

# THE EQUITY

## Asbestos at the centre

CHRIS LOWREY  
LITCHFIELD Feb. 13, 2019

Last month, the Pontiac Sorting Centre was hit with more than \$40,000 in fines by the Quebec Ministry of the Environment for several non-compliance issues.

Among those issues were the storage of asphalt shingles outside of an enclosed building, wood and metal materials being stored on a non-asphalt surface and a failure to waterproof the sorting area with the installation of concrete blocks.

It was also revealed that since 2013, the sorting centre has been cited with 10 notices of non-compliance (listed to the right).

Ministry of the Environment spokesperson Sophie Gauthier said that inspectors also found that the sorting centre failed to take adequate measures for the storage of more than 650 tonnes of residual materials.

Among those residual materials is asbestos.

In an email, Gauthier said that the pile of residual materials includes “construction, renovation and demolition materials and bags containing asbestos-contaminated residual materials.”

According to Pontiac Sorting Centre Director of Operations, Gerry Philippe, the centre has certificates of authorization to operate the sorting centre and to handle asbestos.

According to the ministry, the sorting centre acquired an authorization to install and operate an asbestos removal plant on Oct. 1, 2013.

However, Philippe said the company is still waiting on a third certificate of authorization in order to operate what he called a “technical landfill.”

“At this point in time, we have not done any landfiling,” Philippe said. “That’s why we still have a mountain of debris.”

He said that once the sorting centre is granted the certificate for the landfill, the facility will be better able to dispose of materials.

“As soon as we have that it’s going to be a different ball game,” Philippe said. “The mountain that we have will disappear.”

Landfilling would allow the sorting centre to actually dispose of the asbestos that comes onto the grounds instead of merely storing it temporarily, Philippe said.

He added that once the authorization to landfill has been acquired, the ministry requires the sorting centre to store the asbestos underground on top of a protective and waterproof tarp that prevents leaching into the ground, which will be monitored by engineers on site.

“You don’t just dig a hole and put stuff in,” he said.

As it stands now, Philippe said that the only asbestos the sorting centre accepts comes from demolitions carried out by the construction firm – Amor Construction – where he also serves as director of operations.

“Otherwise, no, we don’t accept it – or very little, anyways,” Philippe said.

The asbestos that is on site is stored in what Philippe said is a “big tent.”

“We simply don’t want the asbestos to get into the air, for example, and that’s why it needs to be stored inside like that,” he added.

Philippe said that there is a very specific protocol when it comes to disposing of asbestos.

“It’s actually double-bagged in special bags,” Philippe said. “And then needs to be buried every day and then you cover it up with soil, but on a daily basis so it doesn’t get into the air.”

“When you start working with asbestos you need to be able to dispose of it on a daily basis and we can’t do that right now because we don’t have a certificate,” Philippe said.

As for the infractions cited by the ministry, Philippe said the sorting centre is in the process of fixing the issues identified.

He said that the asphalt shingles are being stored under a tarp, more concrete blocks are being added to the sorting area, the wood and metal materials are being stored on an asphalt surface, and if the company can secure the landfilling authorization, the pile of residual materials will disappear.

As for the impact the \$40,000 fine will have on his business, Philippe said it shouldn’t have much of one.

“Oh not very much,” Philippe said of the fine. “The business is not going to close down because of \$40,000.”



Chris Lowrey, THE EQUITY

**The Pontiac Sorting Centre was fined more than \$40,000 for non-compliance infractions by Quebec’s Ministry of the Environment. Among the issues cited was 650 tonnes of improperly stored residual materials that includes asbestos.**

### Infractions

July 18, 2013

- Having a certificate of authorization for the establishment of a sorting center, not having complied with the conditions, contravening section 123.1 of the Environment Quality Act
- Undertaking the exercise of an activity likely to result in an emission, a deposit, a release or a release of contaminants, ie: the operation of a boiler of less than 3 MW, without having obtained beforehand a certificate of authorization (Article 22, paragraph 1 EQA)
- Issuing, depositing, releasing, rejecting or permitting the emission, deposit, release of a hazardous material from electronic devices into the environment or into a sewer system (Section 8 of the Hazardous Materials Regulations)
- Do not store hazardous materials (electronics) out of the weather (Section 33 of the Hazardous Materials Regulations)

Aug. 28, 2014 and Nov. 6, 2015

- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- Holds an authorization issued on October 1, 2013 for the installation and operation of an asbestos removal plant, failure to comply with the conditions of the authorization. (section 123.1 of the EQA)

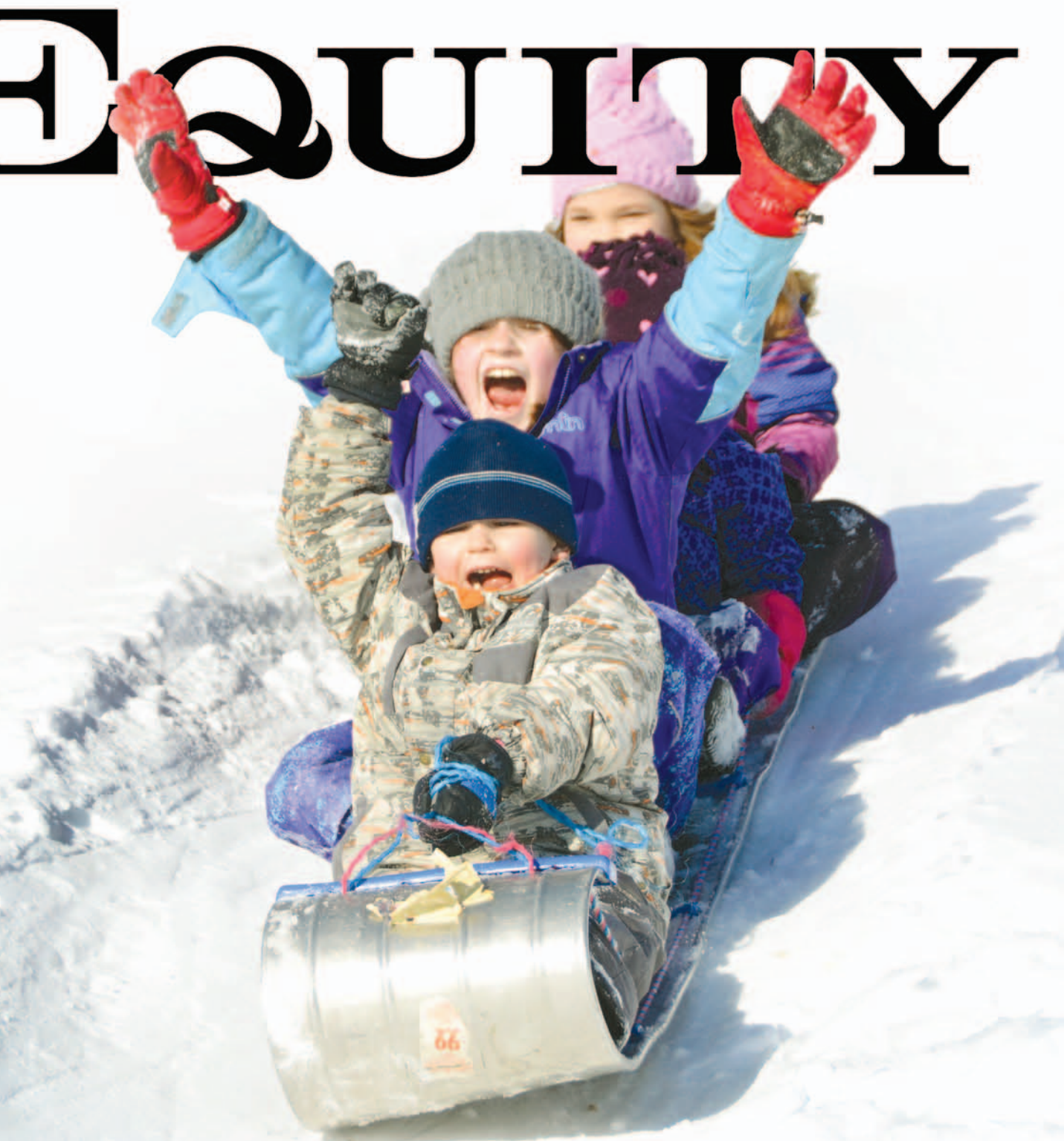
Aug. 19, 2016

- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- Have deposited or allowed the deposit or the rejection of residual material in a place other than a place where their storage, the treatment or their elimination is authorized (article 66 al.1 of the LQE)
- Has done one thing or activity, namely the installation of an apparatus or equipment intended to prevent, reduce or stop the release of contamination in the atmosphere, without first obtaining the authorization or the permit required under section 48 of the EQA (section 115.25 (2) and 48 of the EQA)
- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- May 18, 2017 and Aug 1, 2017
- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- To have deposited or allowed the deposit or the rejection of residual matter in a place other than a place where their storage, the treatment or their elimination is authorized (article 66 al.1 of the EQA)

Dec. 21, 2017

- To have done a thing or carried on an activity without first obtaining the certificate of authorization required under section 22 (section 115.25 and 22.1 of the EQA)
- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- To have deposited or allowed the deposit or the rejection of residual matter in a place other than a place where their storage, the treatment or their elimination is authorized (article 66 al.1 of the EQA)
- Aug. 3, 2018 and Nov. 28, 2018
- Being the holder of a certificate of authorization for the establishment of a sorting center, not having complied with the conditions (section 123.1 of the EQA)
- Have carried out a project likely to result in a release of contaminants into the environment or a change in the quality of the environment without prior authorization Article 22 (2) of the EQA)
- To have deposited or allowed the deposit or the rejection of residual matter in a place other than a place where their storage, the treatment or their elimination is authorized (article 66 al.1 of the EQA)

*Translated from ministry response*



## Winter fun in Bristol

Caleb Nickerson, THE EQUITY

Youngsters hit the slopes with the toboggan outside the Jack Graham Community Centre on Sunday as part of the annual Bristol Winter Carnival. In addition to sledding, there was snow painting, games and cards inside for the less adventurous folks. See page seven for the full story.

## ... and the winners are



Caleb Nickerson, THE EQUITY

Palmer Plumbing won the 44th annual Community Bonspiel at the Shawville Curling Club over the weekend, beating out 47 teams to take the Toilet Seat Trophy. From left: Jerry Barber presents the award to Tim Palmer, Jerry Hannaberry, Joey Hannaberry and Troy Griffin. See page eight for more pictures.



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# Senior living complex opening within sight



The opening date for an affordable senior living facility on Allumettes Island is quickly approaching, and the board of directors used Thursday’s annual general meeting to discuss the budget and share construction progress. Pictured, an outside view of the Résidence Meilleur du Haut Pontiac.

DONALD TEUMA-CASTELLETTI  
**ALLUMETTES ISLAND**  
Feb. 7, 2019

As the expected opening of the non-profit affordable senior living complex Résidence Meilleur du Haut Pontiac quickly approaches, volunteers have been able to provide an in-depth look at the facility to the public, during the annual general meeting on Feb. 7.

With the opening projected for May 1, the residence is providing a lot of excitement for the community of Allumettes Island, where it’s located, though it hasn’t been without at least one hiccup in the building process this past year.

Allumettes Island Mayor and Board of Directors member Winston

Sunstrum said the addition of a dry sprinkler system to the facility was an unexpected expense, but a necessary addition.

“Normally, things are a little over [budget], and in our situation that’s the case,” said Sunstrum.

The dry sprinkler system had to be added to the complex’s attic, in addition to the wet system in the hall and rooms of the main floor. The addition of this comes in roughly at an additional \$60,000 to the project.

“Originally the design was for the attic to be partitioned, with no sprinkler system,” said Sunstrum. “It was either missed or some new regulations came up to require a sprinkler system up there, too.”

A dry sprinkler system is filled with pressurized air,

only filling with water if the system is activated. Once triggered, the air is released and the pipes fill with water, to be dispersed by the valves. This system is used in parts of a building that may be exposed to colder temperatures, to prevent the pipes from freezing.

Ivan Schryer, board of director member in charge of the building process, said this addition was costly, but did present a safety issue and was therefore necessary. He added that this addition did not affect the construction schedule.

Schryer also said the project currently sees the crew drywalling the interior, as well as some exteriors finishes and siding.

With the opening expected for just a few months from now, individuals who

applied to live there in 2013 have started to be contacted, said Sunstrum.

The apartments are being offered first to residents of Chichester, Allumettes Island, Rapides des Joachims, Sheenboro and Waltham. Invitations may be extended to residents of other municipalities if a vacancy occurs.

Each apartment contains a kitchen, living room, bathroom and one or two bedrooms, as well as a door to go outdoors. The facility also has a large common area with an attached kitchen, a laundry room, meeting room, office, electrical and mechanical rooms, plus scooter parking. It also features secure entry with 24-hour surveillance.

Rent for low- and moderate-incomes is set at

\$699.38 for a one bedroom and \$845.44 for a two bedroom.

Construction financing has been totalled at \$3,359,076, split between grants from the Ministry of Housing of over \$1.1 million, nearly \$948,000 from the local donations, while the remaining \$1,308, 669 is mortgaged, which is backed by the ministry.

With expected pledges, there is still \$221,862 needed to round out the local contribution to the project.

When the project is finished, rental revenue is not expected to cover the mortgage payments and operating costs of the first years of operation. The board noted that further fundraising would be necessary to keep these payments afforded.



Inside, recently the crew has been drywalling, while also working on exterior finishes and siding.

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# New chairman appointed to WQSB

DONALD TEUMA-CASTELLETTI  
**PONTIAC** Feb. 13, 2019

The Western Quebec School Board (WQSB) has appointed a new chairman to the council of commissioners, after the seat had been vacant for one month.

Alain Guy was chosen as the new chairperson for the council on Jan. 30, stepping up to assume the responsibilities as the fifth leader of the WQSB since it’s creation in 1998.

Guy began his work with the education system as early as 1990, when he first started as a parent commissioner with the Commission scolaire des Draveurs. In 2014, he took on the role of vice chair of the WQSB, which he held until his latest appointment.

“I’ve been involved with

the interests of making sure we offer exceptional education services to our students for many years now, so I believe I’m bringing a lot of expertise and some life-learning experience to the board as the chair,” said Guy.

Since the sudden passing of the previous WQSB Chairman James Shea on Dec. 29, 2018, the seat had been vacant until Guy’s appointment.

Guy said he is proud and humbled to follow Shea, especially as he was appointed by his fellow commissioners. He looks forward to continuing to uphold minority language rights and ensuring students success within the WQSB.

“First of all, our prime responsibility is to make sure we offer great educa-

tional services for our students, our [adult] learners ... I think that’s what my prime interest is – my first priority is always to be listening to our constituents, our parents, and those partners, those stakeholders,” said Guy.

The new chairman also spoke to his role of representing the English language community and ensuring their rights thrive, especially as the newly elected provincial government, headed by the Coalition Avenir Québec (CAQ), looks to abolish school boards.

“As chair I will continue to make sure that there is a local voice and a local choice for our voters, our taxpayers, and once the government decides how they are going to go forward, then we will deal with

those as a priority for our board,” said Guy.

Guy’s concerns with this plan stem around providing a fair voice to minority language speakers within Quebec.

“The only thing we know is they want to do away with school boards and create service centres, which to us is very concerning because I think that the English community will lose their voice and we will lose our say into educational matters,” said Guy.

He continued to say that it is disappointing to have to work with these kinds of concerns held over their heads as a school board, as it can be upsetting for parents looking ahead to their student’s success.

“To me, as a parent ... I find it’s a distraction right now because there are a lot

of messages out there, but we have to stay focused on what our role is as a school board, as elected commissioners and as chair,” said Guy, of the uncertainties surrounding school board abolitions. “We have responsibilities that we have to continue with, what we were elected for.”

As the government looks to change the current structure, council and chair mandates were extended an additional two years, through to late 2020. Since the chairperson is usually elected, in this scenario it was recommended by the government that the new chair be appointed internally, explained Guy.

Guy’s vacant council seat, Greater Gatineau (ward 7), will also be appointed by the council.

# McCann elected President of Ag Society



Tyler McCann was elected the new president of the Pontiac Agricultural Society on Jan. 24. He is excited to lead the team of volunteers through this summer’s festivities.

CALEB NICKERSON  
**SHAWVILLE** Jan. 24, 2019

The Pontiac Agricultural Society (PAS) elected a new board of directors at their annual general meeting on Jan. 24, selecting a long-serving director as their new president.

Tyler McCann, the newly elected president of the organization said that he’s been with the PAS for a long time as the entertainment director and is proud to be heading up the board.

“I really like the fair. The fair was a big part of my life growing up,” he said. “I take the week of summer holidays to get ready for the fair and now that I have my kids doing it, it means that much more. I’ve always been pretty committed to making sure

that it runs well and I’ve always enjoyed being on the fair board.”

“It’s been a really good team that I’ve had the opportunity to work with, so when the chance came along to try and lead that team and to help move the fair forward, I wanted to take it,” he continued.

The rest of the executive is as follows: 1st Vice President- Charleen Moore; Vice-Presidents – Kayla McCann, Erin Dittburner, Lisa Coles, and Mike Guitard; Secretary – Beth Knox; Financial Officer – Mavis Hanna.

McCann said that his role in booking entertainment will not change, but he will have additional duties overseeing other parts of the event. He added that the

PAS would be expanding to add five new director positions.

“I still have a division that I’m responsible for, but effectively the president is actually the CEO of the fair, so I work very closely with the general manager,” he said. “I think the big part of it is supporting the other directors in what they’re doing because they’re the ones that know their divisions best, they’re the ones that are there every day. We’ve got a really good group of directors around the table. We’ve got full confidence that they can all do what needs to be done, I’m there to basically chair the meetings and help troubleshoot and offer support where it’s needed.”

# Woman injured in sled crash

CALEB NICKERSON  
**THORNE**  
Feb. 10, 2019

A Gatineau woman was taken to hospital over the weekend after she struck a

tree while snowmobiling in Thorne.

Sûreté du Québec Sgt. Marc Tessier said that emergency crews were called to chemin Schock

around 2 p.m. on February 10.

The 50-year-old woman was riding in a group of four snowmobiles on a trail nearby when she lost con-

trol and struck a tree.

Tessier said that the woman was transported to Pontiac Community Hospital with several fractures but noted that her

injuries were not considered life-threatening. He added that the crash was not caused by excessive speed or alcohol consumption.

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2018

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# Sled races return for 22nd year



The 22nd annual snowmobile races took over Fort Coulonge on Saturday, as racers competed all day long outside the arena. Over 100 competitors filled 24 classes, all in support of the local arena.

CALEB NICKERSON  
FORT COULONGE  
Feb. 9, 2019

Downtown Fort Coulonge was alive with the smell of engine exhaust on Saturday afternoon for the 22nd annual snowmobile races. Competitors of all ages faced off head-to-head along a straight track set up next to the local arena. Organizer Pierre Laporte said that he expected more than 100 competitors for the event,

spread over 24 classes. "It's more or less the same gang, but people come from all over to race here," he said. "It's great for the township, great for the Pontiac, great for everybody. People come here from all over." One area that Laporte said he is looking to improve is professional classification of vehicles, which would likely mean forming a circuit with other nearby races. He added that this year they

added a laser system to ensure everything was as fair and accurate as possible. He was proud of the racing surface, which he has been meticulously maintaining for over a month. "I created this, I call it my rocket launch," he said, gesturing to the mound of compacted snow where the racers line up. "I always build the pan. I let it sit, early in January. I build it and let it sit, compact it with the

groomer." He added that fellow members of the Pingouin Snowmobile Club help out on the groomers throughout the day, keeping the racing surface pristine. The proceeds from the event go towards the Fort Coulonge Arena. "We're giving for a good cause," he said. "The arena here, we always need [donations]. It's a co-op and we need some repairs."



Organizer Pierre Laporte said the event helps support not only the arena, but the community by bringing in guests to check out what the town has to offer.



The organizer tends to the track beginning about a month ahead of the races, building the launch ramp up to a perfect height and consistency for the event.

**RESULTS**  
**RUBBER TRACK (Trail can only)**  
0-600 - Winner: Chris Romain Runner up: William Lepack  
601-700 - Winner: Chris Romain Runner up: William Lepack  
701-800 (Snow Cross allowed) - Winner: Éric Gauthier Runner up: Nick Morin  
801-OPEN (Snow Cross allowed) - Winner: Ian Pétrin Runner up: Éric Gauthier  
1000 CC - Winner: Éric Gauthier Runner up: Trevor Woodward  
4 Stroke Non Turbo - Winner: Trevor Woodward Runner up: Jason Paquette  
4 Stroke Turbo - Winner: Eric Nicholas Runner up: Trevor Woodward  
**IMP STOCK**  
0-600 - Winner: Cedrick Desjardins Runner up: Lukas MacIntosh  
601-800 - Winner: Éric Gauthier Runner up: Cedrick Desjardins  
801 OPEN - Winner: Ethan Poirier Runner up: Éric Gauthier  
4 Stroke - Winner: Patrick Legault Runner up: Stephen Rivet

**MOD**  
0-600 - Winner: Éric Gauthier Runner up: Lukas MacIntosh  
601-700 - Winner: Ethan Poirier Runner up: Éric Gauthier  
701-800 - Winner: Ethan Poirier Runner up: J. Lamarche  
801 OPEN - Winner: Ethan Poirier Runner up: Éric Gauthier  
1000 OPEN Mod - Winner: Eric Nicholas Runner up: Ethan Poirier  
Turbo 250 HP - Winner: Méo Runner up: Patrick Legault  
Turbo 250 HP and UP - Winner: Méo Runner up: Eric Nicholas  
Kids - Winner: Donovan Dubeau Runner up: Kole Laroche  
Junior - Winner: Paul Labine Runner up: Mathew Laporte  
King of the track (Anything goes) - Winner: Ethan Poirier Runner up: Eric Nicholas  
Driver of the day: Éric Gauthier

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Caleb Nickerson, THE EQUITY

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## Editorial

# 40 years not enough

On Feb. 8, Quebec City mosque shooter Alexandre Bissonnette was sentenced to life in prison without the eligibility for parole for 40 years.

Quebec Superior Court Justice François Huot declared that any sentence of 50 years or more would be unconstitutional because it could be considered cruel and unusual punishment under the Canadian Charter of Rights and Freedoms.

Instead of the 150 years without parole suggested by the Crown, Huot imposed a life sentence on Bissonnette and made him eligible for parole after 40 years.

Huot's reasoning was that by imposing a sentence that exceeds Bissonnette's life expectancy, his chance at rehabilitation goes out the window.

Many of family members of Bissonnette's victims were upset with the sentence, and rightly so.

A common criticism of the Canadian justice system is that it too often prioritizes the rights of offenders over the rights of victims.

By prioritizing Bissonnette's rights, Huot disregarded the suffering he imposed – and will impose – on the victims of the mosque attack and their families.

With this sentence, the orphaned children of those who were shot and killed may have to go before a parole board hearing and lay out why they think Bissonnette should stay behind bars.

Most of us can't imagine what they've gone through after that horrible experience, let alone the dread they must be feeling at the prospect of facing Bissonnette 40 years from now.

Canada imprisons people and takes away their most fundamental right – the right to freedom – in order to punish serious crimes.

Bissonnette's was one of the most heinous crimes committed in modern Canadian history – and it should be punished as such.

The sentence is especially puzzling considering Justin Bourque, the man who shot five police officers in Moncton, got 75 years without parole.

Are the lives of police officers more valuable than Muslims?

Sure, many of those in the Canadian prison system ought to have a chance at rehabilitation. But some crimes are so egregious that the punishment should match the crime.

This isn't advocating for the death penalty, but an actual life sentence.

Bissonnette snuffed out six lives for nothing more than belonging to the "wrong" religion in his eyes. He also tried to kill six more people for the same perceived "crime."

Some people will say that Bissonnette clearly has mental issues, and those with mental health issues shouldn't simply be locked away.

But at what point do the rights of the rest of us take precedence?

Bissonnette said he had been drinking the night of the shooting while on his anti-anxiety medication.

If simply drinking while on anti-anxiety medication is enough to cause him to kill six people and shoot six others, how can we trust that there won't be another issue with his mental health medication if he is released?

If it's true that there is a slim chance Bissonnette actually gets out on parole, why even put the victims through this nightmare in the first place?

These people will be forced to re-live their most painful experience all so the Canadian justice system can pat itself on the back for it's dedication to the concept of rehabilitation. Despite the fact that Bissonnette will likely remain behind bars.

For some reason, the Canadian government is willing to give Bissonnette the second chance that he denied to those in the Quebec City Mosque that night.

Sorry, but the public's right to safety and security outweighs the right to a second chance for someone convicted of one of Canada's worst hate crimes.

Chris Lowrey

## The Parents' Voice

By Shelley Heaphy

## Valentine's Day

Valentine's Day is coming up tomorrow. There's not a ton of time left but you still have time to make a difference in that special persons life.

I know a lot of people comment on Valentine's Day being a gimmick to make people buy gifts for people but I have to say I definitely disagree with that sentiment. Although I understand that statement, I also think there are hundreds of other ways to celebrate a day of love – and lots of those ways are without spending money. Although I've always loved Valentine's Day (I still remember coming home to homemade chocolate cupcakes with big gummy hearts on top when I was little) I love it even more now that I can celebrate it with our children.

Some great ideas to celebrate Valentine's Day:

1. Crafts — Valentine's Day is all about the crafts. Hearts, hearts and more hearts. There are heart people to be made, heart bugs/animals, heart crowns, heart garland and on and on and on. I love making heart shaped people. The difficulty of this craft can vary depending on the age of the child. The idea is to fit as many hearts as possible onto your heart person. A large heart for the body, a smaller heart for the head, little heart shaped eyes and nose. Add some yarn for hair and heart hands and feet. I love the addition of accordion arms and legs (cut out white strips of paper and let the child fold it back and forth making accordion like arms and legs).

2. Valentine's Recipe — Get the kids to help make some heart shaped mini pizzas for dinner.

CONTINUED ON PAGE FIVE



Caleb Nickerson, THE EQUITY

## Mini moose on the loose

## Things we remember by Chris Judd

In 2019, people have some of the same problems that our pioneers had in the 1830s. We are so busy working to keep food on the table and the wolves away from the door we sometimes forget the most important things in life.

When I look back over my 70 some years, I have almost forgotten about that first car I owned, the first tractor that had a real cab and a heater to help make the fall plowing a bit more enjoyable, the six furrow plow that my grandfather never even dreamed about was only used for a few years and was replaced by an 18 foot combination disc-chisel which was replaced by no-till and chemical weed control. The awards and medals that our farm won for production and innovation are



### Outstanding in his field

charcoal pit in the middle of the restaurant, and at Fred Meilleur's hotel in Chapeau Que.

My mom made the best homemade waffles. My daughter makes the best cookies

barely a memory.

The two things we never forget are a few great meals we have had over our lifetime and the good friends that are there no matter what.

I have had my share of steak in my life. The toughest and worst steak that I eventually cut up and chewed my way through was in an exclusive restaurant in Montreal. The two best steaks were at a little diner in Morris, Man. where you were presented with a raw steak and you cooked it yourself over a large

using her grandmother's recipe. My neighbour George made the best pork and beans in an old black, cast iron bean pot. He always used brown sugar and put a coarsely cut onion in it too.

Our local chef Phillippe Lamontagne and his family served a meal fit for a king on Feb. 9. It was all made from locally grown and sourced produce some which I would have never tried if I didn't know the chef. The signs of an excellent meal is when the plates are returned empty and no one reaches for an antacid after. The plates were returned empty and so were the wine glasses.

Too often we eat or nibble on food or treats that are manufactured in factories from what we cannot even pronounce the name of. Then we wash it down with some sugar flavoured water. Often, about an hour after when our tummy gets upset; we ask our self, "What was in that anyway?" Too

many of the items on our grocery shelves are masquerading as foods we associate with healthy and tasty, like cheesy taste, buttery flavour, or even milk when there isn't even a trace of a cow anywhere near.

The most valuable things we will ever have in our life are our friends. They are the ones that you can work with, party with, cry with and are there for you when your world falls apart. The colour of their skin, their religion, political preference, age, gender or the language they speak is not important.

I once had a cattle breeder friend as a mentor who said "A good cow is never a bad colour!" True friends are never a bad colour.

May you have many friends and guard them as your most precious assets.

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

## Feb. 16, 1994 25 Years Ago

**Fire destroys Portage home:** A fire of unknown cause completely destroyed a house in Portage du Fort Friday afternoon. No one was home at the time.

Fifteen-year-old Robbie McCallum was coming down the street with his father shortly after one p.m., when he noticed smoke coming from the house where he lived with his mother Darleen and step-father Jack Murdock.

Entering the back door, Robbie saw that the house was on fire and immediately ran up the street and pulled the alarm at the town hall.

Within minutes, local firefighters were at the scene but were hampered by a lack of water pressure from their hydrants. Because of the cold weather, many residents had been running their taps to prevent freezing.

At 1:45, a truck arrived from Shawville. The firefighters drilled a hole in the ice at the river nearby and pumped water onto the flames.

Continuous dousing of the houses next door prevented the fire from spreading but the Murdock house was gutted.

Jack Murdock says that the family is proud of Robbie's quick response to the emergency.

**PPHS club camps in snow huts:** Members of the Adventures Club at Pontiac Protestant High School in Shawville lived up to their club name on Feb. 5 when they camped in the woods in shelters they built out of snow.

The club was formed this year by phys-ed teacher Kathy Patterson.

On Friday, they skied and snowshoed to their campsite and began to build their "quinzees", or snow huts.

The students cooked over a campfire on Saturday while they prepared for their night's lodging.

Candles served to warm the inside of the quinzees until the hardy campers snuggled into their double sleeping bags for the night.

"It was kind of scary when we went to bed, because I thought I might freeze in my sleep," said one grade eight member. To her surprise, she wasn't cold at all.

The students are eager to repeat their outdoor camping adventure next year.

## THE WAY WE WERE

Compiled by  
Bonnie Chevrier

## Feb. 19, 1969 50 Years Ago

**Industrial development committee named at county-wide meeting:** A meeting to discuss industrial development was held in Campbell's Bay at the County building. Chairing the meeting was Mayor Edgar Lance and guest speakers were Mr. Ghislain Girard of the Department of Development of the Province of Quebec and Mr. Henry Lavergne of the West Quebec Economic Council.

Dr. Roland Chretien showed a film setting forth the needs of a community seeking industries and some suggestions about how any town might go about attracting industries to its area. After the film, a panel consisting of the two guest speakers, the chairman, Dr. Chretien, Father T.G. May and Remi Fortin led a general discussion with contributions of ideas and questions from the audience.

**Clarendon Ministerial donates to Sacred Heart:** Recently Sister Aline Desrochers, Directress of the Sacred Heart Manor, Fort Coulonge received from the Clarendon Ministerial Association a cheque for \$100 for the Sacred Heart Manor. Immediately at the first meeting, the Directress wanted to share her joy with the Ladies Auxiliary and with the residents. All rejoiced at the good news.

This substantial donation will increase the comfort of the aged residents of the Manor.

## Feb. 17, 1944 75 Years Ago

**Local news:** Going to Campbell's Bay Monday night, minus seven regular players, Shawville Wildcats, although trailing most of the game, settled down to hockey and finally won out by a score of 6 to 5.

Scorers for Shawville were: H. McCredie, Morrison, Rennick, Corrigan and Hobin.

At a meeting of the Holy Trinity Guild, Radford, held at the home of Mrs. Robt. Chamberlain on thursday, Rev. K.C. Bolton and Mrs. Bolton were presented with an electric table lamp.

Coloured smoke grenades a new type of signal device, have been developed by the army chemical war-fare service, the war department has announced. The device

which serves to control and identify army units and has other uses is available in all theaters of operation.

Advantage of the grenades over signal pistols and rockets is that they are more readily seen, as they throw off a dense smoke for two to three minutes, which hangs in a cloud.

The attack upon Berlin marks the highest point yet reached in the bomber offensive, says Squadron Leader John Strachey in London Calling. This attack is a deliberate attempt to deprive the enemy of the use of his capital city. R.A.F. Bomber Command has set out to make it impossible for the Nazis to use Berlin.

Nine orphans of the blitz have started a new life with a new "mother" at her spacious home in a London suburb. Their identity and their past is her secret. She has had them rechristened in her private chapel, all with the same surname - Kerin. That is the mother's name, Miss Dorothy Kerin of Chapel House, Ealing. Of the children who she has legally adopted she says: "I believe that God sent them to me."

## Feb. 13, 1919 100 Years Ago

**Local news:** The village of Cobden, for its size, seems to be taking the lead among Ottawa Valley centres of population in receiving the returned soldier with some very tangible evidence of the citizens' appreciation for what has been done overseas.

Ninety enlisted from Cobden out of a total population of 1,000. Of this number, fifteen have returned and when the armistice was signed sixty-five were still to come back. Ten paid the supreme sacrifice. It was realized that the 65 still overseas should be treated as those who had already returned. To meet this expenditure, a fund was organized and \$9,000 raised. After each returned man has been presented with \$50 in gold, there will be \$2,800 left. With this sum as a nucleus, a memorial hall for Cobden's soldiers will be erected, there being no hall at present.

The good roads movement is likely to get a substantial boost this year. This is indicated by declarations made by men in authority at the convention of the Eastern Ontario Good Roads Association held in Ottawa last week. An important announcement was made by Hon. Dr. Reid, Minister of Railways, representing the Dominion Government who stated that the government of Canada would provide sufficient

money to pay a portion of the cost of all the permanent roads that can be constructed in the country during the next five years.

Ad: Ford Prices: Runabout - \$660; Touring - \$690; Coupe - \$875; Sedan - \$1,075; Standard Chassis - \$750; One-ton truck chassis - \$750. All prices subject to war tax charges, except truck and chassis.

## Feb. 13, 1919 100 Years Ago

**Local News:** A Mattawa correspondent under date of Feb. 3 writes to say that the previous week he was that Wm. Wilson had received telegram from A.W. Chamberlain stating the ice was bad. Our correspondent states that the ice could not be better than it is at present, and in support of this statement he says that a team drew 3,900 pounds of pork and flour across Kippewa Lake a few days previously. The writer adds that there is plenty of work for teams and likely to be so for some time.

A boiler of a portable steam sawmill exploded near Eganville a few days ago, and was carried bodily a distance of two and a half acres. Although a number of men were around, John Possette, the engineer was the only one hurt and his injuries are likely to terminate fatally.

A gang of men from Mason's shanties on the Coulonge spent Sunday at the Russell House. They left by train Monday morning.

Business is rather dull around the Port at present. Some of the Shawville boys were in to have a glide over our rink one evening last week.

Mr. Robt. Dagg of this village who is engaged drawing supplies to Mason's on the Coulonge had a somewhat thrilling experience while crossing Perley's Lake a few days ago. It seems that Robert with the rest of the boys who were in the gang were driving along enjoying the comfort of a good chat on the subject of rescuing drowning horses. Robert was in the midst of his story telling, his plan in which horses might be rescued from a watery grave, when suddenly there was a splash and a plunge, Robert's team had gone in. The rest of the boys hurried to the spot and proceeded to extricate the horses from their perilous position which was done after some difficulty.

During the excitement Mr. Dagg had the misfortune to lose his footing and slipped into the icy waters of the Lake.

Willing hands soon had him hauled out but not until he had received a good ducking.

# The Parents’ Voice

By Shelley Heaphy

## Valentine’s Day

CONTINUED FROM PAGE FOUR

Cut the English muffin into a heart shape, add sauce, toppings of your choice and top with cheese. Bake at 375 degrees for about 15 minutes. Finish dinner up with a simple chocolate fondue with fruit. The kiddos will love helping cut up the fruit and will love even more getting to dip it into chocolate. You can also work together to make a batch of muffins or cookies for someone special in your lives. Maybe they’ll be for daddy/mommy to bring on their lunch or to deliver to grandma and grandpa, whoever the recipient your little baker will enjoy helping make and deliver these treats.

3. Spread the love to your extended family — Make a craft for grandma and grandpa, aunts, uncles, cousins or neighbours. There are some simple cards to be made. You can use baby’s feet to make the shape of a heart with the caption “love you from the bottom of my heart” or let your toddler fill a heart with squares of construction paper with the caption “Love you to pieces”. There are endless things to create; a quick search online will provide you with countless ideas.

4. Call — If you can’t see your loved ones make sure to make a special phone call with the message of love floating over the phone. You can also try Skype or Facetime for some face to face chatting. A few minutes out of your day will make a big difference to someone who loves your little ones.

Try and encourage siblings to make a special valentine for each other, (a card, a cookie, breakfast in bed) secretly! A surprise from your big sister or little brother will go a long way in your household.

Our Valentine’s tradition has always been a Valentine’s book. We write a quick message on the inside flap with the year and year after year when we pull these books out in February our kids smile so wide at the messages from years passed!. These books are keepers in our home.

## Spiritual Growth

By Esther Colpitts

### Expectations

A friend of mine is in Florida. She called recently and left a message. She was sorry she had missed me and it was cold enough that she had to put on a sweater. Poor her. I’m wearing three layers in the house.

Actually it is all relative. She’s in a location that is supposed to be hot and it isn’t so she is not happy. It really doesn’t matter how cold it is up here in Canada, there is disappointment down there in having to wear a sweater instead of a bathing suit.

And that goes for all parts of our life. Our expectations can become a real problem if we let it. I know what I want to have happen, for the most part, so that I will feel good but, I have to constantly remember that I cannot control most parts of my life except one, my attitude.

When I choose to accept what happens, look to the One who promises to help me through it, I can face whatever comes my way.

esthercolpitts.com

## Letters to the Editor

E-mail letters are accepted at [news@theequity.ca](mailto:news@theequity.ca) and must bear the complete name, address and daytime phone number of the writer. Mailed letters are accepted at 133 Centre Street, Shawville, Quebec J0X 2Y0. Faxed letters are accepted at 819-647-2206. Opinions in the letters published do not necessarily reflect the opinions of THE EQUITY.



**A chef working in Chelsea but raised in Bryson recently won nationwide accolades, when he took home the top spot at the Canadian Culinary Championship on Feb. 2. From left: Yannick La Salle celebrates the win with his fiancée, Sara Romain.**  
Photo submitted

# Bryson-raised chef serves up top spot at culinary competition

by DONALD TEUMA-CASTELLETTI

For most, time spent in the garden is a hobby, a trip south is for tanning and social media is a quick distraction from the workload growing high.

But for one chef raised in Bryson, social media is an opportunity to research new recipes, his vacations are spent learning new techniques, and the garden is just one source of ingredients.

This approach to the world around him is how Yannick La Salle, chef of Chelsea’s Les Fougères, has continued to grow and succeed in his career to the point of placing first in a national competition.

Driven by ambition and instinct, La Salle’s success is a far cry from the initial world he set out to join, and he wouldn’t have even considered a chef as his career choice, until a trip to France would open his eyes.

Starting out as a young man, La Salle was studying as a machinist while filling his wallet working in kitchens dishwashing and cooking. Soon enough he realized the course wasn’t for him, but the side jobs had appeal, so he attended the Centre de Formation Professionnelle Pontiac in Mansfield et Pontefract to help kickstart his education.

Eventually, he made his way to Chelsea’s L’Orée du Bois where the chefs saw a passion for the culinary arts. They decided he could use some real experience and sent him to France’s L’Escarbille, a one-star Michelin restaurant, on an exchange.

This would change his view of what a career can and should be, and was the first time he felt prepared to embrace the kitchen as a lifelong vocation.

“That’s where I saw the drive, the energy and the teamwork that was happening inside the kitchen,” said La Salle.

These factors, plus the kitchen’s structure – obedience and respect to the chef as commander – appealed greatly.

“Just the intensity,” said La Salle. “Seeing everybody give 120 per cent to what they did, the drive, the love for the food.”

It all reminded him of growing up playing sports, where everyone is working towards the same goal, succeeding or suffering as one.

“I could really feel that working in the kitchen,” he said. “You know it’s a team effort, if somebody goes down, everybody goes down.”

Returning to L’Orée du Bois, La Salle was reinvigorated and would spend the next few years there. But after that, it was time for a new adventure, one that awaited just a four minute drive away.

This is when he joined the team at Les Fougères and began working in another new environment, a kitchen serving dishes closely connected to the restaurant’s garden and local suppliers.

That’s because Les Fougères is a farm-to-table style restaurant, where dishes are reliant on what is available locally and focuses on bringing the natural flavours of an ingredient to the forefront. La Salle said he came to appreciate this style of cooking because it forces the chef to consider a lot more about a dish, including where the ingredients came from and what they’ve been exposed to.

He explained that the quality of the dish arriving to a customer is reliant much more on the quality of the ingredients involved, rather than how it is prepared.

In some ways, working with Les Fougères and its garden is familiar territory for La Salle. Growing up in the Pontiac, many are fortunate to enjoy local, fresh offerings and his family enjoyed some items straight from their backyard, too.

“My family had a little garden, it was nothing big but I remember going outside, going out to the garden, picking some cucumbers, lettuce and carrots,” he said. “My mum and dad were really keen on putting healthy food on the table.”

Though, he’s quick to admit that he was not nearly as adventurous with his palate as a kid.

“I was really fussy when I was young, I remember that,” he said. “My mum and dad laugh at me [now], they don’t understand how I got into this.”

However it’s changed, La Salle’s sense of taste and adventure has brought him far since joining Les Fougères, including two brief stints at world-class restaurants.

First was a few years into his time at his latest restaurant, when he had the opportunity to travel to California and work at David Kinch’s Manresa. This three-star Michelin restaurant was similar to home, where it works directly with a farm attached to it.

“It was really in my lane,” said La Salle. Then, when Les Fougères closed for renovations a few years back, La Salle had another opportunity.

“While that was closed I went out to New York for a stage with one of the greatest chefs in the world at this point now, Dan Barber,” said La Salle.

He spent one month working at Barber’s Blue Hill at Stone Barns in the Pocantico Hills, another high-end experience using the farm-to-table method.

As well, over the years he’s taken up opportunities to travel with his fiancée, Sara Romain, to places all over the world, where he looks to expose himself to the local cuisines and cultures.

Using connections made with contacts over the years, La Salle has been able to dive right into impressive restaurants and local philosophies in places such as Bali and Peru.

“There’s learning [opportunities] in cooking everyday,” said La Salle, adding that it could be lifestyles, techniques, the economy, ecosystem, or just their recipes.

All of these experiences have come back to Chelsea in one form or another, continuing to influence his cooking and what he can do with an ingredient. Especially once he became chef at Les Fougères, upon his return from the time off during its renovations.

Working under co-owners and executive chefs Charlie Part and Jennifer Warren-Part, his drive has only grown more ambitious.

“It’s not just a job you know, after work I’ll go home and read some books or check out what’s on social media and do a lot of research about it,” he said. “On the weekends it’s going out to the restaurants, supporting our local favourites or checking out what’s new in the region.”

It seems like nonstop work when seen like this, but for La Salle, it’s rather comforting and familiar thinking, especially since it’s within a career he loves.

“Like my dad says, ‘You’ll stop when you die, so just keep on pushing,’” said La Salle, with a laugh.

In 2017, Les Fougères was invited to compete in the regional qualifiers for the Canadian Culinary Championships. This national competition sees chefs compete from across the country, all the while fundraising for Canadian Olympic athletes.

“Jenn and Charlie have always supported these types of fundraisers and have taken this seriously,” he said, adding that their chefs have been invited to the regionals throughout the years.

Placing second, they earned the opportunity to return to the regionals in 2018, which is where they really hit their stride. Working with his team, La Salle served a red currant dish complimented by beets and duck magret, and finished with a beet syrup, black garlic mustard and Quebec black walnuts.

The dish also featured chips made from Île d’Orléans’ potatoes and served alongside a 2015 Cabernet Franc from Derek Barnett.

The restaurant won and soon found themselves competing at the nationals in Kelowna, B.C., proving a whole new challenge.

Here, La Salle and his team were given an unlabelled wine on the Thursday night of the competition, Jan. 31. After brainstorming that night, they were given \$500 the next morning to source local ingredients and build a dish around this wine.

“So on the Friday morning we were out at six in the morning just to buy our ingredients,” he said.

Knowing the region was ideal for mushroom growth, La Salle found eight varieties to work with and prepared them all in different fashions. That leg of the competition finished up around 11:30 that night, but the end was far from sight.

Saturday’s challenge saw the chefs confronted with a black box, containing seven mystery ingredients. Once opened, they had one hour to prepare a dish for the judges.

Seeing as the new food guide was just introduced, focusing on increasing the consumption of vegetables nationwide, the competition decided to embrace this theme. The box contained solely vegetables, including a variety that La Salle was very familiar with.

“The seven ingredients were already stuff that we work with here at the restaurant, so we were pretty pleased with what came out,” he said.

As they only had a few hours to prepare the dish for the grand finale on Saturday night, La Salle decided it best to stick to the thinking of Les Fougères.

“I always try to focus on things that we know, compared to just inventing and trying to put a whole bunch of stuff on the plate,” he explained. “So we try to keep our same philosophy, approach the products in the best way to make them shine.”

When it was time to announce the competition’s champions, La Salle was not expecting to make the podium, let alone the top spot.

“I didn’t really think we were going to make the podium because I was watching the other chefs work around [me],” he said, adding that a few had previous experience in the competition.

When they did announce La Salle and Les Fougères in the top spot, his first thought was to drag his entire team up alongside him to the podium. That was quickly stopped, he said laughing.

Reflecting on the whole experience, La Salle said he hopes his career and this latest win inspire others, as the road to success isn’t always clear or easy but putting your all into something may lead to unexpected results.

Back at Les Fougères, La Salle still has many aspirations. He is committed to the Chelsea restaurant and would love a chance to follow in the owners’ foot steps, should they decide to move on from it.

As well, he hopes to write a cookbook, focusing on working with local farmers and supporting the community a chef is in.

“At the same time, I want to find my balance,” he said. “In this industry, it’s a little hard because you’re always working, and you know, you’re working long hours.”

After many long nights spent in the kitchen, La Salle looks forward to more opportunities to enjoy time with his fiancée. After all, he credits her, his parents, and his bosses with his latest success, as they’ve all afforded him the freedom to grow and learn as a chef.



Photo submitted

**From left: Christopher Hill of Saskatoon, Yannick La Salle of Chelsea’s Les Fougères, and David Bohati of Calgary, atop the podium at the Canadian Culinary Championship in Kelowna, B.C.**

# People’s Party canvassing in Pontiac

CALEB NICKERSON  
CAMPBELL'S BAY  
Feb. 9, 2019

On Saturday, members of the People’s Party of Canada’s Pontiac riding association were in the area to drum up support for the newly created political organization.

The PPC is a right-wing populist party, advocating for “free-market” policies, limiting immigration and opposing “political correctness.” It was formed by renegade Conservative Party cabinet minister and leadership candidate Maxime Bernier of Beauce, Que., in September 2018, after he left his former party that August.

His departure followed a highly-publicized spat with Conservative leader Andrew Scheer over the issue of supply management for Canadian dairy and eggs, which Bernier vehemently opposes. After losing a tight leadership race in the final round of voting, Bernier accused the Quebec Dairy lobby of signing up “fake Conservatives” to elect Scheer, who is in favour of supply management.

Pontiac riding association President Mark Buzan

has worked with right-leaning parties in the Outaouais for 20 years, such as the Reform Party (predecessors to the CPC) and the provincial Action démocratique du Québec (predecessors to the CAQ). He said that the association was formed in November 2018, and is in the process of reviewing candidates, with the aim of having one in place by the Victoria Day weekend.

“We still have plenty of time but we are cognisant that our rivals are already out there campaigning and that’s where we’re starting right now,” he said.

Buzan echoed Bernier’s concerns over the leadership race as one of his reasons for leaving the Conservative party.

“I was incredibly dismayed to see the direction that the Conservative Party was going in,” he said. “I won’t get into the whole details of it but one only has to take a look further into how the leadership process ... it’s dubious frankly, it’s dubious whether Mr. Scheer is actually the legitimate leader of that party or not.”

“I think there’s a lot of ex-conservative members

like myself that are frustrated with the CPC chasing the Liberal Party towards the left,” added Vice-President Nick Alevetsovitis. “I think we felt left out ... I was definitely a Maxime Bernier supporter from the beginning.”

Todd Hoffman, founding member of the riding association and owner of Brauwerk Hoffman, said that he joined the party due to a climate of “political correctness.”

“We’re being curtailed so much about how we communicate with each other,” he said. “You articulate your side ... with reason and balance, try to show some balance, but things have swung so far the other way that people are afraid to speak their mind.”

Buzan was quick to emphasize that though the party advocates for reducing immigration, it is not “anti-immigrant” or “xenophobic,” as critics have alleged.

“What drew me, largely, to the PPC and Maxime is courage that I think we sometimes have to have to speak our mind and not be afraid of being labelled of something, of xenophobia



From left: Vice President Nick Alevetsovitis, President Mark Buzan, Mario Bélec and Todd Hoffman of the Pontiac People’s Party of Canada (PPC) Pontiac riding association gather at Brauwerk Hoffman on Feb. 9. The PPC was formed late last year by renegade Conservative Party cabinet minister and leadership candidate Maxime Bernier.

or anything like this. Simply, we’re not,” he said, noting that his wife is an immigrant. The PPC would reduce the number of permanent residents admitted per year to 250,000, from where it stands currently at just over 300,000 per year.

Buzan said that he looks forward to meeting more interested citizens from the Pontiac over the coming months.

## Pontiac Lions Midget A profile

THE EQUITY will be publishing a new weekly series of profiles of the Pontiac Lions Midget A players. Fans of local hockey can enjoy some insight into what gives these players the drive to come out and be the best they can be for their team at home and away. This week’s focus is on Carson Rusenstrom, a first-year forward on the team.



AGE: 15  
CARSON RUSENSTROM  
NUMBER: 49

Rusenstrom feels that hockey is a great sport, allowing him many opportunities. One such is the chance to spend time at the arena with his teammates and making new friends along the way. He credits the game with teaching the importance of teamwork, learning to draw on each other’s strengths for the best outcome. As well, he’s proud to have learned the importance of working hard towards a goal if you really want to be successful.

Currently a grade 10 student at PHS, Rusenstrom looks forward to his final year of high school and continuing to play hockey. His coach said Rusenstrom is an aggressive player who’s quick to get under his opponents’ skin and doesn’t hesitate to make a move, beating them on the rush. He’s known to be strong on his stick and can often get a shot passed opposing net-minders by cutting to the middle in the offensive zone and sneaking through a rising shot. Rusenstrom is quiet and laid back off the ice, but enjoys the high energy of the dressing room.

## Midget A Lions weekend results

The Midget A Lions had two games over the weekend closing off their regular season.

On Saturday, the team faced off at home against the Aylmer Icebergs in a rematch from last weekend. The Lions had mostly a full squad with only one player still on the suspension list. But the boys didn’t disappoint.

By the end of the second

period, Evan Atkinson had netted three goals for a hat trick with help from Willis Egan and Jaden Stewart. Final score 3-1 for a Lions win.

On Sunday, the team travelled to Gatineau for their final regular season game in an evening match up against the seventh place Barons. The Lions had their full line up on the bench and it showed with a goal on the

first shift from Nick Curley assisted by Tyler Stanton and Hunter Lukacs-Hitz. They didn’t stop there, the final score of the game was 7-1 for the Lions. It was a nice way to end the season. Other goals came from Jaden Stewart (two), Harry Lukacs-Hitz, Curley, Stanton and Carson Rusenstrom. Assists on the goals went to Connor Gilpin, Hunter L-H, Stanton (two),

Atkinson (three), Harry L-H (two) and Rusenstrom.

The Midget A Lions ended the regular season with 19 wins, one loss and two ties. Goalie, Kaelen Ireland had 11 shut outs during the season and only allowed 14 shots get passed him.

The team will now wait for the playoff schedule due to start on Feb. 23.

Submitted by Diana Desabrais



The Pontiac Midget A Lions finished off their regular season with two away games over the weekend winning both. Now they look ahead to the playoffs, starting at the end of the month. Pictured is Tyler Stanton, right, looking to steal the puck back from an opponent during a game at home on Jan. 12.

## Comets storm back for overtime win

CHRIS LOWREY  
FORT COULONGE  
Feb. 9, 2019

The Pontiac Senior Comets finished their home schedule on a strong note as they dispatched rival Vaudreuil in a back-and-forth thriller.

The Comets found themselves down 2-0 early in the game.

“We started out a little sloppy,” said team manager Danick Boisvert. “They scored two goals on us and we had to play catch-up hockey for the first period.”

While the Comets were able to get one goal back – Kevin Lévesque’s first of the year – they still went into the first intermission trailing by two goals.

Vaudreuil opened the scoring in the second period and held a three-goal lead for most of the frame until Vincent Proulx buried with less than five minutes left in the period.

Whatever was said in the dressing room between the second and third periods seemed to inspire the Comets as they stormed back.

“They decided to open up the machine a bit,” Boisvert said.

The Comets rattled home three straight goals to open the third. Maxime Belley, Benoit Harris and Connor Macleod chipped in with



The Pontiac Senior Comets wrapped up their last home game of the regular season on Saturday night, beating the Vaudreuil Titans. Pictured, a Comet keeps a Montagnard player at bay at the Jan. 12 game.

goals to help erase a deficit and build a one-goal lead for the Comets.

However, with less than a minute to play, Vaudreuil’s Justin Doucet managed to get one past Comets goalie Justin Bois to send the game to overtime.

But it took less than 20 seconds for Mr. Clutch, Stéphane Paré, to score his 20th of the year and give the Comets the win. It was

the second time the team has won in overtime this year, with Paré scoring both OT winners.

The comets head into their final regular season in Vaudreuil this weekend with a 10-10-2 record.

All five teams in the league make the playoffs. The fourth and fifth place teams square off in a best-of-three series to determine who will take on first place Mont Laurier in a best of

five series. The second and third place teams will also face off in a best-of-five series.

Boisvert said the team’s upcoming game against Vaudreuil is a “must win” as a victory will secure a third place finish for the Comets. If that’s the case, they’ll square off against second place Vaudreuil for a chance to reach the championship round.

Boisvert said he was

impressed with the response from the community during the team’s inaugural season. He said the team drew anywhere from 300-400 people per home game – a sight the players relished.

“Most of the guys haven’t played junior in four or five years,” Boisvert said. “To come straight out of the beer leagues and start playing in front of 400 fans, it’s special.”

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# PONTIAC WINTER FUN

## Bristol Winter Carnival brings something for everyone

CALEB NICKERSON  
BRISTOL Feb. 10, 2019

Dozens of seniors and youngsters alike gathered at the Jack Graham Community Centre on Sunday afternoon to celebrate the annual Bristol Winter Carnival.

A coordinated effort between the Bristol Community Association (BCA) and the municipal

council, the afternoon saw plenty thrill-seekers of all ages take to the snow for some fun.

BCA President Elaine Findlay was leading the charge down the sledding hill, and many of the youngsters opted for snow painting. After some prompting from Findlay and Bristol councillor Debbie Kilgour, the chil-

dren were lining up for their turn on the toboggan.

Inside there was euchre, canasta and bridge for the less adventurous folks, with a large ham and potato supper that evening.

Findlay added that the desserts for the supper were all donated by community members.



Snow painting was just one of the activities offered during the Bristol Winter Carnival on Sunday afternoon.



Beverly Ireland, June Smith, Pat Vail and Bill Smith get into the cards during the Bristol Winter Carnival on Feb. 10.



Having fun hitting the hill's slope on a tobaggan were from left: BCA President Elaine Findlay, Mandy Fobel and councillor Debbie Kilgour.

## Hockey Day returns to Downey's Bay



Ross Carroll, Brian Dubeau and Roy Perrault pose for a picture during Hockey Day in Downey's Bay on Saturday afternoon. The event brought out locals from around the Sheenboro area and beyond for some shinny and community spirit on the frozen patch of river.

CALEB NICKERSON  
SHEENBORO Feb. 9, 2019

A cottaging community in Sheenboro came together on Saturday afternoon for some skating and shinny on the river.

The annual "Hockey Day in Downey's Bay" as it is known, has been going on for more than seven years explained Joann McCann, whose husband Glenn Magill is the official ice-maker.

"We're protected in the bay, some years where we

had no snow, we just had a natural rink," she said, explaining how the tradition came about.

This year, Magill had to contend with a dump of snow and freezing rain on the playing surface, adding to the workload.

"He just pumps river water up and then floods it. Uses a four-wheeler to plow it," McCann said.

The ice was thick enough for attendees to park their cars on the water's edge and most of the crowd gath-

ered around a large wood stove, sipping hot beverages. There were even snowshoes for those without skates.

McCann explained that there are several patches cleared, two for hockey and one for skating, and she expected that around 50 people would come by throughout the day.

"It's very inclusive and friendly," she said. "That's the great thing about Sheenboro and the Pontiac too."

## Family time at the TCRA

CALEB NICKERSON  
LADYSMITH Feb. 9, 2019

A gaggle of children and their parents gathered at the TCRA Hall in Ladysmith on Saturday for a day of organized activities and community spirit.

Organized by councillors Jammie-Lee Thrun and Megane Bretzlaff along with members of the TCRA, the day featured everything from a chili cookoff, to snowshoeing and music.

"Because it's so cold, we have a lot of indoor games," Thrun said, gesturing around the hall at the start of the day. "We made a tic tac toe station, bowling, hockey."

For the more hearty residents, the skating rink was open and there were snowshoes available for use.

Thrun said that she and Bretzlaff have planned events together in the past.

"We work well together so it's quite nice," she said. "It's a little different this year, she just had her second baby who was just born and my first baby was just born so it's a little more work."

Fellow councillor Robert Wills was also in attendance, leading a jam session with the children.

Thrun said despite the added complications there were plenty of helping hands to lighten the load.

"Everyone volunteers around here," she said. "You couldn't ask for a better community. It's awesome."

The winner of the chili contest was Fran Erfle.



Thorne councillors Jammie-Lee Thrun and Megane Bretzlaff organized the community's annual family fun day at the TCRA Hall on Saturday. From left: Thrun holds Oliver Thrun, while Bretzlaff holds Zoey and Mia Smith.



Despite the chilly weather, Emma and Ava Havlin enjoy a skate at the TCRA rink on Saturday.



The conditions were excellent for some shinny in Sheenboro over the weekend, as residents of Downey's Bay got together for some fun on the ice.

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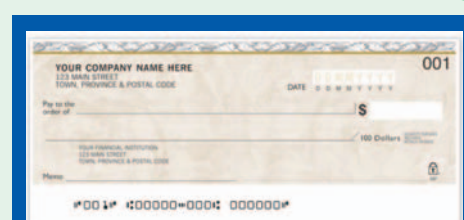
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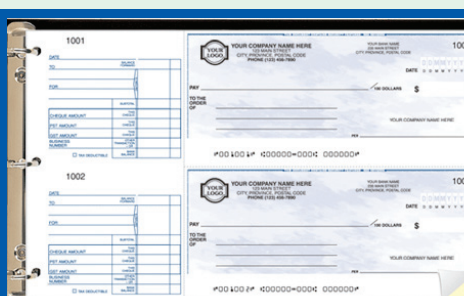
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# 44th annual Shawville Community Bonspiel wraps up

**CALEB NICKERSON**  
**SHAWVILLE** Feb. 10, 2019

The 44th Community Bonspiel wrapped up over the weekend at the Shawville Curling Club, with Palmer Plumbing pulling out a win over the eight divisions of spirited competition. A total of 48 teams played three games each from Jan. 31 to Feb. 10, as part of the club's largest fundraiser of the year.

The two weeks of action featured many memorable matchups, including local students Big Cheese 2.0 beating PHS staff, as well as other old rivals facing off against familiar opponents.

Both Saturday nights, the musical skills of local minstrels Reg Carkner, Shane Presley and Mark Latreille kept everyone at the club entertained.

The annual event concluded with a nail-biter on Sunday afternoon, with team Three Plus One, consisting of Barry Draper, Phyllis Wilson, Helen Routliffe and Brenda Clarke, nearly edging out the eventual champions.

Team Palmer, made up of skip Jerry Hannaberry, third Joey Hannaberry, second Tim Palmer and lead Troy Griffin, playing in the Orange division, secured their place on the coveted Toilet Seat Trophy for this year.

Participants returned to the club on Sunday afternoon for the divvying up of prizes, arrayed along tables on the ice. Club Vice President Andrew Rowat thanked the curlers that participated over the past two weeks as well as the volunteer committee that kept everything running smoothly.

A special mention went to ice technician Wade Ellison, who had his hands full with all the traffic at the rink.

The final 50/50 draw of \$152 was won by Gerald Lance.



Chris MacKechnie and Barry Draper watch a rock slide into the house during play on Jan. 11.



Helen Routliffe and Brenda Clarke guide a rock into the house under the watchful eye of Phyllis Wilson on Sunday afternoon.

# Mobile playground comes to Campbell's Bay child care centre



The Grand Défi Pierre Lavoie "Garden of wonders" bus arrived at the Picabou Child Care Centre in Campbell's Bay on Monday, entertaining a host of youngsters from several daycares in the region.

**CALEB NICKERSON**  
**CAMPBELL'S BAY**  
Feb. 11, 2019

Local youngsters got the chance to experience mobile playground at the Picabou Child Care Centre in Campbell's Bay on Monday morning.

The Grand Défi Pierre Lavoie "Garden of wonders"

bus arrived at the daycare along with three enthusiastic animators, who guided the eager toddlers through gross motor activities in the well-decorated playground. The bus was parked behind the daycare and kids were guided out in small groups.

"We have two home daycares coming and we have

five groups that are in the daycare here participating," explained Pauline Lanoix, a coordinator with the centre. She added that this is the group's first time visiting the Pontiac.

The Grand Défi Pierre Lavoie is a movement to get children active and promote healthy lifestyles. In addition

to the playtime on the bus, the animators lead the groups of children in singing and had a nutrition lesson at lunch about eating with your five senses.

Lanoix said that roughly 50 children participated in the day, and was thrilled to offer services like this in the community.



Around 50 tykes from local daycares got active on the Grand Defi Pierre Lavoie bus on Monday morning, taking full advantage of the tactile amenities on the interior of the vehicle.

# Murder and intrigue in the Bay



The Pontiac Lions Club held their annual murder mystery fundraiser at the Campbell's Bay RA Hall on Saturday night, drawing a crowd of nearly 200 people. Members of the club not only served drinks and sold tickets but also featured in the evening's entertainment.



From left: Marilyn Fahey, Heather Wilson, Ron Wilson and Tom Fahey get ready to put on their deerstalker hats and solve the case during the Pontiac Lions' annual murder mystery fundraiser.

**CALEB NICKERSON**  
**CAMPBELL'S BAY**  
Feb. 9, 2019

The Campbell's Bay RA Hall was packed on Saturday evening for a long-standing fundraiser in support of the local branch of the Lions Club.

The Pontiac Lions hosted their annual Murder Mystery evening, with this year's production going for a casino theme. A dinner prior to the night's entertainment was catered by Billy T's Pizza.

Actors from the club, along with community members, portrayed four scenes for the nearly 200 guests in the hall, complete with chorus girls and foreign billion-

aires.

"The tables [of guests] have to figure out the who, what, why and when of the murder. Just like Clue," explained Club President Frank Frost prior to the show. "We all participate as a group. Some of us are acting, the rest of us are working the bar, tickets, everything."

Frost said that about six Lions of the 18 in their club were acting in the show, while the rest saw to other details.

He added that the murder mystery is one of their more popular events on the calendar and is quite important for the club in terms of fundraising.

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# Conditions météorologiques difficiles à prévoir en Outaouais

GOUV. DU QUÉBEC

Communiqué

**GATINEAU** Le 4 fév. 2019

Des avertissements de pluie verglaçante, de pluie et de neige sont toujours en vigueur dans la région de l'Outaouais, notamment pour les secteurs de Gatineau, Pontiac et Papineau. Le min-

istère des Transports désire rappeler les conseils de sécurité aux usagers du réseau routier.

Avant de prendre la route, les usagers devraient s'informer des conditions routières sur les différentes plateformes du Québec 511 (Web, application mobile,

téléphone) et planifier leurs déplacements en conséquence. Ils peuvent également signaler au Ministère toute situation dangereuse ou inhabituelle en composant le 511.

Pendant leurs déplacements, les usagers doivent adapter leur vitesse en fonc-

tion des conditions météorologiques et routières en vigueur. Ils doivent garder une distance sécuritaire entre les véhicules et faire preuve de patience en présence des véhicules d'entretien hivernal.

Lorsque les conditions météorologiques et routières

sont très défavorables, il est approprié de reporter à plus tard tout déplacement non essentiel.

Le ministère des Transports effectue une surveillance accrue du réseau routier et assure les opérations d'entretien requises afin de réduire les impacts des

conditions hivernales sur les déplacements. En tout temps, la sécurité des usagers est sa priorité.

Liens connexes : [www.quebec511.info](http://www.quebec511.info); Page Web – Sécurité en conditions hivernales; Alertes météo publiques pour le Canada - Environnement Canada.

## Colloque Clair 2019



Photo soumise

**23 membres du personnel de la Commission scolaire des Hauts-Bois-de-l'Outaouais (CSHBO) ont participé au colloque Clair, du 24 au 26 janvier.**

CSHBO

Communiqué

**MANIWAKI** Le 28 jan. 2019

Cette année, au colloque Clair, du 24 au 26 janvier dernier, 23 membres du personnel (enseignants et membres de la direction et des ressources éducatives) de la

Commission scolaire des Hauts-Bois-de-l'Outaouais (CSHBO) ont participé. Malgré les conditions routières difficiles, ils ont tous bravé la tempête pour vivre une expérience inoubliable à plus de 800 km de chez nous.

Mais qu'est-ce que le colloque Clair? C'est une école d'environ 200 élèves qui travaillent autrement et qui ouvre ses portes depuis maintenant 10 ans pour émerveiller tous les participants. C'est toute une communauté qui se mobilise pour le bien-

être des élèves. Ce sont des élèves curieux, engagés et motivés qui présentent leurs créations et leurs projets. Ce sont des enseignants qui osent faire confiance à leurs élèves en n'essayant pas de tout contrôler. Ce sont des conférences, des ateliers et

des échanges de pratiques gagnantes. Bref, le colloque Clair est une immense source d'inspiration pour toute personne oeuvrant dans le domaine de l'éducation.

Après trois journées intensives et plusieurs heures sur la route, le personnel revient à la

maison très fatigué, mais en même temps avec une énergie nouvelle et, surtout, une volonté de faire autrement eux aussi. Merci au CAHM et à toute leur équipe qui ont redonné la flamme en démontrant que tout est possible lorsqu'on y croit vraiment.

## Semaine de la promotion de la vie et de la prévention du suicide 2019

CISSSO

Communiqué

**GATINEAU** Le 4 fév. 2019

La « Semaine de prévention du suicide » se tiendra du 3 au 9 février 2019 sous le thème « Parler du suicide sauve des vies ». Ce slogan rappelle qu'il est essentiel de parler pour prévenir le suicide. Le CISSS de l'Outaouais collabore avec le Centre

d'aide 24/7 et d'autres partenaires pour souligner l'événement.

L'ensemble de la population est visé par cette campagne de sensibilisation, mais plus particulièrement les groupes de travailleurs. Peu importe l'uniforme, nous pouvons tous avoir besoin d'aide. Certains contextes professionnels exigent de la

part des travailleurs une importante attention pour le bien-être, la santé et la sécurité d'autrui. Pourtant, ces travailleurs chez qui la force et l'invulnérabilité sont valorisées peuvent eux aussi avoir besoin de soutien. C'est pourquoi un segment de la campagne « Parler du suicide sauve des vies » leur est destiné. À l'instar de l'ensemble

du Québec, le suicide est une préoccupation en Outaouais. La « Semaine de prévention du suicide » est l'occasion de : Sensibiliser les citoyens et les décideurs à l'ampleur du problème et aux moyens de le réduire.

Mobiliser la population afin que tous jouent un rôle actif en prévention.

Augmenter la connais-

sance sur les ressources d'aide, telle la ligne 1-866-APPELLE, disponible partout au Québec sept jours sur sept, 24 heures sur 24.

Normaliser la demande d'aide. Il s'agit aussi d'une occasion pour promouvoir la vie!

Pour plus d'informations et pour voir les diverses activités régionales sur la Semaine de

prévention du suicide, consultez comment parler du suicide de l'Association québécoise de prévention du suicide (AQPS).

**Ressources en Outaouais**

Il ne faut pas hésiter à appeler ou à consulter ces services d'aide et d'écoute confidentiels, dont certains sont disponibles sept jours sur sept, 24 heures sur 24.

## Conseils de sécurité sur l'équipement de sport

GOUV. DU CANADA

Communiqué

**OTTAWA** Le jan. 2019

Lorsque les enfants jouent dehors, que ce soit pour un sport d'équipe comme le hockey ou pour du plaisir lors d'activités non structurées comme la glissade en toboggan, gardez-les en sécurité en prenant de bonnes précautions.

**Sports organisés**

Prévenez les blessures à la tête et aux yeux en vous assurant que votre enfant porte l'équipement de sécurité adéquat pour le sport auquel il participe : des protège-tibias et des chaussures à crampons pour le soccer; un casque et un protecteur facial pour le hockey, etc.

**Normes de l'équipement de hockey**

Les protecteurs faciaux et les casques de hockey vendus au Canada doivent satisfaire aux normes de sécurité établies par l'Association

canadienne de normalisation (CSA). Les casques de hockey, les protecteurs faciaux et les visières doivent porter la marque CSA.

Les casques de hockey doivent être en bon état, bien ajustés et munis d'une mentonnière. Si vous doutez de la qualité ou de l'état d'un casque, ne l'achetez pas.

Si vous achetez un protecteur facial séparément d'un casque de hockey, assurez-vous d'avoir toute la quincaillerie et les instructions nécessaires pour une installation adéquate. De plus, le protecteur facial doit faire partie des pièces compatibles avec le modèle du casque de hockey que vous avez.

La date de fabrication doit être indiquée sur le casque de hockey. On ne devrait jamais acheter ni vendre des casques de hockey vieux de plus de cinq ans — les pièces et les matériaux peuvent se détériorer avec le temps.

Les casques du hockey sur glace doivent être en bon état : exempts de fissures, aucun élément de rembourrage ne doit être manquant ou déformé, pas de fils métalliques pliés ni de pièces manquantes. N'achetez pas de casque de hockey, de protecteur facial ou de visière ayant subi un choc violent.

Ne modifiez jamais votre casque de hockey, votre visière ou votre protecteur facial. N'y percez pas de trous, n'y collez pas d'autocollants et ne les repeignez pas.

**Patins à glace, traîneaux et luges**

Les froids hivers canadiens permettent de nombreuses activités amusantes, dont le patin à glace et la glissade en toboggan. Gardez toujours la sécurité à l'esprit lors de ces activités, car les enfants pourraient subir des blessures graves en se cognant la tête après une collision, en heurtant un objet ou une autre

personne ou en tombant à l'eau après que la glace ait cédé sous leur poids.

Évitez les occasions de blessures en appliquant ce qui suit.

Chaque saison, vérifiez si l'équipement fait encore et s'il est toujours en bon état; Assurez-vous que vos enfants portent l'équipement de sécurité approprié, surtout un casque spécialement conçu pour l'activité en question;

Ne laissez pas vos enfants faire du traîneau près de routes, de parcs de stationnement, de rochers, d'arbres ni de clôtures;

Ne patinez et ne jouez jamais près de l'eau libre;

Habillez les enfants chaudement au moyen de plusieurs couches de vêtements, et faites attention aux engelures lorsqu'il fait froid;

Appliquez de l'écran solaire sur la peau exposée : les rayons ultraviolets constituent un danger même l'hiver et

même par temps nuageux;

Utilisez un cache-cou au lieu d'un foulard, et retirez les cordelières de serrage et les cordons des vêtements, afin d'éviter que ces articles ne se prennent ou ne s'enchevêtrent sur des objets et qu'ils n'étranglent votre enfant.

**Portez l'équipement de protection**

Préparez-vous à faire des activités telles que la bicyclette, la planche à roulettes, du patin à roues alignées ou d'utiliser un gyropode en vous assurant d'avoir l'équipement de sécurité approprié. Cela inclut un casque protecteur, ainsi que les protège-coudes, les genouillères et les protège-poignets. Assurez-vous aussi que votre enfant est suffisamment âgé et possède les habiletés nécessaires pour participer à ces activités.

Étapes essentielles d'ajustement d'un casque protecteur pour cyclistes.

Vous devriez suivre ces étapes pour vous assurer que votre casque protecteur, et celui de votre enfant, sont bien ajustés.

Ajustez parfaitement le casque sur la tête. Il ne doit pas balancer ni tourner.

Assurez-vous que le casque est placé bas sur le front (seulement 1 ou 2 doigts plus haut que les sourcils).

Placez la boucle de la mentonnière au centre du menton.

Ajustez les courroies pour former un V sous et légèrement devant les oreilles.

Resserrez la mentonnière. Laissez un espace de une ou

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Le Mont d'Or est un organisme communautaire à but non lucratif qui gère un service d'entretien ménager et gardiennage offert aux aînées et aux personnes en perte d'autonomie, pour la population de territoire de la MRC Pontiac ainsi que de la municipalité de Pontiac. Notre entreprise offre des services centrés sur une approche humaine et personnalisée à sa clientèle, tout en s'assurant de pouvoir compter sur du personnel compétent et mobilisé envers la livraison de services de haute qualité.

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**SOMMAIRE DES RESPONSABILITÉS**

Sous la responsabilité du CA vous aurez à :

- Proposer au CA des orientations, stratégies, objectifs, politiques, budgets et plans. Assurer leur mise en œuvre et en informer le CA. Assurer la tenue des conseils d'administration.
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- Établir et maintenir des contacts d'affaires avec les partenaires et les clients actuels et futurs;
- Superviser les opérations comptables de l'entreprise;
- Superviser les ressources matérielles et informationnelles;
- Gérer et mobiliser les ressources humaines (25 employés);
- Contrôler et évaluer les activités afin d'optimiser la qualité des services offerts aux clients;

**COMPÉTENCES RECHERCHÉES**

- Diplôme d'études professionnelles ou collégiales en administration
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- Organisée et rigoureuse, vous êtes une personne ayant un fort sens des responsabilités et avez un leadership mobilisateur, une bonne capacité d'adaptation et d'autonomie tout en ayant une aisance naturelle pour le travail d'équipe et le développement des affaires.
- Vous possédez de bonnes capacités à vous exprimer verbalement et par écrit en français et de l'anglais et vous avez une bonne maîtrise des logiciels Word et Excel de la suite Office.

**CONDITIONS DE TRAVAIL**

- Rémunération annuelle : 40 000\$ en plus d'avantage sociaux
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Les personnes intéressées à participer à notre mission sociale doit nous faire parvenir leur curriculum vitae, ainsi une lettre de présentation, par courriel à [frousseau@ressources.coop](mailto:frousseau@ressources.coop) avant le 22 février 2019.

*Seules les personnes retenues seront contactées.*

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## Nouvelle offre alimentaire au CISSS de l'Outaouais

CISSSO

Communiqué

**GATINEAU** Le 16 jan. 2019

Le Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais a procédé, au cours de la dernière année, à la transformation complète de son offre alimentaire. Le projet fait suite à une demande du Ministère qui souhaitait la révision des menus dans les CHSLD de la province. Le CISSS de l'Outaouais a saisi l'occasion pour revoir l'offre alimentaire dans l'ensemble de ses installations.

« Le projet permet de bonifier l'offre, la diversité et la qualité des aliments en plus d'améliorer la sécurité des usagers notamment par l'information du dossier et la mise en place du plateau personnalisé. Nous souhaitons que nos usagers aient du plaisir à manger », explique Mme Julie Whissell, directrice adjointe à la Direction des

services techniques et de la logistique.

La révision de l'offre alimentaire permet au CISSS de l'Outaouais d'assembler les forces de tous les centres de production afin d'être plus efficace. Ainsi, les étapes de préparation des repas sont concentrées dans trois centres de production qui fourniront toutes les installations du territoire.

« La création du CISSS de l'Outaouais nous a permis de réaliser cette centralisation qui représente un gain important pour les usagers. De plus, nous avons pu conserver l'expertise de notre personnel puisqu'aucune perte d'emploi ne suit cette transformation », ajoute Mme Whissell.

Un nouveau volet s'ajoute à l'offre alimentaire du CISSS de l'Outaouais alors que les mets texturés feront leur apparition ce printemps. Un

centre d'expertise pour ces mets, à même les services existants, sera mis en place avec une équipe de nutritionnistes professionnelles ainsi que des équipements à la fine pointe de la technologie. Ce type de mets répondra aux besoins des résidents et usagers atteints de dysphagie nécessitant des textures allant du haché à la purée.

L'implantation du projet va bon train alors que les instal-

lations du Pontiac, des Collines et de la Vallée-de-la-Gatineau bénéficient déjà de la nouvelle offre alimentaire depuis mai 2018. Les commentaires recueillis à l'aide de sondages démontrent que la clientèle est satisfaite des changements apportés. Le déploiement se poursuivra à compter du 31 janvier pour se terminer en mars 2019.

Le projet de révision de l'offre alimentaire représente un

investissement autofinancé de 4,5 millions de dollars. La Fondation Santé Gatineau participe à ce projet en allouant une somme de 400 000\$ pour l'acquisition d'équipements essentiels à la réalisation de cette transformation tels que des chariots réthermalisants servant à la distribution des repas, un bassin refroidissant et d'autres équipements servant à la préparation des repas.



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\*Offer valid until April 1, 2019 to Canadian residents, receive a \$1,800 4WD Credit towards the purchase or lease of new 2018 Ford Escape 4WD models. Only one (1) 4WD credit offer may be applied towards the purchase or lease of an eligible 4WD model. Taxes payable after 4WD credit offer amount has been deducted.

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## COMMUNITY CALENDAR

**Every Wednesday** from Jan. 30 to Feb. 27. Soup and Sandwich at St. Paul's Anglican Church Hall, 11:30 to 1. Cost \$7. Everyone welcome. 5xf20

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

**The Lighthouse** Bookstore – 1225 Hwy. 148, Campbell's Bay - Business Hours: Wednesday – 10 a.m. – 4 p.m.  
The Lighthouse Bookstore Pop Up Shop – 119 Victoria Ave., Shawville, QC - Business Hours: Fridays – 10 a.m. – 5 p.m.  
Saturday – 10 a.m. – 4 p.m. 4bf27

**Fri., Feb. 15** – Shawville Shenanigans at 586 Main Street, Shawville. Join us for activities, snacks, socializing and play. 9:30-11:30. ff13

**Fri., Feb. 15** – Ski Pontiac Moonlight X-Country Ski and Snowshoe on torchlit trails at Pine Lodge, Bristol (torches lit at dusk). 5 p.m. to 9 p.m. Complimentary snowshoes. Bar, food and live music. xf13

**Feb. 16** – Bryson Lions Club Valentine's Dance 8 p.m.- 12 a.m., light lunch served at 11 p.m., Entertainment by Douglas Connection. Cost \$10.00/person. For more information contact Betty 819-648-5424. bf113

**Mon., Feb. 18** – Cooperative Movement with Caregivers and Tots: Join us for a 7 week session with the Corriveau School of Dance instructor Marie-Josée! We will enjoy music, dance moves and lots of movement. 7 week session – 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! ff13

**Tues., Feb. 19** – Parents' Voice Shawville Annual General Meeting. Join us for our AGM at the Bristol Library at 8 p.m. ff13

**Feb. 20** – Information Day sponsored by Pontiac County Women's Institute in the Shawville United Church Hall. Admission is \$10 and includes lunch. 9:30 Coffee/registration. 10:00 Jennifer Russell - Agriculture/Home business. 11:00 Louise Belec - Golden Peaks/Life Line. 1:00 Debra Stephens - Pontiac High School. 2:00 Samantha Gagnon - Building Dreams. 2xf13

**Sat., Feb. 23** – Parents' Voice Shawville welcomes, Jacqui Du Toit, African Storyteller at The Shawville Lions Hall from 10:30-11:30. Entrance by donation, all welcome! She puts on an amazing performance that is absolutely capturing. This event is taking place during the Shawville Winter Carnival, 10-1! Stay around for free skating, horse drawn rides, snow painting, children's crafts, free hot dogs, popcorn and hot chocolate! ff13

**Sun., March 17** – Gavan's Hotel St. Patrick's Day Party **MARCH 17, 2019**. Please note the date!!! 3bf27

## MISCELLANEOUS

**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

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## DEATH



**Dunn** – In remembrance of Joan Eileen Dunn July 26, 1950 – January 29, 2019  
This is not where it ends; we will carry you with us until we see you again.  
God called Joan home on January 29, 2019. Beloved wife of Greg for 46 years, cherished Mom of Jenn (Elliot), she will be forever remembered as Grannie to Samantha and Matthew. Joan, a proud graduate of Queen's University, had a long and successful teaching career that has left a legacy for life with many students. She will live on in the kindness she showed, the comfort she shared and the love she brought into our lives. A memorial service will be held at St. Paul's Presbyterian Church, located at 971 Woodroffe Avenue on February 16 at 1:00 p.m., followed by a celebration of life at the Marconi Centre, located at 1026 Baseline Road at 2:00 p.m. The family would like to thank the caring team at the Ruddy-Shenkman Hospice for their dedication and excellent level of care. In lieu of flowers, please consider a donation to Hospice Care Ottawa – Ruddy-Shenkman.  
As a reminder from Joan, "We are spiritual beings going through a temporary human experience." Until we see you again.



**Taylor**, Fernande (nee Lafleur) Décédée le vendredi 1er février 2019 à l'âge de 74 ans à Buckingham. Fille de feu Florent (Babe) Lafleur et feu Elizabeth Cartier. Chère soeur de Adeline (feu Jimmy), Kathy (Don), Lee (Danielle), Carmen (feu Charlie), Pat (Claire), Adèle, Elise (Claude) et Nicole (Randy). Mère de Mélodie Anne, Brent et Gaie Anne. Fernande sera manquée par ses petits-enfants. Fern débuta sa carrière de professeur d'école à Otter Lake en 1963. Elle sera manquée par plusieurs nièces, neveux, amis et anciens élèves. Un service sera célébré à l'Eglise St-Charles Borromeo, Otter Lake, Québec le vendredi 15 février à 13h. Des dons à la Fondation de L'Hôpital Communautaire de Pontiac ou Parkinson Canada seront appréciés.  
Passed away on Friday, February 1, 2019 at the age of 74 years in Buckingham. Daughter of the late Florent (Babe) Lafleur and the late Elizabeth Cartier. Beloved sister of Adeline (late Jimmy), Kathy (Don), Lee (Danielle), Carmen (late Charlie), Pat (Claire), Adèle, Elise (Claude) and Nicole (Randy). Mother of Mélodie Anne, Brent and Gaie Anne. Fernande will be sadly missed by her grandchildren. Fern began her teaching career in Otter Lake in 1963. She will be missed by many nieces, nephews, and former students. A Service of Remembrance in her honour will be celebrated in St. Charles Borromeo Church, Otter Lake, Quebec on Friday, February 15 at 1 p.m. Donations to Pontiac Community Hospital Foundation or Parkinson Canada would be appreciated. www.hayesfuneralhome.ca

## DEATH



**Hartman**, Edna Minna (nee Zacharias) – Edna Minna Hartman (nee Zacharias) passed away quietly and peacefully on Thursday, January 31, 2019 at Kingston General Hospital. Edna's goal in life was to reach her 100th birthday. She made it to 93. Now she lives on through her family and friends who will help her achieve her goal and more.  
Edna was born on April 3, 1925 to Emil and Hannah Zacharias on a farm in a German settlement near Otter Lake, Quebec. One of nine children, she left home at an early age to work in Ottawa. The job she loved to reminisce about the most was with the Coca-Cola company.  
Edna met her future husband, Donald, before he went overseas for active service. After he returned to Canada, they were married in 1945 on New Year's Eve. The happy couple moved to Kingston in 1951. Edna worked for many years at DuPont. In the early 70's they bought two acres of land in Railton and her son-in-law, Nick VanderSchoor, built them their dream home in the country.  
After retiring, Edna and Don bought a winter home in Sarasota, Florida. They spent 10 wonderful winters there before Don passed away in 2001. Edna continued to spend her winters in Florida for another 12 years.  
Edna moved into the Royale Retirement Residence in Kingston in 2013. She loved her new residence and was very happy to call it home. With many new friends and activities, her life was full and rewarding.  
Edna loved to work with her hands. She was an avid gardener and in 1991 she was awarded the Paterson Award for the Village of Sydenham "for the most attractive front garden in each ward, as seen from the street". Her other hobbies included sewing, quilting and cooking. Edna's pride and joy was in family. She lives on through her four children - Beverley (Nick) VanderSchoor, Ron Hartman, Barbara (Benny) Zimmerling and Brenda (Doug) Dundon, 8 grandchildren - Scott (Mary) VanderSchoor, Tanyelle (Bert) Starke, Tyler (Lee-Anne) Dundon, Tiffany (Rob Stinson) Dundon, Ryan (Tara) Hartman, Cory Hartman, Matthew (Carrie) Hartman and Allyne (Randy Racine) Zimmerling, 18 great-grandchildren and 2 great-great-grandchildren.  
Dear sister of Percy (Eleanor) Zacharias and predeceased by her siblings Hazel (Bill) O'Neil, Angela (Don) Neville, Mabel (Helmut) Erfle, Ernie (Dell) Zacharias, Charlie (Nola) Zacharias, Lloyd Zacharias and Rinald Zacharias. The funeral service was held at Trousdale's Funeral Home, 4374 Mill Street, Sydenham, Ontario on Tuesday, February 12, 2019 at 11:00 a.m. Interment was at Yarker Cemetery. For those who wish, memorial donations may be made to the Heart & Stroke Foundation of Canada, or to Diabetes Canada. "Mom... you taught us so much, except how to live without you."

## DEATH



**Murdock** – On the afternoon of February 7th, 2019 at the age of 71, if you started hearing giggles in the sky, it's because Don Murdock was busy cracking jokes over the rainbow.  
He was an accomplished businessman, tradesman and entrepreneur. If it was broken, his business "Don can fix that", always did fix that! He was forever the doting husband to Louise Murdock. Proud dad to Lisa Tolmie (Derek) and Julie Murdock. Endlessly beaming Grandpa "Do" to Megan and Grace Tolmie. Happy furdad to his dog Daisy and he loved his grand furkids too, Fred, Ceecee Boots, Stanley and Mr. Bug.  
His brothers, (late) George Murdock (Helen Acres), Tom Murdock (Leona), Mark Murdock (Maureen), Bernie Murdock and his sister Linda Kingsbury (Alec), were always sure to put a smile on his face. The Murdock's are the type of family that have always been willing to help each other out. He also had many nieces and nephews, cousins and his beautiful Aunt Helen.  
No words can express the sheer gratitude to all the close friends and community who rallied behind our family, with gestures big and small. We are truly forever in your debts. To the Shawville paramedics, CLSC workers, nursing staff, volunteers, Doctor Smith, from the Gatineau Hospital; Dr. Karim Abou-Nassar and team, from the Ottawa General Hospital; Dr. Huebsch and team and all of whom went above and beyond over the past 30 years of cancer treatments, we thank you for all the extra hugs, moments and smiles we got with him. Thanks to all of you, endlessly. Friends may call at Hayes Funeral Home, 134 Centre St., Shawville, Quebec on Saturday, February 16, 2019 from 11 a.m. – 1 p.m. Basket Full of Love Celebration will follow in the Hayes Funeral Home Chapel at 1. Spring Interment in St. Mary's Cemetery, Quyon Quebec.  
Because this was such a lengthy and epic battle, in lieu of flowers, please support anyone else's battle by donating to the Lymphoma Cancer Society.  
And I think to myself, what a wonderful world.



**Breton** – In loving memory of my dear mother, Gail Orchid (née Abbott) who passed away on Feb. 18, 2008.  
It's lonely here without you, Mom  
And I miss you more each day.  
There is a longing within my heart  
That will never go away.  
And not a single day goes by  
When I do not think of you.  
For you're in my precious memories  
And each night, my prayers too.  
With love always,  
Colleen

## IN MEMORY

**Breton** – In loving memory of my dear mother and loving nana, Gail Orchid (née Abbott) who passed away on Feb. 18, 2008.  
We want to tell you something, So there won't be any doubt. You're so wonderful to think of, But so hard to live without. We miss you now, our hearts are sore.  
As time goes by we miss you more.  
Your smile, your laugh, your gentle face,  
No one can ever take your place.  
Love and missing you always,  
Your girls  
Cheryle and Kaylie  
The Family

## IN MEMORY



**Kennedy**, Viola – In loving memory of a dear wife, mother and granny who passed away on February 17, 2013.  
We remember and cherish the happy times together, Mom, Remembering them today and forever.  
The Family

## NOTICES

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# Caisse donates cash for cuddly critters



Caleb Nickerson, THE EQUITY

**The Caisse Desjardins des Rivières du Pontiac donated \$2,000 to the Famille Animalis program at École secondaire Sieur de Coulonge, which provides animals for students to nurture and care for. The additional funding will go towards two rabbits to accompany the other critters in the program. Back row, from left: Caisse youth representative Angela Pompetti, director general Stéphane Labine, Desjardins Foundation ambassador Marie Pier Carle, Caisse President Madeleine Vallieres, student Vickie Allard, Principal Julie Martin and Vice-Principal Gabie Paré. Front row, from left: Jenna Joncas, science teacher Francis Lamarche, Brooke Danis and Annabel Lemaire.**

**CALEB NICKERSON  
FORT COULONGE  
Feb. 11, 2019**

On Monday morning, representatives from the Caisse Populaire Desjardins des Rivières du Pontiac were at École secondaire Sieur de Coulonge for an important donation to a unique program at the school.

The Caisse donated \$2,000 from its #DesjardinsFoundation Prizes to the Famille Animalis program, which

provides a small collection of furry creatures for students to feed and care for. The donation comes during the week of scholastic perseverance, which is observed every year during the third week of February.

The Animalis program has been going on for nearly three years, and features ferrets, a rat and a guinea pig that students interact with and are responsible for. The additional funding will go towards adding two

rabbits to the program's stable of small creatures.

"The animals have therapeutic effect on kids, to calm them down, so it's good to help them with their concentration," said Caisse director general Stéphane Labine.

Science teacher Francis Lamarche explained that around 10 to 15 students take part in the program, coming in before school and on their lunch breaks to feed and care for the animals.



**Quyon  
JILL YOUNG**

819-918-0623 jillianyoung6@gmail.com

On Feb. 4, two local heroes were recognized for their bravery by the Government of Quebec. Jake Gravelle and Derek McColgan were honoured at the Tribute to Good Citizenship Ceremony at the Legislative Council Chamber of Parliament in Quebec City. They were recipients of the Honourable Citation for Good Citizenship following an incident in June of 2017 where the two displayed acts of courage under difficult circumstances. While heading to their hunt camp on that fateful day, Jake and Derek were involved in a head-on collision with another vehicle that veered into their path. Both vehicles were carrying propane tanks that caught fire, adding an extra element of danger to the situation. Despite both being injured themselves, Jake and Derek were able to pull the driver

from the other vehicle and they attempted to save the driver's father who was trapped in the vehicle. Sadly, they were unable to reach him as the truck became engulfed in flames. They were out of range to contact emergency services due to their location but an ATV had been thrown from their vehicle so Jake took it to get help while Derek stayed with the driver of the other vehicle. It took over three hours for emergency services to arrive on scene. They both recovered from their injuries. It was a heroic effort that saw them save one life that day. Congratulations to Jake Gravelle and Derek McColgan for being recognized for their bravery by the Government of Quebec, a well-deserved honour. We are all so proud of them. Deepest sympathy is extended to the family of

Joe Daley who passed away on Feb. 3. Our prayers are with you at this sad time. Condolences are also going out to the Murdock family, as Don Murdock passed away on Feb. 7 following a courageous battle with cancer. Don and his wife Louise were my neighbours for several years as they lived across the street from me before moving to Shawville and he was always so kind, friendly and helpful. Thoughts are with his family and friends as they celebrate his life. Happy 60th birthday to Cecile Dumont who celebrates today. Birthday wishes are also going out to Winston Kinnaird and Kira Stanley on Feb. 13 and to Brian Young on Feb. 14. Thursday is your chance to show the love to all of the important people in your life. Happy Valentine's Day to all.



# THE EQUITY

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A black and white photograph of a wedding couple in a pool hall. The groom, wearing a white shirt and dark vest, is leaning over the pool table, kissing the bride on the cheek. The bride is wearing a white wedding dress and has her hair styled up with a flower. They are standing on the edge of a pool table, which has several pool balls and cues scattered on its surface. In the background, a chalkboard with the words "Baie INN" written on it is visible. A large, modern pendant light hangs from the ceiling, casting a soft glow on the scene.

# 2019 Brides

THE EQUITY

**LACOURSE – NOWLAN**

Robert and Lyse-Ann Lacourse and Peter and Michelle Nowlan are happy to announce the engagement of their children Naomi and Jeff. Naomi and Jeff's upcoming nuptials will be held at St. Edward's Church in Bristol Mines, Quebec on Saturday, August 24, 2019.

**SMITH – BAKER**

Dave and Joey-Lou Baker of Quyon, Quebec and Jan and Julie Smith of Ottawa, Ontario, are more than thrilled to announce the engagement of their children Michael and Meghan!!! It has been such an AMAZING year for Mike and Meg and we can't wait to see what the future brings for this beautiful little family!!

**PECK – CARSON**

Mallory Peck and James Carson have decided to put their paddles in the same canoe. They will be married on the beach at Pine Lodge, Bristol, Quebec on July 27, 2019. Their parents, Kathy and Brent Peck, Marjorie Graham and Troy Carson wish them smooth waters for a lifetime together.

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**CHEVRIER – BENTO**

Mike and Bonnie (nee Lemay) Chevrier are happy to announce the engagement of their daughter, Jessica to Brandon Bento, son of Jose Bento and Isabel Tavares. Wedding to take place September 25, 2020 in Ottawa, Ontario.



**MILFORD – DAGENAIS**

Tracy Milford and Luc Dagenais are pleased to announce their engagement. Tracy is the daughter of Ebert and Jean Milford. Luc is the son of the late Gerard Dagenais and the late Dorothe Berard. Wedding to take place on October 19, 2019 in Shawville, Quebec.



**CRAIG – WALKER**

Jackie McCallum and Jim Craig of Portage du Fort are pleased to announce the engagement of their daughter Sarah Craig to Mark Walker of Montreal, Quebec. Wedding to take place May 11, 2019 in Gatineau, Quebec.



**HOBBS – BLEMKIE**

Justin Hobbs, son of Tim Hobbs (Clarendon, Quebec) and Connie McCorriston (Calumet Island, Quebec) is happily engaged to Krista Blemkie, daughter of Gary and Sharon Blemkie of Renfrew, Ontario. The wedding will take place this September in Quebec.

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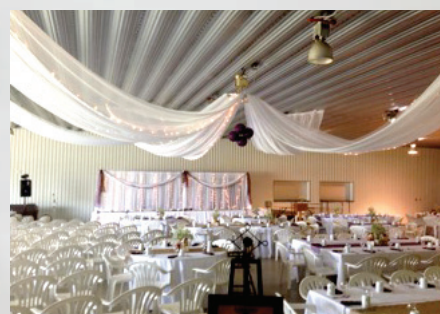
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#### BUXTON – GOODFELLOW

Dana Goodfellow and Kyle Buxton were married December 31, 2018 in Belleville, Ontario, in the beautiful chapel at Albert College. The bride is the daughter of Don and Donna Goodfellow of Belleville, Ontario, and the groom is the son of Debbie (Bentley) Hobbs (nee Workman) of Shawville, Quebec, and George (Crystal) Buxton of Belleville, Ontario. Kyle is the proud brother of Sarah Buxton (late), and grandson of Donna (late) and Ken Workman of Norway Bay, Quebec. The couple are happily residing in Belleville, Ontario and are looking forward to a fabulous three week honeymoon in Italy this spring.



#### HOWARTH – FORAN

On October 13, 2018, Meghan Foran and Blake Howarth were married in Lanark, Ontario at the Timber Run Golf Club. A huge thank you to our family and friends for making our day unforgettable!

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#### JOHNSTON – KEARNS

Travis Johnston and Kendra Kearns were married on February 3, 2018 at St. Mary's Church in Quyon, Quebec with Father Engoute officiating. Dinner and dancing followed at the Bristol Community Hall. Kendra and Travis enjoyed a honeymoon in Jamaica before returning to their home in Luskville, Quebec. Thanks to our bridal party, family and friends who helped make this day so special and memorable.



#### MORGAN – KLUKE

Charles Morgan and Sharalyn Kluge were wed at a private ceremony on Monday, December 31, 2018 in Oconee County, South Carolina. Charles is the son of Charlie and Patsy Morgan of Westminster, SC and Sharalyn is the daughter of Ambrose and Brenda Kluge of Shawville, Quebec. The couple sell real estate together and reside in Walhalla, SC.

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**POWELL – BAKER**

One of the BEST weeks ever!! On February 28, 2018 Ashley Baker and Shane Powell started their forever when they exchanged vows on the beautiful sandy beach of Punta Cana, Dominican Republic in front of many family and friends! Dave and Joey-Lou Baker and Tim and Colleen Powell could not be happier! Shane and Ashley would like to thank everyone from the bottom of their hearts for all the love and support for this beautiful celebration with so many memories!!



**DUBEAU – LALONDE**

Philippe Dubeau and Becky Lalonde were married June 30, 2018 in Campbell's Bay, Quebec. Becky is the daughter of David Lalonde and Janet Camp and Philippe is the son of Alfred Dubeau and Michelle Forgues.



**SPARLING – FORAN**

Sue and Danny tied the knot on February 17, 2018 in an intimate ceremony officiated by Bill Hamilton, surrounded by family and friends who are like family. Thanks to our wedding party, MC and all the helping hands who made this a truly amazing day for us.

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**TRACY – SMITH**

Amanda Smith, daughter of Wayne and Debbie Smith and Ryan Tracy, son of Hugh and Jill Tracy, were married on June 9, 2018, at Starborn Farms in Clarendon, Quebec. We would like to thank our amazing wedding party, family and friends for sharing in our special day.



**MORRIS – MACKECHNIE**

On June 16, 2018, Meghan and Brandon, from Quyon, shared vows at Starborn Farms in Clarendon, Quebec. The ceremony was officiated by the bride's aunt, Colleen Donovan. A very special thank you to our parents Darlene Morris and Lyle Fraser, Lynn Leach and Dale MacKechnie. We would like to thank our family and friends for making our day unforgettable.



**KELLY – SHEA**

Kellie Shea and Mike Kelly tied the knot! January 5, 2019 at St. John's the Evangelist Church in Campbell's Bay, Quebec followed by a dinner and reception at Spruceholme Inn, Fort Coulonge, Quebec alongside friends and family. We would like to thank our loving families for all their support and help on making our big day a dream come true.



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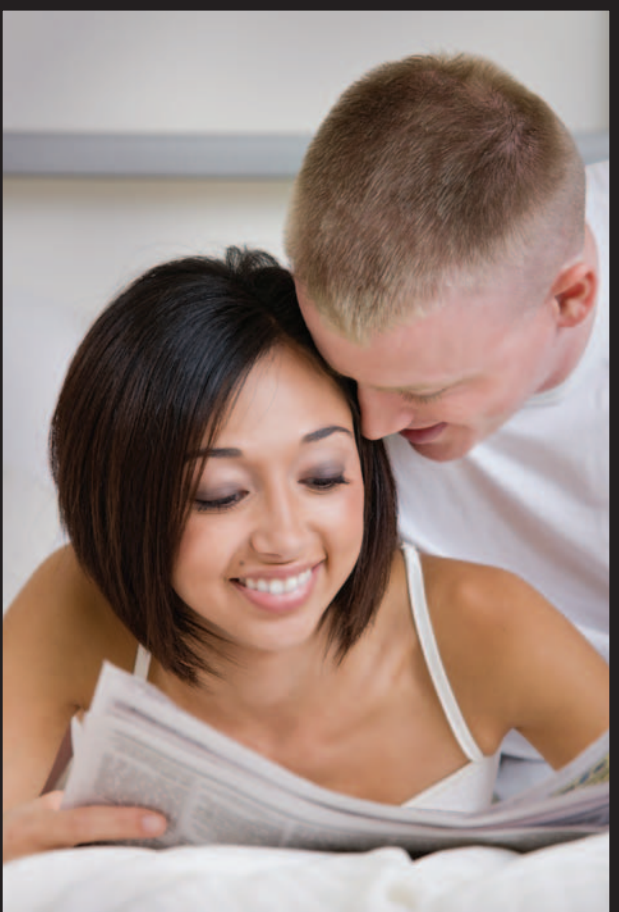
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**ARMITAGE – HAWKINS**

Kara Lynn Hawkins of Cobden, Ontario, and William Peter Armitage of North Onslow, Quebec, were celebrated and united in marriage on a beautiful Saturday afternoon, June 16, 2018, at the Shawville United Church. Proud parents of the couple are Robert and Donna Hawkins of Cobden, Ontario and Erwin Mohr, Kathy Letts, and Peter Armitage of Shawville, Quebec.

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