

THE EQUITY

Municipality of Pontiac residents face four per cent tax hike

CHRIS LOWREY

MUNICIPALITY OF PONTIAC Dec. 20, 2018

The 2019 budget for the Municipality of Pontiac will see residents fork over an extra 4.3 per cent in taxes.

The municipality's tax revenue will grow from \$4,944,792 in 2018 to \$5,203,402 in 2019 – a boost of more than \$250,000 for the municipality's coffers.

According to Mayor Joanne Labadie, the tax increase is related to the natural disasters that have struck the region recently.

Recent flooding is partly to blame. Mainly, many people were forced to move out of their homes in flood-ravaged areas – which means fewer taxpayers. Additionally, the value of many homes dropped as a result of the flooding.

With a smaller tax base and properties that have seen their value stagnate, that meant an increase in the tax rate was necessary, according to Labadie.

To make matters worse, Labadie said the condition of the municipality's infrastructure means that it is in need of urgent investment.

"The public made it very clear that they want some investments in our roads and infrastructure so we've taken that into account," Labadie said.

Council also passed the three-year capital expenditures budget, which looks at the bigger projects facing the municipality.

Two projects that have been on the municipality's radar for the last couple of years is securing new fire stations to replace the ones in Luskville and Quyon.

"The two fire stations in Quyon and Luskville were never built as fire stations," Labadie said. "They're old public works garages."

Labadie said it's part of a larger trend.

"We have about a 20 year infrastructure deficit in our municipality," Labadie said. "The longer we keep putting the roadwork off, the more expensive it becomes."

Labadie said infrastructure work is the top priority in the municipality.

The budget meeting on Dec. 20 was not without

controversy.

Labadie said she received an email just after 5 p.m. on the day of the meeting from a concerned resident who questioned the legality of the meeting itself.

The concern centred around the amount of notice given to the public about the budget meeting.

The Quebec Municipal Code says that municipalities have to give at least eight days notice for council meetings.

The municipality's social media page posted a notice about the meeting on Dec. 19 – the day before the meeting.

But according to Labadie, the municipality gave the appropriate notice to residents for the meeting.

"We have four locations that are the legal public notices for our municipality," Labadie said. "They are the three fire stations plus our town hall."

Some residents took to social media to debate whether the municipality is obligated to post notices eight days in advance online as well as the four legal notice locations.

Labadie said that at the next council meeting, she will present the opinion of the municipality's legal team that the municipality's obligations were met.

"There is no requirement to have [the notice] on social media," Labadie said.

Labadie said the notice for the meeting would have been posted online, but the municipality is currently without a head of communications and the person who was filling in was on leave.

Some residents also complained about the meeting being located in the library instead of the usual location in the community centre. Labadie said the meeting was in the library because the community centre was being used for a blood donor clinic.

"The assertion that this was some sort of clandestine meeting is interesting because I don't know what the purpose would be to hold such a meeting and keep it from the public," Labadie said.

Please see budget charts page two

Ringling in the new year

Photo submitted, THE EQUITY

Proud parents Eric Lanoix and Jade Rivet welcomed Hudson William Lanoix to the world at 1:08 p.m. on Jan. 1. He was the first child to be born at the Pontiac Community Hospital in 2019, weighing 6 lbs. 11 oz. and measuring 20 inches. Both mother and child are doing well and the couple thanked the nurses and medical staff at the hospital for their assistance.



Third annual sled dog races slide into Bristol

CALEB NICKERSON

BRISTOL Jan. 5-6, 2019

Over the weekend, dozens of mushers and dog-lovers gathered in Bristol for the third annual Pontiac International Sled Dog and Skijoring Race.

Located at Timberland Tours, down on chemin Ragged Chute, the air was filled with barks and yips of the dozens of

canines rearing to race. There were several different events in which to compete, including 1- and 2-dog skijoring, where racers are towed by their pups on cross country skis, and 4- to 8-dog sled races.

Organizer Denis Rozon said that dozens of teams of racers had signed up for the event, competing for \$10,500 in prize money.

Rozon said that racers had come from far and wide to run their dogs, though Quebec racers performed well on their home turf.

"I would say half Canadians and half other countries," he said, referring to the competitors. "[It's] very strong in Quebec, especially in the winter. The dryland is different, but in the winter Quebec people are very good."

The temperature fluctuated

rapidly between the two days of competition, from a warm Saturday with sloppy trails to Sunday, where the mercury dropped and mushers glided over sheets of ice.

Luke Siertsema, a racer from Blyth, Ont., explained that they adapt their equipment to suit the trail conditions.

"You have to switch up the wax, we have a high fluorocarbon for sloppier, warmer trails and you have a different kind of wax all together for an icy cold trail," he said. "Usually we have a few [sleds] prepared for different weekends and we have wax with us for last minute changes as well."

Rozon added that the changes made for additional work for the trail crew to contend with.

"That was a problem. We were so busy with the trail," he said. "The Saturday was really mild ... It froze overnight and Sunday was slippery, icy,

very fast."

The slick trails are also more treacherous, and Rozon said that several people wiped out on Sunday due to the conditions, but thankfully no one was seriously hurt.

Rozon added that the event wouldn't be possible without local volunteers and support from the municipality. Bristol councillor Phil Holmes was in the timekeeper's booth throughout the weekend, calling out 'Go racer!' at one to two minute intervals. He also sang the national anthems and presented medals at the closing ceremony.

Mayor Brent Orr was spectating on Sunday afternoon and emphasized the impact the race has on the community.

"It means a lot, it brings a lot of people from different countries ... into Bristol and surrounding

... It means a lot, it brings a lot of people from different countries ... into Bristol and surrounding area

Brent Orr, Bristol Mayor

area," he said.

He added that though it was a bit nippy as the competition wore on, it was nothing compared to the -40°C temperatures from last year's competition.

"It's much better than last year, last year was bone-chilling," he said.

Please see page three and six for more photos

Results

Skijoring 1 dog

1st Karen Koehler, 2nd Richard Kisseloff, 3rd Laurence Saucier

Skijoring 2 dog

1st Karen Koehler, 2nd Richard Kisseloff, 3rd Rachael Bryar Colbath

Kick sled 2 dog

1st Carolanne Lachance, 2nd Albine Devinant, 3rd Katy Rivest

Four-dog sled

1st Katy Rivest, 2nd Valérie Fuchs, 3rd Jay Olmstead

Six-dog sled

1st Valérie Fuchs, 2nd Mandy Collins, 3rd Jenna Dittmar

Eight-dog sled

1st Jean-Rene Saucier, 2nd Louis Parent, 3rd Jamie Dittmar

Kids and mutts

1st Charlotte Saucier, 2nd Edward Saucer, 3rd Théo Fortier



Caleb Nickerson, THE EQUITY

Pictured, Abigaile Fox, racing out of East Greenville, P.A., competes in the 8-dog sled race on Jan. 6.

MoP budget breakdown 2018 vs. 2019

BUDGET 2018		BUDGET 2019	
Activités de fonctionnement Operating activities		Activités de fonctionnement Operating activities	
REVENUS / Revenues	Budget 2018	REVENUS / Revenues	Budget 2019
TAXES / Taxes	4 944 792	TAXES / Taxes	5 203 402
TAXES DE SECTEUR / Taxes for sectors	97 171	TAXES DE SECTEUR / Taxes for sectors	102 884
TARIFICATION POUR SERVICES MUNICIPAUX / Price setting for municipal services	1 012 136	TARIFICATION POUR SERVICES MUNICIPAUX / Price setting for municipal services	915 220
PAIEMENTS TENANT LIEU DE TAXES / In lieu of taxes	425 590	PAIEMENTS TENANT LIEU DE TAXES / In lieu of taxes	553 248
TRANSFERTS SUBVENTIONS / Transfer grants	941 796	TRANSFERTS SUBVENTIONS / Transfer grants	1 058 992
SERVICES RENDUS / Services rendered	70 135	SERVICES RENDUS / Services rendered	134 985
IMPOSITION DE DROITS / Assessment of duties	394 600	IMPOSITION DE DROITS / Assessment of duties	396 450
AUTRES REVENUS ET INTÉRÊTS / Other income and interests	106 394	AUTRES REVENUS ET INTÉRÊTS / Other income and interests	120 810
TOTAL / Total	7 992 614	TOTAL / Total	8 485 991
CHARGES / Expenses		CHARGES / Expenses	
ADMINISTRATION GÉNÉRALE / General administration	1 183 457	ADMINISTRATION GÉNÉRALE / General administration	1 423 438
SÉCURITÉ PUBLIQUE / Public security	2 212 466	SÉCURITÉ PUBLIQUE / Public security	2 278 113
TRANSPORTS / Roads	2 350 901	TRANSPORTS / Roads	2 580 116
HYGIÈNE DU MILIEU / Public health	1 214 983	HYGIÈNE DU MILIEU / Public health	1 291 439
SANTÉ ET BIEN-ÊTRE / Health and welfare	5 000	SANTÉ ET BIEN-ÊTRE / Health and welfare	5 000
ANÉAGEMENT URBANISME / Planning and zoning	431 069	ANÉAGEMENT URBANISME / Planning and zoning	395 029
LOISIRS ET CULTURE / Arts and recreation	454 619	LOISIRS ET CULTURE / Arts and recreation	450 077
FRAIS DE FINANCEMENT / Service charge	209 836	FRAIS DE FINANCEMENT / Service charge	244 310
TOTAL / Total	8 062 331	TOTAL / Total	8 667 522
EXCÉDENT (DÉFICIT) AVANT CONCILIATION / EXCESS (deficit) before conciliation		(69 717)	



Pontiac Agricultural Society Annual General Meeting
Thursday, January 24, 2019, 8 pm
 Lobby at Pontiac Agricultural Society office
Memberships on sale
 January 15, 17, 22 and 24
 at the Pontiac Agricultural Society office.

Pontiac Voice adds support to call for CISSSO CEO dismissal

DONALD TEUMA-CASTELLETTI
 OUTAOUAIS Jan. 7, 2019

Citizen's group Pontiac Voice have announced their support for the removal of the Centre intégré de santé et des services sociaux de l'Outaouais' (CISSSO) leadership, following sharp criticism of the body by elected officials in the Gatineau Valley.

The group is requesting "the departure of the directors currently serving in the Gatineau Valley. The group is requesting particularly Mr. Jean Hébert" according to a press release, due to what they describe as CISSSO's excessive centralization and the negative effects it has on its rural

regions. The press release was issued by Pontiac Voice on Dec. 19, after Chantal Lamarche, the warden of MRC Gatineau Valley, spoke to CISSSO's board of directors about her MRC's concerns on Dec. 13. Representing the mayors of her MRC, Lamarche accused CISSSO CEO and President Hébert of neglecting rural regions in favour of urban ones.

Gatineau Valley's complaints stem from a lack of specialists at the hospital in Maniwaki. The situation proved dire enough to bring in help from other parts of the province just to keep the operating room open.

A letter was also sent to Danielle McCann, Quebec's Minister of Health and Social Services, seeking CISSSO CEO Hébert's removal.

In response, McCann appointed Sylvain Gagnon as a special representative on Dec. 14 to CISSSO with the mandate of recording all the issues raised. The information will be compiled in a report due to the Minister on Jan. 31, including any recommendations that Gagnon may have.

Pontiac Voice spokesperson Josey Bouchard said this appointment of Gagnon is promising, as they feel

that there's a chance their concerns will finally be addressed.

"It is a step in the right direction and an acknowledgement that there is a problem with the way CISSSO is dispensing services in the rural, and even urban, areas," said Bouchard, via email on Jan. 7.

She continued to say that as of press time, they have not met with Gagnon, but are trying to get in touch to highlight the Pontiac's concerns.

Pontiac Voice lists several changes since the implementation of CISSSO as the governing body as detrimental to the Pontiac region health-care system. These

include the centralization of decision-making roles to urban areas, moving residents out of the Thomson Residence into Gatineau, and changing walk-in vaccination clinics to clinics that require appointments made by phone or email.

The group further stated that the changes have left patients feeling like nothing more than a number, as they're forced to travel further from their communities for care.

"It is therefore high time that they leave and we strongly support the request for departure of Mr. Jean Hébert," concludes the press release.

Nature survey results

CHRIS LOWREY
 PONTIAC Jan. 9, 2019

The results to a survey asking Pontiac residents how nature improves their lives are in and the PhD candidate responsible for it hopes the results can be used in future land planning.

The survey, spearheaded by Dalal Hanna, a PhD candidate at McGill University, asked Pontiac residents how they enjoy nature.

The survey focused mainly on the geography of the Municipality of Pontiac and Bristol. Anyone who has spent time in these locations – not just residents – could fill out the survey.

In total, 36 people responded to the survey. Those who responded came from several different groups including recreational users, hunters, farmers, friends of Chats Falls and residents.

Respondents listed 75 different ways that nature contributes to their well-being. Some of the main words used by survey respondents included things like hiking, water, observation and education.

Hanna will be organizing a meeting with local stakeholders and community members to develop strategies that will improve people's connections with nature.

The event will be held at the Burt Kennedy Centre in Quyon on Feb. 19 between 10 a.m. and 3:30 p.m. A free lunch will be served.

Those interested in attending can contact Hanna at 514-318-6332 by Jan. 28.

Lila Dale
 This lady turns **95**
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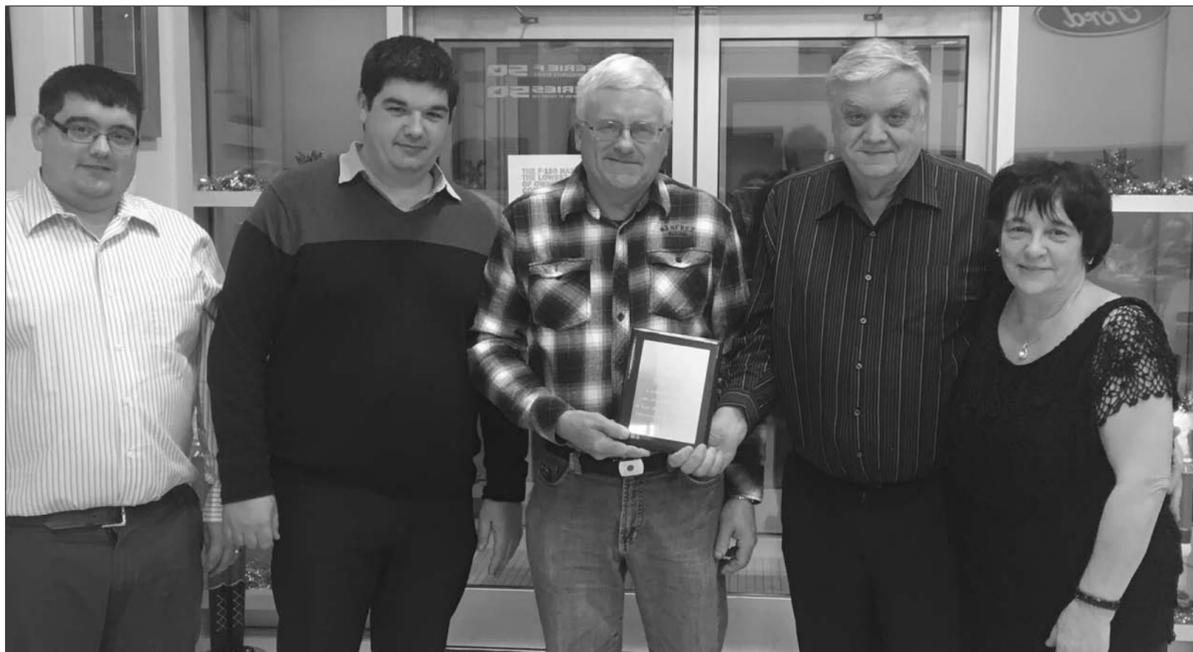
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Comité de sélection –
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 cpe@universdesbambinosuniverse.com
 316, rue Argue Crescent, Shawville, QC J0X 2Y0
 Fax : 819-647-6408

Long-time employees of Shawville Ford retire



Congratulations to Brent Krose, a long-time employee of Shawville Ford. Brent has been with Shawville Ford since the first days in 1983 and has always been reliable and dependable always for those 35 years. He will be greatly missed. Enjoy your retirement! Pictured from left: Chris MacKechnie, Curtis MacKechnie, Brent Krose, Robert MacKechnie and Heather MacKechnie.



Congratulations to Jerry Callaghan, a long-time employee of Shawville Ford. Jerry started with Ray Sheppard as Parts Manager and then became Service Manager. Jerry was a dedicated and valued member of Shawville Ford for the past 45 years. He will be greatly missed. Enjoy your retirement! Pictured from left: Chris MacKechnie, Curtis MacKechnie, Jerry Callaghan, Robert MacKechnie and Heather MacKechnie.

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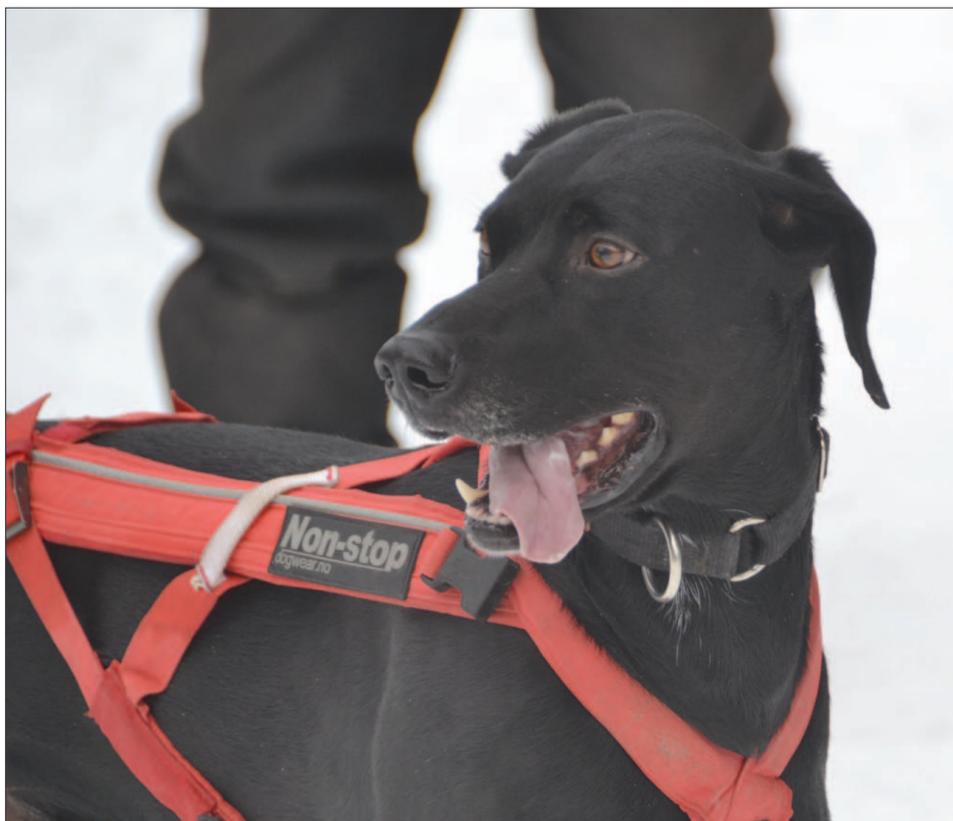
Bristol goes to the sled dogs



Race Marshal Jim Cunningham, looking every part the dog racer, officiated the race, as he has for the past two years.



Laurence Saucier takes off from the starting line during the one-dog skijoring event on Saturday morning.



The pups could barely contain their excitement, often having to be calmed at the starting line.

A son, brother, husband, dad, père and friends

What a man Sylvio was. Born March 4, 1957 to Lillian and Joseph Richard. Married July 23, 1977 to Dianne Telford for 41 years (my best years).

In 1981 our first child was born, Andrea. In 1983 Keri-Ann (Bear) was born. In 1988 Nathalie was born and in 1991 Sébastien (Bud) was born.

Sylvio worked hard in the bush for many years. When the bush slowed down, he persued another passion, welding. Magnalum Inc. opened in 1987, his second career.

As years moved on, Don Stevens asked Sylvio to go to Pontiac High School for a couple of weeks. They needed a welding teacher. Sylvio said "Oh no." But when it comes to kids, he couldn't really say no. Another career started. A couple weeks turned into years, there was no one to replace him so he ended up staying on for 13 years.

Still doing two jobs, he decided to add a third. He went back to cutting trees. It started for a friend and guess what? There were people all over wanting him to cut their bushes. He loved the bush so much and people loved him.

But in the end, even the best can get hurt, and what a shock it was. December 7, 2018 will never be forgotten. Our loss is huge along with the community as well as the school welders. He had lots of great welders come out of Pontiac High.

Sylvio was a small man with a lot of spunk and he was a positive man. The child in school that no one wanted and said "don't waste your time on them" was the child that he would work the hardest with and guess what? They graduated.

His life was full and he enjoyed every minute of it.

Our daughter-in-law, Megan, and son-in-law, Darcy, are loved like our own. We have three grandchildren, Blair (9 years), Zoé (7 years) and Ethan (20 months). There is also another one on the way soon. If Sylvio had his way he would have built a bigger house and moved everyone home. His grandchildren were his prized possessions. I never wanted for anything.

Love you Dad. Til we meet again.

Thanks for all the food, cards and money donations. If you left dishes please pick them up, I'm not sure whose is whose.

Love Dianne and family.

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Editorial Time for a look in the mirror

As Canadians, we like to remind ourselves that hockey is OUR game and WE invented it. Because Canada is the gold standard for hockey success, anything but a gold medal is seen as a failure.

The World Junior Hockey Championships just wrapped up and Canadians found themselves in an unfamiliar position – on the outside looking in.

Canada lost in the quarter-finals to the eventual tournament champion Finnish squad.

It was a close game that featured a late fluke goal for the Finns and a missed overtime penalty shot. In the end, Canada lost in extra time.

This was the first time that Canada has failed to medal at a World Juniors hosted on home soil.

This was a blow that was just too much for some Canadians.

So they took to the social media page of Canadian captain, and 19-year-old, Maxime Comtois. Keyboard warriors from across the country jumped at the chance to hurl insults at a teenager they felt let them down personally.

It was Comtois, after all, that missed the penalty shot for Canada in overtime.

In fact, the criticism was so harsh that the Roy Sports Group – the agency that represents Comtois – issued a statement decrying the “shameful” behaviour of these “cowards.”

Since news of the abuse first broke, many people have rushed to defend Comtois. His junior team revealed he'll be out of commission for the next few weeks as he recuperates from a separated shoulder.

That's right, he played with a separated shoulder. But apparently, he didn't give enough.

While it's nice to see so many people rush to defend Comtois, some are capitalizing on the opportunity to advance their own agenda.

Parti Quebecois interim leader Pascale Bérubé said that the abuse Comtois faced was a direct result of anti-francophone racism.

Although it's not shocking that someone would use something like the verbal abuse of a teenager for political gain, it is surprising that anyone thinks this kind of behaviour is reserved for any particular group.

Walk into any hockey rink across Canada and there is a good chance you'll see a grown adult shouting at a teenager.

“Skate! Skate! Skate!” some parents yell at their child as if he or she isn't already doing just that.

“Come on Ref get your head out of your (insert body part here)!” parents scream at a 16-year-old official trying to make some extra cash.

Let's not act like this behaviour is exclusive to some group of horrible people hiding behind the anonymity of a keyboard. It's not. It's part of our DNA.

Sure, those who took to Comtois' social media page to hurl insults at him deserve to be chastised.

But there are many people who need to acknowledge that their own behaviour contributes to the attitude that this kind of stuff is acceptable.

If a child sees a parent berating an official over a perceived missed call, it stands to reason that the child will see their parent's behaviour as acceptable.

Maybe we'd all be better served to take a step back and just enjoy the game for what it is – a game.

Chris Lowrey

The Parents' Voice

By Shelley Heaphy

Winter fun

This is always one of my favourite articles to write. I absolutely love the time we get to spend outside together in the winter. The cold that comes before Christmas always has a feel of excitement and the snow just adds to the ambience of the holidays. However, the minute those Christmas decorations get put away, many of us start to wish for spring. Here are some ways to embrace the cold and snow with our little ones.

The key to enjoying the snow and winter weather is dressing warm. For little ones that means warm mitts (that don't fall off or get wet when touching snow). My favourite mitts have always been the ones that come up over top of their coat sleeves, hats that clutch at the bottom or tie, neck warmers, warm boots, warm coats and snowpants. On windy days add a scarf that goes up higher to prevent wind burn.

Another important thing to remember is how long you keep them outside. On beautiful, sunny, mild days try and spend more time playing outside whereas on cold days limit the time they are outside to a quick walk around the yard, down the street or on the covered deck.

When everyone is dressed warm you may be surprised how much they can enjoy some outdoor time. Not to mention how it will effect mom's mood. I always feel 100 per cent better after some time outside – especially on those exhausted days where sleep the night before wasn't a huge amount.

What to do with them once you get outside:

1. Sliding – Our favourite thing to do is find some kind of hill and slide down it. On a slide, a toboggan or on their bums, any way at all.

2. Climbing snow mountains – After the big dump of snow we got on New Year's Eve this activity was in full swing. How high can you climb? How many snowballs can you find and smash? What can you make on the mountain? What can you find? We've turned mountains into homes, bathtubs, palaces, etc.



Dave Moore, THE EQUITY

Out for a walk

Soil by Chris Judd

I once wrote a series of articles entitled “The seven bank accounts of a farmer” for a farm paper. These seven included soil, seed, knowledge, the team, neighbours, politics and money.

If a farmer looks after the first six accounts then eventually the seventh will increase. If a farmer begins with importance placed only on the last one he may be very successful but not as a farmer.

Soil was the first one that I wrote about because everything relates back to a healthy soil. A typical soil is composed of 45 per cent mineral, 25 per cent air, 25 per cent water and five per cent organic matter. All the life in the soil is included in that five per cent.

One quarter of a teaspoon of soil can contain 50 nematodes, 62,000 algae, 72,000 amoebae, 292,000 actinomycetes and 25,280,000 bacteria. This life in the soil works day and night breaking down leaves, straw and other organic matter into a form that can be used by the plants as fertilizer.

An acre of soil can contain as many as a million earthworms. One earthworm can digest as much as thirty-six tons of soil in one year, leaving worm castings behind which are a source of nutrients to plants.

When I attended Agricultural College in the 1960s, most attention in soil class was given



Outstanding in his field

to the mineral, air and water content of the soil. We had an entomologist who taught biology, but most “the bug man” and neither the students nor the college realized the importance of maintaining a healthy life in the soil.

In the 1960s we were taught that soil just kept the plant from falling over and all nutrients could be supplied by chemical fertilizer. We were also taught that most unwanted weeds could be killed with chemical sprays.

Some time was given to reducing soil compaction because it reduced the air in the soil and hence reduced plant growth and made the soil hard and difficult to till.

One professor even told us that it would be cheaper to dump the manure over the hill and buy all chemical fertilizer. We were taught that if hard pan got too hard to plow or affected crop growth, just use a deep ripper to break up the hard pan. There were a host of companies starting to sell products like pan buster or clod buster which could be sprayed on the soil to soften the hard pan and help break up clay balls. I later discovered that these products were only made up of a surfactant to relieve the surface tension on water droplets and shampoo. Both these products made it easier for water to penetrate hard pan and hard chunks of clay,

making hard soil easier to break up.

An application of enlivened rock powder would also help soften the soil. It was also discovered that the correct balance of calcium and magnesium would reduce or even eliminate hard pan and at the same time make other necessary minerals more available and greatly increase crop yields.

Most farmers and home owners use sprays to reduce or eliminate unwanted weeds instead of weeding by hand or using a cultivator for between the row weeding. This is much faster and uses less expensive fuel and elbow grease but use of the cultivator helped restore that critical air to water balance in the soil.

Some sprays are registered as antiseptics or bactericide and not only kill weeds but also much of the life in the soil. Some sprays also chelate some necessary elements in the soil like manganese which is necessary to maintain pregnancy; or copper which is necessary to get the most efficient use of nitrogen or boron which is necessary to efficient growth of soybeans or alfalfa. Chelate means to bind tightly making these elements unavailable to anything including plants even though these elements may show as adequate on soil tests.

In crop farming it is necessary to look after the life in the soil because all those little lives work day and night to provide nutrients for plants at little or no cost. We are what we eat is an old saying. When feeding animals, including humans, we must pay attention to

the health of the bacteria in digestive systems to assure efficient production in animals.

Some bacteria play an important role in keeping our own gut healthy and we must not ingest something that interferes with their health as well. In a high producing dairy cow about half of the cows nutrient needs can be provided by healthy well fed gut bacteria. To prevent most post calving problems in animals, the animal must be fed an anionic diet for several weeks before parturition. Immediately after giving birth it is important to switch to a cationic diet to supply enough of certain elements to the animal.

Since the crops grown on a field will reflect how that field was fertilized, it is important to know which elements were high or low in the soil before deciding to save the crop for feeding animals a few weeks before delivering or for feeding animals after they give birth. If roughage and grain in the diet is high in cations, (eg. high in potash) it is impossible to correct that diet with a mineral or any other additive.

If you have attended a funeral, you will remember that phrase spoken by the minister that brings us all back to reality, “We all return to the dust.” Let's look after that dust. Everything that we eat or have in life came from the dust.

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

Jan. 12, 1994 25 Years Ago

PPHS junior boys lose to RCI: If Pontiac High's junior boys' basketball team had committed fewer fouls, they would have won the game against Renfrew Jan. 6.

Fifteen points, one quarter of Renfrew Collegiate Institute's (RCI) scoring came from sinking foul shots.

The Panthers played hard, but the RCI Raiders outscored the home team and ended up winning the game 60-54.

Neil Horner of PPHS started off the scoring 25 seconds into the game, sinking his first of three baskets in the first quarter.

Pontiac's Kirk Davies followed that up with a rebound shot more than one minute later but the Raiders would not be contained and Andrew Cameron nailed a three-point shot and Renfrew dominated the quarter.

Portage pulp mill gets new name: Pontiac's largest industry begins its second quarter century under a new banner.

As of the first of the year, the Stone Consolidated pulp mill at Portage du Fort will be known as Stone Container (Canada) Inc. or in French, Emballages Stone (Canada) Inc.

The name change comes about as a result of a restructuring of the parent company, Stone Container Corporation of Chicago. Stone's newsprint mills will not be separated from its cardboard and fine papers plants which include mills in Bathurst, N.B. and New Richmond, Que. as well as the Pontiac mill.

Jan. 15, 1969 50 Years Ago

Jail staff honours retiring guard: A surprise party was held recently on the occasion of Mr. Matt Kluge's retirement after 10 years of service as a guard at the jail.

Mr. Kluge was met at the Court House main entrance by Sheriff Sloan and escorted upstairs where he was met by the warden and his wife and the guards and their wives, who all sang: “For He's a Jolly Good Fellow.”

Every one of the guards, the warden and the sheriff each has a kind word to say about Matt and all were sorry to see him leave.

As a parting gift, Mr. Kluge was wished all the best and presented with a lazy boy chair as a token of his good service.

Cunningham named PCH administrator: Chairman Bill Main of the Pontiac Community Hospital Board reports that the

THE WAY WE WERE

Compiled by
Bonnie
Chevrier

Jan. 13, 1944 75 Years Ago

Local news: On Monday evening, Jan. 3, and for the second time in about eighteen months, fire demolished the farm home of Mr. and Mrs. Ewart Hodgins at Charteris with all contents.

Cause of the fire is unknown and started when all of the family were absent, Mrs. Hodgins being in Ottawa with the children and Mr. Hodgins had left home earlier in the afternoon to meet his family who were returning by evening train at Shawville.

On July 18, 1942, the Hodgins family lost their home by fire with most of the contents and had rebuilt on the same site, occupying the new home in September of the same year.

For the time being the Hodgins family are occupying a dwelling belonging to Mr. Richard Richardson in the Charteris district.

The opening meeting of the Shawville Ladies' Curling Club was held in the club room on Tuesday afternoon. Tea was served by members of executive committee.

Cpl. George Stephens, R.C.A.F., Nova Scotia and L. Cpl. Woodrow Stephens of Cornwall have returned to their posts after spending the holiday season with their parents, Mr. and Mrs. John G. Stephens at Quyon.

The preservation and condensation of food will have a tremendous postwar growth, enhanced by the food needs of currently Axis-occupied countries, said W. Smallwood of the Canadian General Electric Company in a recent address in Toronto.

On the morning of Dec. 19, under a grey winter sky, the sentence of a military tribunal was executed on three German war criminals and a Russian traitor. The gallows at Kharkov where four men have been hanged after conviction of war crimes against the Russian people, throws a dark shadow across any hopes Nazi war criminals may have entertained as to their

board is delighted to announce the appointment of Mr. Alexander Robertson Cunningham to the position of Hospital Administrator to commence duties on Feb. 1, 1969.

Cunningham has been employed as Division Controller for Consolidated-Bathurst and has been living in Shawville for several years. The Hospital board is particularly pleased that upon his resignation from his present job, Mr. Cunningham chose to remain in Shawville and devote his talents to our hospital.

future, says the *Christian Science Monitor*.

Jan. 9, 1919 100 Years Ago

Local news: Col. Theodore Roosevelt, president of the United States is dead. Such was the startling and unexpected message that flashed over the wires on Monday.

Little snow but very good sleighing, the farmers reported who came into town on Thursday morning after Wednesday evening's brief soft spell.

Mr. Geo. B. Campbell, ex-M.L.A. for the county was an overnight visitor to Shawville on Thursday. Mr. Campbell has just returned from an exploratory trip to Northern Saskatchewan.

Pte. Emerson Thomson, son of our townsman, Mr. Wm. Thomson who enlisted went overseas early in the war arrived in town on Wednesday evening. Emerson has been through the thick of it and knows all about the horrors of war. Once he was wounded in the arm, the bullet passing through and killing a comrade a few feet off. He went through the battle in which Clifton Woodley and a good many other Canadian boys were captured and says the fearfulness of that engagement is simply indescribable.

Jan. 11, 1894 125 Years Ago

Local News: While pressing hay at Mr. Ed Dale's on Wednesday last, Mr. Wm. Park had one of his feet badly jammed in the machine. Although severely bruised, Dr. Lyon found no bones broken upon examination.

The hay press is responsible for more accidents than any other machine used in connection with agricultural pursuits. It seems very strange that no better and safer way of feeding the hay to the machine can be discovered than by cramming it in with the foot.

On Dec. 30, a Christmas tree and entertainment was held in the school house, Thorne Centre. The walls of the room were tastefully decorated for the occasion. All went home well satisfied with what they received and heard.

The municipal elections in this village both for the village and township passed off quietly. For the township Messrs. Henry T. McDowell and Thomas Prendergast were retiring. For the village board, the election of two councillors was necessary in the room and stead of J.H. Shaw and Dr. H.H. Knox. It was moved by J.A. McGuire and seconded by D. McRae that J.H. Shaw be re-elected and that Geo. Hodgins jr., be elected in the room and stead of Dr. Knox. Alex N. Wilson moved, seconded by Samuel Armstrong that Dr. Knox be re-elected. No

other proposals were made and when the hour elapsed, a poll not having been demanded presiding officer H. Hobbs called for a show of hands between the nominations of Geo. Hodgins and Dr. Knox. The vote resulted in a tie. Mr. Hobbs gave the casting vote in favour of Geo. Hodgins, explaining that the doctor was a good man for the position but the fact of his being unable to attend regularly was against his appointment and then he believed it was not a good policy that such positions should be held too long by the same individuals.

The A.O.U.W. entertainment at Quyon on Thursday evening last was one of the most successful events of the season. Grand Master Bennett, Rev. Mr. Clendinning and a number of other Ottawa people were present. A choice program of music, etc. in addition to the installation ceremonies made the entertainment most interesting and pleasing to the large number who attended. Following the entertainment a grand supper was spread in the hall (Lang's) to which about 150 persons sat down.

Spiritual Growth Running life by your own rules

Recently, a number of us gathered at the church for our annual get-together. We play games, eat lots of unhealthy snacks and ring in the New Year together.

I decided to play Scrabble and a friend and her husband joined in. As we went along making words, he put a word in which was an abbreviation one way and misspelled the other way. I said he couldn't do that because the rules said not to and his retort was, “rules were made to be broken.” Everyone laughed.

I suppose when you are playing Scrabble it probably doesn't matter. But in life, when we break the rules that God has given us, it can be extremely serious.

Because He formed us in our mother's womb, Psalm 139, He alone knows the best way for us to live. If we ignore the principles He has laid out in Scripture for us, we are going to suffer more than if we don't. Eating junk food one evening in the year will not bring about great harm, but I cannot live like that and expect to enjoy life and good health. My body isn't made for that abuse or any other that we can easily fall into.

God loves us and has left us with instructions to guide us throughout life. A good plan would be to follow Him this New Year!

esthercolpitts.com

Christmas decorating, on ice

by Caleb Nickerson



Photo submitted

A rare spinning disk of ice formed in the middle of the Ottawa River near Calumet Island over the holidays. Local resident Mike Lamothe took the opportunity to keep the holiday cheer going by setting up a Christmas tree on the floe.

It was Dec. 29 and Calumet Island resident Mike Lamothe was in a festive spirit. The holidays were winding to a close but he was still ready to spread Christmas cheer. So when he spotted a large circular ice floe spinning lazily in the Ottawa River just below the Calumet bridge, he knew he had to do something.

Donning cold-weather clothes and a flotation device, he grabbed his canoe, a tree and some decorations and took to the water. His brother Walter and sister-in-law Gaetane Vermette supervised from the shore with a video camera.

Paddling out to the disk, he cautiously tested the ice thickness with a pole before venturing out onto the floe.

"I always use a pole, like as a probe so I always know it's safe," he explained. "I don't go on blind faith because that's how people drown ... It takes at least two inches to support a person, at least a person my size, I'm not too heavy. Any less than two inches and

the pole will go right through."

After ensuring his safety, he grabbed a drill and created a stand for the evergreen he'd brought along, which he then decorated with tinsel. The display rotated slowly on the massive platter of ice, the last festive gasp of the 2018 holidays before the start of the new year.

Lamothe said that rotating ice floes of that size are fairly rare, as they are created by a very specific set of preconditions.

"When you get the right water conditions, the right levels, the right temperatures, the right time, then sometimes it freezes in a circle," he said. "It's rare, I've been watching it eight years since the last time it formed."

Scientists have researched the strange phenomenon of spinning ice disks and discovered that their cause is a little counterintuitive. They typically form in eddies, which are little spinning currents formed by rocks or

an enclosed area, though not always.

Water is most dense when it is just above freezing, which means that ice melting off the centre of the disk will travel straight down. Warmer water around the floe will cause a bigger density difference and cause the water to fall more rapidly. If there is any sideways motion in the water, it will begin to spin like a whirlpool and rotate the ice above it.

Lamothe said that he put up a tree the last time the spinning happened, but the rapidly changing temperatures put an early end to his fun.

"I had one, oh about eight years ago now, but it only lasted two days," he said. "There was a big wind that came up and the waves broke all the ice. I lost my tree, I had silver lights on it."

This year Lamothe was able to recover his tree after the floe floated downstream near the Bryson shoreline.

"I just went down and removed the tree because it moved downstream and stuck to the mainland ice," he

said. "It was all electric lights and that and I didn't want it going into the river."

Lamothe explained that he has many years of experience on the ice through several decades of fishing and trapping, and advised amateurs against trying something similar.

"People say, 'Oh you're brave,' I'm not brave I've been doing this for 40 years, you know," he said. "I don't want to put anybody at risk... so I just do it on my own."

He said that if the spinning floe reappears in the next few years, he will likely try to up the ante.

"I was going to go down and set up a tent and camp on it overnight. That would have been the ultimate," he said with a laugh. "One of my cousins said, 'You know a guy could sit on the edge and trawl in the winter.'"

Lamothe's adventure can be viewed on his YouTube channel at: https://www.youtube.com/watch?time_continue=246&v=HpyypmGqHwo



Photo submitted

Lamothe, decked out in cold-weather gear and a flotation device, took his canoe over to a spinning ice floe in the Ottawa River and decorated a Christmas tree he brought with him.

Photo submitted

Lamothe's tree lasted for several days in the middle of the river before the ice floe floated downstream.



The Parents' Voice Winter fun

CONTINUED FROM PAGE FOUR

3. Skating and skiing are wonderful activities to engage in as a family. We have wonderful trails in Bristol available to all. Outdoor rinks and an arena with public skating times (Saturday: 6 to 7 p.m., Sunday: 2:30 -3:30 p.m., Tuesday: 4:30-5:40 p.m., Moms and Tots Tuesday at 2:30-3:30 p.m.)

4. Shoveling – honestly, I've found this to be the easiest way to get my son outdoors this winter. He doesn't seem to be interested in much unless he can be shoveling all the snow away. Hey, I'll take it. Get them their own child sized shovel and let them help out with that pesky job.

5. Dyeing snow – You can bring paint outside (simply pour some paint diluted with water in a spray bottle) and let them go nuts on the snow.

6. Make snow houses – Nothing is better than making, rolling and pushing big, giant snowballs around the yard. Snow forts are so much fun. What a workout and great exercise. Don't forget to make a snowman after a nice sticky snow fall.

7. Snow castles – Making snow castles with shovels and sand castle pails.

8. Find footprints – It's sometimes hard to get little ones excited about going for a walk in the neighbourhood, espe-

cially in the cold. One motivator might be finding footprints. You can take pictures of what you find, follow them, guess which animal made them.

9. A winter scavenger hunt is another great idea to get kids excited about being outside. There are lots of great printouts online.

10. Bring the outside in – When it really is too cold (say -25 or so) bring the snow inside.

Melting snow experiment: Bring some snow in from outside, record how long it takes for the snow to melt, what happens to the snow? What do you find as it melts, in the water? Etc.

Bring snow in in a large container. Add measuring cups, shovels, water to help melt the snow. Don't forget their mitts.

Painting the snow. With snow in a container, let the kids go crazy painting the snow with coloured water (water with drops of food colouring in it) and paintbrushes!

However you choose, adopting a healthy attitude to winter weather from a young age is a necessity. We do live in Canada after all, and hopefully we will always have winter to enjoy. Remember to lead by example, kids have a lot more fun playing outside with someone than all alone.

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Bristol goes to the sled dogs, continued



Caleb Nickerson, THE EQUITY

The 8-dog sled race on Sunday afternoon was a brisk race, as chilly temperatures had turned the track into a sheet of ice.



Caleb Nickerson, THE EQUITY

The weekend-long event saw racers and their determined dogs travel in from all over to Bristol, competing for a grand total of \$10,500 in prizes.



Caleb Nickerson, THE EQUITY

One skier and her dog have an explosive start on Saturday morning.



Caleb Nickerson, THE EQUITY

Richard Kisseloff, pictured here on Saturday morning, placed second in both the 1- and 2-dog skjoring event.



Caleb Nickerson, THE EQUITY

Left: The winners of the Kids and Mutts race took to the podium on Sunday afternoon.



Caleb Nickerson, THE EQUITY

Eric Rochon's sled leaves the ground as he takes part in the 8-dog sled race on Sunday afternoon.

Pontiac
ÉTÉ - SUMMER
2018

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Pontiac Senior Comets news roundup

DONALD TEUMA-CASTELLETTI
OUTAOUAIS
Dec. 22, 2018 - Jan. 5, 2019

Though the most recent Pontiac Senior Comets game was cancelled on Sunday, the local team has seen plenty of action on the ice over the holiday season in the Outaouais Senior A Hockey League (OS AHL).

Starting off on Dec. 22, the Comets hosted the Vaudreuil Titans for a close match that was decided by an overtime goal. After fighting for a comeback after a disappointing first period, the rest of the game proved tense and exciting for fans of the home team.

Both teams kept their offensives at the forefront

this game, as the Comets fought to maintain control of the ice. However, one more from Comet Vincent Proulx would see the third end in a tie, before his teammate, Stephane Paré fired in the game-winning goal. The final scoreboard read 9-8 for the Comets.

That same magic couldn't be found on Dec. 29, when the Comets visited the Benson Centre in Cornwall, Ont., to take on the Cornwall Prowlers. The Prowlers outpaced the Comets, scoring nearly twice for every goal the local boys made. This game ended 9-5 for the Cornwall team, as they sent the Comets packing.

Finally, the Comets met

the Mont Laurier Montagnards at the Centre Sportifs Jacques Lesage on Jan. 5. After being down four in the first period, the Comets had to push back to save some face. They managed to secure a few goals in the last half of the game, but the Montagnards proved relentless.

The Comets were defeated once again, as the scoreboard read 6-4 for the Mont Laurier team.

The Comets currently sit in fourth place on the OS AHL leaderboards, tied for points with the Cornwall Prowlers. Up next, the Comets will host the Montagnards in Fort Coulonge on Jan. 19.



Donald Teuma-Castelletti, THE EQUITY

The Pontiac Senior Comets played three games over the last few weeks, winning one at home and two away. Pictured, Julien Lepage fires a quick shot on the opponent's net, in a game on Dec. 16.

Donald Teuma-Castelletti, THE EQUITY
Pictured, Mitchell Gibson rushes Maniwaki's end in a game on Dec. 16.



Quyon

JILL YOUNG

819-918-0623 jillyoung6@gmail.com

Happy New Year to all. We had a wonderful holiday season, with many good times celebrated with family and friends. I'm sad that it is over, yet looking forward to what 2019 holds in store. Wishing everyone health and happiness in the year ahead.

There was happy news over the holidays for several couples in our area. Congratulations to Michael Baker and Meghan Smith, as they got engaged over Christmas. Best wishes are going out to Kris Belsher and Brittany McKenny who are also engaged to be married. Wishing the happy couples all the best.

Congratulations to Virginia (Schwartz) and Jeff Freeborn, as they wel-

comed their first child on Dec. 30. They are the proud parents to a little girl named Lily Skye. Lily is a new granddaughter for Doug and Isabel Schwartz. She is a little doll and we are so happy for the whole family.

I had an email from Bob Steele a former Quyon resident now living in Calgary. Alta. Bob asked me to send belated birthday wishes to his old friend Clifford Long, as he celebrated his 75th birthday on Christmas Day. Cliff and his family lived in Quyon in the early 1950s when his father was the United Church minister here. Greetings are also sent to Cliff's older brother Phil and his wife Doris, who live in Oshawa, Ont.

old. They are also hoping the gym will become a social hub for the community. I can't wait to get started my New Year's resolutions and I have no excuse as it is located right across the road from me.

The Quyon United Church is gearing up for Soup & Sandwich season and it will be starting a little earlier this year with two lunches scheduled for the month of January. The first will be held on Jan. 16 in the Quyon church basement. It's the perfect time of year to warm up with a delicious bowl of homemade soup and a chance to visit with friends and neighbours. Looking forward to seeing everyone there.

Belated birthday wishes are going out to Eric Provost and Priscilla Kluge on Jan. 2, to Sherri-Lynn Foran on Jan. 3, to Grace Côté on Jan. 4 and to Kelsey Stanley on Jan. 5. 2019 is starting out on an exciting note for our village, as the Pontiac Community Gym opened on Jan. 7. This is such a great service to have in Quyon and they are offering opportunities for physical activity for young and

old. They are also hoping the gym will become a social hub for the community. I can't wait to get started my New Year's resolutions and I have no excuse as it is located right across the road from me.

The Quyon United Church is gearing up for Soup & Sandwich season and it will be starting a little earlier this year with two lunches scheduled for the month of January. The first will be held on Jan. 16 in the Quyon church basement. It's the perfect time of year to warm up with a delicious bowl of homemade soup and a chance to visit with friends and neighbours. Looking forward to seeing everyone there.



Waltham

HELEN PERRY 819-689-2652

Well, the Christmas holidays are over, the decorations and lights are being taken down and stored away in bins and bags where they will reside in dusty corners until next year. As every day life resets its rhythm of familiar events, the children in the Pontiac headed back to school this week. We hope that they enjoyed themselves and are well rested to tackle another semester.

Our heartfelt sympathy, thoughts and prayers are with the Dufour family in the recent passing of Gérard Dufour of Fort Coulonge, Que.

We are saddened to hear of the passing of Patrick Keon of Chapeau. He was the beloved husband of Judy (Lepine) and the loving father of Chris, (Megan) and Tyler (Jen). Our heartfelt sympathy, thoughts and prayers are also with his grandchildren Travis, Hailee family and friends.

On Friday evening, the volunteers of Our Lady of Perpetual Help Church here in Waltham were treated to a tasty roast

beef dinner. It was hosted by Fr. Réal Ouellette and Fr. Justin Bertrand at the rectory in Fort Coulonge. The desserts of strawberry/blueberry/ chocolate cheese cakes were amazing. It was great to get together and socialize. A sincere thank you goes out to Fr. Réal and Fr. Justin for a such wonderful evening.

Good luck, thoughts and prayers are with Fr. Tim Moyle of Chapeau as he will be leaving on a sabbatical leave, in Baltimore Maryland. He will begin a four month period of study and prayer.

Warm birthday wishes are extended to Rex Rehel who is celebrating his birthday on Jan. 14. All the best of health and happiness, is wished to you in the coming year Rex.

Our heartfelt sympathy is with Karen Gleason (Peter), of Sheenboro in the recent passing of her dearly loved father James Shea of Aylmer. He was the beloved husband of Theresa. Our thoughts and prayers are also with his family and friends at this sad time.



Vinton

DIANE BOISVERT 819-921-5296

I hope everyone enjoyed Christmas and New Year's.

On Christmas Day, Sharon Crawford and Bruce Hodgins and my cousin, Heather Boyd and my cousin Bob Mayhew from Oshawa, Ont. spent the day with me. We had a wonderful time playing cards. I enjoyed having them here and I had prepared a very special dressed Christmas turkey. I can't tell you what I did but let's just put it this way, when I took the turkey out of the oven it got its own photo shoot. It was totally funny.

I was busy before and during the holidays making meat and turkey pot pies. I visited with Aunt Betty and Gilbert in Otter Lake on boxing day and we celebrated Christmas again with her son Bobby.

Bob spent a couple of days with me visiting and we had a great time together playing cards and going out shopping.

On New Year's I had Earl, Betty and Eddie Mayhew with me celebrating and bringing in the New Year with me. I also had my neighbours, Randy and Doug Sloan and Karen

Stevenson dropped in New Year's eve and also Jerry Pepin and Jennifer Donnelly. It was nice to have a gang here. We played a game of 31 and then we played a game of pass the Ace.

My sisters, Lynn and Norma called me from BC right at midnight to wish us a happy New Year but of course it was only 9 p.m. their time. So I set my alarm for 3 a.m. and phoned them back at their midnight and wished them a happy New Year.

I was kept very busy during the holidays which I'm really grateful for, but unfortunately I didn't have my children here but we can't have everything.

I would like to send out my deepest sympathy to the family and friends of Gerard (Fouine) Dufour who passed away Dec. 30, 2018. He was without a doubt a very kind, decent and fun loving human being and he will be missed by everyone who ever knew him. I would especially like to offer my condolences to his grandchildren because he was the greatest grandfather ever to those kids.



Sheenboro

DORIS RANGER

819-689-2132 dranger50@hotmail.com

Our condolences and deepest sympathies go out to the Shea family on the sudden passing of Jim Shea of Aylmer, Que. He will be sadly missed by his wife Theresa and his four daughters, Ann, Karen Shea Gleason, Cathy and Lisa. On Canada Day in Sheen we could always count on Jim and Theresa showing up to volunteer. Their shift would be a minimum of four hours selling tickets at the park for the children's games. His daughter and spokesperson for the family at the funeral held on Friday past spoke of her dad's priority in life, "family and children." His granddaughter, Anna Gleason, sang a solo of "How Great Thou Art." The funeral was well attended and a full house for St. Mark's Evangelical

Church. Also our condolences and deepest sympathies go out to the Turner family of L'Isle-aux-Allumettes on the passing of Nancy Turner of Quyon, Que. She dearly loved the Octoberfest camping weekend with her brother Larry and Christine Turner.

Our deepest sympathies go out to the Keon family of Chichester, Que. on the passing of Pat Keon. He will be sadly missed by his wife Judy Lepine, sister Lois, sons Chris and Tyler and his little buddy Travis. He will also be missed by the Lion's Club members of Chapeau. He was a true friend and neighbour to all. His funeral was held at St. Alphonsus Church, Chapeau, on Jan. 7.

Belated birthday greetings and best wishes for



Shawville

LYSE LACOURSE 819-647-5932

lyse380@gmail.com

Happy New Year.

Happy belated birthday to the following people who were celebrating the week starting on boxing day: Scott Brownlee, Edith Kelly, Donna Blair, Joyce Hodgins, Katie Bent Barber, Evelyn Duff, Amy Taylor, Wanda Zimmerling, Gary Andrew Tubman, Ann Horner, Claire Barr, Edna Carruthers, Tom Orr, Muriel Hobbs, Tynesha Hodgins, Marguerite Carmichael, Doris Beck, Trevor Stewart and Allan Horner.

Couples who celebrated their wedding anniversaries starting on the week of boxing day were: Gordie and Edith Mohr, Tom and Marilyn Fahey, Cary and Maureen Stanton, Wade and Debbie Ellison, and Robin and Jen Judd.

Happy birthday to the following people who celebrated their birthdays last week: Mary Holmes Hodgins, Marshallene Campbell, Blair Angus, Katie Dolan, Chris Hillier, Michael McCagg, Don Stevens, Brian Zimmerling, Joyce McCagg, Jodi Armstrong-Pirie, Gwen Armstrong, Rhonda Beattie, Michael Hodgins, Ian MacKechnie, Jenna MacDougall, Scott Young, Kevin Findlay, Stephanie Gregory and Chris Angus.

Couples celebrating their anniversaries last week

were: David and Fong Dagg, Mary Ellen and Jamie Hughson, and Stephanie Smart and Ryan Reimer.

Our deepest condolences to the Evans family on the loss of Raymond on Dec. 21.

Our thoughts and prayers for the Maheral family on the loss of Glen on Jan. 1.

People celebrating their birthdays this upcoming week are: Danielle Stevens, Jody Smith, Hector Kluge, Kirk Davies, Gary Graham, Diane Deering, Brenda Elliott, Matthew Smart, Jesse McCagg, Barry Moffatt, Cora-Leigh Vowles, Suzie Lance-Orr, Patrick Younge, Anne Ireland, Amanda Tracy, Beverly Sharpe, Laurel Grant, Benson Moffatt, Barry Wilson, Jaime MacDougall-Moore, Leslie Orr, Kim Wittig, Bill Rowat, Ben Nelson Angus, Jennifer (Kearnan) Conn, Sarah Zimmerling, Derian Plouffe and Gary Harris.

Couples celebrating their anniversaries this upcoming week are: Glenn and Joyce Elliott, Guy and Sylvia McCoshen and Laynard and Marlene Pasch.

There will be a Seniors Drop In on Jan. 10 starting at 1 p.m. at the Masonic Hall in Shawville. Drop in for some laughter, fun and coffee.

2019 go out to Sandra Brennan who celebrated her birthday on Dec. 31, to Gail Lepine on Jan. 1, Dave Clyde, Jimmy Walker and Cam Hilborn on Jan. 3, Peter Morris on Jan. 4 and Christine Turner on Jan. 6. Birthday greetings and best wishes go out to Billy Brennan, Carolann Lapierre, Claudia Gleason and Ben Chartrand on Jan. 11.

On Jan. 14 at 7 p.m. the first ever Youth Council for MRC Pontiac will take

place. There will be a representative from all 18 communities. Maggie McDonald will be representing Sheenboro for this term.

Fr. Tim Moyle will be taking a four month sabbatical beginning Jan. 12. We wish him well and a restful time in Baltimore.

Also a reminder that Saturday mass will now be at 4 p.m. in Sheenboro. This week it will be celebrated for Brandon Perrault.



THE EQUITY

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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 spotlight is on Tyler Stanton, who is playing his first year at the midget level.

AGE: 15
NUMBER: 3



Stanton loves the thrill of playing hockey, especially during tense moments on the ice. There is no better feeling, according to the player, than chasing a comeback and succeeding, especially when scoring a game-winning goal in the final minutes of a game. He credits hockey with introducing him to many of his best friends, as well as learning how to communicate, work as a team, and sportsmanship. Most importantly, he has learned how to have a passion for something, so that he dedicates his time to the game and puts his heart into it.

Stanton is currently a grade 10 student at PHS and looks forward to playing with the midget team again next year. As well, he's excited to pursue his driver's license and purchase a vehicle. According to the coach, Stanton has the ability to stick handle his way out of tight situations on the ice. He has a quick release shot which he puts to use inside the blue line. He is easy going and often smiling but make no mistake, he is a competitive player that likes to win.

Pontiac Lions hockey news

Pontiac Lions Atom A

On Dec. 15 the Lions travelled to Gatineau to face off against the Remparts. The Lions came out of the gate flying and midway through the first, Vincent Gilbert scored on a nice move, set up perfectly by Maxim Letang and Grayson Kilroy. Two short minutes later Mathis Lafontaine snapped one past the goalie for a 2-0 lead assisted by Maxim Renaud. Towards the end of the first Taytum Thompson won the face off clean back to Will O'Malley to fire it past the goaltender for a 3-0 lead.

Gatineau managed to get one back at the end of the first period. After two more periods of strong play and several great chances the game ended in a 3-1 win for the Lions.

On Dec. 16 they were back in action in Hull against the Aylmer Icebergs. Again Vincent Gilbert got the Lions started with a break-away goal early in the first assisted by Grayson Kilroy. Aylmer answered right back with two of their own.

Garrett Rusenstrom made a nice pass to Mathis Lafontaine to send him in on a partial break and he buried it to tie it up at two. On a nice play to the side of the net, Lafontaine scored his second of the game putting the Lions up. Seconds later Aylmer tied it

up. It was a back and forth battle for the first period.

In the second period the Lions turned up the intensity getting a goal from Andrew Kavanagh assisted by Letang. Lafontaine got his hat trick goal on a great back hand move in tight. Lafontaine then scored his fourth of the game in the third period. The Lions smothered out any attempts by Aylmer to get back into the game. These two games were solid team wins and it started with our goalies Zachary Brousseau and Jaxson Armstrong.

On Dec. 22, the Lions faced off against the Aylmer Extremes. The game started out at a high pace with action at both ends of the rink. Brousseau had an excellent game stopping every shot he faced. Gilbert opened up the scoring midway through the first period on a nice pass from Letang and Kilroy. Garrett Rusenstrom put the Lions up 2-0 in the second period on a feed from Pierce Rusenstrom.

Rusenstrom scored his second goal early in the third and Kilroy scored an empty net goal assisted by Thompson to finish the game. Armstrong had another strong finish to the game stopping every shot he faced as well. Chase Wittig-Thompson, Ryan Barr and Gibson Lang worked hard in all three games supporting our goalies in the defensive end. A

great way to finish 2018.

Submitted by Edward Rusenstrom

Pontiac Lions Pee Wee A

Pontiac Lions Pee Wee A team returned to action on Dec. 16 after competing in the Montreal Tournament where stellar goaltending and great team play took them to the semi-finals. Unfortunately, they lost 2-1.

On Dec. 16, in Shawville they won 4-3 defeating the Gatineau Titans. Scorers were Nathan Quesnel-Girard with two, Liam Queale and Anthony Lefebvre one a piece. Assistants went to Morgan Barr, Liam Queale and Nathan Quesnel-Girard. On Dec 22, they tied Les Loups des Collines 3-3. Scorers were Nathan Quesnel-Girard, Lucas Barré and Brodee Campbell with assists going to Liam Queale, Sofia Terranova and Cade Kuehl.

After the holiday break they played on Jan. 5, against the top team the Gatineau Remparts. They lost 8-1. The lone scorer was Noah Oliveira from Hannah Twolan and Peyton Ireland.

The Lions play next weekend in a Tournament at the Blackburn Arena. The team wishes all of their fans a Happy New Year.

Submitted by G. Queale

Pontiac Midget A Lions

The Midget A Lions had one game over the weekend returning from the Christmas

break. On Saturday, the team travelled to Maniwaki to face off against the Mustangs.

After the holiday break, the boys needed a period to get their game legs back. Once the turkey got worked out, the Lions dominated through the second and third period of the game.

Nick Curley opened up the scoring in the second with a deflection of a shot from the point by Cole Sheppard on a feed from Thomas Beck and a second goal from Tyler Stanton with assists from Hunter Lukacs-Hitz and Evan Atkinson.

Third period action saw goals from Ryan Lang and Harry Lukacs-Hitz with helpers from Willis Egan, Atkinson, Beck, and Curley.

The next home game is Jan. 12 at 4:30 p.m. against the Aylmer Extremes.

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.

Submitted by Diana Desabrais

Pontiac Lions Novice B

When you've got hockey on

your mind, all of life's other hockey seems to hockey into hockey hockey.

On Jan. 5 the Novice B team was up and at it before the sun was up for the Westmeath tournament. The rink was freezing but the boys were on fire winning their first three games. This took them to the finals where they remained undefeated and took home the gold.

It didn't stop there for the Lions as they played again on Jan. 6, in Aylmer where they continued their winning streak with a 4-2 win.

Submitted by Holly Lalonde



The Pontiac Lions Novice B team took home the gold at the Westmeath Tournament recently.

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INSCRIPTIONS DES NOUVEAUX ÉLÈVES 2018-2019

COMMISSION SCOLAIRE

WESTERN QUÉBEC

SCHOOL BOARD

2019-2020 REGISTRATION FOR NEW STUDENTS

The Commission scolaire Western Québec est fière d'offrir des services éducatifs en anglais ainsi que des programmes d'immersion en français (dans certaines écoles).

Pour inscrire votre enfant à la maternelle, l'enfant doit avoir 5 ans au 30 septembre 2019.

Pour inscrire votre enfant à la prématernelle l'enfant doit avoir 4 ans au 30 septembre 2019.

Pour de plus amples informations concernant l'inscription de votre enfant, veuillez communiquer avec votre école. Afin de déterminer l'école de votre secteur, visitez le www.wqsb.qc.ca et utilisez le lien « localisateur d'école » ou composez le 819-684-2336, poste 1155 ou le 1-800-363-9111.

ÉCOLES PRIMAIRES	INSCRIPTIONS
Dr. S.E. McDowell	22 - 24 janvier Veuillez téléphoner pour prendre un rendez-vous 819-647-3800
Onslow	À partir du 14 janvier Veuillez téléphoner pour prendre un rendez-vous 819-458-2375
St. John's	À partir du 28 janvier Veuillez téléphoner pour prendre un rendez-vous 819-648-2149
Dr. W. Keon	À partir du 25 février Veuillez téléphoner pour prendre un rendez-vous 819-689-2488

ÉCOLES SECONDAIRES	INSCRIPTIONS
École secondaire du Pontiac	À partir du 28 janvier Veuillez téléphoner pour prendre un rendez-vous 819-647-2244 poste 1003 <i>Portes ouvertes le 2 mai dès 18h30</i>
Dr. W. Keon	À partir du 25 février Veuillez téléphoner pour prendre un rendez-vous 819-689-2488

ELEMENTARY SCHOOLS	DATES & TIMES
Dr. S.E. McDowell	January 22 - 24 Call for an appointment 819-647-3800
Onslow	Starting January 14 Call for an appointment 819-458-2375
St. John's	Starting January 28 Call for an appointment 819-648-2149
Dr. W. Keon	Starting February 25 Call for an appointment 819-689-2488

SECONDARY SCHOOLS	HOW TO REGISTER
Pontiac High	Starting January 28 Call for an appointment. 819-647-2244 ext. 1003 <i>Open house on May 2 at 6:30</i>
Dr. W. Keon	Starting February 25 Call for an appointment 819-689-2488

Required documents for registration:

- Child's original long form birth certificate (bearing parents' names)
- Canadian Citizenship of parent who will render the child eligible.
- Québec driver's licence of the parent/guardian responsible for the child **OR** Lease/House Deed **AND** a utility bill
- Child's last report card (if applicable)

An Information Session on the Derogation process (early admission to school) will be held on **January 28th, 2019 at 7:00 p.m.** (15 Katimavik Street, Gatineau) for parents of 4-year-old children who may be eligible for the 2019 Fall Kindergarten Program (K5 only).

To register for this session, please call 819-684-2336 ext. 1163. For further information, please visit http://csqw.wqsb.qc.ca/Registration_Early_fr.html

Given in Gatineau by Chairman James Shea and the Director General, Mike Dubeau.

Classifieds

Advertise your items in the Classifieds
Deadline noon Monday
819 647 2204, email at news@theequity.ca

COMMUNITY CALENDAR

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

Thurs., Jan. 10 – Parents' Voice Shawville LEGO Club at 6:00-6:45 p.m. at The Shawville-Clarendon Library, \$2/child. fj9

Fri., Jan. 11 – Shawville Shenanigans with Erin at 586 Main Street, Shawville, 9:30-11:30. Join us for play, socializing, snacks and activities with Erin. fj9

Sat., Jan. 12 – Story Time with Dale at The Shawville-Clarendon Library from 10:30-11:15, free. All ages welcome. fj9

Jan. 12 – Bryson Lions Club Dance 8 p.m.- 12 a.m., light lunch served at 11 p.m., Entertainment by Brysonaires. Cost \$10.00/person. For more information contact Betty Leach at 819-648-5424. bj9

Mon. Jan. 14 – Cooperative Movement with Caregivers and Tots: Join us for a 7 week session with the Corrivau 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! fj9

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

MISCELLANEOUS

2012 - 1T14G Loader with 4 yard snow bucket. Winter ready. Serious inquiries only. Call Jim 613-794-0998. otc

Pontiac Lions patches that can be sewn over the existing Lions hockey logo on jackets, etc. \$19.00 plus taxes. Available at the Pontiac Printshop, 133 Centre St., Shawville. 819-647-2204. xtc

Books – Stop in and browse some of the titles include several titles from Lowell Green; *Canadian Battles, Dreaming of Horses, I Once Was a Cowboy, Identity Theft Canada, The Last of the Wild Rivers; What Men They Were* and more at the Pontiac Printshop, 133 Centre St., Shawville Quebec. xtc

Keep things moving smoothly with an economical, natural treatment for your septic tanks and chemical toilets that you need to use only every (3) three months. BLOWAY available at Pontiac Printshop, 133 Centre, Shawville. 647-2204 xtc

Flags that say Ouvert, Welcome and Open, available at The Pontiac Printshop, 133 Centre St., Shawville, QC., 819-647-5373. xtc

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Santa isn't the only guy with a bag of goodies over his shoulder. See the folks at M&R Feeds for deer chow, safety salt, environment friendly de-icing products, water softener salt, protein and mineral lick tubs, brood cow minerals, sunflower and wild bird seed, heat lamps and bulbs, utility tarps, insulated rubber boots, gates, bale feeders, lots more for the farm or country home. M&R Feeds Shawville 819-647-2814 www.mandrfeeds.com 4bj15

FOR RENT

Campbell's Bay – 2 bedroom apartment 819-648-2362. otc

Shawville – A newly renovated one bedroom apartment is available for rent. No pets allowed. For further enquiries, please call 581-995-9724. xtc

Shawville – Apartment for rent, 329 James, suite 2, available for February or before, \$850 a month. Call 819-593-6411. otc

Shawville – Apartment to rent. 2 bedroom, ground floor for senior or quiet couple. No pets. Smoke free. Heat incl. 819-647-3489. otc

HELP WANTED

Custodian needed beginning January 2019, approximately 10 hours per week. Contact Richard Hollingsworth 819-647-2764. otc

Waste truck driver garbage/recycling sideload truck. License Class 3 or higher. Please send resumes to info@tomorcartage.com. bj9

SERVICES

Passport photos done at The Pontiac Printshop, 133 Centre St., Shawville, Quebec. 819-647-2204. No appointment necessary. xtc

IN MEMORY

Judd – In memory of Harry E. Judd 1932 - 1984. Love you Dad Gone but not forgotten Forever in our hearts. Benjamin, David, Brent, Brenda, Dianne, Barbara, Gail, Darryl and all their families



Smith – In loving memory of Jean Brownlee Smith who passed away January 7, 2018. A year has passed since You went away. Your memories are with us every day. Your beautiful smile Your caring ways Your love and devotion For family and friends Your achievements in life were many. We do not need a special day To bring you to our minds Because we know you walk beside us all the time. In our hearts forever. Jean Smith's Family

Stewart – In loving memory of a dear husband, Beverley whom God took from us Jan. 2, 2008. Christmas has never been the same without you with us. As time unfolds another year, Memory keeps you ever near. Silent thoughts of times together Hold memories that will last forever. Remembered and loved forever. Marie and Family

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

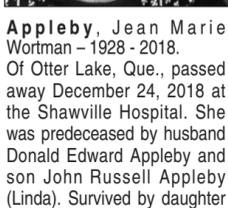
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Canadian flags and Quebec flags 54" x 27" and 72" x 36" at The Equity, 133 Centre Street, Shawville, Que. 819-647-2204.

DEATH

Sammon – In loving memory of a wonderful wife, mother, grandmother and great-grandmother Iona (Ranger) who passed away 10 years ago on January 12, 2009. If we could have just one more day And wishes did come true, We would spend every glorious moment Side by side with you. Recalling all the years we shared And memories we made, How grateful we would be To have just one more day. While the tears we've shed are not in vain And only fall in bliss, So many things we'd let you know About the days you've missed. We wouldn't have to make pretend You never went away, How grateful we would be To have just one more day. When that day came to a close And the sun began to set, A million times we'd let you know We never will forget. The heart of gold you left behind When you entered Heaven's gate, How grateful we would be To have just one more day. Missing and loving you forever, Arnold, Chubb, Nancy, Gail and Pat, Anne, Ciara, Amber and Savannah

Appleby, Jean Marie Wortman – 1928 - 2018. Of Otter Lake, Que., passed away December 24, 2018 at the Shawville Hospital. She was predeceased by husband Donald Edward Appleby and son John Russell Appleby (Linda). Survived by daughter Dona (Deane), grandsons Michael (Marie Josee), Russell (Keri), Mark (Shannon), Timothy (Amanda) and great-grandchildren Hannah, Wyatt, Ashleigh, Chelsea, Jeremy, Meghan, Bryanna, Shelby, Jordan and Ryan and special niece Janet (Dave) and special friend Sue. The family would like to thank all the doctors, nurses and staff of the Shawville Hospital. We would especially like to thank the residents of Otter Lake who opened their hearts and befriended her. At her request she will be cremated and a small family service will be held at a later date. www.hayesfuneralhome.ca



Appley, Jean Marie Wortman – 1928 - 2018. Of Otter Lake, Que., passed away December 24, 2018 at the Shawville Hospital. She was predeceased by husband Donald Edward Appley and son John Russell Appley (Linda). Survived by daughter Dona (Deane), grandsons Michael (Marie Josee), Russell (Keri), Mark (Shannon), Timothy (Amanda) and great-grandchildren Hannah, Wyatt, Ashleigh, Chelsea, Jeremy, Meghan, Bryanna, Shelby, Jordan and Ryan and special niece Janet (Dave) and special friend Sue. The family would like to thank all the doctors, nurses and staff of the Shawville Hospital. We would especially like to thank the residents of Otter Lake who opened their hearts and befriended her. At her request she will be cremated and a small family service will be held at a later date. www.hayesfuneralhome.ca

DEATH



Burke, Audrey – May 6, 1954 – December 25, 2018. Passed away on December 25, 2018 at the age of 64. Daughter of the late Alfred Burke and the late Verna Hahn. Beloved spouse to Jim MacKay. Cherished mother to Jessica Laffleur (Adriano Ferrari). Grandma Bee to Zeno. Dear Tia to Sheri, Cindy and Jennifer. Fondly remembered by her siblings: Barry (Colleen), Judy, and Bob (Irene); special friend Joanne and beloved pet Toby. At Audrey's request, there will be no visitation or funeral service. Donations to the Lung Association or the SPCA would be greatly appreciated.



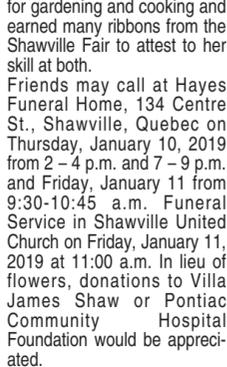
Younge, Lorna (nee Steinke) June 24, 1939 - January 6, 2019

It is with great sadness that we announce the sudden passing of Lorna on Sunday, January 6, 2019 in her 80th year. She was the beloved wife of Robert Younge and much loved mother of Rick (Cheryl), Wendy (Tom Abercrombie) of Carleton Place, ON, Wanda (Mike Malone) of Duncan, BC, and Roger (Fiona). She will be missed by her grandchildren Rebecca (Chris), Benjamin (Katie) and Patrick (Heather) Younge; CJ (Megan), Jake and Tanner Porteous; Lindsay and Robert Abercrombie; Katie and Grace Younge. She will also be remembered by great-grandchildren Lochlan and Callum Stevens. Raised in the township of Thome, she was swept off her feet by R.L. and they settled in Clarendon, Quebec. Lorna was the secretary-treasurer of the Clarendon Council for 32 years. She had a great interest in family history and played a major role in organizing the Bretzlaff Family Reunions. She had a passion for gardening and cooking and earned many ribbons from the Shawville Fair to attest to her skill at both. Friends may call at Hayes Funeral Home, 134 Centre St., Shawville, Quebec on Thursday, January 10, 2019 from 2 - 4 p.m. and 7 - 9 p.m. and Friday, January 11 from 9:30-10:45 a.m. Funeral Service in Shawville United Church on Friday, January 11, 2019 at 11:00 a.m. In lieu of flowers, donations to Villa James Shaw or Pontiac Community Hospital Foundation would be appreciated. www.hayesfuneralhome.ca

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DEATH



Lapierre, Jacques Guy – 82 Years Old Cherished son of the late Alexandre Lapierre and Almina Belair. Beloved husband of Lucille Cayer. Survived by his brothers Hector, Jean, Yvon and Claude. Predeceased by his sisters Beatrice Barnabe and Suzanne Achambault. Jacques is survived by many nieces, nephews and sisters-in-law. A special thanks to the Ottawa Heart Institute. Friends are invited to a Funeral Mass at St. Francois d'Assise, 20 Fairmont Ave, Ottawa, Ont., on Saturday, January 12, 2019 at 11 a.m. Interment to take place at a later date. In lieu of flowers donations to the Ottawa Heart Institute would be appreciated. Condolences/Tributes/Donations Hulse, Playfair & McGarry www.hpmcgarry.ca 613-233-1143

Les MRC adoptent une proposition d'urgence

GOUV. DU QUÉBEC
Communiqué
MONTREAL
Le 15 nov. 2018

Lors de l'Assemblée des MRC organisée par la FQM, les préfètes et préfets de toutes les régions du Québec ont adopté une proposition d'urgence exigeant que le gouvernement du Québec intervienne immédiatement pour régler les problèmes de couverture de services de santé en région.

« L'accès à des services de base est une condition essentielle pour assurer l'occupation du territoire et la vitalité des communautés. C'est maintenant rendu aussi une question de sécurité des personnes. Le gouvernement Legault doit intervenir de manière urgente pour organiser, maintenir et garantir l'accès aux services spécialisés essentiels dans l'ensemble des MRC qui forment le Québec des régions. Il faut diminuer le temps de déplacements supplémentaire que la réforme a imposé aux patients habitant loin des grandes agglomérations urbaines », a déclaré le président de la FQM, M. Jacques Demers.

En effet, la réforme de la santé initiée par le précédent gouvernement a concentré les services de proximité dans les grandes agglomérations urbaines, abandonnant les chefs-lieux des MRC. Cette réforme a généré de graves pénuries de médecins spécialistes dans plusieurs MRC. Ajoutons à cela les conditions hivernales qui peuvent rendre périlleux de longs déplacements, une réalité vécue dans bien des MRC, comme celles de la Haute-Gaspésie ou bien de la Vallée-de-la-Gatineau.

« Lorsque l'on ferme un service de santé dans un de nos hôpitaux en région, c'est un territoire qu'on fragilise. Si nous voulons que les familles demeurent et s'installent dans nos régions, que des entreprises décident de s'y implanter, il faut offrir des services de santé de qualité dans chacune des MRC, sur tout le territoire québécois. », a ajouté M. Demers. Première sortie officielle de la ministre des Affaires municipales et de l'Habitation.

Mme Andrée Laforest a aussi profité de l'Assemblée des MRC pour effectuer sa première sortie officielle en

tant que ministre des Affaires municipales et de l'Habitation. L'importance de la collaboration avec les différents partenaires, dont la FQM, a été au cœur de son discours.

« C'est très significatif pour les préfètes et les préfets que la ministre ait jugé important de nous rencontrer si rapidement. Avec la renégociation prochaine du pacte fiscal et le transfert du point de TVQ aux municipalités, il est primordial que le dialogue avec la FQM s'amorce le plus tôt possible pour que l'intérêt des régions soit au cœur des discussions », a conclu le président de la Fédération.

À propos de la FQM
Depuis sa fondation en 1944, la Fédération québécoise des municipalités (FQM) s'est établie comme la porte-parole des municipalités et des régions du Québec. Visant constamment à défendre l'autonomie municipale, elle privilégie les relations à l'échelle humaine et tire son inspiration de l'esprit de concertation et d'innovation de ses quelque 1 000 municipalités et MRC membres.

Les producteurs laitiers s'inquiètent de certaines modifications au Guide alimentaire canadien

PLC
Communiqué
OTTAWA Le 4 jan. 2019

Santé Canada doit publier plus tard, ce mois-ci, une version modifiée de son Guide alimentaire canadien. Il semble que le nouveau document minimiserait l'importance de la valeur nutritive et des bienfaits pour la santé des produits laitiers, tous prouvés par la science, en éliminant le groupe du lait et de ses substituts et en préconisant activement la consommation de protéines végétales.

Non seulement cette révision pourrait-elle compromettre la santé des générations futures en les amenant à penser faussement que les produits laitiers sont mauvais pour la santé, mais elle aura aussi un effet sur un secteur qui continue d'être affecté par les concessions accordées dans les récents accords commerciaux.

« Il n'y a pas de justification scientifique pour minimiser le rôle des produits laitiers dans une alimentation saine, car ils sont une source clé de six des huit nutriments dont manquent la plupart des Canadiens », a déclaré Isabelle Neiderer, diététiste agréée et directrice de la nutrition et de la recherche des Producteurs laitiers du Canada (PLC).

« Les données scientifiques récentes démontrent clairement que la consommation quotidienne de deux à quatre portions de produits laitiers a un rôle bénéfique économique régional et ministre responsable des régions de la Chaudière-Appalaches, du Bas-Saint-Laurent et de la Gaspésie-Îles-de-la-Madeleine, Mme Marie-Ève Proulx, ont annoncé, hier, l'octroi d'un financement de 1 million de dollars à l'établissement d'enseignement supérieur de l'Outaouais.

Le ministre de la Famille, ministre responsable de l'Outaouais et député de Papineau, M. Mathieu Lacombe, se réjouit de cette annonce qui s'inscrit parfaitement dans les trois grandes priorités qu'il souhaite

à jouer dans la promotion de la santé des os et la prévention de plusieurs maladies chroniques que Santé Canada veut combattre avec le nouveau Guide alimentaire, notamment l'hypertension, le cancer colorectal, le diabète de type 2 et l'AVC.

L'avantage des produits laitiers est particulièrement évident lorsqu'on les compare aux protéines végétales que Santé Canada envisage de favoriser dans le nouveau Guide alimentaire. Ces sources végétales ne satisfont même pas aux exigences fédérales pour être appelées « source de protéines » sur leur emballage. La recherche continue de confirmer que les protéines laitières comptent parmi les protéines de la plus haute qualité disponibles et qu'elles sont particulièrement importantes pour la croissance des enfants et la préservation d'os et de muscles sains chez les adultes canadiens vieillissants.

« Les produits laitiers et les autres aliments protéiques ne sont pas interchangeables, a ajouté Mme Neiderer. Les produits laitiers fournissent des nutriments différents à part les protéines qui sont importantes pour la santé. Le fait de confondre des produits laitiers avec d'autres aliments protéiques entraînera une absorption inadéquate de nutriments importants. »

Pire encore, ces changements aux lignes directrices

nationales sur la santé du Canada surviennent en même temps que le secteur laitier est encore ébranlé par les dernières concessions accordées par le gouvernement fédéral pour obtenir de nouveaux accords commerciaux.

« Cela causerait un préjudice supplémentaire au secteur laitier en diminuant délibérément la valeur nutritive de ses produits aux yeux des Canadiens — malgré toutes les données scientifiques, a déclaré le président des PLC, M. Pierre Lampron. Non seulement cela nuirait au secteur laitier et aux centaines de milliers de personnes qui en dépendent pour gagner leur vie, mais cela risquerait aussi de nuire aux consommateurs canadiens en créant de la confusion au sujet de la valeur nutritive des produits laitiers. »

Depuis plus de 75 ans, le lait et les produits laitiers sont clairement reconnus dans le Guide alimentaire canadien comme jouant un rôle clé dans un régime alimentaire sain et équilibré.

Les preuves scientifiques appuyant le rôle des produits laitiers dans la prévention des maladies chroniques sont plus solides que jamais, et de nouvelles preuves continuent de s'accumuler. Ce sentiment a été manifesté par les quelque 3000 membres des Cliniciens canadiens pour la nutrition thérapeutique, dans une lettre à la ministre de la Santé. Dans

cette lettre, les cliniciens demandent pourquoi nous devrions limiter notre consommation de produits à base de lait entier, alors que de nombreuses études scientifiques démontrent les avantages de ces produits.

L'orientation proposée par le nouveau Guide alimentaire n'est pas fondée sur des données probantes et pourrait avoir d'autres conséquences à long terme sur un secteur qui a déjà été placé dans une position difficile par ce gouvernement. Les Producteurs laitiers du Canada demandent au premier ministre Trudeau d'ordonner à la ministre de la Santé de faire ses devoirs en tenant compte de toutes les données scientifiques disponibles avant la publication du nouveau Guide alimentaire. La santé des Canadiens et celle d'un secteur canadien dynamique sont en jeu.

Les Producteurs laitiers du Canada (PLC) représentent les producteurs canadiens à titre d'organisme national de promotion, d'élaboration de politiques et de lobbying. Les PLC mettent tout en oeuvre pour rassembler les conditions qui favorisent la stabilité du secteur laitier canadien d'aujourd'hui et de demain. Leur objectif est de maintenir des politiques qui favorisent la viabilité de la production laitière canadienne et de promouvoir les produits laitiers et leurs bienfaits pour la santé.

1 M\$ pour soutenir le développement de l'université du Québec en Outaouais

Communiqué
CNW Telbec
QUÉBEC Le 19 déc. 2018

Dans le but de corriger l'erreur faite par le précédent gouvernement lors de la dernière révision de la politique de financement des universités et pour s'assurer que les l'Université du Québec en Outaouais (UQO) puisse exercer pleinement son rôle de pôle de développement socioéconomique régional, le ministre de l'Éducation et de l'Enseignement supérieur, M. Jean-François Roberge et la ministre déléguée au Développement

économique régional et ministre responsable des régions de la Chaudière-Appalaches, du Bas-Saint-Laurent et de la Gaspésie-Îles-de-la-Madeleine, Mme Marie-Ève Proulx, ont annoncé, hier, l'octroi d'un financement de 1 million de dollars à l'établissement d'enseignement supérieur de l'Outaouais.

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mettre de l'avant dans la région au cours des quatre prochaines années.

Au total, c'est 7,5 millions de dollars qui sont accordés aux établissements en région du réseau de l'Université du Québec.

« Le développement de l'Université du Québec en Outaouais est l'une de mes trois grandes priorités pour la région. Déjà, notre nouveau gouvernement pose un geste concret afin de mieux soutenir l'UQO dans son développement. Cet investissement s'inscrit dans notre engagement pris au cours des derniers mois de prioriser l'éducation au Québec.

C'est de très bon augure pour la suite des choses», Mathieu Lacombe, ministre de la Famille, ministre responsable de l'Outaouais et député de Papineau.

Fait saillant
Le gouvernement du Québec accorde, pour le solde de l'année 2018-2019, une nouvelle enveloppe de 7,5 millions de dollars aux établissements en région du réseau de l'Université du Québec afin de les soutenir dans leur rôle régional. Dans cette enveloppe, 1 million de dollars est accordé à l'Université du Québec en Outaouais.



THE EQUITY

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Farmers bonspiel returns for another year



The winners of the prestigious plough trophy pose with tournament organizer Eric Smith. From left: Smith, Jeff Russell, Ben Judd and Andrew Rowat. Absent: Joey Hannaberry.

CALEB NICKERSON
SHAWVILLE Jan. 5, 2019

The Shawville Curling Club hosted its annual Farmers' Bonspiel on Jan. 5, with 12 teams hitting the ice over the course of the day. Organizer Eric Smith has been overseeing the event for around 10 years and said the spots filled up quickly this year. He added that there are no prizes, but a donation is made to the Blessed Cupboard food bank.

Though the event was started as a way for local farmhands to get together and socialize, it's open to people of all occupations. It was started nearly 40 years ago by Phyllis and Lorne Wilson.

A team made up of Jeff Russell, Joey Hannaberry, Andrew Rowat and Ben Judd took home the coveted plough trophy at the end of the day.



The Shawville Curling Club was filled on Jan. 5 for the annual Farmers' Bonspiel. Twelve teams played two games each to determine the winners.



Ken Bernard and Tyler McCann put in some work with their brooms during the Farmers' Bonspiel.



James Howard fires a rock during curling action on Saturday.



Caleb Nickerson, THE EQUITY
Rick Younge watches one of his shots with apprehension.

WILLIAM AMOS

MEMBER OF PARLIAMENT FOR PONTIAC

January 2019 Riding Tour

Wednesday, January 9	Gracefield Forum Church basement, 14 rue Principale, Gracefield, QC 6:30pm-8:30pm
Monday, January 14	Ste-Thérèse-de-la-Gatineau Forum School classroom, 29 ch Principal, Ste-Thérèse-de-la-Gatineau, QC 6pm-8pm
Tuesday, January 15	ACRE-CREDO Climate Change Roundtable Meredith Centre, 23 ch. Cecil, Chelsea, QC 6:30pm-9:00pm
Thursday, January 17	Lac-Sainte-Marie Forum Resto-Pub McVey, 306 ch. Lac-Sainte-Marie, Lac-Sainte-Marie, QC 6pm-8pm
Sunday, January 20	Calumet Island Forum Café de L'île, 224 ch. des Outaouais, L'Île-du-Grand-Calumet, QC 10am-12pm
Monday, January 21	Cantley Roundtable Restaurant MEX, 839 Montée de la Source, Cantley, QC 6pm-8pm
Tuesday, January 22	Val-des-Monts Roundtable Chalet du Parc St-Germain, 2720 rte. Principale, Val-des-Monts, QC 7pm-9pm
Wednesday, January 23	Immigration Roundtable D'Arcy McGee High School, 925 boul. du Plateau, Gatineau, QC 7pm-9pm
Monday, January 28	International Development Panel Discussion with Minister Bibeau Mill Road Community Space, 8 ch. Mill, Chelsea, QC 7pm-9:30pm
Tuesday, January 29	Wakefield/La Pêche Chamber of Comm. Women in Business Roundtable Centre Wakefield-La Pêche, 38 ch. de la Vallée-de-Wakefield, La Pêche, QC 7pm-9:30pm

Merci ~ Thank you

Dear Friends and Neighbours –

Eleven years ago, my life changed forever when I heard about a pharmacist position in Pontiac. I looked up a small town called Shawville on Mapquest, printed the page and drove my orange Honda Civic in the middle of winter to what I now call home. I have not looked back since.

My English was not very good (understatement of the year!), my knowledge of the community was very limited and I was obviously an outsider. Notwithstanding these limitations, I was never made to feel unwelcome. My mentors, François Laflamme and especially Richard Filion, took a chance on me and taught me so much. This is not surprising – in fact, each and every one of you has helped me grow as a person and as a pharmacist.

You have trusted me with your health and repaid me with generosity and kindness. You have been supportive and loyal, through good times and bad. These are all “Shawville Values” and my objective is to continue this legacy and reciprocate this generosity to others.

Thank you for these wonderful eleven years – and to one hundred more.

Chers voisins –

Il y a onze ans, ma vie a changé de façon permanente quand je suis tombé sur une publicité pour un poste de pharmacien dans le Pontiac. J'ai cherché « Shawville » sur Mapquest, j'ai imprimé la carte et j'ai conduit ma Honda Civic orange au milieu de l'hiver à une ville que je nomme la mienne aujourd'hui. Je n'ai aucun regret depuis.

Mon anglais n'était pas particulièrement bon, mes connaissances sur la communauté étaient limitées, et j'étais évidemment un étranger à la culture locale. Nonobstant ces limites, on ne m'a jamais fait sentir différent. Mes mentors, François Laflamme et surtout Richard Filion, ont misé sur moi et m'ont appris beaucoup plus que la culture pharmaceutique. Ce n'est pas surprenant, au contraire. Chacun d'entre vous m'avez aidé à devenir la personne et le pharmacien que je suis aujourd'hui.

Vous m'avez fait confiance avec votre santé et vous m'avez payé avec votre générosité et votre gentillesse. Vous avez été fiables et vous m'avez appuyé, bon temps mauvais temps. Vous m'avez fait comprendre les « valeurs de Shawville » et mon objectif est de propager cette générosité.

Merci pour ces onze années spectaculaires — et j'en souhaite 100 de plus.

Ahmad Hassan, Pharmacien
Shawville, Québec



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