fast as we would like. We also have to change our individual lifestyles and help each other so we don't feel too alone as we go about this necessary task.

If you're ready to act, call Action Saint-François. Together, we can clean up our region's streams and rejuvenate this earth which is home, cradle, and refuge for us all.



The Canadian Heritage Rivers System

By France Bourgouin

Humanity has greatly changed the landscape of its natural habitat. In particular, the rivers have received many transformations with dams, pollution of the waters, and development on the riverbanks. Consequently in 1984, Canada created The Canadian Heritage Rivers System to insure the protection and the conservation of selected rivers. It also encourages the interest of Canadian citizens in the nations most important river systems.

This program aims to create sustainable ethical management of the nation's rivers. Even though the federal, provincial and territorial governments provide the necessary support, orientation and approval, it is the citizens that are the ground swell of action. They must respect the rights and interests of the local community, the landowners and others while favoring partnerships and collaboration.

Not all rivers can be part of The Canadian Heritage Rivers System. To be considered, the

cultural and natural value of the designated river must be exceptional and have the possibility of quality recreational activities. Furthermore, the heritage value and the integrity of the river must be assured. The pro-

river to the government agencies.

In Quebec, the Jacques Cartier River was proposed because of its great natural and cultural heritage value. The banks of the river have not been exploited. In the northern sections the river is uninhabited and protected by



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posal of a specific river and the evaluation of its potential for official acceptance are completed by the members of the commission that oversees the program. Citizens and interest groups may propose rivers to the members of the organization. Once the proposal is accepted, the Organization recommends the candidate

the Laurentian Wildlife Reserve and Jacques Cartier Provincial Park. In the southern sections the private and public properties have undergone limited land clearing. From a cultural point of view, the Jacques Cartier River and its valley have been in use by various Amerindian populations for 7000 years. Numerous mills have been erected along its banks. Some of these mills are open to visitors.

And what of the recreational activities! Fishing, rafting, canoeing, hiking and biking along the riverbanks as well as the observation of the natural landscape makes this a choice destination for vacationers and pleasure seekers.

Could one suggest the Saint Francis River? That would be an interesting point of discussion with groups like Cogesaf, the Committee for the gestion of the St-Francis River.

LES INDISPENSABLES

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Dangerous molecules: seven families to avoid

By France Bourgoïn

Here are seven groups of chemicals to watch out for.¹ Most of these molecules fall into one of two categories: CMRs (carcinogenic, mutagenic, or reprotoxic substances) and POPs (persistent organic pollutants, which build up in fatty tissue).

- Brominated fire retardants: POPs used in plastics for electrical and electronic equipment.
- Phthalates: CMR plastic softeners such as those used in toys and medical equipment.
- Perfluorinated compounds (PFCs)²: CMRs found in grease-proof and waterproof packaging for pizza and fries, as well as in clothing, carpets, and non-stick cookware.
- Polychlorinated biphenyls (PCBs): POPs used as insulating oil in electrical transformers. These have been banned for a number of years.
- Organochlorine pesticides: Probable CMRs; DDT is one. Many have been banned for a number

of years.

- Synthetic musks: POPs in perfumes, aftershaves, and soaps, among other products.
- Antibacterial agents: Found in household products and toothpastes. These are not CMRs or POPs, but they are believed to foster the development of drug-resistant bacteria and promote chronic diseases, asthma, and allergies.

¹ Science et Avenir, December 2004, p. 47; translated from the French.

² www.ewg.org/reports/pfcworld/



Remise d'une subvention de 20 000\$ (ministère de l'Environnement) de Monique Gagnon-Tremblay à Alana Russell, présidente d'Action Saint-François.

The new members of Action Saint-François

from August the 1st, 2004 to April the 5th, 2005

Rock Forest
France Chabot
Marc Fabi
Nicole Auger

Saint-Élie-d'Orford
Robert Latraverse

Sherbrooke
Carol Gauthier

Daniel Giguère
Diane Lauzier
Isabelle Normandin
Lyzanne Boisclair
Patrick Bachand
Thérèse Viens

302 people have joined Action Saint-François since August the 1st, 2004.

You may send us your email address at asf@asf-estrie.org.

Visit our web site at <http://www.asf-estrie.org/asf/>



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ISSN 1197-043x
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Nos archives : <http://www.asf-estrie.org/asf/journaux.htm>

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ACTION SAINT-FRANÇOIS A NON PROFIT ORGANIZATION FOUNDED IN AUGUST 1992 BRINGS TOGETHER CITIZENS CONVINCED OF THE IMPORTANCE OF THE ENVIRONMENT. THE GROUP IS INTERESTED IN THE RESTORATION AND PRESERVATION OF AQUATIC MILIEUS OF THE SAINT-FRANÇOIS RIVER WATERSHED. CLEAN UP, EROSION CONTROL AND REPLANTING PROJECTS ALONG WATERWAYS AND FLOOD PLAINS ARE ORGANIZED BY ACTION SAINT-FRANÇOIS. WE WANT TO HEIGHTEN AWARENESS OF THE POPULATION TO THE NECESSITY TO ACT IN ORDER TO PRESERVE THE HYDROLOGICAL NETWORK OF OUR TERRITORY. ANNUAL MEMBERSHIP DUES ARE 25\$. FOR MORE INFORMATION CALL US AT (819) 563-5362.