

THE EQUITY

A prime cut of ribbon



Chris Lowrey, THE EQUITY

CHRIS LOWREY
SHAWVILLE Jan. 14, 2019

Farmers and dignitaries got a chance to get a look inside the Pontiac's new abattoir as Abattoir les Viandes du Pontiac hosted a ribbon cutting ceremony on Jan. 14.

It was an opportunity for those who played a vital role in the project to come together and show off all the hard work that went into getting the facility up and running.

The event started with a few speeches by local politicians as well as abattoir owner Alain Lauzon. He thanked those in attendance as well and had

a special thank you for the municipality of Shawville for opening up its arms and welcoming him and his partners to the area.

Pontiac MNA André Fortin was on hand and had high praise for Lauzon.

"It came down to Alain's determination," Fortin said.

Fortin also pointed out the fact that the abattoir is going to be employing several local people as well.

"You're making a tremendous effort to believe in the people of the Pontiac," Fortin said.

Pontiac MP Will Amos was also on hand and said

the abattoir was an example of what can be accomplished when different levels of government and the private sector work together.

He acknowledged that this project has been a long-awaited one and was excited to see it get off the ground.

"It's going to be a big success," Amos said.

MRC Pontiac Warden Jane Toller was also in attendance and gave kudos to the owners for working so closely with residents.

In April of last year, the owners held an information session after some residents had raised concerns about the facility.

Shawville Mayor Sandra Murray also spoke and thanked the business owners and other stakeholders for their hard work and for choosing Shawville as the abattoir's home.

After the speeches, the several stakeholders came together for a ribbon cutting ceremony before getting a tour of the facility.

Those in attendance were taken through the building and shown the different stages the animals will go through.

The tour ended in the packing room where fresh cuts of meat were being vacuum-sealed. "Those look fit for a barbeque tonight," quipped Amos.

Pontiac MP Will Amos and Pontiac MNA André Fortin perform the official ribbon cutting ceremony opening the Abattoir Viandes du Pontiac on Jan. 14. The two were joined by several stakeholders from the region for a tour of the facility.



Lions, Comets at-home action

Minor hockey saw plenty of excitement in the Pontiac on the weekend, as the Lions and Comets hosted teams on home ice both Saturday and Sunday. Pictured, Lions' Novice B player Warren Sally protects the puck against some Gatineau Titans during a Sunday morning game.

See pages six and seven for more.

Fire destroys home

CALEB NICKERSON
QUYON Jan. 9, 2019

A home in Quyon was destroyed by fire in the early morning hours of Jan. 9, the third fire to hit the region in about a month's time.

Municipality of Pontiac Fire Chief Richard Groulx said that his department got called to a home on chemin St-Andrew at 6 a.m.

"When the first unit arrived there the fire was in the basement," he said. "By the time we got set up to enter the building ... the fire was already on the second floor, pretty bad."

Groulx said that no one was in the home at the time and he suspected that the wood stove in the basement was the source of the blaze.

He added that his department usually sees three to four major structural fires in a given year, but the past year has been hectic.

"Last year we had 11 major fires, and we started the New Year with another one," he said. "It's unusual, but it happens."

A fundraiser has been set up at facebook.com/donate/365716110932229.



Photo submitted

An early morning fire on chemin St-Andrew in Quyon destroyed a home on Jan. 9. Chief Richard Groulx said a wood stove in the basement was the likely source of the blaze.

Contractor files legal motion against LiveWell

CHRIS LOWREY
LITCHFIELD Jan. 16, 2019

LiveWell Foods Inc., the company responsible for the proposed cannabis growing greenhouse at the Pontiac Industrial Park, was served a legal motion by Deslan AIM – the environmental firm tasked with cleaning up the site.

The statement of claim alleges that LiveWell Foods Inc. has not paid Deslan AIM for cleanup work performed at the site. The claim alleges Deslan is owed \$1,679,118 by LiveWell.

After repeated requests for comment, LiveWell provided a brief statement from company CEO David Redimonti.

"LiveWell remains committed to the Litchfield project and is continuing to work with all supplier-partners involved," the statement read in part.

Representatives from Deslan AIM declined to comment.

Litchfield Mayor Colleen Larivière also did not comment.

MRC Pontiac Warden Jane Toller said she spoke to LiveWell Chief Administrative Officer, Michel Lemieux, who simply said the scope of the project had changed, without any elaboration.

Work has been halted on the Litchfield site for months, and there have been no indications when it will resume.

With files from François Carrier

Oh-ver the moon



Ottawa native Sandra Oh took home the Golden Globe for best actress in a drama series at the 76th annual awards ceremony in Hollywood on Jan. 6. Oh's former drama teacher and Bristol native Valerie Twolan-Graham was thrilled to see her former student reach such career heights.

CHRIS LOWREY
OTTAWA Jan. 14, 2019

It was a big night for Ottawa native Sandra Oh at the 76th annual Golden Globes awards as the actress took on hosting duties – and also took home an award.

Oh won the best actress in a drama award for her work on the show *Killing Eve*.

As she was accepting her award, it was a chance for Bristol native Valerie Twolan-Graham to sit back and reflect on the time she spent with the star.

“It was certainly incredible to see her hosting,” Twolan-Graham said.

Twolan-Graham was Oh's drama teacher and coach at Sir Robert Borden High School in Ottawa from 1985 to 1991.

She said Oh was a high achiever – serving as the co-chair of the student council as well as forming the first environmental committee at the school.

“She could have gone into any field of work,” Twolan-Graham said.

Despite the heavy workload for Oh during her high school years, Twolan-Graham said she always maintained her passion for acting.

“She was planning on auditioning for the National

Theatre School as early as grade 11,” Twolan-Graham said.

In fact, Oh turned down a Journalism scholarship to Carleton University – one of the top programs in the country – in order to attend the National Theatre School of Canada.

She planned to go back to university if acting didn't work out, but that backup plan quickly went by the wayside.

Before she even finished her studies at the theatre school, she was cast in a movie called *The Diary of Evelyn Lau*.

Although Oh has had a highly successful acting

career, this was her first major award. Twolan-Graham said she wasn't surprised that Oh – or “Sandy” as Twolan-Graham calls her – has risen to such a status.

“She's tenacious and she's willing to put in the hard work,” she said.

Despite the highs that Oh has reached career-wise, Twolan-Graham said she's still as grounded as ever.

She said that Oh's best friend from her days at Sir Robert Borden was sitting at the table at the Golden Globes with Oh's parents.

“She still has such humility,” Twolan-Graham said.

Quyón boil water advisory

CHRIS LOWREY
QUYON Jan. 11, 2019

A broken water main in Quyón has forced residents to boil their water before consuming it.

The Municipality of Pontiac said a boil water advisory will be necessary for “An indeterminate amount of time” on its social media page.

The break in the water main occurred in the early morning hours of Jan. 11 on a vacant property, as the structure had been previously demolished.

Municipality of Pontiac Mayor Joanne Labadie said the leak was caused by cold weather and speculated that a fire in the area earlier in the week could have also had an impact.

The break was discovered early on by the municipality's public works team, who

then went door to door to inform residents of the situation.

The leak is now repaired, but the ministry of the environment requires several clean water tests in a row in order to confidently lift the boil water advisory.

“Because the water is stagnant in the pipes you want to ensure that when it gets back up and running no bacteria has developed or formed in the system,” Labadie said.

She also said that the municipality plans on using provincial grant money to install a series of valves throughout the water system in the municipality.

Labadie said the new system will allow the municipality to isolate the affected area, preventing a boil water advisory for the whole sector.

Give your two cents on school fees

CALEB NICKERSON
QUEBEC Jan. 16, 2019

The Quebec Department of Education is looking to get a province-wide consensus on the fees that public schools can charge parents.

This consultation comes in the wake of multi-million dollar class action suit being settled last year against numerous school boards across the province. The boards were ordered to pay back fees they had charged that violated the

Education Act.

The online consultation asks citizens if they think activities like field trips or supplies like erasers and safety glasses should be billed to parents. There is also a section to write to the ministry with comments or concerns.

The public has until Jan. 25 to respond to the online survey, available at: <http://www.education.gouv.qc.ca/en/parents-and-guardians/references/consultation-on-school-fees/>.

Flapjack fundraiser for humanitarian mission

DONALD TEUMA-CASTELLETTI
SHAWVILLE Jan. 13, 2019

Pancakes, sausage and bacon were on the menu at the Shawville Community Lodge Sunday morning, as a fundraiser fed guests while supporting local students embarking on a humanitarian mission in early May.

Four students and three teachers were assisted by many more volunteers as the group raised money to support a trip to the Dominican Republic, where they'll be putting the focus of their studies in the personal support worker program at the Pontiac Continuing Education Centre to work with hands-on experience.

Teacher Kim Greene explained that this would be the first year that students travel to the country with their program, after two other teachers, Heidi Hall and Susanne Poirier, vetted the venture in 2018. Finding a positive experience that would reinforce the curriculum, they decided it'd be a valuable opportunity for students to put their lessons to the test.

Once there, students will assist in various communities with everything from

home visits to clinics and women's shelters within Ocoa, a city in the Caribbean country.

“We're going to be doing what we're learning now,” explained student Brianna Shea, explaining that it will

act as if it were clinical experience.

Greene added that the trip also has a second,

underlying lesson for the students – some teachings that can't be taught in the classroom.



Four students and three teachers from Shawville's personal support worker program at the Pontiac Continuing Education Centre will be travelling to the Dominican Republic in May on a humanitarian mission. From left: To help fundraise for the trip, the students, staff and volunteers put on pancake breakfast, as Brianna Shea, Lucie Lozier, Stephanie Rutledge and Breanna Smith serve up the meals.

Gone home



Julie Corrigan returned to her roots on Saturday, performing an intimate acoustic set at the Little Red Wagon Winery. Pictured, the singer had the venue full as she sang her original country tunes.

Thank you

Thank you to everyone for all the prayers, well wishes, cards and food. Thank you to my sister, Faye, and sister-in-law, Linda, for saving my life by getting help. To my sons, especially Blake for all their support. A special thank you to the Shawville Hospital ER and general care, the Hull ICU and anyone else who helped me along the road to recovery.

Sincerely, thank you
Opal Carson

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MISSING



NANOOK went missing from our farm in Vinton on Dec. 17, 2018. She is a Great Pyrenees, all white, 1.5 years old, female.

Nanook is a Livestock Guardian Dog and keeps the coyotes away from our herd.

Please, if you see her or know of her whereabouts, text or phone **Julie 613-315-3815.**

Community support enormous for Stewart family



A benefit party was held at the Forest Inn for the family of Kim Ladouceur and Hartland Stewart, which saw the hotel packed all afternoon on Saturday. From left: Trent, Emily, Andrew and Hartland Stewart thank the group for their generosity, as introduced by Claudette Stanton.

DONALD TEUMA-CASTELLETTI
BRYSON Jan. 12, 2019

One family from the Pontiac saw what it really means to be a part of a community, especially as they experience one of the toughest ordeals that they can go through.

Bryson's Forest Inn was packed to the gills Saturday afternoon, as folks from all over stopped in to help support Hartland Stewart, Kim Ladouceur and their three children through a range of fundraising initiatives.

Recently, Ladouceur was diagnosed with cancer and has had to take time off work to undergo treatment. As the family has one son who requires extra care, Stewart has also had to take time off, putting financial strain on them.

Event organizer Claudette Stanton, who

has known the family for many years, threw the fundraiser together within the last few weeks and immediately had an enormous response from the community.

"It's hard to mention names because there's so much from generous people," said Stanton, of everybody who helped.

Whether it be submitting items for the silent auction, helping to organize the afternoon, preparing and serving food, performing music, or just simply making a donation, Stanton was proud to see such a response for a local family.

Although, from her description of them, it should come as no surprise that they've received the level of support that they have. Stanton describes Ladouceur as a loving mother with the

utmost patience and kindness for everyone. She described Stewart as a humble man who loves his family and would never hesitate to help someone else in need.

"That's the way they are," said Stanton. "If you were in trouble, a flat tire on your car, he'd be under your car fixing it. She's the same."

These sentiments were echoed by Relics Leach, Rose Gravelle, and Jennifer Leach, who had stepped up to run the kitchen. Relics had gone to school with Ladouceur and said she has always been there for anyone in a time of need, while Gravelle added that the couple were always the first to lend a helping hand.

While Ladouceur was unable to attend the event, Stewart and their three children were in atten-

dance and couldn't believe the turnout that they had. Both Emily and Andrew Stewart kept their thanks brief while speaking to the crowd in the early afternoon, but Trent Stewart had prepared a speech to share.

"My family feels loved and supported by your kind gestures," said Trent. "Thanks for all of the support that the community has shown us."

He continued to give the group an update on what has been going on in their lives, sharing the difficulties of being a student while still visiting his mom at the hospital as often as he can, since she was admitted after the holidays. Trent praised his father for his unwavering support of him and his siblings during this period, as well.

Trent finished up with



People from all over the Pontiac turned out to help, either by making a donation, submitting an item for the silent auction, and much more. From left: Relics Leach, Rose Gravelle and Jennifer Leach stepped up to serve all of the afternoon's food.

A very special thank you to
The donators, the volunteers and the community for making the fundraiser for Kim and Hartland Stewart a big success.

Kim, Hartland, Trent, Andrew, Emily and the organizing committee:
Claudette Stanton, Denise Geremian, Lucienne Lasalle, Relics Leach and Rose Gravelle.

And a big thank you for all the other organizations and the Calumet Island fundraiser committee.




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Pictured, Trent Stewart, having just celebrated his 16th birthday the day before, shared with the crowd how he celebrated, while keeping his mother in the loop as she looked on from Snapchat photos in the hospital.



The afternoon featured many different local musicians, rotating on and off the stage and playing a selection of classics. Pictured, Cal Cummings Jr. leads the band as he sings and plays guitar.

Bryan Murray memorial tournament draw



Barrie Murray and Stuart Graham draw names from the trophy for the Bryan Murray Memorial Tournament. The Eastern Ontario Nationals won the draw, which means that one player from their team will win a Sher-Wood hockey stick and set of gloves. The tournament takes place in the summertime at the Richcraft Sensplex in Ottawa.



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DEADLINE MONDAY NOON

Editorial

More language woes for Anglophones

Last week, the provincial government took a firm stance as champions of the French language.

Were they celebrating Francophone art and culture? Announcing funds for French-language schools and institutions?

No.

They were urging the Hospital in Lachute to put a stop to an egregious violation of the law: English words.

Locals were understandably upset when the Office québécoise de la langue française ordered the hospital to remove all English signage in December, with the actions carried out last week. Under the law, only institutions that offer the majority of their services in English are allowed any language other than French on their signs.

By picking this target – labels reading “Emergency” and “Parking” outside a hospital - Quebec’s language police appear rather hot to trot when it comes to the suppression of minority languages, now that they have the go-ahead from their elected overseers.

In December, CAQ Culture Minister Nathalie Roy promised stricter enforcement of the rules laid out in Bill 101, Quebec’s French-language charter.

Premier Legault himself addressed the debacle in Lachute, doubling down on the decision by stating to reporters: “They weren’t respecting the law. Bill 101 has to be respected; that’s what we will do.”

Imagine having the audacity to call yourself a public servant and then spend state resources looking for ways to inconvenience sick and injured people.

Not only was the move denounced by all the local mayors, it seems that even the CAQ’s Parliamentary Secretary for English relations, Christopher Skeete, was caught off guard by the move, announcing on Twitter Thursday: “The PM is correct that we must respect our laws but healthcare is a different ball game, especially in areas like Lachute where we have a 17 per cent English speaking population.”

It took less than a day for Skeete to release a limp-wristed follow-up statement that conformed to the party line: “Our government is committed to respecting existing language legislation as well as guaranteeing access to health services for all Quebecers, including English-speaking Quebecers.”

Bill 101 has caveats that allow for exceptions when it comes to essential services like education and healthcare, so what purpose does this obtuse interpretation of the law serve? Why are Quebec taxpayers being subjected to the whims of faceless bureaucrats and their petty grievances?

The dolts who green-lit this senseless provocation should resign, as they clearly aren’t serving the public interest. The protection and promotion of the French language shouldn’t come at the expense of common sense.

Caleb Nickerson

The Parents’ Voice

By Shelley Heaphy

Family Literacy Day

Read, read, read. This should be every parents’ motto in their home. Being literate unlocks so many important doors for our children.

Each year, on Jan. 27 we celebrate Family Literacy Day. In our fast-paced world it is easy to forget to stop and read with our kids, so this day is set aside as our reminder.

We are an integral part of our children being successful in writing and reading and this lifelong journey begins at a young age. Literacy is something that should be intertwined in daily life, not just once a year. Here are some great activities for literacy day that could also be implemented year round.

1. Have an older sibling read a bedtime story to their younger sibling. Reading is a great way to wind down at the end of the day.
2. Depending on the age of the children, choose a story and read it together, one page or sentence per family member at a time.
3. Change up the location for reading that day — instead of reading in bed, choose reading in the tub, on the couch, at the kitchen table, in the car, in a fort, pitch an outdoor tent in the livingroom and read with a flashlight.
4. Visit the library and bring home some new titles and authors
5. Get into acting — act out a familiar story as a family. Use dress up clothes, puppets, masks, etc.
6. Have your children become the illustrators. Draw, paint, or collage part of their favourite book.
7. Play a game of I spy. Your children can look for pictures, letters, or words within the book herself, or find things around the house that match what you’re reading.

Integrating literacy into daily life

Whines of “I’m bored” are met with go look at/read a book or let’s read a book together. We have books available in all rooms in our home. We borrow books from the library, buy them used from yard sales or book stores. It’s also a great idea to trade with friends.

Read the cereal box, magazines, newspapers, road signs, grocery store signs, flyers and comic books. Words are all around us.

Follow your child’s interest – this is key. As your children get older, their interest in the most important factor in choosing literature. Even if what they enjoy is not grade level encourage them to read it.

CONTINUED ON PAGE FIVE




Dave Moore, THE EQUITY

Golden dark winter skys

2019 Canada’s Food Guide

by Chris Judd



Outstanding in his field

Health Canada just released the a draft of the 2019 Canada Food Guide and people have been asking this old farmer what I thought of it ever since. A week after the 2019 draft was released, on our national TV news, a young reporter asked several people on the street, “Did you read the new 2019 Food Guide?” and “Do you follow the recommendations of Canada’s Food Guide?”

A large majority of people asked said no to both questions. Unfortunately I too was in that majority.

Having been a food producer all of my productive life I thought that I should know more. I asked my wife if she had a recent copy of Canada’s Food Guide. She returned an hour later with three cookbooks that dedicated a couple pages in each cookbook to some guidelines from Canada’s Food Guide. The three cookbooks were dated 1932, 1947 and 1966.

Jeannie told me that while in high school she had to memorize the recommendations in Canada’s Food Guide. There was no other old or new guide in our house.

The easiest to understand reference to Canada’s Food Guide was written in the front of the *Purity Flour Cookbook* printed in 1932. It was recommended to eat food from each of the six food groups every day.

Group 1: Dairy — including milk, butter-milk, evaporated milk, and cheese. (There was no yogurt in Canada in 1932).

Group 2: Citrus fruit — including orange, grapefruit, canned apple juice, tomato (yes tomato is a fruit), salad greens, and raw cabbage.

Group 3: Green and yellow vegetables — Asparagus, green or yellow beans, peas, carrots, squash, sweet potato, beet greens.

Group 4: Other fruits and vegetables — potatoes, celery, turnip, peaches, apples, cherries, grapes and canned vegetables.

Group 5: Bread, cereal —like rolled oats, oatmeal, cracked wheat, whole wheat bread.

Group 6: Meat, fish, eggs, poultry — includes liver, heart, tongue, kidney, fish and shell-fish, eggs.

Remember that back in 1932 there was no pasteurized milk, all fruits and vegetables were seasonal or canned, all food was organic, all meat and fish was fresh (except in the sub-zero winter months).

My grandmother always gave us fish once a week to supply some vitamins and minerals. She also served liver at least every second week because it was high in iron. Even back in 1932, it was recommended to not fry food that could be cooked another way.

So what has changed in 83 years? Not as many people do as much physical work and hence require less calories and fats than when my grandpa fed the animals and milked the herd before breakfast.

Dairy products now have added vitamins as well as the calcium, phosphorus, riboflavin and thiamin that were always there. Now many people drink fruit juice instead of eating fruit but many fruit juices contain added sugar that fresh fruit never did.

Fresh fruit is also a source of fibre that our modern diet is often lacking. Now the

cook has a choice of hundreds of fruits and vegetables all year round but must wash them thoroughly before cooking or serving them to get residues off that were not even invented 83 years ago. Very few cook or serve liver, heart, tongue, blood pudding or kidney anymore but the abattoir grinds and mixes these 100 per cent meat parts into the hamburger and we buy it at the store or at a fast food restaurant.

Too much of the so-called foods that we buy or eat on a regular basis are further processed and blended with ingredients that we can’t even pronounce to the point that these foods don’t fit into any food group and contain much added sugar and/or salt.

The 2019 Canada Food Guide recommends that we replace some dairy or animal fats with fats made from cereal grains. This may work for some people but people who are sensitive to vegetable fats, oils or margarine either fried in, mixed in, spread on or turned into a milk substitute will not switch from dairy products.

I balanced rations for our herd for many years and worked closely with our veterinarian. We agreed that most health problems with animals could be traced back to their diet.

The biggest challenge was to provide adequate effective fibre in their diet and control the non-structured carbohydrates and sugars in their diet. Salt was important in the diet but it too had to be controlled.

Now that I am less active I find that pushing back from the table is my most important exercise. We are what we eat.

Chris Judd is a farmer in Clarendon on land that has been in his family for generations. gladcrest@gmail.com

Jan. 19, 1994

25 Years Ago

Fires destroy three buildings in Pontiac: Fire has taken its toll on three Pontiac families this week.

Since Sunday, three fires have destroyed property in Campbell’s Bay, outside of Quyon and in Pontiac Station.

The barn fire at Sutton property on the Wolf Lake Road started early Jan. 17. Quyon Fire Chief Leo Ladouceur reported that when the fire trucks arrived 20 minutes after receiving the call, all that was left of the barn were beams and a shell. Firefighters are blaming electrical problems. The barn was completely destroyed in the blaze and 13 beef cows died.

The Bristol Fire Dept. responded to a call at a garage in Pontiac Station early Jan.18. When fire fighters arrived on the scene, the garage was destroyed. Two vehicles in the garage were destroyed. No injuries were reported.

On Sunday, fire tore through a Campbell’s Bay home completely destroying the building.

Batteries tested: Cold weather wreaked havoc with Pontiac drivers on the weekend when temperatures dipped to -50 degrees with the wind chill factor. Local tow truck operators were kept busy assisting motorists who were unable to start their vehicles.

Lee Laframboise of Bean’s Service Station

THE WAY WE WERE

Compiled by Bonnie Chevrier

said the trucks were kept busy all weekend.

Jan. 22, 1969

50 Years Ago

Consulting service for farm owners: The scarcity of labour on Canadian farms is increasing from year to year much faster than the availability of agricultural engineers to design structures and systems for more efficient utilization of the labour remaining on these farms.

A large percentage of the available professional Agricultural engineers in Quebec are located on university campuses and much information has been given by professors to individual farmers, groups of farmers and professionals of other disciplines on a gratis basis.

The requests for information have reached such dimensions that the Agricultural Engineering Department at Macdonald College has found it necessary to add to its staff to answer the demand and relieve its professors to allow them to devote their efforts to teaching and research.

Hilton Mine ‘68 was accident free: The employees of the Hilton Mines have again achieved an accident-free year. During last year, on 15 Oct., they passed one of the targets set by industry as a measure of effectiveness of a safety program, when they worked 1,000,000 man-hours without a disabling injury.

To celebrate this event, the pit employees and their wives enjoyed a dinner-dance

in the Lions Community Centre.

Jan. 20, 1944

75 Years Ago

Local news: The Yarm section of Clarendon township lost one of its oldest and most widely known citizens on Monday evening in the person of Mr. James Belsher, the advanced age of 87 years.

Mr. Belsher had been in failing health for the past three months. He was a life-long resident of Yarm section and was born on the farm where he died, a son of the late Mr. and Mrs. William Belsher who were pioneer settlers from Ireland.

The municipal elections in this district created very little excitement or unusual stir. Nominations were held on Jan. 12 and after several withdrawals in Shawville and Clarendon, all were elected by acclamation.

In Shawville, Messrs. Hilliard Hobbs, Edgar Hodgins and Arthur Horner replace retiring councillors Messrs. John J. Caldwell, Harper Rennick and George Prendergast.

In Clarendon, the three retiring councillors, Messrs. Ira Hanna, James Judd and James Whelen were returned without opposition.

The Shawville Women’s Institute met at the home of Mrs. Edgar Hodgins for their December meeting. Letters were read from boys overseas including Bert Swartz, J. Morrison, M. Morrison and Melvin Hodgins thanking the institute for the Christmas boxes received.

Mr. and Mrs. Fred Campbell have received word recently that their son, Neilson, has arrived overseas with a unit of

the Cameron Highlanders.

Mr. and Mrs. Fred Richardson have received word from their son, Elmer who arrived overseas recently with an Infantry Unit.

On of the largest crowds to file into Shawville Arena for several years witnessed the exhibition hockey match between Rockcliffe Service Police (R.C.A.F.) and Shawville Wildcats on Friday night. Fans were on hand from Quyon, Campbell’s Bay and Fort Coulonge.

As the high score of 7-8 indicates, the game was wide open. In the first period the locals set the pace, scoring four times to the visitors once. Most of the counting plays of the winners were set up by the veteran players, Myre and Behan. Six of the Shawville scores were made by Hubert Dale, veteran right winger and Grant Gibson got the other one from left wing, most of the scoring plays being maneuvered by Rev. Wm. White of Portage du Fort with borrowed skates and outfit, who filled in the centre position on their line very cleverly.

The pattern for the Allied air attack in 1944 is clearly demonstrated by the heavy assaults on what remains of Berlin within the first week of the new year. As the capital and nerve centre of Germany, Berlin has already been knocked out, says the *New York Times*. Some 25,000 tons of bombs and incendiaries dropped or burned half of it, driving most government offices into the provinces and another 20,000 tons are expected to finish it as Germany’s industrial capital as well.

CONTINUED ON PAGE FIVE

Remembering Sylvio Richard

by Caleb Nickerson



Photos submitted

Sylvio Richard was a local business owner, welding instructor and family man from Shawville who passed away suddenly on Dec. 7. He will be remembered for his gentle demeanor and his love of the outdoors.

Last month, the Shawville area lost a pillar of the community. He was a local business owner and an instructor at Pontiac High School who passed on his knowledge and work ethic not only to his own kids, but many in the area as well.

That man was Sylvio Richard. He was working in the bush on Dec. 7, 2018 when he was killed in an accident. He was 61.

He left behind his wife of 41 years, Dianne (née Telford), as well as four children, Andrea, Keri-Ann, Nathalie and Sébastien, and three grandchildren: Blair, Zoé and Ethan.

Sylvio was born and raised in Otter Lake and was out working in the forest from a very young age.

“He was in the bush from probably the age of six, seven and by eight years old he was running a chainsaw,” Dianne said.

Dianne grew up in Shawville and the two met at a social function. Sylvio managed to catch her eye (it was his smile, she said), and they were married in 1977. She added with a laugh that he was an active athlete and many games of hockey and broomball had taken their toll on his teeth over the years.

Hervé LaSalle met Sylvio playing hockey 30 years ago and the two were friends from then on.

“He was a very easy person to become

friends with, he was so generous and easygoing,” LaSalle said. “We hunted together, we fished together, played hockey ... I hated [ice fishing] but I went because he wanted to go.”

Early on in the marriage, Sylvio and Dianne moved to Cochrane, Ont. and Sylvio went to work in the logging industry.

“We were in Cochrane for about 10 months,” Dianne said. “Sylvio’s mom’s side, there were some family there.”

Though the money was good for a while, the couple decided to head back to the Pontiac after a strike stopped work at the company.

“He did really well up there ... the people in the camp just loved him,” she said.

He worked for a short time at Campbell’s Bay Ciment and the Hilton Mine before establishing his own welding and fabrication business, Magnalum, in 1985. Sylvio had been renting shop space prior to the construction of the current shop that sits on the edge of Shawville along Hwy. 148.

Dianne noted that over the years the shop was expanded with new office space, as well as areas for sandblasting and painting.

From an early age, his children were involved in the family business.



Above, the Richard family. From left: Nathalie, Dianne, Sébastien, Andrea, Sylvio and Keri-Ann.



Sylvio poses with long-time friend Mike Haley on an ice-fishing expedition.

ing department.

“He was a fun guy, liked to take you under his wing and show you stuff. A good teacher,” she said. “Since I graduated I worked beside him, so I learned lots from him ... as a teacher, as a boss, as a father-in-law.”

PHS Principal Debra Stephens noted that Sylvio was a hands-on and engaging teacher.

“He had a real way with students, he was quite gentle and yet strong at the same time,” she said.

She recalled one project in particular from several years ago that stood out. Students were given the task of constructing full-size catapults to hurl watermelons and pumpkins across the school field. School administrators Don Stevens and Mike Dubeau were sent into the field to measure the projectile’s range, not realizing that they might also be used as targets for the students’ siege engines.

“[Sylvio] thought it was just the funniest thing,” she said.

Stephens added that there would be a barbecue in Sylvio’s memory held at the school on Feb. 1.

Sylvio’s devotion to his students was only surpassed by his adoration for his grandkids.

“If my dad wasn’t gone to the bush, my young lad would want to see his père every morning,” Sébastien said. “He lived for us and the grandkids.”

“We were always first, and he was second,” Dianne said.

“They helped a lot. He didn’t let them slow down, he made sure every kid had a job,” Dianne said. “He didn’t want lazy kids, and they all work hard like their dad.”

Sébastien recalled starting out running countless base plates through the drill press as a youngster during his afternoons or days off from school. Under his father’s instruction, he began accumulating welding certificates in his early teens.

He said that though mixing business with family was tough at times, he was grateful to be able to see his wife, sister and dad at work every day.

“Me and my dad, we had our spats, don’t get me wrong, but the best thing [was], we didn’t hold a grudge over anything,” he said. “We’d get mad, we’d yell and scream at each other and that night we’d sit down and have a beer over supper and it was like we’d never fought.”

Sébastien fondly remembered the days where he and his dad worked together on site, or the odd time they would fell trees in

the bush.

“If he could bring me with him, when we’d be doing a job, I’d be there,” he said.

Outside of work, Sylvio had a love for the outdoors and cultivated a large vegetable patch in his backyard. Dianne recalled the dozens of canned tomatoes and pickles he would process after the harvest.

He also spent plenty of time with friends up at Squaw Lake Outfitters or at the hunting camp up at Oxbow Lake. LaSalle noted that Sylvio managed to bag his first moose earlier in 2018.

Thirteen years ago, Sylvio was approached about filling in as a welding instructor at Pontiac High School. The gig was supposed to only be a few days but turned into a 13-year career, Dianne explained.

“He loved the kids, he loved teaching them,” she said. “He knew his job really well and he was good at it.”

One of his students, Megan Tubman, would go on to marry Sébastien and will be stepping into Sylvio’s big shoes at PHS’ weld-

The Parents’ Voice

CONTINUED FROM PAGE FOUR

Choose paper over electronic. There is nothing better than seeing, feeling and exploring beautiful art work done by an illustrator. What a great way to engage and draw children into the wonderful world of make believe.

Have books available in the car or in your bag when you are out - they are great for passing the time when you are waiting.

It is important to note that it is possible that your child does not enjoy reading or being read to no matter how much you try. If this is the case don’t beat yourself up about it, just keep presenting opportunities for them to enjoy literature.

The Parents’ Voice Shawville is happy to announce that art workshops will be starting back for the winter months. We will plan one art workshop per month, each workshop will be taught by a new artist. Our next workshop is Feb. 16 from 10:30-12:00 with Michael Peterson at the Shawville Community Lodge. Children will learn basketry and will be making a fish, bird or flower to take home. Please email parentsvoiceshawville@hotmail.com to register and for more information.

Until next week, keep reading.

Spiritual Growth

Walking a new way

By Esther Colpitts

My Christmas cactus has been looking sickly for months. Actually up until just a few days ago, I thought, it’s dying. Leaves fell off on the floor until there was hardly anything left. I tried a lot of things through the fall, to no avail then gave up. Today, I noticed a light green section protruding out of one of its shoots. Growth means life. I’m happy.

Like a plant, if in our faith walk we are not growing, it is an indicator that there is something seriously wrong. And it is critical.

It may be that we’ve been neglecting the necessary actions that encourage growth. We need to begin to do that. Neglect, discouragement or even a preoccupation with too many other things can all be factors that can interfere with our faith life.

When a new year begins, it is like we have turned the first page in another book. Everything can become new. It doesn’t mean trying harder but rather, just taking time to think about things that are eternal.

Everything we see is temporary. What we don’t see lasts forever so we can let go of the daily struggles and look up. It’s not only a new year, it’s a new day. And God is with us.

esthercolpitts.com

THE WAY WE WERE

CONTINUED FROM PAGE FOUR

Jan. 16, 1919

100 Years Ago

Local news: Citizens of Cobden have approved of a by-law to raise \$1,500 to provide for the erection of a town hall.

A report has come to THE EQUITY that there is a probability of the water power at Calumet Falls being developed this year but like the many reports regarding this proposition that have gone by the board, for years and years past, there is nothing very definite to construct even an aerial edifice upon.

Yet a realization of hopes long deferred may be nearer than we think. The waters of the Ottawa are not des-

tinued to tumble over the rocks at Calumet forever without some day being put to good use.

Jan. 18, 1894

125 Years Ago

Local News: A new dock is being built opposite the Ottawa House, Portage du Fort.

A number of teams passed through here on their way to Mattawa on Tuesday morning.

As Mr. P. Grace of Pakenham was driving into this village on Saturday last, one of his horses dropped dead on the road. He purchased Mr. Alf. McGuire’s “broncho” and proceeded on his way home.

Mr. J. Kilgour of Ross had his sleigh

and a fine team of horses drown while on his way up the river a few days ago.

Mr. G. Brabazon of Portage du Fort has the contract of supplying Gillies Bros. with 500 barrels of flour for their shanties on the Coulonge.

The skating rink is proving a popular resort with the young folk during the evenings now.

On Saturday night, there was scarcely room for the large number who turned out.

There are about 200 men working on the railroad here at the upper lakes and there is some talk of a large force being put to work on the bridge across the Ottawa.

Quite a number of our young men have gone to the woods. Some of the fair sex are very melancholy in consequence.

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Dancing and moving all winter long



Donald Teuma-Castelletti, THE EQUITY

The Parents' Voice's Cooperative Movements for Caregivers and Tots program returned on Monday to the Shawville Lions Hall, featuring 45 minutes of workout aimed at teaching a variety of skills to young children. Pictured, Marie-Josée Corriveau leads the class in their warm-up.

DONALD TEUMA-CASTELLETTI SHAWVILLE Jan. 14, 2019

While there's plenty of winter still to come, the Parents' Voice Shawville has the solution for children and parents keeping warm this year and it involves lots of dancing. That's because they've brought back their Cooperative Movement for Caregivers and Tots program for the next six weeks, where guests get the chance to jump, sing, move and shake it all out in a series of classes led by

the Corriveau School of Dance's Marie-Josée Corriveau. Classes are structured in a way to keep both the children and their caregivers constantly moving, as they start with a warm-up, move onto a series of dances, then games and end with an obstacle course. Featuring a range of songs designed to teach dancing and other lessons, such as "Head, Shoulder, Knees and Toes," as well as fun, popular kids' tunes, like "Baby Shark," children and parents can look for-

ward to 45 minutes of constant activity, starting at 10:30 a.m. every Monday. Corriveau explained that this setup for the sessions helps encourage more than just physical activity for the young ones involved, as it also helps with the development of social, self-help, communication, memory and fine motor skills. "There's so many developmental skills going on," explained Corriveau. Having studied early childhood education and led similar classes within

daycares for around six years, she's seen firsthand how quickly children can grasp what they're learning, even with attending just once a week. "After a while, they'll know the routines, so it's also working their memory and intellect," said Corriveau. As well, those attending the classes with their little ones can look forward to squeezing in some physical activity for themselves, too. "It's also a workout for the parents," said Corriveau. "With kids, it's

go, go, go, so for 45 minutes, we are all going." The last Monday for the program will be on Feb. 25, and the cost is \$20 for the whole duration or \$5 per class. The program takes place in the Shawville Lions Hall, located on the upper level of the arena. Up next for the Parents' Voice is their Annual General Meeting on Feb. 19, where parents and new members are encouraged to join the group to bring fresh ideas to the table, as the group looks to the year ahead.



Donald Teuma-Castelletti, THE EQUITY

The program is structured to have 45 minutes of constant physical activity, that also challenges children's intellect and motor skills through games, dances and more. Pictured, Marie-Josée Corriveau encourages the kids to act like hungry dinosaurs during an exercise.

New year, more dances



Donald Teuma-Castelletti, THE EQUITY

The Brysonaires brought their old school show to the Bryson Lions Club on Saturday, where folks filled the hall to dance the night away to their fiddle-anchored performance. Up next, the club will be hosting their annual Wildlife Supper on Jan. 26, with music starting at 4 p.m.

Waltham



HELEN PERRY 819-689-2652

The weather is really fluctuating this winter. It was 3°C on Wednesday and on Friday it was -22°C and -33°C with the wind chill. They were sayings, on the radio that Ottawa was the coldest capital in the world on Friday. Our heartfelt sympathy is with the families and friends of those who have lost loved ones in that terrible bus accident that occurred in Ottawa on Friday afternoon. Our thoughts and prayers are also with the victims that suffered injuries as they begin their long road to recovery. Warm birthday wishes are extended to Jean Pelletier, who is celebrating his birthday on Jan. 21. All the best of health and happiness in the coming year Jean. Birthday wishes and love are extended to Marcel Ethier who is celebrating on Jan. 22. Enjoy your special day Marcel.

Pontiac Lions Midget A profile


THE EQUITY will be publishing a new weekly series of profiles of the Pontiac Lions Midget A players. Fans of local hockey can enjoy some insight into what gives these players the drive to come out and be the best they can be for their team at home and away. This week's focus is on Nick Curley, who is playing his second year at the midget level.



Dave Moore, THE EQUITY

NICK CURLEY AGE: 16 NUMBER: 18

Curley feels that playing on a hockey team gives you the opportunity to develop friendships, since each year a new group of first year players move up. As well, every season allows you to get to know one another a little bit more, growing those friendships into deeper bonds. Curley credits hockey with the lifelong lessons he's learned about friendship. By getting to know each other on and off the ice, during team events and parties, he's gained valuable insight about teamwork, friendship, trust and loyalty. Curley is currently a grade 10 student at PHS. Next year, he plans to finish his minor hockey career playing his final season with the Lions. According to the coach, Curley is best known for his pass first, shoot last attitude on the ice. He is most often found behind the goal line making a sweet pass to set up a shot on net. He's one of the team's centre men, has quick hands and is tough to play against at the face off dot. He is aggressive in front of the opponents' net which doesn't make him any new friends. Off the ice, Curley enjoys joking around and listening to music while hanging out with his buddies.





William Amos

Member of Parliament for Pontiac

Working for the Pontiac

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Minor hockey roundup



Donald Teuma-Castelletti, THE EQUITY
Pictured, Midget A goalie Kaelan Ireland looks to block up the net as a Pirate tries to put one past him.

Pontiac Midget A Lions

The Midget A Lions had one game over the week-end.

On Saturday, the team faced off against the Aylmer Extremes at home. The Lions dominated from the start and kept the Aylmer net minder busy throughout the game.

First period goals went to Hunter Lukacs-Hitz and Thomas Beck. Their goals were assisted by Evan Atkinson, and Carson Rusenstrom (two).

The second period saw Atkinson net three for a hat trick. He had help from Thomas Beck and Connor Gilpin.

There was no scoring in the third period as penalties were called that delayed the game and time ran out. Final score was a 5-1 win for the Lions.

Mark your calendars for some fast paced action during the second annual Pontiac Provincial

Bantam / Midget Tournament taking place at our home arena the weekend of Jan. 18, 19 and 20. The Midget A's play their tournament opener on Friday at 7:45 p.m. against the Cobden Muskrats.

Submitted by Diana Desabrais

Lions Pee wee C

The Pee wee C team played a game on home ice against the Gatineau Barons on Saturday morning, winning 2-1. It was a close match as the Barons were quick on the ice, but the Lions managed to stay on the puck and lead the game from the get-go. Goal scorers included Liam Dowe and Lana Gibbons, with assists from Dominik Laroche and Jacey Rivet, respectively.



Donald Teuma-Castelletti, THE EQUITY
The Lions Pee wee C team took on the Gatineau Barons in Shawville on Saturday, winning 2-1. Pictured, Lana Gibbons fights to take the puck back from an opponent.



Donald Teuma-Castelletti, THE EQUITY
Pictured, Novice B player Bryce Hudson winds up for a fast shot during Sunday morning's game against the Gatineau Titans.



Donald Teuma-Castelletti, THE EQUITY
Pictured, Matthew Kavanagh and William O'Malley look out for Tatum Thompson, centre, as he skates away with the puck on Saturday.



Donald Teuma-Castelletti, THE EQUITY
Pictured, Atom C player Jackson Dubeau keeps the puck away from Aylmer players during the tied game on Saturday morning.

Atom A

The Atom A team welcomed the Collines Loups to the Shawville Arena on Saturday, where they fought hard to keep them at bay. Though the local team didn't end up triumphant, the players never gave up their fighting spirit on the ice.

Atom C

The Atom C team hosted the Aylmer Riverains on Saturday morning, where both teams put up a strong defensive to end in a tie game. Though the Lions' Lucas Ethier scored early on in the first period, with an assist from Ewan Smith, their opponents managed to squeak one past in the second.

Bantam A

The Lions Bantam A team cleaned up handily on Saturday on home ice, as

they hosted the Gatineau Barons. Winning 5-1, goal scorers included Bryan Tubman with three and Charlie Olmstead with two, plus assists from many teammates.

Bantam B

The Bantam B Lions played two games this week-end, both at the Shawville arena. Unfortunately, the team lost both their games, with a final score of 4-3 for the Gatineau Draveurs on Saturday and 6-0 for the Hull Éperviers on Sunday.

Midget B

The Midget B team played the Aylmer Pirates on Saturday, losing narrowly with a score of 2-1. The Lions' Hunter Essiambre managed their team's goal in the second, with assists from Shane Kelly and Ryan Gilpin.



Donald Teuma-Castelletti, THE EQUITY
Pictured, Midget B player Michael McCann fires a quick shot against the Aylmer Pirates, during a Saturday afternoon game.

Comets Novice

The Comets Novice team played two games at the Fort Coulonge arena this weekend, winning one. On Saturday, they let their guard down to come up shorthanded against Renfrew who won 6-3. However, Sunday they dominated their ice, rocking Arnprior with a final tally of 11-3.



Donald Teuma-Castelletti, THE EQUITY
Pictured, Novice Comet player Layden Lavigne fights the puck away from an Arnprior player, in a game the home team would go on to win 11-3.

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Classifieds

COMMUNITY CALENDAR

Every Tuesday 10 a.m. - 12 noon come and play bridge, St. Paul's Anglican Church basement. Want to learn? We will teach you. bj16

Hooley in the Hall is back this Friday – Join us in the Shawville Anglican Church Hall for an evening of music (Hooley in the Hall) from 7-9:30 p.m. Admission is free. 50/50 held. Everyone welcome. xtc

Fri., Jan. 18 – Shawville Shenanigans at 586 Main Street, 9:30-11:30. fj16

Sat., Jan. 19 – Ski Pontiac Moonlight X-Country Ski and Snowshoe on torchlit trails at Coronation Hall, Bristol, 5 p.m. to 9 p.m. Complimentary snowshoes. Food available. xj16

Mon., Jan 21 – Cooperative Movement with Caregivers and Tots: Join us for a 7 week session with the Corriveau School of Dance instructor Marie-Josée! We will enjoy music, dance moves and lots of movement. 7 week session – \$20 or drop in fee of \$5/class. It will be held at the Shawville Lions Hall from 10:30-11:15. Babies under 1 are free! fj16

Sat., Jan. 26 – Trivia Night in Bristol. The Bristol Community Association hosts its 3rd Annual Trivia Night. Bar opens at 5:30, dinner is at 6:00 (\$20) and the Trivia competition (\$5) starts at 7:00. Trivia teams of 4 or more. Call to register and reserve for dinner by Jan 20. Contact Anita Foster 647-2554 or Bill Smith 647-3517. 2bj16

Sun., Jan. 27 – Anishinabe Algonquin history and current issues with Anita Tenasco (Director, Kitigan Zibi Education Sector). 1:30 p.m., Jack Graham Hall, Aylmer Road, Bristol, Que. Presented by Friends of Chats Falls/Les Amis du Sault-des-Chats. 2xj23

IN MEMORY



Belanger – In loving memory of Mom and Dad. Gladys Belanger (Jan. 20, 2009) and Eric Belanger (Aug. 16, 1984). Those we love don't go away They walk beside us every day, Unseen, unheard but always near, Still loved, still missed and very dear. The family

DEATH



Evans, Raymond – Surrounded by family and his cat, Raymond passed away peacefully in Shawville Hospital December 21st, 2018. Raymond will be deeply missed by his pride and joy, Minnie cat. Leaving behind his beloved wife Joanne Stewart. Loving father of daughter Chelsea Evans (James), Sonny (Tracey), Johnny, Joey, Mark (Crystal) and predeceased by his daughter Brianna. Raymond was a proud brother to Beverly Stewart (Billy), Betty Connelly (Donald), Robert Evans (Gisele), Bonnie Bowie (Micheel), Lynn Evans (Dave), Todd Evans (Lynn), Tim Millar (Noeme), Ted Millar (Betty), predeceased by his brothers William Evans and Ricky Evans. Son of loving mother and father Norma Yach and the late James Evans. Raymond will be missed by many special grandchildren, nieces, nephews, extended family and precious friends as well as his Magellan family where he worked for 36 years. For the last months of Raymond's life he was battling cancer, he fought with all his heart and showed strength throughout his battle. Anyone who knew Raymond knew he could fix anything with his gentle hands, and if he couldn't fix it then it was time for the garbage. There will be a lot of things broken in Stark's Corners for a very long time. At this time cremation has taken place. There will be no visitation or service. A celebration in Raymond's honour will take place at a later date. www.hayesfuneralhome.ca



Marykuca, Frances – We remember a special wife, mom and grandma who left us January 14, 2001. Our lives were shattered eighteen years ago; We miss you, Mom; You'll never know, How many tears, We since have shed, Remembering things, You said and did, We miss your smile, We miss your face, We miss your hugs, Your warm embrace, But most of all, We miss your love, You freely spread, Just like a dove, As time advances, Day by day, We cherish these memories, And we pray, For the Lord to guide us, To where you are, Be it very near or very far. Between now and then, Should time stand still, We love you, Mom, And always will. Husband, children, grandchildren and great-grandchildren

Mohr, Kathy (Letts Armitage) – In fond and loving memory of Kathy Letts Armitage Mohr who passed away Jan. 28, 2015. Forever loved. Elaine and family

Zimmerling, Darwin – Jan. 18, 2017. Broken Chain We little knew that morning that God was going to call your name, In life we loved you dearly, In death we do the same. It broke our hearts to lose you, You did not go alone; For part of us went with you The day God called you Home. You left us peaceful memories, Your love is still our guide; And though we cannot see you, You are always at our side. Our family chain is broken, And nothing seems the same; But as God calls us one by one, The chain will link again. Miss you greatly and love you dearly, Mom and Dad, Justin and Emma, Brenda, Chris and Mitchell, Barb, Mark, Jodi and Andrew

NOTICES

If you saw the picture in THE EQUITY we can make you a full colour 5 x 7 or 8 x 10 prints for \$10 plus tax, at The Pontiac Printshop, 133 Centre St., Shawville, Quebec J0X 2Y0 819-647-2204. xtc

Promotional items are available for your business such as caps, pens, cups, jackets, T-shirts, etc. For more information call The Pontiac Printshop, 133, Centre St., Shawville, Quebec, J0X 1G0, 819-647-2204. xtc

Canadian flags and Quebec flags 54" x 27" and 72" x 36" at The Equity, 133 Centre Street, Shawville, Que. 819-647-2204.

Kid Code Jeunesse du Pavillon l'Envolée



Photo soumis

Les classes de Mme Mélanie et Mme Marie-Josée du Pavillon l'Envolée de l'établissement des Petits-Ponts ont vécu une activité spéciale avant les fêtes grâce à Kid Code Jeunesse.

CSHBO - Communiqué **FORT COULONGE** Le 7 jan. 2019

Les classes de Mme Mélanie et Mme Marie-Josée du Pavillon l'Envolée de l'établissement des Petits-

Ponts ont vécu une activité spéciale avant les fêtes grâce à Kid Code Jeunesse.

Chaque classe a gagné un ensemble de 10 Micro:bits (d'une valeur de plus de 200\$ chacun) et d'autres petits



Photo soumis

Chaque classe devait faire l'activité de codage d'un flocon de neige.

cadeaux.

Pour obtenir ces ensembles, les enseignantes devaient assister à un webinaire leur expliquant l'activité à faire vivre à leurs élèves. Ensuite, chaque classe

devait faire l'activité de codage d'un flocon de neige. Les élèves ont bien aimé l'activité et désirent remercier Kid Code Jeunesse de leur avoir permis de vivre une expérience inoubliable.

De nouveaux fonds pour des projets d'infrastructures vertes au Québec

GOUV. DU QUÉBEC

Communiqué **VARENNES** Le 14 jan. 2019

Investir dans les infrastructures vertes aide les collectivités à réduire leur empreinte carbone et à augmenter leur résilience aux changements climatiques. Cela permet aussi de préserver la santé publique, de protéger l'environnement et de créer une économie axée sur la croissance écologique.

L'honorable François-Philippe Champagne, ministre de l'Infrastructure et des Collectivités, et Mme Vicki-May Hamm, présidente de la Fédération canadienne des municipalités (FCM), ont annoncé aujourd'hui l'octroi d'un financement local totalisant 1,5 million de dollars pour deux projets dans le cadre du programme Municipalités pour l'innovation climatique.

Une somme de 750 000 dollars permettra aux municipalités de Varennes,

Maniwaki, Saint-Fulgence, Saint-Siméon, Saint-Charles-sur-Richelieu, Carleton-sur-Mer, Saint-Constant, Mercier, Îles-de-la-Madeleine et la MRC de Pontiac d'ajouter chacune un véhicule électrique en autopartage dans les parcs de véhicules municipaux et de mettre en place des stations-service électriques.

Ces véhicules serviront aux employés municipaux pendant les heures de travail. Lorsque non utilisés, ils seront mis à la disposition de la collectivité. Ce projet vise à expérimenter des solutions innovantes pour réduire les émissions de gaz à effet de serre à travers la province.

La Ville de Rivière-du-Loup bénéficiera également d'un montant de 750 000 dollars pour améliorer son réseau d'égout pluvial - dont la faible capacité entraîne actuellement des débordements - et pour procéder à la réfection de l'une des rues les plus

achalandées de la ville. Le projet consiste à construire un égout pluvial, des bassins de rétention des eaux pluviales, des rigoles et de nouveaux puits afin de mieux gérer les eaux de ruissellement. Une fois complétés, ces travaux permettront de mieux protéger les résidences et les entreprises contre les inondations, d'améliorer la sécurité et la circulation le long de ce tronçon clé du centre-ville et de réduire les débordements d'égouts dans l'environnement.

« Le gouvernement du Canada est déterminé à investir dans des projets qui appuient les municipalités dans la planification, la construction et l'entretien des infrastructures de manière plus stratégique. C'est grâce à des partenariats comme celui que nous avons établi avec la FCM que nous doterons notre pays des meilleures infrastructures du 21e siècle. Les investissements locaux que nous

annonçons aujourd'hui permettront de réduire les émissions de gaz à effet de serre, contribueront à bâtir une économie axée sur la croissance propre et renforceront la classe moyenne. » L'honorable François-Philippe Champagne, ministre de l'Infrastructure et des Collectivités.

« Les municipalités ont un rôle déterminant face aux changements climatiques, et elles ouvrent la voie en matière de solutions novatrices. La FCM est fière d'appuyer ces nouvelles démarches visant à bâtir des collectivités plus durables et plus résilientes où il fait bon vivre. Grâce à notre partenariat avec le gouvernement du Canada, nos programmes appuient des solutions locales qui ont un impact national et qui contribuent au renouvellement des infrastructures et à notre transition vers une économie à faibles émissions de carbone.

À l'occasion de la Journée mondiale du sida: la ministre de la Santé du Canada appelle à l'élimination de la stigmatisation

GOUV. DU CANADA

Communiqué **OTTAWA** Le 1 déc. 2018

La Journée mondiale du sida, qui a lieu le 1er décembre de chaque année, est le moment tout indiqué pour reconnaître la force et la résilience des personnes vivant avec le VIH, pour nous souvenir de ceux et celles qui nous ont quittés et pour souligner autant les progrès importants qui ont été réalisés dans la lutte contre le VIH/sida que le travail qui reste à faire. Au Canada, on estime que plus de 63 000 personnes vivent avec le VIH et le sida, et que de ce nombre, une sur sept n'a pas été diagnostiquée ou ignore qu'elle a contracté l'infection.

Pour souligner la Journée mondiale du sida, l'honorable Ginette Petitpas Taylor, ministre de la Santé, a officiellement approuvé la campagne Indétectable = Intransmissible (I = I) qui fait la promotion de nouvelles données scientifiques probantes selon lesquelles si une personne est traitée pour le VIH et si la suppression de sa charge virale est maintenue, il n'y a en réalité aucun risque de transmission sexuelle. Le Canada est le premier gouvernement à adhérer à cette campagne mondiale qui améliorera directement la vie des personnes vivant avec le VIH et réduira la stigmatisation.

La ministre a pris part à une cérémonie de levée du drapeau affichant le ruban rouge sur la Colline du Parlement en compagnie de représentants d'organisations de lutte contre le VIH et le sida de partout au pays. Elle a ensuite assisté à l'activité de lancement de la Journée mondiale du sida et de la Semaine de sensibilisation au sida chez les

Autochtones, qui a été coorganisée par le Réseau canadien autochtone du sida, la Coalition interagence sida et Pauktuutit Inuit Women of Canada.

Hier, dans le cadre des efforts du gouvernement du Canada pour éliminer la stigmatisation, la ministre a tenu une table ronde avec des personnes vivant avec le VIH de partout au Canada pour mieux comprendre leurs expériences. La stigmatisation demeure l'un des plus grands obstacles auxquels se heurtent les Canadiens en ce qui concerne l'accès à la prévention du VIH, à son dépistage et à son traitement, ainsi qu'aux services de soutien.

La ministre a aussi annoncé des fonds pour une nouvelle campagne pan-canadienne visant à réduire la stigmatisation et ses effets sur la prévention et le dépistage du VIH et sur l'accès au traitement chez les homosexuels, bissexuels, transgenres, bispirituels et allosexuels.

Le gouvernement du Canada continue de mettre tout en œuvre pour respecter les engagements mondiaux relativement au VIH, qui consistent notamment à mettre fin à l'épidémie de sida d'ici 2030 et à atteindre les cibles de traitement 90-90-90 de l'ONUSIDA d'ici 2020. Les cibles 90-90-90 sont les suivantes :

90 per centage des personnes vivant avec le VIH connaîtront leur statut sérologique;

90 per centage des personnes infectées par le VIH qui ont été diagnostiquées recevront un traitement;

90 per centage des personnes recevant un traitement auront une charge virale supprimée.

« Le Canada a à cœur de prévenir les nouvelles infections à VIH et d'atteindre ses objectifs mondiaux. Je suis inspirée par le courage des personnes vivant avec le VIH. L'appui continu accordé aux initiatives comme la campagne Indétectable = Intransmissible est essentiel si nous voulons mettre fin à la stigmatisation liée au VIH. L'élimination de la stigmatisation contribuera dans une large mesure à prévenir les nouvelles infections, à interpeller les personnes non diagnostiquées et à veiller à ce que les personnes vivant avec le VIH obtiennent les soins, le traitement et le soutien dont elles ont besoin. » L'honorable Ginette Petitpas Taylor, Ministre de la Santé.

« J'éprouve de la gratitude envers les personnes et les organisations du Canada qui consacrent leur temps et leurs efforts à la lutte contre le VIH et d'autres infections transmissibles sexuellement et par le sang. Je continue de défendre ardemment le message Indétectable = Intransmissible (I = I). Non seulement ce principe repose fortement sur la science, mais, plus important encore, il constitue la voie à suivre dans les domaines de santé traitement et des soins. Il a aussi le potentiel de changer les points de vue de la société et d'aider à éliminer la stigmatisation qui peut isoler les personnes vivant avec le VIH, leur causer des torts et contrecarrer leurs efforts. » La Dre Theresa Tam, Administratrice en chef de la santé publique du Canada.

Faits en bref

Il y a eu environ 1,8 million de nouveaux cas de VIH à l'échelle mondiale en 2016. Cette année là, environ 36,7 millions de person-

nes vivaient avec le VIH, dont 19,5 millions recevaient un traitement antirétroviral.

Au Canada, plus de 63 000 personnes étaient atteintes du VIH/sida. Selon les estimations, en 2016, 86 per centage des personnes vivant avec le VIH/sida avaient reçu un diagnostic, 81 % des personnes ayant reçu un diagnostic suivaient un traitement et 91 per centage des personnes sous traitement avaient une charge virale supprimée.

En 2017, 2 402 nouveaux cas de VIH ont été signalés au Canada, ce qui équivaut à sept cas diagnostiqués chaque jour.

Le gouvernement du Canada investit 132 millions de dollars sur cinq ans par l'entremise du Fonds d'initiatives communautaires en matière de VIH et d'hépatite C afin d'appuyer les travaux effectués par des organisations communautaires pour lutter contre le VIH ou d'autres infections transmissibles sexuellement et par le sang.

Le gouvernement s'est engagé à investir plus de 87 millions de dollars en 2018-2019 pour appuyer la surveillance, la prévention, l'orientation de santé publique, le perfectionnement des connaissances et une intervention communautaire robuste pour lutter contre le VIH, l'hépatite C et d'autres infections transmissibles sexuellement et par le sang.

Le gouvernement du Canada est un fier partisan du Fonds mondial de lutte contre le sida, la tuberculose et le paludisme. D'ailleurs, le Canada s'est engagé à verser 804 millions de dollars pour la période de reconstitution des ressources 2017-2019.



THE EQUITY

Deadline Monday 12 noon:

819-647-2204

Fax 819- 647-2206

www.theequity.ca

e-mail: news@theequity.ca

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Quyon
JILL YOUNG

819-918-0623 jillianyoung6@gmail.com

Best wishes to Shelley Fraser Welburn as she is celebrating her retirement from the Government of Canada after almost 37 years of employment. Congratulations Shelley, relax and enjoy.

There was another fire in town last week. A house burnt on St. Andrew Street. Thankfully no one was injured in the fire. Thoughts are with Gaston Larocque and his family as they recover from this unfortunate incident.

The village was without water for most of the day on Saturday. We don't realize how we take a resource like that for granted until we are without. Kudos to the Municipality of Pontiac Public Works team who had to work in the bitter cold to repair the system and also to our councillor Sue McKay for keeping the public informed and updated during the water outage. Their hard work is greatly appreciated.

On Saturday, a great gang was out to brave the cold and enjoy a day of winter fun at Trickle Creek Lodge. Everyone bundled up for skating, sliding, huddling around bonfires and they served a delicious meal of hot dogs, chili and beans. It

was a terrific day. Big thanks to the Trickle Creek gang for hosting.

It was great to hear that the rinks in our municipality all opened last week as the kids always look forward to being out skating and playing hockey.

I hear the Ski Pontiac trails around Pine Lodge are also in great shape. I haven't made it up there yet but I have been out snowshoeing around home a few times. If you can't beat the cold, might as well enjoy it.

We have birthday wishes going out to Julia Bernier and Sharon Young both on Jan. 16. Happy birthday to the Jan. 17 Club: Christopher Provost, Vikki Stanley, Joanne McMurray, Meagan McCann, Tracey McColgan, and Don Desabrais. Ryan Nugent's family are wishing him a happy birthday on Jan. 18. Birthday wishes are also going out to Katrine-Anne Villeneuve on Jan. 19 and to Kristen Stanley on Jan. 21. Happy days to everyone celebrating this week.

A reminder that the first soup and sandwich lunch is on at Quyon United Church today starting at 11:30 a.m. Come on out to enjoy a homemade lunch and a great visit.



Sheenboro
DORIS RANGER

819-689-2132 dranger50@hotmail.com

Our condolences and deepest sympathies go out to Doug Mitchell and his family on the passing of his wife Caroline Beauchamp Mitchell of Pembroke, Ont.

Happy first birthday to Eden Audrey, daughter of Colin Allen and Roxeinne Hussick and special granddaughter to Karen Keon.

Birthday greetings and best wishes go out to Patsy Gagnon on Jan. 17 and to Carmelita Sullivan Ouelette on Jan. 20.

The Ian Picard Emergency Services Hockey Tournament was held this past weekend at the UPSC in Chapeau, Quebec. The organizers, as always, did a great job. All proceeds go to minor hockey.

Congratulations to Kenna Turner and her husband Matt Dufour who are the new owners of Chichester Grocery. They took ownership in December from Charlie and Penny Vaillancourt who, after 12 years, felt it was time to retire. We are very fortunate to have a depanneur in our area.

A reminder to the Young at Heart seniors: On Jan. 23, agents from Service Canada and Revenue Canada will make a presentation from 10:30 a.m. to 12 noon at the Harrington Community Centre about services available to all seniors. A light lunch will be served and cards will follow. Sounds like a full day for all.



Vinton
DIANE BOISVERT

819-921-5296

Is anyone missing a cat? The cat appeared at Shirley Pepin's a few days ago. It has two colours on it. It is sort of greyish with brown stripes. You can either call me or Shirley at 819-648-2684. Shirley told me that it is very friendly and totally a house cat. Please help us find the owner.

What a deep freeze we're into. It is supposed to warm up for a little bit but then turn freezing cold again for the weekend. It is extremely hard on the wood pile and everyone's health.

There was a benefit party held on Saturday for Hartland Stewart and Kim Ladouceur at the Forest Inn in Bryson. There was standing room only. It was so nice to see such a great turn out for such a worthy cause. I was told that over \$15,000 was raised for the family. I'm so happy to see the community get together to help this family out in such a generous way.

I would like to wish a happy birthday to Jeanette Lepack and Helen Ranger on Jan. 15, and to Allan Junior Pepin on Jan. 20.



Shawville
LYSE LACOURSE

819-647-5932 lyse380@gmail.com

Happy 95th birthday to Lila Dale on Jan. 17. She is currently residing in Newfoundland. Many happy returns Lila.

Our deepest condolences to the Younge family on the loss of Lorna on Jan. 6 at the age of 80. She was a long time Secretary-Treasurer for the Municipality of Clarendon.

Happy birthday to the following people celebrating this upcoming week: Gary Hodgins, William Orr,

Bonnie Hodgins, Wade Ellison, Betty Morrison, Joe Brownlee, Joseph McCleary, Rachel Blodeau, Claire Cartman, Rita Beimers, Bert Murphy, Daryl Durant, Dalton Cluff, Connie Wilson-Gow, Kari

Richardson, Nancy Murray-Wilson, Erin Schock, Beth Martineau, Gail Sharpe, Jim Hodgins, Keith Potvin, Goldie Moore, Jaime MacDougall-Moore and Todd Smart.

Happy anniversary to the following couples celebrating this week: Garth and Wendy Yach, Kirk and Sara Richardson, Adam and Heather Sally and Wayne and Brenda Deering.

Our thoughts and prayers for the Knight family on the loss of Remi on Jan. 11 in hospital.

There is a Tuesday Bridge Club from 10-12 p.m. held at St. Paul's Anglican Church. Come and learn the wonderful game of bridge.



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^{*}Offer available to qualified retail customers in Canada for vehicles purchased and delivered between January 3 and January 31, 2019. Limited time only. \$9,000 Total Value is a combined total credit value for cash purchases on eligible new 2018 Sierra 1500 Crew Cab Denali models with Ultimate Package including \$3,500 Non-Stackable Credits (tax exclusive), \$5,100 Cash Delivery Allowance and \$750 Option Package Discount. Limited time offer which may not be combined with certain other offers. Credits vary by model. Dealers are free to set individual prices. General Motors of Canada Company may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ^Δ Offer available to qualified retail customers in Canada on select vehicles delivered from January 3 to January 31, 2019. 0% purchase financing (0.5% APR) offered on approved credit by TD Auto Finance Services, Scotiabank[®] or RBC Royal Bank for 72 months on eligible new 2018 Sierra 1500 Crew Cab Denali models with Ultimate Package. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$70,090 financed at 0% nominal rate (0.5% APR) equals \$973 monthly for 72 months. The offer includes \$5,100 Cash Delivery Allowance, \$2,400 Finance Cash and \$750 Option Package Discount. Cost of borrowing is \$0, for a total obligation of \$70,090. Freight (\$1,795) and air conditioning charge (\$100, if applicable) included. License, insurance, registration, PPSA, applicable taxes and, except in Quebec, dealer fees not included (all of which may vary by dealer and region). Credits vary by model. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. General Motors of Canada Company (GM Canada) may modify, extend or terminate offers for any reason, in whole or in part, at any time, without notice. Conditions and limitations apply. See dealer for details. As part of the transaction, dealer may request documentation and contact GM Canada to verify eligibility. These offers may not be redeemed for cash and may not be combined with certain other consumer incentives. Conditions and limitations apply. Void where prohibited. See Dealer for full program details. [®]Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. TD Auto Finance is a registered trademark of The Toronto-Dominion Bank. [°] Comparison based on wardsauto.com 2018 Large Light-Duty Pickup segment and latest competitive information available at time of printing. Excludes other GM vehicles. [™] Full functionality requires compatible Bluetooth and smartphone, and USB connectivity for some devices. Data plan rates may apply. [‡] At time of posting, detailed map coverage is available for most major urban areas of the United States and for certain metropolitan areas of Canada (Vancouver, Calgary, Edmonton, Winnipeg, Windsor, London, Toronto, Ottawa, Montreal, Quebec City and Halifax). Coverage is significantly limited outside these areas. [±] Whichever comes first. Limit of four complimentary Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations and balancing, etc., are not covered. Conditions and limitations apply. See your dealer for details. [†] Whichever comes first. Conditions and limitations apply, see your dealer for details. [‡] Visit onstar.ca for vehicle availability, coverage maps, details and system limitations. Services and connectivity vary by model and conditions as well as geographical and technical restrictions. 4G LTE service available in select markets. Requires active connected vehicle services and a data plan to access the vehicle's built-in Wi-Fi hotspot. Accessory Power must be active to use the Wi-Fi hotspot. Data plans provided by AT&T or its local service provider. Credit card is required for purchase.