

THE EQUITY

What a breeze!



Young skiers from the Pontiac accomplished an enormous journey last week, when they spent four days sliding over 130 km from École secondaire Sieur de Coulonge to arrive at Parliament Hill on Wednesday. The group battled harsh weather and stayed in community centres along the way, in an adventure organized through the Ski at School program. From left: Students Yanka Chevalier and Brooke Danis, volunteer skier Leslie Sher, and Ski at School organizer Guillaume Lavoie-Harvey push through during a particularly windy day. Check out page seven for the full story.

Photo by Connor Party



J. D. Potié, THE EQUITY

The seventh annual Fish Findlay 3 on 3 tournament brought out highly skilled players from all over Ontario and Quebec to compete. Pictured, a player for Team Molson Canadian in the A division is tripped up while deking around a defenseman.

7th Fish 3-on-3

J.D. POTIÉ
SHAWVILLE Feb. 28 - Mar. 3, 2019

The seventh annual Fish Findlay 3 on 3 hockey tournament took place last weekend, at the Shawville arena, drawing in players from as far as Southern Ontario to compete in the highly touted event.

Happening over four days, with 20 teams competing in five separate divisions, the tournament was the biggest it's ever been according to the organizers.

"We got it going the first year and it's gotten bigger and we've added to it different stuff and yeah, so here we are," said Joe McCleary, one the tournament's organizers and founders. "It's a pretty well-oiled machine now. Now, we turn teams away. So, we're pretty lucky, in that regard."

For McCleary, the number of teams trying to

register was a clear a testament as to how much the event has grown in popularity, since it's conception in 2012.

What originally started as a one-day tournament has evolved into a full-fledged hockey fun-fest with all kinds of amenities available to the public, including a bar, a dance-hall with a DJ and not to mention eye-catching, fast-paced three-on-three hockey action.

Please see FISH page three



Spring forward!
Set your clocks ahead one hour before bed Saturday

More delays for Centre

CHRIS LOWREY
QUYON March 6, 2019

Engineers have performed the final mechanical inspection of the newly built Quyon Community Centre, but Municipality of Pontiac Mayor Joanne Labadie still has concerns.

The \$1.5 million project has been plagued with delays and disputes between the municipality and the contractor.

"I was present for the final inspection of the building and there were many, many problems with it," Labadie said. "The contractors think they have delivered a perfect building and there are still many issues with it that we brought up."

Labadie said the municipality's lawyer is still negotiating with the project's architect to determine who is responsible for certain issues.

She said that the municipality's lawyers are recommending that a third party engineering report be completed before the municipality takes over the building.

One of the issues was the roof.

After the architect, Pierre Tabet, got the contract for the job, the specialized trusses that were designed for the roof could not be manufactured by anyone in Quebec. As a result, Tabet had to redesign the roof.

Labadie said there are several issues that could be related to the new roof, but a third party inspection would determine that with certainty.

Another major issue was the fact that the project had no professional engineer overseeing the work, which started when the old community centre was demolished in October

2017. Labadie said that when the project started, two elected officials were overseeing it on behalf of the municipality.

"There was no project manager assigned to the building," Labadie said. "We've hired an architect to oversee it on our behalf but there was nobody designated within the municipality to be the superintendent of the project."

Labadie was elected in November 2017, at which point former Director General Benedikt Kuhn tasked Assistant Director General Dominic Labrie with the role of project supervisor. Since Labrie's departure last year, the municipality has hired a consultant to take over as project manager.

Asked whether it was standard practice for a municipality to appoint elected officials to oversee public works projects, Labadie said no.

"You always have to have someone inside your organization overseeing your contractors," she said. "It was my view that that is not the role of a politician to manage a capital project."

Not only did the last council fail to ensure there was a project manager, there was no contingency budget built into the project.

"[That] struck me as being really odd," Labadie said. "It ended up becoming very problematic."

She said when she was with the Western Quebec School Board, any capital projects had to have a 10 per cent contingency budget.

"This one was \$1.5 million, point finale, no contingency budget," Labadie said.

Labadie said that with a project of this scale, there was bound to be some surprises.

One of those surprises was when the

municipality was approached by the construction firm, CIMA construction, for additional funds to deal with "winter conditions."

Representatives from CIMA did not respond for comment.

"There were a lot of things the contractor wanted us to pay that were unreasonable," Labadie said. "[It's] a project that starts in October and is supposed to finish in February, and immediately out of the hack they asked for \$50,000 to cover the winter conditions. We said 'well you bid on a contract to build a building through the winter, that should have costed into your proposal.'"

Labadie admitted that although the temperatures dropped early in 2017, the municipality felt it was an unreasonable request by CIMA.

"When you bid to construct a building of that size in winter, you have to know that you're going to have to heat it."

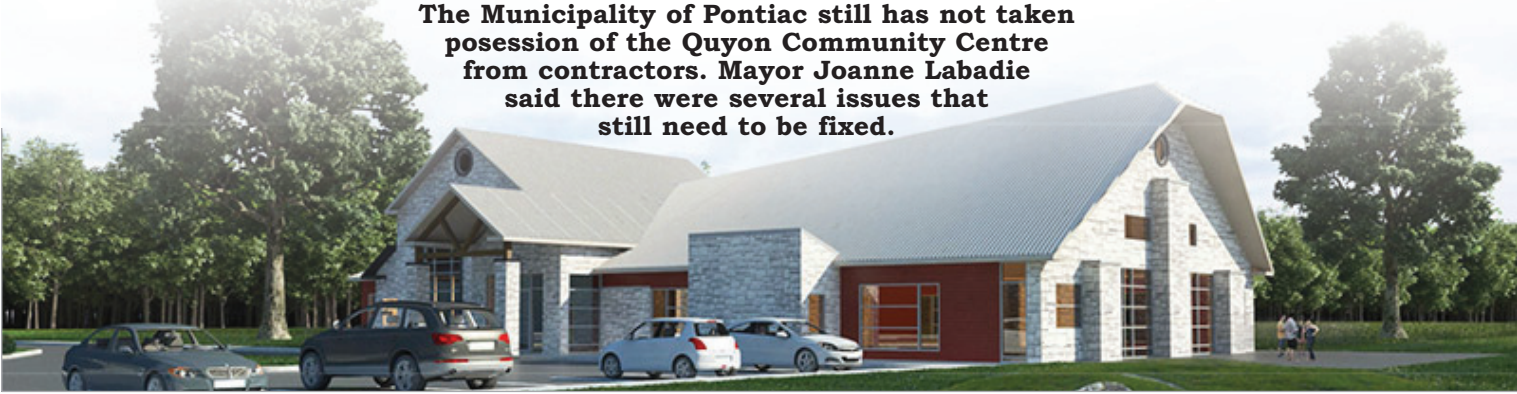
With a fixed budget of \$1.5 million and the municipality refusing to pay the extra \$50,000, Labadie said CIMA decided to slow the pace of work.

"The only protest they had was to slow down or just not be there at all for a while," she said.


To make matters worse, the area around the community centre flooded in the spring, which made it difficult for contractors to even access the building.

While the building itself is out of the flood zone, the area surrounding it is not.

Although Labadie said in December of last year that the municipality expected to take over the building before the new year, the municipality is still waiting.



The Municipality of Pontiac still has not taken possession of the Quyon Community Centre from contractors. Mayor Joanne Labadie said there were several issues that still need to be fixed.



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Byelection in Portage du Fort

DONALD TEUMA-CASTELLETTI
SHAWVILLE March 2, 2019
Two candidates have put their names forward to run in a byelection for seat six in Portage du Fort, after a councillor resigned in October 2018.

Don Armitage and Ed Thompson will be the sole names on the ballot this month, when advanced polls open March 24, ahead of the regular polling day a week later. The two candidates both have deep roots in the community and are

looking to address similar issues, as they'd like to see their community grow in the years to come. Seat six was vacated in October when Alan Farrell resigned. According to the town's website, Farrell was

responsible for municipal roads. Lisa Dagenais, Portage du Fort's director general, said the byelection is costly but necessary. The byelection was supposed to be held in December but was postponed until this month.

Don Armitage

Armitage said he is running because he is tired of seeing the town shrinking in size despite the large number of people passing through. "Because of Portage's geographic location, it's natural beauty, historical significance, and its small arts community, the town has the potential for economic growth," he said. Now retired, Armitage worked as an industrial refrigeration mechanic for food processing companies in British Columbia and Cambridge, Ont., before purchasing property in Portage in 2001. Though he's never run for a councillor position before, Armitage has been on board of directors for curling clubs and fishing organizations. "I do have a bit of experi-

ence dealing with all the red tape," he said with a laugh. He'd like to see the town grow in population and encourage people to settle roots there. "At one time, years ago during the logging boom, it was a very significant town ... I'm not saying we'll get back there but we need to have a little bit of growth," said Armitage. "I hope that by becoming a member of the council, I can help steer the community towards this goal," he continued. Armitage touts himself as a receptive listener and hopes to put this quality to use with the public. "I'm more of a listener than a talker and I expect to carry this forward if I do become a council member," he concluded.

Ed Thompson

Thompson said he decided to run because of a dissatisfaction with the current council's operation, including the handling of tax rates. "The people from town want to see a change and there's too much control with what's going on there now," he said. "It's not all good for the town so that's one reason why I want to get back in." Thompson has previously sat on council, for a 12 year stretch from 1989-2001, leaving when the family moved to Grand Calumet Island. Since moving back, he has run most recently in 2017, losing out on seat three by only four votes. Owning and operating the town's Dépanneur Thompson with his wife, he brings experience

with maintaining a big budget, working with local tax rates and a knowledge of the town plus its people to the table. "A lot of people don't want to move here or build here because it's so expensive," he said, of the tax rates. He said he'd push for lower tax rates by having council adhere to a strict budget, to cut down on overspending. "You see their budgets and that every year, but you really don't see exactly where that money is being spent," said Thompson. As well, Thompson wants to take on new initiatives to have Portage du Fort promoted better in the region, to encourage settlement in town.

Locals discuss forestry issues

J.D. POTIÉ
CAMPBELL'S BAY
Feb. 19, 2019

ural resources in the region, taking jobs away from locals.

On Feb. 19, around 15 Pontiac residents sat down for a two-hour information session, at the R.A. Centre in Campbell's Bay, regarding forestry management and planning in the Outaouais. Hosted by the Table Régionale de Gestion Intégrée des Ressources et du Territoire Public de l'Outaouais (TRGIRO), the presentation was intended to give people an understanding of the methods behind forestry management across the region. Presented by two members of the Ministry of Forestry, Fauna and Parks (MFFP), the session was used to provide Pontiac residents with insight on how they can influence wood harvesting projects, such as non-timber silvicultural work, and lumber roadways. The first of three sessions in as many days, with the following two taking place in Bouchette and Gatineau, on Wednesday and Thursday respectively, provided for tense discussion among those present. Ronald Godin, an Indigenous resident of Mansfield, criticized the MFFP for not keeping nat-

"We want to stop wood from exiting the Pontiac," said Godin. "We want to work for our Pontiac." Godin says he's disappointed with the ministry for allowing logging companies to do projects in forests around Mansfield instead of finding ones in separate areas that could be as beneficial to them financially. "Last year, they started cutting there," said Godin. "And I told them, 'why are you cutting here?'" There are a ton of other places with enough firewood to cut. Rui Medeiros, a resident of Otter Lake said he has spoken directly with the MFFP in regards to minimizing the impact of logging projects happening near a property he owns. So far, he says he's satisfied with the MFFP's response. "I've been engaged in initiating discussions with the ministry and the logging company to try and make sure our voice is heard," said Medeiros. "And thus far, they've been paying attention which is good." Medeiros says he understands the purpose behind logging projects, as inconvenient as they might seem. With forestry management



J.D. Potié, THE EQUITY

Around 15 Pontiac residents gathered at the R.A. Centre in Campbell's Bay on Feb. 19 for an information session on forestry management and planning in the region. Pictured: Raymond Barrette, coordinator of the TRGIRO, addresses the audience during the presentation.

playing such an important role in the local economy, Medeiros remains optimistic that the MFFP is doing the right thing by listening to the public for guidance and input. "Hopefully by engaging the community and people that are being impacted by this, and having a voice and having discussions with regards to alleviating as much as possible whatever concerns people may have, I think is a step in the right direction," said Medeiros". Raymond Barrette, the event's organizer and coordinator of the TRGIRO said he enjoyed meeting with residents and hearing their opinions on the MFFP's plans. But he also

said that submitting verbal complaints wasn't the purpose of the presentation. "Tonight, we're not taking those concerns," said Barrette. "It's just to explain to them how they can communicate their concerns." After the event, Barrette said he wished more people would have attended. However, he said he understood why the numbers were so low. "I understand that it's the first time we do [information sessions] in the Pontiac right now, since many years," said Barrette. "Because many years before, [the MFFP] were doing it and nobody were coming. This is the first time that we're doing it

Military training in Sheenboro

DONALD TEUMA-CASTELLETTI
SHEENBORO March 6, 2019

The Canadian Special Operations Regiment will be conducting military training in the Sheenboro area on March 7, allowing the unit to be prepared to carry out active duties in all manner of weather and environment. Residents and guests to the area have been asked to avoid the area of the Ottawa River north of Sheenboro during the morning hours till noon because of this training. "It's just very low-level, platoon-level exercises, mostly to operate in winter conditions," said Cpt. Sally-Ann Cyr, public relations officer for the regiment. Cpt. Cyr said civilian snowmobilers are their biggest concern for disruption, and have asked them to stay away during this time. "Residents may notice military snowmobiles, uniformed military personnel with personal weapons and hear noises associated personal weapons," said Cyr's press release, issued initially on Feb. 22.

The area is ideal for their needs, as their mandate is to be prepared to protect the country in any terrain and landscape. "As members of the Canadian Special Operations Regiment we need to maintain a constant state of readiness so that we're able to deploy anywhere at any time on behalf of the Government of Canada," said Cpt. Cyr. "So it's essential that when we're not deployed we're training to ensure that we keep our skillset honed and ready to go." She concluded by saying that the regiment appreciates the community's respect for their needs and continued cooperation.

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Report from Villa James Shaw's AGM

DONALD TEUMA-CASTELLETTI
SHAWVILLE Feb. 18, 2019



Donald Teuma-Castelletti, THE EQUITY

The board behind the non-profit senior living complex coming to Shawville held the organization's annual general meeting on Feb. 18, reviewing the year's activities and looking ahead at the project's next steps. It was fairly standard procedure for the Villa James Shaw (VJS) meeting, which saw six board members re-elected to their roles, finances reviewed and updates on the architectural designs. The project saw \$10,561 raised through community initiatives, which included the annual dance and tea for the project, a collection at Bristol's Coronation Hall, as well as the sale of Mary McDowell-Wood's book. She had pledged at last year's meeting that the funds would benefit this project. In total, VJS received \$25,710 in donations from various clubs, committees, businesses and organizations last year. The largest portion of 2018's expenses went to subcontracts, for a total of \$9,603.

Villa James Shaw held their annual general meeting at the CAP Building in Shawville on Feb. 18. From left: The meeting included board members Larry Coleman, Susan McLaughlin, Bill McCleary, the attending crowd, Ken Bernard, Ruth Potter, Chris Judd and Rick Valin.

Total revenue came to \$51,035.64, with expenses coming in at \$13,879.48 for a net income of \$37,156.16. At the end of 2018, the project had \$71,282.92 in total current assets, and \$245,000 in total capital assets. VJS entered into six contracts this year as they look to get the project rolling. A topographical survey, environmental assessment, market study and a re-survey to bring 35 building lots into a single one at 383 Centre St. were all completed. A geotechnical survey was not completed, because

the group hired to do so is waiting on the architects. Mercier Pfalzgraf Architects were hired to design the conceptual phase of the project, but failed to provide an initial draft that was satisfactory. Board member Larry Coleman explained at the meeting that the initial draft saw the design too spread out on the property. The group was expecting a second draft in the weeks to come following the AGM. Currently, the project has 77 members, which maintains the number since 2017, but is a drop since 2016.

Six director positions were up for election, as their two year-terms had been fulfilled. These members included Albert Armstrong, Ken Bernard, Chris Judd, Ruth Potter, Bill McCleary, and Susan McLaughlin. (Potter had replaced Bill Kearnan on the board last summer, when he resigned.) All six members were re-elected to the board, as nominations for new board members did not arise at the meeting. Following the AGM, the regular meeting was held. It was shared at this time that the project would not be able to benefit from the MRC Pontiac's Territorial Development Fund (TDF) because the money granted to them in 2018 had not been fully spent. Rather than return the unspent portion and risk sully the project's reputation with the MRC's grant - potentially closing doors for different grant opportunities in the future - the group agreed to extend the spending deadline until June 2019. Due to this, VJS was not qualified to receive a grant from the TDF in 2019, but may reapply in 2020.

Youth council update

CALEB NICKERSON
CAMPBELL'S BAY
Feb. 25, 2019

On February 25, the newly formed youth council met for their first official meeting and elected their executive committee. Jordan Larivière (Campbell's Bay) was named the President, Nicolas Richard (Otter Lake) was elected Vice-President, Maggie McDonald (Sheenboro) was named Secretary and Victoria Vickers (Allumettes Island), Treasurer. The group also planned to meet every two weeks instead of monthly. The group has increased from 18 representatives to 20, after an error resulted in two students being selected from both Campbell's Bay and Allumettes Island. Press were barred from the meeting and only allowed to take photos. Warden Jane Toller is currently on holidays until March 11 and was unavailable for comment.

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FISH: Hockey tournament fills arena



Photos JD Potié, THE EQUITY

Above, according to the organizers, the tournament has grown in popularity every year since it first started seven years ago. Pictured, a player protects the puck from a defenseman in the corner of the zone.

Continued from page one

Kory Churchill, a former Junior A player from Kanata, said the tournament appealed to him because of the highly skilled players it attracts from all over Ontario and Quebec and also to crack a few brews with some good people.

"It's good skill, I love it," said Churchill. "It's a good time, fast pace, love that. Good time, have some beers, just the guys and you know [you get to] meet new people."

His second time participating in the event, Churchill said that tournaments like the Fish Findlay are important for small communities like Shawville, as they have a way of bringing everyone together in a positive environment.

"Brings everybody together right," said Churchill. "Everybody comes out, shows their support you know. That's

what it's about right. Small town community coming out to support the local boys who are running this. So, I think it's good."

Brock van Veen, who travelled all the way from Peterborough to play in the tournament said he plays in a lot of tournaments of the like back home, however he enjoyed this one especially because it allowed him to discover a community that was previously unknown to him.

"It's nice to kind of get out of town and bring some business to the small towns too," said van Veen. "I think it's great to bring everyone out to the small towns," said van Veen. "It's good for all of us to kind of understand what smaller towns are about and get to interact with the people."

According to the organizers, the money raised from entry fees, bar sales and food profits are all dedicated to contribute to Shawville minor hockey.



The tournament provided non-stop high-flying action with a combination of high skill and schoolyard rules. Pictured, players line up for the first and only face-off of a round-robin game.



Taking place over four days, the tournament had a total of 20 teams competing in four different divisions. Pictured, two players from the A division battle for the puck along the boards, during a first round match-up.

Heaping helpings of hotcakes



Donald Teuma-Castelletti, THE EQUITY

Volunteers from the Area Parish of Renfrew-Pontiac held their annual Pancake breakfast at the TCRA on Sunday, serving up pancakes, pork and more for their hungry guests. From left: Peter Reid and Kathy Peck show off the morning's meal, working as the tireless servers.

DONALD TEUMA-CASTELLETTI
LADYSMITH March 3, 2019

Flapjacks and plenty of pork were on Sunday's menu at the TCRA, where volunteers from the Area Parish of Renfrew-Pontiac served up full plates for a favourite community meal.

With syrup flowing and pancakes stacked high, the annual breakfast serves as a popular fundraiser for the local Anglican churches, not to mention an eagerly awaited gathering for the hungry guests.

"People have started looking forward to it," said Joyce Schock, one of the meal's organizers. "Last year, [guests] were asking to make sure it comes back again."

The meal had been an annual event for a number of years, but was missing

from the area for a few years when it was decided to give it a break. Since its return three years ago, the pancake breakfast has seen consistent support and a great turnout.

Before the church crowd let out, the volunteers had already served up over 75 meals. They expected much more once the locals had built up their hunger while praying in the pews.

All volunteers from the event are a part of the Anglican community and were happy to see so many continue to support the meal.

Money raised by the breakfast will benefit the Area-Parish of Renfrew-Pontiac, which encompasses Anglican churches from the Ottawa Valley through to Kazabazua.

Residents outraged over frozen mailboxes

J.D. POTIÉ
LADYSMITH March 6, 2019

When Ladysmith resident Joyce McCleary Binder went to pick up her mail last week, she walked upon an unpleasant surprise. Her community mailbox located on Rte. 366 was tipped over, sitting on a diagonal edge, with many of the locks frozen shut, including hers.

To deal with the situation she called Canada Post in Shawville to hopefully get some answers or some type of assistance. Instead, she was told to take matters into her own hands.

She says that Canada Post has been no help, in terms of fixing the issues and that one of their employees suggested she use lock de-icer to get her mail.

"This is a joke, but not a funny joke," said McCleary Binder. "I'm tired of playing their game."

McCleary Binder believes the problem was caused by snow-plows pushing large piles of snow, slush and ice onto the mailboxes, which has been worsened by the accumulation of salt caught

within the locks.

She also says that the lower-level locks, have generally not been affected, however hers is still frozen.

To solve the problem once and for all, she decided to e-mail a formal complaint to Canada Post, to which they responded that they've opened a service ticket regarding the problem and that she would be contacted as soon as the issue has been resolved. She said that she's still waiting for a response.

Andrew Turcotte, who's had the same problem with his mailbox, says he hasn't been able to open his without using a can of lock de-icer to do so, since the beginning of January.

"You can't get your mail," said Turcotte. "Every time you go to the mail box. They changed the locks last week and they're all froze up again."

He says that Canada Post had changed the locks, in order to solve the problem, however even the new ones have already been affected.

"They changed the locks, apparently last Friday," said Turcotte. "It's the same

thing again. We don't know what's going on, but it's just so inconvenient. You just can't open your mailbox."

Turcotte believes that it shouldn't be up to the residents of the municipality to thaw out their locks, claiming that it's up to Canada Post to stop the problem from getting worse.

Turcotte thinks the mailboxes should be relocated to a warmer, interior location in order to prevent the locks from freezing in the future.

Canada Post left a statement on one of the mailboxes, stating that they're resolving the issue as fast as they can.

Wayne Dunlop, another Ladysmith resident, doesn't see why citizens are all up in arms about the situation. While he's been affected by the same problem, he believes that, while an inconvenience for some, it's still something citizens could deal with without complaining about it.

"It's not hard for anybody to spray with their own lock," said Dunlop. "How hard is it? You do your own

house lock, so why can't you do that? For a lot of people, it's just something to complain about."

"If you can spend \$30 on a bottle of whisky or beer. 'Why can't you buy a \$1 can of lock de-icer,'" said Dunlop."

Dunlop believes the situation could be fixed, if the mailboxes were in a different location, preferably further away from the roads where snow-plows run regularly.



Frozen mailboxes have been a recurring issue in Ladysmith. Pictured, one of the community mailboxes on Rte. 366 standing on its edge.



Irish week in Douglas

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To register contact Susan O'Neil at 613-649-2226
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Wednesday, March 13th
Irish Stew at Douglas Tavern by *Backyard Gourmet*
Stew Supper from 5:00-7:00 p.m.
Irish Music by Robin Averill at 7:30 at Douglas Tavern

Thursday, March 14th
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7:00 p.m. Register your team, limited space
Preston at 613-649-2378, Billy at 613-281-0562
Wear your GREEN Proceeds to Renfrew Hospice, \$20 a person, light lunch, 50/50

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Editorial

Protecting whose job?

Last week, former Attorney General Jody Wilson-Raybould testified that the Prime Minister and his minions exerted inappropriate pressure on her to intervene in a federal corruption case against the Montreal-based engineering firm SNC Lavalin.

While disagreeing with Wilson-Raybould's characterization of events, the Prime Minister said he was motivated out of concern for the many jobs at stake.

If found guilty, Lavalin would become ineligible to win federal contracts for a decade, among other penalties, a matter of concern to the PM who, as he apparently pointed out, is an MP from Quebec.

In our economy, job creation is best left to investment by the private sector. The Prime Minister's job is to maintain an attractive investment environment in which the private sector can succeed.

Nothing could do greater damage to the willingness of the private sector to invest than the suspicion that the rule of law is not enforced with an even hand. Nothing could be a greater brake on commerce than the belief that some companies can get away with cheating and corruption because they are large and powerful and have friends in high places.

But it goes much further than this. As we learn in high school civics, independence from interference by the executive and legislative branches of government is fundamental to the impartiality of the judiciary and its ability to mete out something deserving the name justice.

This is not something to trifle with. It is what fosters a willingness among all of us to play by the rules. It is what distinguishes our society from so many around the world where prosecution is arbitrary, where bribery of officials is commonplace, where the rich get richer and the poor don't have a chance, where chaos reigns supreme and nobody in their right mind would invest any money unless they were conversant with the arts of cheating.

As we've all been told since childhood, a good reputation is difficult to earn and easy to lose. Thanks to the conscientiousness of former Attorney General Jody Wilson-Raybould, Canada's reputation as a 'rule of law' country apparently remains intact. China may have other views, but that's another matter.

So, if the Prime Minister wants to protect jobs, not least his own, he needs to find a better way to do it.

Charles Dickson

The Parents' Voice

By Shelley Heaphy

Body image

I'm not even going to pretend I'm an expert on this topic. I've struggled with this concept my whole life, and continue to. Because of that I know how extremely important it is to have a positive body image for my children.

In large part body image has affected every part of my life for as long as I can remember and not always positively. What we see on TV, read online and in magazines or hear from other people impacts all of us so much. What we see is what we think we should be, even if it doesn't look or isn't healthy. If adults feel that way it's only amplified with children. They are still too young to weed out appropriate information, if they see it they think it's right.

How we feel about our bodies can directly affect our daily actions. It may be the reason we don't try out for the volleyball team or running club. It might be why we walk with our arms crossed and don't want to stand up in front of the class. Having a positive self-esteem is vital to making friends, being happy and thriving.

We are our children's most important role models. It's for this reason that we have to ensure our own body image is in check so we can help our children develop a positive body image.

Unknowningly, I know I pass on some of my own body image issues just through the way I hold my body or try on countless outfits before being satisfied with one. As a result, I've given myself rules to follow when around my children, in regards to body image and healthy eating.

Again, I do not pretend to know a lot on this topic. It's just what I hope might help my children develop positive attitudes towards themselves.

1. With physical activity we always focus on why it's important for our bodies to get exercise. We highlight things like, "it helps our bodies sleep when we get fresh air," "it makes our bodies stronger when we walk, run, kick, swing..." I try not to emphasize on physical appearance, "you'll be skinnier if you get exercise." This takes away from how good it makes our bodies feel when we exercise and focuses more on making us look different. All people are born with a body type, density of bones, fast or slow metabolism etc., this cannot be changed, and that's okay. The goal should be that each person do what is right for their body and feel proud in their own skin.

Recently, I've added a daily workout into my routine. The kids know about my workout and support me by allowing me the time to do it; they often join in with me. I make sure to highlight the reasons for my workout - to feel healthy, get stronger and have more energy to play with them - here's hoping that I'm passing on a healthy habit.

2. With food, we focus more on healthy fuel for our body rather than saying things like "we can't eat that because it's fattening" instead we say "this food helps make us strong, the protein in this chicken is what helps us run fast," "this food might taste good but it doesn't give our body the energy it needs to jump high." We try not to ban things with sugar, instead saying they are something we can have a little bit of after we've had healthy food to fuel our body, or we call these foods occasional foods.

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Dave Moore, THE EQUITY

Bring down the snow too

Carbon-neutral meat

by Chris Judd

Since about the year 2000, we have heard increasing information about carbon footprint, reducing carbon emissions and tying different foods we eat to the carbon used to produce them.

We are reminded about cities that are constantly covered in smog like many cities in China, Los Angeles, and even Toronto at certain times of the year. Most of this smog comes from vehicle exhaust emissions.

Producing electricity from coal fired generators is the dirtiest way to make electricity. Many countries have a plan to eliminate coal burning power plants in the near future.

The auto industry has made great strides in developing vehicles that are much more fuel efficient and produce less emissions. Big buildings and even the houses that are built today are much more energy efficient with extra insulation, triple glazed windows and dozens of other energy saving designs. Electric cars and even electric tractors are making their debut in our lifetime.

Animal farming has been increasingly singled out as being inefficient in water use, gas emissions, high carbon footprint and condemned for producing extravagant unnecessary foods.

Recently one of Canada's meat producing rivals, did a study on meat production. They found out that their pasture area had decreased substantially while their meat production had increased by more than 200 per cent in 25 years.

In 2012, they began looking at a carbon-neutral meat project and now in 2019, they have over 15 million acres dedicated to a mix of forestry,



Outstanding in his field

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

gladcrest@gmail.com

pasture raised meat and have partnerships with processors, exporters and retailers to produce and market carbon-neutral meat.

Trees and grassland are the best vegetation to capture and store carbon. Constantly tilling the soil and producing only grains is the greatest user of carbon on the farm. That's why fattening animals on a low grain-

high grass diet reduces the carbon footprint of animals.

So how about Pontiac county? If you ever get a chance to fly over our county in an airplane you will notice that most of Pontiac County is covered by forest. Even the most progressive farms usually have a bush lot somewhere on the farm. Most of the farms are surrounded by tree lined fences. All of Pontiac's beef farmers pasture all of their cows and calves on a pasture which is predominantly grass based.

The majority of the huge feedlots where cattle are fattened in western Canada use a very high percentage of grains in the animal's diet. The smaller feedlots in eastern Canada and the dairy farmers feed their animals a balanced ration of forages, grains and minerals. The higher the percentage of forage the more economical the animal's ration is.

When you are back in that plane riding over Pontiac, notice how many small irregular shaped fields there are that are not practical for large equipment to work. These fields make excellent pasture fields for animals. Fields that are rocky or that have rock outcrops in them are also not efficient for large machinery. They too make excellent pasture fields. Often these stony outcrops have trees grow-

ing in them. These trees make excellent shade for animals on a hot summer day. In most cases, if these fields that are too inefficient for cropping were not used for animal production there would be no food produced on those fields at all.

Animals get a hard rap from some people who say they use a lot of water and eat a lot of feed that people could eat. Animals eat a lot of forages and because they have four stomachs they can digest these forages that people cannot digest because we just have one stomach, much like a pig.

An animal does drink a lot of water and eat a lot; however animals only use a percentage of that water and feed they eat to grow, produce milk and grow a baby. The rest is expelled as urine and feces to be quickly reused again by plants. If the manure is stored in a manure storage, then the fields are soil tested and a spreading plan is prepared before a choice is made to spread the manure only on fields that need it. Some water evaporates from the animal and goes off into the atmosphere where it returns back to earth as rain to make the plants grow.

Today's dairy cow produces three times as much milk as grandpa's cow did and hence the gas emissions to produce today's dairy products are a third of what they were 80 years ago.

The feed efficiency of today's animals is twice as good as it was 80 years ago. It takes only half as much animal feed to produce the same amount of meat.

Our animals in Pontiac County are carbon-neutral and have been since this county was pioneered 200 years ago. Enjoy your meat and dairy products.

Chris Judd is a farmer in Clarendon on land that has been in his family for generations.
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Mar. 9, 1994

25 Years Ago

PPHS Drama Festival Opens: About 300 students in grades 7 through 11 have spent the past month working on productions to present during the high school's annual drama festival.

Joan Conrod, head of the English department and drama coordinator was very pleased with the success of opening night.

The students are involved in all aspects of the production including stage crews, make-up, announcing, ticket sales and developing the programs.

"A Case for Two Spies" was the first of eight more productions to be presented during the festival. In one scene of the play, Agent 145 1/2 played by Robert McMunn, interrogates Gertrude Gorgeous, played by Angie Belsher during the presentation at Pontiac High School on opening night.

Wec 4-H Club studies horses: The Shawville Pee-Wee 4-H Club is devoting its entire year to horses.

This is the fourth year that elementary school-aged children have been meeting under the guidance of Joan Rusenstrom and Gail Tracy to learn more about farming.

Jane MacDougall and Jerry Barber are also on the schedule to talk to the club about quarter horses and standard breeds. Even heavy horses will be covered in the year's programs.

THE WAY WE WERE

Compiled by Bonnie Chevrier

On March 2, Cathy Lapointe from Pontiac Stables talked to the members about the various types of riding horses and showed them a video.

Mar. 12, 1969

50 Years Ago

Quyon Legion holds first snowmobile derby: Quyon Legion Branch 231 held its first snowmobile derby on Sunday at the Lions Grounds.

The weather was perfect for watching such an event with an estimated crowd of 500 looking on and expecting thrills and spills at any time during the races.

The M.C. for the afternoon was Archie (King) Kingsbury who did a fine job but had a hard time keeping the spectators off the track. There were 42 machines registered for the race.

After the derby was over, the Ladies Auxiliary put on a bean supper and served over 150 plates of delicious beans, once again proving that the Ladies Auxiliary is just loaded with good cooks.

Other Legion branches present for the day were from Aylmer, Bell's Corners, Hull, Gatineau Point and Campbell's Bay. During the evening, the Quyon Legion had its orchestra in attendance and everyone had a ball.

Quebec championship won by Pontiac High: The Intermediate hockey team of Pontiac Protestant High School in Shawville has brought great honour to this area by capturing for the very first time, the Quebec Athletic Protestant Schools

Association Championship.

Travelling by car, the boys returned home Saturday night beaming with pride and in possession of handsome red and white crests and a trophy about 18 inches high.

Those comprising the team were: Goaltender: Gordon Black and sub-goaltender Brian Thomson, Robert Grant, Mike Finnigan, Ralph Hodgins, Allan Bean, Vern Brownlee, Ross Taylor, Gary Russell, Pat Hahn, David Clouthier, Don Clouthier, Jim Fletcher, Charles Taylor (captain), Hugh Hodgins, Lorne Pirie and Billy Russett.

Mar. 9, 1944

75 Years Ago

Local news: A fire at Quyon on Monday morning destroyed a general store, owned by Ivan Mulligan and two dwellings belonging to Alec Lepine and George Murphy. Mulligan's store and entire contents was totally destroyed while the furniture of the dwellings was removed to safety. Men from Shawville to Eardley went to Quyon to assist in fighting the fire. The loss was estimated at \$43,500.

Word was received by Mrs. W.D. Campbell of Wyman of the death of her nephew, Flight Sgt. William W. Campbell, killed in action overseas on March 3.

Naval action against Japan to be supported by land and air drive. Far-reaching preparations are underway for support of naval action by aggressive land and air operations against Japan from the Chinese interior.

CONTINUED ON PAGE FIVE

Letters

MOP Mayor's comments

Dear Editor,

What is wrong with our mayor? First, in last week's article, Mayor Labadie claims there are over 4,000 residences "subsidizing" businesses in the municipality. However, according to the 2016 census, there are only 2,664 private dwellings.

She indicated that council felt the residents were supplementing the businesses. When asked at the special meeting how the residents were supplementing the businesses, she replied that Gavan's Hotel in Quyon used a higher amount of water. Does she not know that in the town of Quyon, both the water and sewage is paid for at different rates so that the businesses pay their fair share and this is not a debt to the whole municipality?

Many businesses and residences are located along Hwy. 148 and therefore, they are serviced by the province for snow removal, etc. Garbage and recycling is a user pay system (you pay a set fee per bin).

When questioned about how the ratepayers were supplementing the businesses along Hwy. 148 at the special meeting, she could no longer reply.

The lion's share of the commercial tax bill actually supplements the rest of the municipality, contrary to the statement of the mayor.

Actually when you remove the garbage and recycling from the tax bill, the remainder is used entirely at the council's discretion.

Since when does a municipality operate or make public policy by feelings rather than facts and hard numbers?

Melvin Maxsom
Pontiac, Que.

Should take notice

Dear Editor,

Something's happening across the river, about an hour upstream from the Pontiac and we should take notice.

Starting in the 1950s, ever since the nuclear research facility at Chalk River has been operational, low intensity nuclear waste has been buried in the grounds near the facility at Chalk River. That's pretty much how we humans have been dealing with garbage ever since the dawn of civilization; we have buried it. That's how we dealt with corpses, human waste, the smelly garbage and when the industrial revolution came about, we buried those substances that proved difficult to get rid of. So, not surprisingly, that's also how the industry got rid of its unwanted chemical residues (such as the 22,000 tons of toxic chemicals buried in Love Canal near Niagara Falls, NY).

In Canada, we were no better. Our military was busy burying industrial solvents near CFB Valcartier and allegedly burying drums of the Vietnam war era Agent Orange at CFB Bagotown, NB. Besides, we only need to remember the toxic ghost of the Sydney Tar Ponds.

Let's not be mistaken; unearthing the nuclear waste which had been haphazardly buried in the fields around the Chalk River facility for half a century is the right thing to do. The problem is that the intent is to re-bury the same waste in a new one million cubic metre capacity above ground facility at Chalk River, a mere kilometre or so from the Ottawa River; the source of drinking water for the municipalities of the Pontiac situated along the river, not to mention that it is the source of drinking water for Ottawa-Gatineau, Montreal, Laval, Trois-Rivières, Sorel, Quebec City, Rimouski and a host of municipalities and villages along the St. Lawrence River.

In the 1950s our understanding of the dangers of radioactive materials were at best very basic. Case in point, the big stores in London, NY and Montreal (and other big cities worthy of that name) had machines called Pedoscopes and Fluoroscope, using X-rays, that were used by shoe sales personnel to see how the bones of a shopper's foot squeezed into a shoe. The last of those machines was taken out of the stores in the 1970s.

A good number of nuclear scientists, engineers and technicians and their families work and live in Chalk River. It is thus easy to understand how reluctant any one of them would be to suggest in front of their peers that those assigned to manage and maintain the storage facility should be uprooted and moved to a much safer location, several hundred kilometres away from the pre-eminent waterway of Ontario and Quebec. To re-bury the low level nuclear waste at the Chalk River site is certainly the most cost effective option, but that should not be the primary factor in the choice of the storage facility.

If you are trying to visualize what this storage facility will look like, just think of it as a giant above ground swimming pool on steroids. Of course, and the bottom tarp is made of a strong, thick and presumably resistant high density polyethylene plastic. The engineers in charge of the design have tested the membrane for a few years in controlled laboratory conditions to simulate the 500 or so years of degradation during which it will be holding the nuclear waste out of our crucial water supply.

Numerous sheets of these polyethylene membranes will be installed side by side and heat or sonic welded on site during the installation. The engineers claim that the containment vessel will be safe and durable.

Please allow me to be cynical. We, Quebec folks, we know something about membranes. We have poured millions of dollars into the malignant roof of Montreal's Olympic stadium. At first, the firm Socodex (a subsidiary of Lavalin) was awarded in 1987 a contract to install a German made kevlar membrane which had been selected as the perfect material to cover the Big O.

That membrane tore up 17 times before being removed in 1991. Since 1998, the Big O has been covered with a giant Teflon covered fibreglass tarp. That one too tore up in 1999. There are now plans in the works to replace it with a yet to be announced new iteration of the roof.

Do you recognize Lavalin as in SNC-Lavalin? It is the firm which has been linked to financial wrongdoings regarding bribes paid out in order to get contracts in Libya. Just recently, in a completely separate affair, Normand Morin, a former Vice-President of SNC-Lavalin, pleaded guilty to funnelling \$83,534 to the Liberals and \$13,552 to the Conservatives. By pleading guilty, he ensured that we would never get to know which Member(s) of Parliament benefitted from the money.

The Liberal government claims that it cannot get involved and put an end to this half baked nuclear storage idea. Should we wonder why?

Claude Bertrand
Candidate for the 2019 federal elections
Green Party of Canada

Small-town boy, big hockey dreams

by J.D. Potié



File photo, THE EQUITY

Darcy Findlay is a Bristol native who is currently an associate coach with the Flint Firebirds OHL franchise. Pictured, Findlay yells some encouragement to the Nepean Raiders during an exhibition match against the Smiths Falls Bears at Shawville Minor Hockey Day on Jan. 17, 2016.

A small-town kid living big hockey dreams, that's what embodies Bristol Que. native Darcy Findlay.

Growing up, Findlay remembers hanging out at the Shawville Arena with the local Junior B team. Looking back on it, he was essentially an extension of the coaching staff, decorating the dressing room, unpacking equipment and helping the team get ready for games.

"We were always at the rink," said Findlay. "I think that hockey is a big thing for everybody in a small town, right? But we definitely spent a lot of time, a lot of hours, in the rink."

His grandfather worked closely with the Junior team, providing him inside access to the club – quite an exclusive privilege for the young hockey fanatic.

As a kid, he watched almost every game and loved every minute of it. Without knowledge of anything other than the NHL as the highest level in hockey, the local Junior B players were heroes to him, inspiring him to be like them some day.

"At the time, I didn't know any different," said Findlay. "Junior B was the only thing that was in Shawville, at the time. It was almost like the level below the NHL. For any kid in town, we didn't know a whole lot more than that."

Whether he was out on the ice, or playing ball hockey in the streets with rollerblades, Findlay was in love with the game, from a young age, as he was constantly surrounded by it, everywhere he went.

Growing up, his grandparents were his biggest inspiration and he largely credits them for his unrelenting passion and dedication to the game, as they exposed him to it more than anyone.

"You know, it was just the game itself and all that it entails," said Findlay. "Whether it's meeting people or the experiences you get to have, the family aspect of it and the success that it brought us."

Playing minor hockey in Shawville, Findlay admits he never imagined making it big in the game that he loves. But that all changed, after a successful season in Midget AAA with the Gatineau Intrepide, which made him realize that hockey, perhaps had something in store for him as a career.

After receiving offers to play Junior hockey in the Quebec Junior AAA Hockey League (QJAAAHL) he knew he had a shot to make something out of it – a dream every hockey player aspires to growing up.

While playing Junior hockey, for a successful four-year stint, in both Ontario and Quebec, for the Cornwall Colts and the College Champlain Cougars respectively, Findlay began receiving scholarship offers from numerous Canadian and American universities with well-reputed hockey programs.

After mulling his options, he committed to Bemidji State University in Minnesota, a small but budding hockey program at the time. Findlay felt enticed mostly by the academics they offered, considering he was intent on becoming a teacher, after his hockey career.

"I talked to a few different schools and explored some options and one of those schools was Bemidji."

He fondly recalls the challenges of being a freshman playing against upperclassmen, balancing hockey and academics and most of all helping put a small school like Bemidji State on the college hockey map with a Cinderella run to the schools only appearance

in the Frozen Four.

"We put a small, small school on the map and the program's really flourished since then," said Findlay.

Playing against current NHLer's, including the likes of T.J. Oshie of the Washington Capitals, Mike Gardiner of the Toronto Maple Leafs, Jason Zucker of the Minnesota Wild and countless more, Findlay recalls it as a cool experience to be a part of.

"You could look at pretty much every [NHL] roster and pick out names," said Findlay.

After four years at Bemidji State, Findlay went on to play one year professionally in the North American Hockey League (LNHA) for the Cornwall River Kings. However, that's when he knew his playing career was unfortunately drawing to a close.

"I realized I probably wasn't going to play [in the NHL] and I probably could've kicked around in the minors for a bit," said Findlay. "But, I just got on with it. I was tired of being on the bus and being away. At least, I thought I was."

He recalls his playing experiences as some of the best times of his life and says that nothing will ever completely replace the sense of playing hockey at a high level.

"That's something no one can ever take away from you," said Findlay. "It was a great experience and I learned a lot from it. Those were the best coaches I've ever had, which has helped me become the coach that I am now."

After his playing career ended, he took a year off of hockey and just focused on teaching. But the next year, he felt eager to jump back into it. That's when he got his first coaching gig as an assistant with the

Kanata Lazars of the CCHL. In just over three years, Findlay rose from assistant coach with the Lazars to being the team's head coach, then head coach for the Nepean Raiders in the same league and since then he's moved on to even greater things.

Thankfully, 2019 has been a particularly big year for Findlay.

After being chosen to coach at Team Canada's U-17 selection camp in Calgary, he was offered an opportunity to coach Team Ontario at the upcoming Canada games, as well as Team Canada East in the world Junior A Challenge, in Bonnyville, Alta.

This past summer, he received a more permanent and more stable, dream-like offer: to become an associate coach for the Flint Firebirds in the OHL. Like many of his previous hockey opportunities, it's a job he's never even dreamed of having.

"It's something that I would've never thought would happen and I'm just grateful for it and it's exciting every day."

Now in the OHL, as a full-time coach Findlay feels like he can finally breathe and enjoy every moment. For the first time since becoming a coach, he doesn't have to juggle teaching high schoolers and coaching full-time and that's comforting to him.

As for his future plans, Findlay says he doesn't really have any set in stone, except for doing his best to grow as a coach and hopefully move up within the Flint Firebirds organization.

"Stuff just happens, you don't really plan it," said Findlay. "I guess it's just really the love of the game and coaching especially. I realize that I'm fortunate to be good at it. It could be maybe my second chance."

The Parents' Voice

CONTINUED FROM PAGE FOUR

We also discuss how much sugar is in processed/packaged foods, like, "did you know that five grams of sugar is one whole teaspoon of sugar?" An interesting experiment to do with school-aged children is to visually show them how much sugar is in some of the food we eat. A visual can be jarring not only to our children but to us too. Putting into perspective what they're eating/drinking can really help teach them moderation.

3. I model what I want my girls to see. Getting dressed has always been a point of contention for myself. I always criticize myself in the mirror most of the time hating my reflection but I know my kids will see that. I'm not sure if many of you moms get dressed in peace, but I rarely do.

So, instead I choose an outfit and stick with it (it's really hard some days, if I really have to change out of it I do it in private and when asked why I just say something like that shirt had a stain, or I'm saving it for a different day.) I see my seven year old doing this already in her mirror – and changing outfits when she doesn't like the way things look (how has this happened already?).

4. We are always beautiful/handsome and not only beautiful/handsome. My daughters have picked up the fancy bug, and sometimes they allude to the fact that they are beautiful when they have headbands on or fancy dresses. We tell them they are beautiful in the bath, in their pj's, in their dirty sandy clothes, in their fancy clothes. I also try really hard to mix in other great characteristics. Not only are they beautiful but they are smart, intelligent, kind, thoughtful, patient, helpful, friendly, persistent ... and the list goes on. These characteristics really do hold more weight than beauty and we often forget to highlight them and so do other people talking to our children.

Often the cute dresses are what stand out the most in the checkout line. I'm trying desperately to show them that helping their little brother from falling is so much more important in life than being cute. It's definitely an uphill battle, as one such comment about beauty from a stranger can hold more weight than a comment about kindness from their mom, but I continue the battle and won't give up.

As mentioned a few times, I really do not pretend to know what I'm doing when it comes to passing on positive body image messages.

I'm trying the best way I know how. I continue to strive to learn more on this topic and truly believe that it is never too late or too early to help guide our children towards a healthy body image.

THE WAY WE WERE

CONTINUED FROM PAGE FOUR

This is clearly the meaning of the statement which Lieut. Gen. Joseph Stilwell has just issued in Chungking.

"Admiral Nimitz has stated that the navy intends driving across the Pacific, breaking the Japanese blockade, landing ground and air forces on the Chinese mainland," General Stilwell declared.

Mar. 6, 1919

100 Years Ago

Local news: The first winter carnival on the new Bristol rink was held on Wednesday. The event had been advertised for Friday but owing to abnormal weather conditions, a change of date was made compulsory. The night was perfect, the ice in splendid condition, the costumes numerous and varied and the people in a most decidedly social and happy mood, all factors together tending to a thoroughly enjoyable and successful night. Seven prizes were distributed for leading costumes, leading skaters and the most daredevil speed fiends.

It is most fortunate that our Seed Trade war well stocked with seed supplies on the outbreak of war. Home production of field root seeds was then in its infancy but as seed exports from Europe were curtailed in the interest of essential food production, the growing of field root seeds in Canada was encouraged by both Dominion and Provincial Departments of Agriculture.

British troops have begun taking back the civil population to their original homes.

Legislation is being put through at Quebec to change the name of Ottawa County to Hull County. The object of the change is to dissipate the wrong impression that Ottawa County is in Ontario.

Notice to farmers: the new Hinman milker is milking over 30,000 dairy herds in the country now, giving the very best satisfaction. Shawville Creamery.

Mar. 8, 1894

125 Years Ago

Local News: Times are rather dull around Bristol now, as the recent rain and soft weather

has rendered the roads almost impassable.

Two hotels were recently burned in one day at White River, C.P.R., involving a loss of \$15,000. Insurance \$6,000.

The thaw which has prevailed during the past week, has played havoc with the calculations of a great many parties who counted on delivering a considerable quantity of supplies upriver yet.

The roads are practically done for drawing heavy loads and unless a very hard spell of weather sets in at once, several contracts will have to go unfulfilled.

On Friday the 23rd, chief McDermott of Renfrew received a telegram from Murrays and Tuffy of Cobden that on the proceeding night their store had been burglarized, the operators carrying off 10 watches (three of them gold) a lot of chains and gold rings and \$10 in silver. A stranger who had been lounging about the C.P.R. Station there that night is supposed to have been the burglar.

Crows were seen flying about this neighbourhood last week.

Boys for farms: A large party of boys is expected at the Marchmont Home, Belleville about the first week in April. The ages will be from 7 to 14, some for adoption, the older ones for wages. Many a home would be the brighter for one of these youngsters.

Miss Ada McRae has gone to Ottawa to work with Miss McDonald to get ideas in the latest styles in millinery.

Railway work of 1893: The past year, says the Winnipeg Commercial, has been a quiet one in railway building all over the continent. In the United States there has been a great falling off in the mileage of new railways built during the year and the same is true of Canada. In Manitoba and territories the year past has also been quiet one in railway work.

The rule, however, does not apply to the pacific province of British Columbia where considerable activity has prevailed during the year in building new roads. In Manitoba and the territories the falling off in railway building is not traceable to dull times or to any connection with the decreased activity shown elsewhere in building railways. We need not therefore, expect any important railway work in the line of opening up new districts until the population of the country has been considerably increased and we begin to feel the need of throwing open more land to settlement.

Staff shuffle at THE EQUITY

CALEB NICKERSON

SHAWVILLE March 6, 2019

Like Bob Dylan said back in the day, the times they are a changing and the newsroom at THE EQUITY will be looking different in the coming weeks.

As we announced last week, J.D. Potié has joined the team as a reporter. Unfortunately, this is because reporter Donald Teuma-Castelletti is leaving us on March 22 and returning to his hometown of Newmarket, Ont. Donny's jovial attitude and pompadour will be sorely missed around the office.

I will be moving up to take Chris Lowrey's position as editor, though Chris will still be contributing stories on a regular basis.

I would like to thank both Chris and Don for all the work they've put in over the past couple years. I would also like to thank the Pontiac, especially THE EQUITY subscribers, for all your news tips, letters and quotes. Having such an engaged readership is both incredibly helpful and encouraging. I hope to hear from more of you soon.

Spiritual Growth By Esther Colpitts

Wisdom

It's the dead of winter, 6 a.m. and a spring picture entered my mind. I could see myself on my knees, in my flower bed, cleaning leaves and planting flowers. Minus 25 degrees Celsius outside, the thought warmed my heart.

So many things are unknown, and yet I hope for spring. It is a sure hope. It isn't just because it always arrives, but because that is exactly what God says in His word. He promised that the seasons would continue and He keeps His promises. I find that comforting.

The longer I live, the more I see His truth in every area of life. What the Lord says coincides with reality. You reap what you sow. Thankfully, when we've chosen poorly, He doesn't always give us a bumper crop.

Forgiving actually will set the forger free, and on and on. When we seek after God's wisdom, though our path is uphill we have a sure and constant guide.

esthercolpitts.com

Letters to the Editor

Send them to news@theequity.ca Mailed to 133 Centre Street, Shawville, Que. J0X 2Y0. Faxed to 819-647-2206. Opinions in the letters published do not necessarily reflect the opinions of **THE EQUITY**.

Highlanders conquer PHS hockey league

DONALD TEUMA-CASTELLETTI
SHAWVILLE Feb. 28, 2019

Tensions soared Thursday afternoon at the Shawville arena as the Pontiac High School's hockey league play-offs came to a boiling point – the Water Doggies were down by two goals and with two minutes left, they needed a quick comeback.

But the Highlanders had them on the run and knew it, so they weren't about to give up their lead.

As the clock continued to wind down those Doggies managed to bite back with some vengeance, narrowing the gap.

Yet it wasn't enough as the Highlanders doubled down on their defense to become the 2019 PHS league champs with a final score of 7-6.

Rayden Besharah, captain for the winning team, said they sought to have a well-balanced set-up on the ice to ensure last week's victory.

"We just tried to adjust [the set-up] defensively," said Besharah. "We tried to keep one guy deep and then the other guys at the blue line."

Proud of their comeback in the finals, Besharah credited the team's relentless-

ness on the ice for their efforts this season paying off.

"The guys went out and played 100 per cent on every game, and we just gave them our best all year, so I think that's what won it," he continued.

Kole Brinkworth and Kaelen Ireland, coaches for the Water Doggies, said it was a tough go on the final, but a blast of a season they had enjoyed. Following the game, the coaches were fully aware of the match's shortcomings.

"Well honestly, we didn't tighten up defensively," said Brinkworth. "So our goalie was getting lots of shots and it didn't go our way."

The coaches tried their best to rally the Doggies towards the latter half of the game, with their cheers matched only by the number of chirps Brinkworth hurled towards the other bench.

The coaches were proud to have come so close, making the Highlanders earn the win.

"It was a great run, though we ran out of steam in the end," said Ireland.

"It was good to see our players play this hard and playing with some heart and spirit," said Brinkworth.



Donald Teuma-Castelletti, THE EQUITY

ABOVE: The Highlanders took on the Water Doggies in the PHS Hockey League finals, narrowly winning 7-6 on Feb. 28. Pictured, the PHS champs with their trophy.



Donald Teuma-Castelletti, THE EQUITY

RIGHT: Pictured, the Water Doggies' Brodee Campbell celebrates a midgame goal.



Donald Teuma-Castelletti, THE EQUITY

The 43rd Quyon Lions Club bonspiel took over the Shawville Curling Club on Saturday, seeing 16 teams compete. Pictured, Avery Richardson gives the rock a smooth toss.

Jolly times with volleys and smiles

J.D. POTIÉ
SHAWVILLE Feb. 22, 2019

On Feb. 22, around 50 kids from three municipalities crowded the gymnasium at Dr. S.E. McDowell Elementary school for its annual volleyball tournament.

The tournament consisted of six teams, with one coming from Onslow Elementary, two from St. Johns Elementary in Campbell's Bay and three from McDowell. It provided for an atmosphere of competition and fun.

Kids laughed, smiled and played the game joyfully, as parents and schoolmates watched from the sidelines.

Bryn Jones, who's in charge of the physical education department at the school, said he hopes the kids leave the gym with something positive on their minds other than on-court success.

"[It's about] just to learn how to be a proper host and welcoming people into our gymnasium," said Jones. "Kind of like into our family. Also learning not just movement skills, but to interact with others and friendship and community. Those are very important things that we hold very dear to ourselves."



J.D. Potié, THE EQUITY

Pictured, Ryder Lemay celebrates a point with a shout.



J.D. Potié, THE EQUITY

Dr. S.E. McDowell Elementary hosted its annual volleyball tournament inviting teams from Onslow and Campbell's Bay to have fun and compete. Pictured, two Dr. S.E. McDowell Elementary teams set their positions as they wait for the play to begin.

Sliding into Sunday



Donald Teuma-Castelletti, THE EQUITY

Winter Family Fun was Sunday morning's theme at the Luskville Recreational Park, where the Groupe Action Jeunesse de Luskville and the Parents of the Municipality of Pontiac joined forces to offer all sorts of outdoor activities. Families had the chance to build snow castles, skate, toboggan, and hike on snowshoes, while being fueled up on hot chocolate courtesy of the groups. From left: Kamylle Marion, Ada James, and Émilie Marion tear down the slopes as they hit the tobogganing hill.

Pontiac Lions Midget A profile

THE EQUITY has been publishing a 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. The final profile is on Jaden "Jay" Stewart, a third-year forward on the team.



Dave Moore, THE EQUITY

**AGE: 17
JADEN STEWART
NUMBER: 4**

Stewart said the best thing about hockey is the opportunity to have fun with the boys every week. He enjoys the social aspect most but has learned a few lifelong lessons because of the sport. Playing hockey has taught Stewart a lot about respect towards others, including coaches, refs, and his teammates. As well, he's learned much about the value of working hard towards a goal.

This is Stewart's last year as a midget player, though he has plans to continue playing hockey. He's also planning on attending college.

According to the coach, Stewart's a solid forward with always knows where to direct his shot on the net. Never one to back down, he's known to skate hard into corners to battle for the puck against any opponent. This attitude continues into the defense of his teammates when necessary, which has earned him the respect of the crew. Off the ice, Stewart is known as the music man, as he ensures the changeroom is pumping before games. (The coaches however, march to a different beat.)

Midget A Lions playoffs update

The Midget A Lions started their playoff round the last weekend of February.

On Feb. 24, the team was scheduled to face off at home for their first playoff game against the last place Maniwaki Mustangs. Due to bad weather, the Maniwaki team opted not to travel and so the Lions were awarded the win.

Game two of playoffs saw the Lions meet with the Aylmer Extremes on Feb. 26 on home ice. The Lions dominated from the first faceoff, easily defeating their opponents by a


score of 8-1. Goals went to Carson Rusenstrom, Tyler Stanton (3), Harry Lukacs-Hitz, Willis Egan and Evan Atkinson (2). The goals were made possible with assists from Atkinson (2), Harry Lukacs-Hitz, Thomas Beck, and Ryan Lang (2).

Game three of the playoffs will take place after the March school break. The Midget A Lions are scheduled to meet a Gatineau team in Shawville on March 12 at 7 p.m.

Submitted by Diana Desabrais

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Skiing on down the river



Photo courtesy Connor Parly

Ten students from ESSC travelled by cross-country ski to Parliament Hill, completing over 130 km across four days. Pictured, the group and their guides before they depart the school.

DONALD TEUMA-CASTELLETTI FORT COULONGE Feb. 24-27, 2019

A group of students from École secondaire Sieur de Coulonge (ESSC) travelled through high winds and freezing rain in a four-day trek to the nation's capital, solely by cross-country skis.

After weeks of training, the crew of 10 left the school on the morning of Feb. 24 and endured four days of skiing through harsh weather to arrive at Parliament Hill on Wednesday, travelling over 130 km.

"There's no doubt that we had crazy weather, right? For the whole trip," said Martin Bertrand, an ESSC teacher and organizer of the trip. "We had freezing rain and downpours on Sunday, on Monday we had snow drifts and high winds ... then we had extreme cold on the river."

With some spots, the group pushed through snow drifts as tall as Bertrand. But it was scenarios like this that really brought their group together, encouraged the students to double down on their goal and achieve an unforgettable experience.

Bertrand said the adventure helped all 10 students grow in character and into young adults. For the majority, just seven weeks ahead of the trip they had never been on cross-country skis.

When they hit the trail, they motivated each other as they all worked to complete the journey as a group, knowing the destination would be worth it if they'd all succeeded.

"These kids have grown so much on this trip," said Bertrand. "Not only have they grown, but they've inspired other people, they've inspired those that were accompanying them on the trip and it was just magical."

"I saw kids cry, I saw kids hurting, I saw kids working hard and then I saw them smile," he continued. "I saw them creating bonds with each other. I saw them becoming young adults and maturing a lot. I was not prepared to witness all the awesomeness of what this trip was going to be."

After travelling for four days, spending their nights in sleeping bags at community centres, they arrived at Parliament Hill on Wednesday.

Even after skiing through the cold and ice, many did not hesitate to say to Bertrand they'd continue another couple of days, given the chance.

Though this admittance may have been astonishing, the teacher was more surprised at the parents' reactions.

"They came to me and said, 'Where are our kids?'"

And I said, 'Well they're right here,'" said Bertrand. "They said, 'No, these are not the kids you brought with you on the ski trip. We can't recognize them.'"

For the kids on the trip, it certainly left an impression. Bertrand said they arrived to Parliament with a new level of energy and sense of adventure, ready to take on the next goal.

"Some [of the students] said, 'We could go further next time,' and I laughed and said, 'Maybe we'll go to the Parliament of Quebec,'" said Bertrand.

For Samuel Eadie, one of the students taking part, the ski trip proved a unique experience even for the lifelong skier. He was impressed by the group and proud of those that he skied alongside, of especially as he took in some new sights.

"On the river it was really nice just being out in the open," said Eadie.

Though he admits it was awesome to be able to crash into his own bed once the trip was over, Eadie said he'd highly recommend going on the next one to other students.

"I think it's a really good experience for anybody and I think that anybody that actually wants to, could [complete it]," said Eadie.

Once at Parliament Hill, the group met with MP Will Amos and joined him in his

office. Eadie said they had the chance to learn a lot from him, and understand more about the role of federal government.

"They made my job fabulous that day," said Amos, of connecting with the students.

Amos said the group asked all sorts of questions from the number of municipalities in their home riding through to the renovations going on at Parliament Hill. He said this proved a valuable lesson, as he could see the students understanding the roles tradespeople in their community can have in completing bigger projects beyond their home borders.

"They could connect the dots between the Parliamentary building renovations and economic growth ... and business opportunities, job opportunities in the Pontiac," said Amos.

The MP also praised the Ski at School program for allowing the students a chance at accomplishing a journey as large as this.

"I think the important thing to recognize with the Ski at School program is it's addressing a need in communities that are socio-economically disadvantaged," said Amos. "Cross-country skiing costs money – it's not cheap. Just like hockey isn't cheap, just like downhill skiing isn't cheap. The gear can cost a bunch of money and it

can be a barrier. With the Ski at School program they're providing good ski gear, some instruction so people feel comfortable and cross-country skiing is a lifelong sport that can be done anywhere in the country."

The program, run through the Canadian Ski Marathon (CSM), looks to encourage cross-country skiing from a young age by working with schools to provide the equipment and instruction.

Bertrand said he had come up with the idea to take a group to Parliament via ski after watching so many outdoor adventure films. When he met up with CSM's Paul Throop, the group was onboard and made the trip possible.

The teacher hopes the students' success will help inspire others to participate in similar events and to take part in more outdoor activities. To this end, the MRC Pontiac afforded a videographer to join the trip, who will be cutting together a documentary about it.

Bertrand said he plans on showing this film in April to ESSC, and would like to tour it to other schools in the region to help encourage the program further.

"I strongly believe that this [trip] opened the world to them, they're going to make a difference to somebody else someday, if not a lot of people," said Bertrand.

Women's night in FC



J.D. Potié, THE EQUITY

Around 200 women convened for the 9th annual Salon de la Femme, in Fort Coulonge. Pictured from left: the event's organizers, Ashley Nadeau and Claudée Galipeau.

J.D. POTIÉ

QUYON Feb. 19, 2019

On Friday, over 200 women from all around the Pontiac gathered at the Pontiac Conference Centre, in Fort-Coulonge, for the 9th annual Salon de la Femme.

The event, co-organized by Claudée Galipeau, Ashley Nadeau and L'EntourElle, was created to give women a place to get together and enjoy themselves for a special winter evening.

According to Nadeau, the event was used as way to raise funds for a cause, while providing a place for women with similar values and interests to congregate.

"[The goal is] having an event for the women in the Pontiac to have fun," said

Nadeau. "And obviously the profits go to L'EntourElle, so that really helps, since we're a community organization."

Hosted by Genevieve Gagnon, a French-speaking, Quebec-native stand-up comedian, the event provided numerous female-oriented amenities for those present, including kiosks displaying skin care products, jewelry, and make-up, among countless other things.

Throughout the evening, women gave presentations, held workshops and even handed out recognition awards to deserving winners, including Guylaine Martine who was honoured for her many years of service at the Shawville hospital, according to Galipeau.

The night concluded with a dance-party accompanied with live music from a DJ.

According to the organizers, the event raised over \$2000 all of which will be dedicated to L'EntourElle, an organization dedicated to providing care and shelter for women seeking to find a stable path towards a better life.

The money will be used to bolster services that help women and children, according to Galipeau.

Nadeau said the event is an important contributor for women in the Pontiac, as the demand for shelter, care and education for women living in precarious positions is constantly augmenting while funding for the organization isn't.

Dropping lines so batters swing

DONALD TEUMA-CASTELLETTI GRAND CALUMET ISLAND March 2, 2019

The recreation association for Grand Calumet Island descended upon Bertrand's Bay on Saturday, where they had locals dropping lines in support of their ball field.

Though participation was low for their first fishing derby, the crew at the association's helm kept their spirits high as they look to try new activities and fundraising opportunities for their efforts.

R.A. member Tyler La Salle

said they're in a period of trial and error right now, as they're a new bunch running the show. With this transition, they're willing to give some new events a shot and see what's going to work and what won't.

Currently the group is fundraising for renovations to the island's baseball diamond, which is in need of a face lift, they said.

While they may not have had the level of attendance that they'd have liked, they were confident they broke even.

Those fishing appeared in bright spirits, as they waited upon their big catch. The fish were slow to bite though, as only a few were caught by the early afternoon.

A bit of unexpected excitement came in the morning, when a truck dropped a tire in the ice as it crushed an air pocket. With a bit of help, volunteers pulled it out and got it back on track.

Up next, the R.A. is looking forward to their spring events, including the annual community clean-up and ball tournament.

Postponed derby a big success



Donald Teuma-Castelletti, THE EQUITY

The Fort Coulonge Fire Department held their annual fishing derby on the Grand Marais on Saturday, seeing a stellar turnout despite their change of date this year. From left: Gélinaut Dionne, Pierre Laporte, Jonathan Soucie, Jacinthe Paquette, Gaston Lacroix, Sherrie Rivet, Mario Lacroix, Roxanne Romain, Gilles Dionne, Michel Fortin, Danik Ladouceur, Fr. Justin Bertrand, Marcel Laporte, and Todd Romain.

DONALD TEUMA-CASTELLETTI MANSFIELD ET PONTEFRAC March 2, 2019

The Grand Marais was hopping on Saturday, with fish and those looking to snag them, as an annual fundraising derby took over the river.

Despite some last-minute rescheduling ahead of their initial date two weeks prior, the Fort Coulonge Fire Department were proud to have another huge turnout for their annual fishing

derby.

When the river's conditions proved too risky, Organizer Jonathan Soucie said they put it out to the community – would they still be able to make it out if they pushed it back?

The question was met with a resounding positive response, so the department arranged to hold it on March 2, instead of Feb. 16.

Come Saturday, fishing holes dotted the Grand Marais when well over 100 came out.

Beyond supporting their fire department – as the money raised helps purchase quality of life improvements in many initiatives – there were tons of awesome prizes up for grabs. Prizes ranged from an auger and chainsaw for first and second place, respectively, through to gift cards.

As well, an ongoing draw for a new tool chest was to have the winner chosen, adding some extra excitement to the day.

Soucie said the communi-

ty's support, not to mention that of their numerous sponsors, is unbelievable every year. He added the crew was lucky to have so many that are willing to support them, in all their endeavours.

Especially as their derby is one amongst many fire department tournaments in a season. Though the various crews did meet to establish who would schedule theirs each weekend, Soucie acknowledge it is difficult to dedicate the time and commitment to each one.

Family fun at RS Ranch

Donald Teuma-Castelletti, THE EQUITY RS Ranch held a family day on Saturday, offering sleigh rides, pony rides and more at their spot in Mansfield et Pontefract. From left: Nathan and Camille Belair get up close and personal with a resident at the petting zoo.



Job Opportunity

General Manager, Pontiac Agricultural Society

The Pontiac Agricultural Society (PAS) is looking for a full-time General Manager. Reporting to the President and Board of Directors, the General Manager is responsible for overseeing the day to day operations of the PAS and the ongoing success of its main event, the Shawville Fair.

The GM is responsible for supporting and engaging with the Board of Directors, the operations of the PAS, including the preparation and execution of the Shawville Fair, office administration, bookkeeping, communication with visitors, customers and fair partners, grant applications, sponsorship development and management of employees.

The ideal candidate will be an independent, self-starter with a keen interest in the Fair. They will have experience effectively managing a not-for-profit organization, a strong commitment to customer service and the ability to work flexible hours, including evening meetings and additional hours in the months ahead of the fair. It is essential that the candidate be able to work in French and English, fluency in both is considered an asset.

This is a salaried position, based on 40 hours a week. Compensation will be based on skills and experience. Additional incentives may be offered based on success increasing rental, sponsorship and grant revenue.

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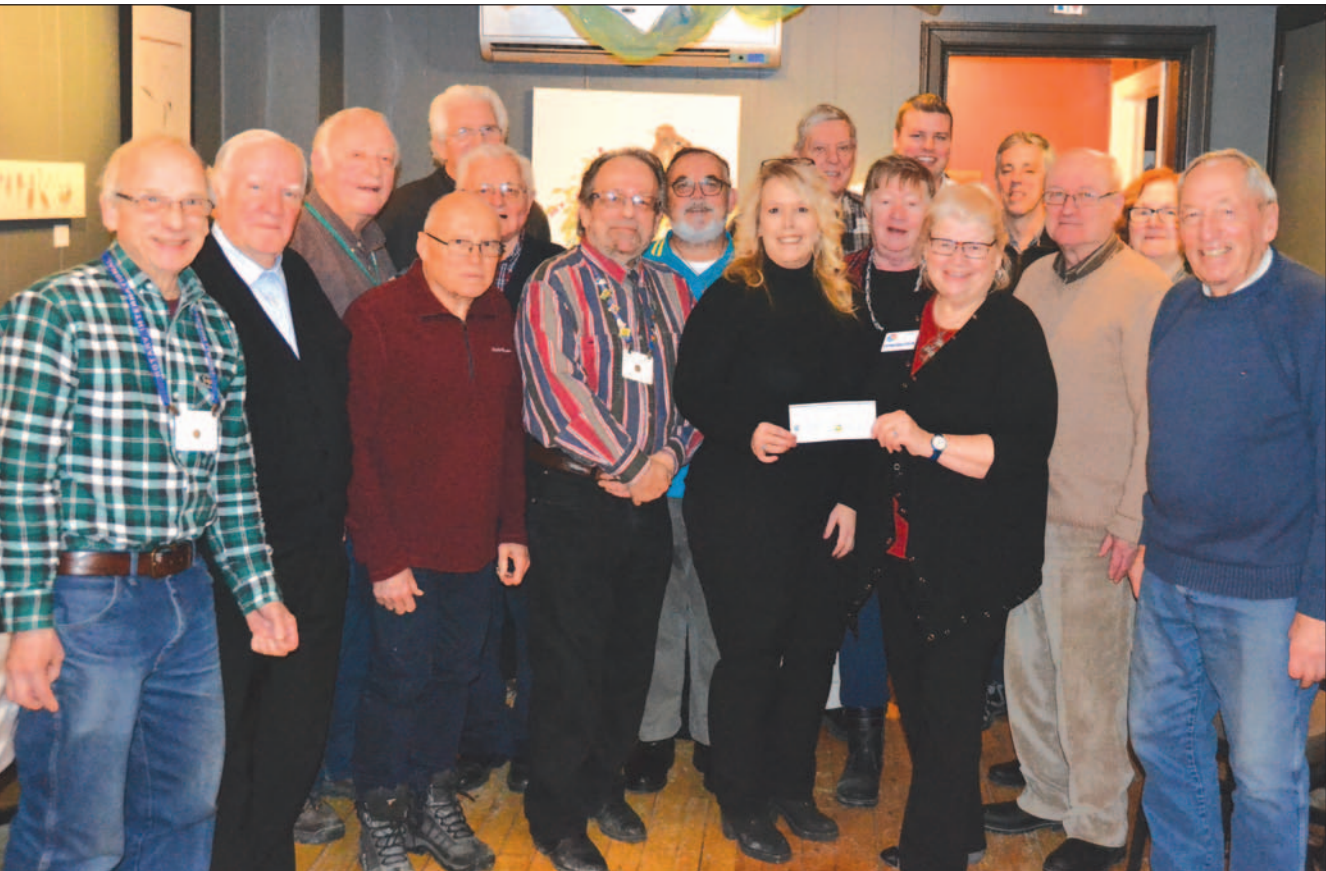
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The Shawville Rotary Club giving peace of mind



The Shawville Rotary Club donated \$1,100 to the Golden Peak on Feb. 25 to purchase two more alert bracelets for the community. The Golden Peak is a non-profit that lends the devices out at no charge.

CALEB NICKERSON
SHAWVILLE Feb. 25, 2019

The Shawville Rotary Club is investing \$1,100 in a program to help give local seniors living alone some peace of mind.

The program, organized through the Golden Peak, lends out alert bracelets and pendants that can sense when the wearer has had a fall. Program director Louise Belec said that these items are available for sale, but the cost can be prohibitive for some.

"Those are companies that are there to make profit, because they charge monthly fees," she said. "We're a non-profit organization and what we're doing is, we're buying these machines and we're lending them out."

Instead of calling a dispatcher like most consumer versions of the bracelets, these devices call a list of pre-set emergency contacts.

"What this machine does is calls four people: preferably two neighbours, then family," Belec explained. "The reason being is [the neighbours are] close."

The bracelets and pendants are also connected to a speakerphone on the wall of the users home, allowing them to speak with their contact to let them know what the situation is.

"It gives you such a sense of security," said Rotary Club President Sue Page, who uses one of the devices herself. "If something happens, something small, like say I get my fingers caught in the door, I know that if I press it I'm calling neighbours ... They'll come, and then we'll decide if I go by ambulance or not. Quite often, you don't need it."

The Golden Peak currently has 83 machines to lend out, but Belec said that the program is so popular there is a sizable waiting list. The Rotary's donation will allow them to purchase two more devices.

"Pontiac, people live far in between," Belec said. "The need is big here. I have a list of 40 to 50 people waiting right now."

Waltham

HELEN PERRY 819-689-2652

On Saturday evening, Charlie Ethier held his annual fish fry in his garage. Several family and friends from Waltham and the area gathered to socialize, reminisce and enjoy a snack of fish. It was a great time.

Anniversary wishes are extended to Diane and Earl McKnight who celebrated their 52nd wedding anniversary on March 4. May you share many more years of God's richest blessing of love, peace and joy.

Warm birthday wishes are extended to Laurina Dempsey who is celebrating her birthday on March 7. Enjoy your special day Laurina.

The school children in the Pontiac are on their March break this week. I sure hope that students, teachers, custodians and bus drivers are enjoying some well-deserved R&R.

Don't forget to set your clocks ahead one hour before you go to bed on Saturday night. We spring ahead to daylight savings time. Also many residents replace the batteries in their smoke alarms at this time, since it is a good way to remember to do this when advancing the clock by one hour. Have a great week.

Natasha (Beaubien) Allman and son Finn of Yellowknife were recent visitors at her grandmother's, Georgette Beaubien's, her sister Chantelle Beaubien (Spence's). They also visited other family members and friends.

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Dealing with stress on the farm

CALEB NICKERSON
March 6, 2019

Farming is consistently ranked as a more dangerous profession than most and it's not hard to see why. Heavy machinery, unruly animals and long hours can all pose serious health risks that the average citizen will never encounter in their nine to five.

Since farmers are typically self-employed, they also have to deal with the added stress of enormous investments of capital, the uncertainty of global markets and rising costs of doing business.

Stress is inevitable, but how people react to it varies wildly depending on their physical health, past experiences and the supports they have around them. Too often, the stressors are completely out of our control. Tariffs, taxes and other external forces are beyond the control of Joe or Jane Farmer but can make or break their livelihood.

It can be difficult to accept that the whims of people in suits have such an impact on a business that's been passed down through several generations. You can't just submit your two-week notice and walk away from the family farm when the going gets tough.

Take an inventory of which stressors are within your control and which ones you just have to accept. Find a support system where you can be open about the state of your health, both mental and physical.

The cold, dark, isolating months of winter can be a cause of stress themselves, and prime breeding ground for issues like depression, alcohol abuse and worse. Don't hesitate to reach out to friends and neighbours that might be having a hard time this time of year. Mental and physical suffering alters how people perceive the world around

them, and just knowing that someone has their back can puncture this skewed version of reality.

If you've chosen farming as your career, you have to absolutely love the lifestyle. When stress piles up, this passion can turn to something far more unpleasant in a heartbeat.

This year's Canadian Ag Safety Week runs from March 10 to 16, but it's just a reminder that caring for the farmers you know and love is a year-round endeavour.

For more information visit agsafetyweek.ca.

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Classifieds

COMMUNITY CALENDAR

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

Thurs., March 7 – Parents' Voice LEGO Club at Shawville-Clarendon Library from 6:00-6:45, \$2/child. fmf6

Sat., March 9 – St. Ann's CWL Pre-St. Paddy's Kitchen Party Live Fundraiser, 3 to 7 p.m. Municipal Hall (upstairs), 8 Montée Monseigneur Martel, Grand Calumet Island. Music by local musicians. Tickets pre-sold or at door: adults \$10, children under 10 \$5, under 5 FREE. Irish stew, home-baked bread, poorman's pudding, tea and coffee. Door prizes and many draws. Bring your own wine/beer. Everyone welcome! 2xm6

March 15 & 16 – March 15 from 10-5 p.m. & March 16 from 10-4 p.m. Seren Tea and The Lighthouse Bookstore Pop Up Shop will be hosting SAINT PATRICK'S DAY TEA AND SHOP EVENT. Come in and sample wonderful teas to get your green on and enjoy a slice of traditional homemade soda bread. While there, shop at the Bookstore Pop Up Shop Big Sale where everything is on Sale and YOU get to choose what the discount will be! bmf6

Sat., March 16 – St. Patrick's Family Dance, 6 - 10 p.m. Shawville United Church Hall. Music by The Telegrams. Light lunch, prizes. \$10 adults. 12 and under free. 2bm13

Monday, March 18 – Another session of Creative Movement for Caregivers and Tots will be starting up March 18th. Join us for 5 weeks of Creative Movement with the wonderful Marie-Josée Corriveau of Corriveau School of Dance. Cost is 15\$ for a 5 week session, or 5\$/drop in fee. Babies under 1 are free! fmf6

Sat., March 23 – Parents' Voice Art Workshop. Join us the Shawville Community Lodge from 10:30-12:00 to make your own mini treasure chest with cardstock. Artist Tanya McCormick will be there to guide us! Cost is 10\$ and you must pre-register at parentsvoiceshawville@hotmail.com. Only 15 spots available! fmf6

April 5 & 6 – Lasagna Dinner and Play (comedy) at Pontiac High School. \$25/person. Proceeds to Auditorium Restoration. Call 819-647-2244 for tickets. bmf6

Sat., April 6 – The Parents' Voice Music with Sosun. Children aged 0-4 are invited to join us for a musical 6 week session of singing, dancing and instruments with the lovely Sosun. The session will run from Saturday, April 6th – Saturday, May 25th (with the exceptions of April 20th and May 18th) from 11:00-11:45 at The New Hope Christian Fellowship Church, 586 Main Street Shawville. The cost for the 6 week session is 30\$, must pre-register at parentsvoiceshawville@hotmail.com, minimum 10 registered children for the program to run! fmf6

MISCELLANEOUS

QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory. 819-893-6330. qmf6

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What's new at M&R? We are the Eastern Canada winner of the Thank a Retailer Contest. We have \$15,000.00 for Robbie Dean Center and Muskrat Lake Watershed Committee. We are now the Eastern Ontario/Western Quebec dealer for Arrowquip equipment including a portable cattle handling unit, tub and headgate! We now have available the 2019 order and delivery dates for baby chicks, turkeys, and ducks! What's seasonal at M&R? Maple syrup supplies, Calving supplies, Brood cow protein/mineral lick tubs, High quality beef pellets to stretch your hay supplies. Now taking orders for fertilizer, seed grain, corn, hay and pasture seed. M&R Feeds & Farm Supply Shawville 819-647-2814. www.mandrfeeds.com 4bm27

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

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Male seeks female to live-in, in exchange for room and board 613-622-5887, leave message. 2xm13

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ET
Bruce McKay
Personnes intéressées

ASSIGNATION (137 C.p.c.)
Avis est donné aux héritiers, légataires et successibles de William ARMITAGE, Elwin ARMITAGE, Holley ARMITAGE, Garnet ARMITAGE, Caroline ARMITAGE et Grace ARMITAGE, personnes intéressées, que le demandeur a déposé au greffe de la Cour Supérieure du district de Pontiac une demande introductive d'instance en acquisition du droit de propriété par prescription. Une copie de cette demande et de l'avis de présentation ont été laissés à l'intention des personnes intéressées, au greffe du tribunal, au palais de justice de Campbell's Bay, situé au 30, rue John, Campbell's Bay, Québec, J0X 1K0.

À défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis dès l'expiration de ce délai. Soyez aussi avisé que la demande introductive d'instance sera présentée pour décision devant le tribunal le 5 avril 2019 à 9 heures en la salle 1,01 du palais de justice de Campbell's Bay. Campbell's Bay, le 15 février 2019.

DEATH



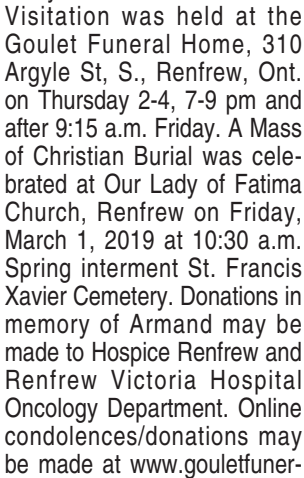
Zacharias, Glen – 1966-2019
At home, Otter Lake, Quebec on February 25, 2019 at the age of 52 years. Beloved husband of Cheryl Brown. Loving father of Eldon (Brianna), Eddie, Haley and Kathryn. Dear son of Hebert Zacharias and Gail Feirobend. Brother of Anne (Gilles Villeneuve). Uncle of Zach and Thomas. Funeral service to the Zion Lutheran Church, Schwartz, Quebec on Friday, March 8, 2019 at 12:00 p.m. Family will receive condolences one hour prior, in the church. www.hayesfuneralhome.ca



DEATH

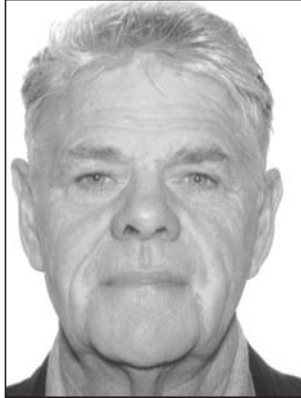


Lepine, Armand Francis
Surrounded by the love of his family our beloved husband and dad passed away peacefully at Hospice Renfrew on Monday, February 25, 2019 at the age of 81. Loving husband of Patricia Wingle, in their 60th year of marriage. Dear Dad of Laura (Todd Vibert), Paul (Susan Reeve-Newton), Mark (Vincent Tondreau), Betty-Jo (Carl Drent), Kathleen (Kevin Marshall) and stepson Paul Agnel. Dear grandpa of Derek (Miranda), Harley (Laura), Kathleen (Richard), Chelsea (Jamie), Abigail (Everett), Will, Tyler and Luke. Dear great-grandpa of Gayvn, Deklyn, Sophie, Elle, Clara, Leah, Bellamy, Savannah, and Georgiana. Dear brother of Gloria (late Bill Bates), Carol Lepine (late Rudy Quesnelle), Trudy (Ron Rehume) and Randy (Monica). Predeceased by sister Diane Lepine. He will be fondly remembered by the Wingle family, his many nieces and nephews, his dear friend Jean Burnette and his many friends. Visitation was held at the Goulet Funeral Home, 310 Argyle St., S., Renfrew, Ont. on Thursday 2-4, 7-9 pm and after 9:15 a.m. Friday. A Mass of Christian Burial was celebrated at Our Lady of Fatima Church, Renfrew on Friday, March 1, 2019 at 10:30 a.m. Spring interment St. Francis Xavier Cemetery. Donations in memory of Armand may be made to Hospice Renfrew and Renfrew Victoria Hospital Oncology Department. Online condolences/donations may be made at www.gouletfuneralhome.com



McCallum, Jean (nee Dean)
Passed away peacefully on Sunday, March 3, 2019 in Shawville, Quebec in her 88th year. Daughter of the late Russell Dean and the late Mabel Ballantyne. Beloved wife of the late Wilfred McCallum. Loving mother of Debbi (Daryl McLaughlin) and Jeff (Pam Leduc). Loving grandmother of Victoria, Mackenzie, Nicolas, Darby, Emily and Erinn. Predeceased by her sisters Harna Carson, Inez Drummond, Elda Sally and by her brothers Ken, Clarence and Merton. Friends may call at the Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Friday, March 8, 2019 from 2 to 4 and 7 to 9 p.m. and Saturday, March 9 from 9:30 to 10:30 a.m. Funeral Service will be conducted in the Bristol Memorial Presbyterian Church, Bristol, Quebec on Saturday, March 9, 2019 at 11 a.m. Interment Norway Bay Cemetery in the spring. Donations to the Pontiac Community Hospital Foundation or the Bristol Memorial Presbyterian Church Memorial Fund would be appreciated. www.hayesfuneralhome.ca

Piché, Bonnie-Lynn (Desabrais) – It is with heavy hearts that we announce the sudden passing of Bonnie-Lynn Desabrais on Saturday, March 2, 2019 in her 51st year. Beloved daughter of the late Ronald Desabrais and the late Madeline Presley. Cherished wife of 25 years of Claude Piché. Loving mother of Hailey, CJ and devoted stepmother of Mélissa (Martin) and Carine (Robert). Special nan of Emma, Adam, Alexandre, Léa and Noa. Dear sister of Lee (Susan) and Brent (Kathy). Bonnie will be sadly missed by the Piché family, her nieces and nephews, many friends and family. Predeceased by a nephew Derek. Friends may call at Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Wednesday, March 6, 2019 from 2 to 4 and 7 to 9 p.m. Funeral Mass of Christian Burial will be celebrated in St. Charles Borromeo, Otter Lake, Quebec on Thursday, March 7, 2019 at 11 a.m. Interment parish cemetery in the spring. www.hayesfuneralhome.ca



Strutt, Blaine Melvin – 1946-2019
In hospital, following a brief battle with cancer, he leaves to mourn his beloved wife Mary Elaine of 48 years, many relatives and friends. He was the son of the late Melvin Strutt and Rita Lathem. Blaine was the owner and operator of Strutt's Garage, Bristol, Quebec for 37 years. Although retired, he never lost his love of cars. Boating was his passion, spending many hours on the water. At Blaine's request, there will be no visitations. Funeral service was in the Hayes Funeral Home Chapel, 134 Centre St., Shawville, Quebec on Saturday, March 2, 2019 at 11:00 a.m. Spring Interment will take place at Maple Grove cemetery, Shawville, Quebec in the spring. In memory of Blaine, donations to the Pontiac Community Hospital would be appreciated. www.hayesfuneralhome.ca



McCallum, Jean (nee Dean)
Passed away peacefully on Sunday, March 3, 2019 in Shawville, Quebec in her 88th year. Daughter of the late Russell Dean and the late Mabel Ballantyne. Beloved wife of the late Wilfred McCallum. Loving mother of Debbi (Daryl McLaughlin) and Jeff (Pam Leduc). Loving grandmother of Victoria, Mackenzie, Nicolas, Darby, Emily and Erinn. Predeceased by her sisters Harna Carson, Inez Drummond, Elda Sally and by her brothers Ken, Clarence and Merton. Friends may call at the Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Friday, March 8, 2019 from 2 to 4 and 7 to 9 p.m. and Saturday, March 9 from 9:30 to 10:30 a.m. Funeral Service will be conducted in the Bristol Memorial Presbyterian Church, Bristol, Quebec on Saturday, March 9, 2019 at 11 a.m. Interment Norway Bay Cemetery in the spring. Donations to the Pontiac Community Hospital Foundation or the Bristol Memorial Presbyterian Church Memorial Fund would be appreciated. www.hayesfuneralhome.ca

IN MEMORY

Sullivan, Doreen Valerie (née Payette)
January 31, 1959 - March 6, 2015
No one knows how much we miss you,
No one knows the bitter pain
We have suffered since we lost you
Life has never been the same.
In our hearts your memory lingers,
Sweetly tender, fond and true
There is not a day, dear mother,
That we do not think of you.
There are no goodbyes for us,
Where ever you are
You will always be in our hearts.
Corey and Amanda Sullivan

En ski de fond jusqu'au Parlement



Photo soumis

Dix élèves de l'École Sieur-de-Coulonge fait un périple de trois jours et demi en ski de fond qui les a menés jusqu'au Parlement à Ottawa.

CSHBO - Communiqué FORT COULONGE
Le 1er mars 2019

Dix élèves de l'École Sieur-de-Coulonge ont entrepris dimanche un périple de trois jours et demi en ski de fond qui les a menés jusqu'au Parlement à Ottawa.

Le trajet de plus de 120 km a débuté à l'École Sieur-de-Coulonge, marqué de plusieurs arrêts à Shawville, Quyon et Aylmer, il s'est terminé avec l'arrivée des skieurs sur la colline du Parlement mercredi. Les jeunes étaient supervisés de

cinq accompagnateurs, deux qui les ont suivis en voiture pour leur fournir des denrées et trois autres qui ont fait le trajet en ski avec eux. Parmi ces trois derniers, on retrouvait l'Olympien Malcolm Hunter, qui a représenté le Canada en ski de fond aux Jeux olympiques d'hiver de 1972.

L'initiative s'inscrivait dans le cadre du programme Ski à l'école et a permis aux participants de skier dans les traces des drapeaux et des fondeurs qui ont marqué la riche histoire du Pontiac.

Le programme est parrainé par le Marathon canadien de Ski, qui permet à des jeunes provenant de milieux moins favorisés de s'initier au ski de fond. Il bénéficie de soutiens publics et privés et en est à sa première phase de développement.

Le projet Ski à l'école est déployé dans les écoles de la MRC de Pontiac depuis trois ans, et ce, tout en apportant des skis directement à toutes les écoles. Cette année, le programme touche aussi quelques écoles de la MRC de La Vallée-de-la-Gatineau.

De jeunes entrepreneurs à l'Envolée



Photo soumise

À l'aide de leur enseignante, les élèves de 6e année acquièrent de l'expertise numérique leur permettant ensuite d'accompagner l'ensemble des élèves et du personnel de l'école.

CSHBO Communiqué MANIWAKI
Le 1 mars 2019

Avec l'arrivée d'un grand nombre de robots et d'outils technologiques dans notre école, un projet « mini-tech » a été mis sur pied afin d'aider les enseignants à intégrer ces ressources en classe. À l'aide de leur enseignante, les élèves de 6e année acquièrent de l'expertise numérique leur permettant ensuite d'accompagner l'ensemble des élèves et du personnel de l'école. À travers des projets de classe, ces élèves sont sensibilisés à divers outils leur permettant de développer des compétences numériques. De plus, 2 après-midi par cycle de 10 jours, une vingtaine d'élèves

d'autres niveaux participent au labo technologique accompagnés de cette même enseignante et de bénévoles. Lors de celui-ci, les élèves se familiarisent d'abord avec une panoplie d'outils pour ensuite entreprendre un projet personnel leur permettant de mettre leurs apprentissages en pratique.

Ce projet innovant apprend aux élèves à persévérer et à vivre des réussites. Les élèves se rendent compte que mener à terme un projet n'est pas toujours facile, qu'il faut souvent recommencer, mais que le résultat est tellement gratifiant. En choisissant son propre projet, l'élève s'engage à 100%. Beaucoup de nos élèves sont en difficultés sco-

lares, mais dans les labos, nous les voyons briller. En choisissant un projet à sa portée, ils vivent des réussites.

Nous désirons féliciter les élèves pour leur grande implication dans ce projet et, surtout, pour leur ouverture. La nouveauté ne leur fait pas peur et, ensemble, nous réalisons de grands projets.

Ce projet a été soumis il y a quelques semaines au défi Ose Entreprendre, un concours québécois en entrepreneuriat, et vient d'être accepté. Vous pouvez voir les élèves en action sur le site Web du pavillon www.envolee.weebly.com ou en nous suivant sur Twitter @cshbo_envolee.

Les Grandes Rencontres

CSHBO Communiqué MANIWAKI
Le 4 fév. 2019

Le lundi 4 février 2019 se tenait une journée la journée « Les Grandes Rencontres », une journée dédiée à l'importance de la bienveillance dans les relations sociales, mais aussi aux bienfaits d'une école sécuritaire et inclusive. Le projet « Les Grandes rencontres » a débuté en 2016 et s'est tenu dans toutes les régions administratives du

Québec. L'esprit du projet « Les Grandes Rencontres » est de : Mobiliser les milieux scolaires et leurs partenaires afin de susciter une réflexion autour du besoin de développer entre les élèves des relations interpersonnelles saines et enrichissantes;

Faire le point sur les pratiques reconnues concernant l'établissement d'un climat scolaire positif et bienveillant et la prévention de la vio-

lence et de l'intimidation; Situer l'importance des relations saines et les liens avec la mission socialiser de l'école québécoise; Sensibiliser les différents participants selon leur rôle. Les agents pivots des cinq commissions scolaires de l'Outaouais se sont mobilisés pour promouvoir l'événement et ont travaillé de pair avec l'agente de soutien régionale afin d'organiser la journée, créer et animer la conférence d'ouverture.

Journée plein air



Photo soumise

Les élèves de 2e année du programme d'immersion de l'école McDowell sont allés explorer des pistes de Ski Pontiac au Pine Lodge, à Bristol. En après-midi, les élèves ont aussi eu beaucoup de plaisir à glisser, déguster des queues de castors et à explorer l'établissement lors de leur rallye photo. Les élèves tiennent à remercier Ski Pontiac, le Pine Lodge et les Autobus LaSalle pour cette belle journée! Soumis par Madame Lyzanne



THE EQUITY

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Vinton

DIANE BOISVERT 819-921-5296 news@theequity.ca

I would like to send out my deepest sympathy to the family of Keith Racine who passed away on Feb. 25. Keith was a volunteer fire fighter and on Friday all his friends and fellow firefighters attended his funeral. He was paid much respect. You couldn't find a parking spot anywhere in town.

I would like to also send out my condolences to friends and family of Blaine Strutt who passed away Feb. 27.

I was shocked to hear of the sudden death of Bonnie Lynn Desabrais Piché who passed away on March 2, in her 51st year. My deepest

sympathy to her family and friends. Animal Aide Pontiac is holding a new spring fundraiser. We are selling tickets on a garden cart filled with garden tools and supplies. Tickets can be purchased from me or any one of the other members. So please support this organization which helps spray and neuter cats and dogs to help control the pet population.

A few weeks ago, I went with Susan and Paye Belanger and Todd Hodgins on the bus trip to the casino at Rideau Carleton. We were picked up in Renfrew at 9

a.m. It cost \$30 to get on the bus but when you got to the casino they give you back the \$30 to play. The bus got there about 10:30 a.m. and it left about 3:30 p.m. We played a few games, had lunch and a few more games and then had an enjoyable trip back home.

What a great way to spend the day. I'm not positive but I think the bus goes every Monday, Wednesday and Friday and it picks up people in Cobden, Renfrew, Arnprior and Ottawa. It's a nice trip to do with a bunch of friends.

I would like to send out

happy birthday wishes to Karen Quinn and Paul Haldeman on March 5, to Connie Belland, Wayne Corriveau and Shirley Pepin on March 6, to Jerry Pepin, Yannick Ladouceur and a special happy 70th to Linda Belland Lemaire on March 7, to Eric Bertrand on March 8, to Pat Kavanagh, Marie Pilon on March 9, to Fern Quinn on March 11 and to Serge Jolin and Carolyn Kluge on March 12.

It is time to change your smoke detector battery and clock batteries this weekend because it's daylight savings time. We get to put our clocks ahead an hour and

get even more daylight.

It is spring break this week for the Quebec children and it will be spring break next week for Ontario. I'm hoping to go down and visit my grandchildren depending on the weather.

So all the Irishman are getting geared up for St. Patrick's Day and they're in for a great time in Douglas, Ont. again this year. Of course there are many parties in and around the Pontiac. There are too many to mention but they are advertised in THE EQUITY. It seems like everybody likes to be Irish for at least one day.



Shawville

LYSE LACOURSE 819-647-5932 lyse38o@gmail.com

Our deepest condolences to the Racine family on the loss of Keith on Feb. 25 at the age of 60.

Our thoughts and prayers for the Strutt and Track families on the loss of Blaine on Feb. 27 at the Shawville Hospital.

Our sympathies to the Piché family on the loss of Bonnie-Lynn (nee Desabrais) on March 2 at the age of 51. She was the wife of Claude.

Deepest sympathy to the family and friends of Glen Zacharias who passed away on Feb. 25.

Happy birthday to the following people celebrating this week: Ken Finan, Linda Smart, Elaine Richardson, Alexis Rutledge, Shamus Tubman, Michael Schwartz, Warnie Richardson, Keith Harris, Kim Reasbeck, Alanna Desabrais, Jane Ann Findlay, Christina Cartman, Bob Thomas,

Sandra Horner-Murray, Christopher Walls, Tom Stewart, Dennis McCleary, Andrew Rowat, Addison Lacourse, Robert Lacourse, Linda Krose, Brandi Tubman, Matthew Hobbs, Jane Duff-MacDougall, Ginger Finan, Kathy Davis, Trudy Trudeau, Richard Marion, Patricia Wilson and Lisa Twolan-Strutt.

Couples celebrating their wedding anniversaries this week are: Ray and Wanda Draper, Jonathan and Sabrina Dagg, Charlie and Laura Richardson and Kevin and Brenda Malette.

St. Paul's Anglican Church will be hosting a Virtual Tour of Ireland (featuring Irish Songs, Music and Irish Stories of Jim Beatty) along with a traditional Irish Stew Supper on March 9 starting at 3:30 p.m. at the Church Hall in Shawville.



Quyon

JILL YOUNG 819-918-0623 jillianyoung6@gmail.com

The Quyon Lions Club held their annual Curling Bonspiel at the Shawville Curling Club on Saturday. There was a great turnout of curlers playing in three different divisions with fun competition going on all day long. I had such a good day playing with the Sweeping Beauties and I'm grateful to Brenda Clarke, Wendy Bronson and Cheryl St-Amour for asking me to join them. At the end of the day, Brenda's other team, Brenda's Beauties, which also included Adam

Johnston, Sue Chabot and Heather Desabrais were the big winners. It was a great day for a great cause with all proceeds going to the Quyon Lions. Kudos to Glen Leach and all involved in putting on this much anticipated event for our community.

Just down the road, the Fish Findlay 3-on-3 Classic hockey tournament was taking place all weekend long. It was great to see so many out at the arena watching fast-paced and entertaining 3-on-3 hockey. Congratulations to all of the

winners and all who took part. The money raised goes to minor hockey in Shawville, benefitting young hockey players from all over our area.

Deepest sympathy to the family and friends of Benny Teevens who passed away on Feb. 26 at the age of 67. Our thoughts are with you at this sad time.

Birthday wishes are extended to Hollie Leach on March 10 and to Faith Hamilton on March 12. Best wishes to everyone celebrating this week.



Sheenboro

DORIS RANGER 819-689-2132 dranger5o@hotmail.com

Our condolences and deepest sympathies to the Keon family on the passing of Paul Keon of Chapeau, Que. He was the son of the late Dr. Harold and Nora Keon. His funeral was held at St. Alphonsus Church on Feb. 23.

Get well wishes to Laura Meehan who is recovering from hip surgery at the Pembroke Regional Hospital.

Belated birthday greetings go out to Fr. Tom Fitzpatrick who celebrated his birthday on March 2. We are very fortunate to have him say our Saturday evening mass in Sheen. Larry Turner also celebrated his birthday on March 3.

Birthday greetings and best wishes go out to our daughter-in-law Sonya and my cousins Kim Chaput Glofcheskie and Lolita Needham on March 5, Lois

Ranger, Larry Gleason and Barry Ferguson on March 8 and Gilles Martin, Jason Hynes and Donna Gagnon on March 10. My sister and I share the same birthday.

On Saturday, a group of us left from Sheen and snowmobiled as far as Fort Coulonge. We returned to the Waltham Station where we had a nice lunch. We also met our neighbours, Brent and Erin Robinson of the ICO Road and Brian and Cathy of Hudson Bay Road. The trails were in excellent shape and quite busy.

Also, while I was away enjoying the heat, I hear Andrew Perrault was out sledding with the guys on the trails in Sheen. Bravo Andrew and a "tip of the hat to the elves."

On Sunday, a crew of music lovers from the Pontiac went to Cobden,

Ont. to help kick off St. Patrick's Day with Gail Gavan and her band. It was an absolutely wonderful afternoon of Irish entertainment by Shamus Costello, Brian Hebert, Mike Ryan and Gail herself. Added entertainment: Roddy McCann, the Enright step-dancers and our very own Donna Tierney who finished up the show by singing "The Wild Colonial Boy."

On a sadder note, our condolences and deepest sympathies go out to the Ryan family of Pakenham, Ont., on the passing of their dad, Billy Ryan. The Ryan brothers have performed in Sheenboro in the past.

Happy winter break to the educators, bus drivers and students of Quebec.

There is no shortage of snow this year for winter sports. Enjoy.

Otter Lake Golden Age dart and card results

Card results for Feb. 12 were: 50/50 was won by Debbie Lackey and the door prize went to Doreen Zimmerling. Ladies first went to Doreen Zimmerling and second to Velma Lafleur. Mens first was won by Michel St. Aubin and second by Robin Zacharias.

Lunch was provided by Velma Lafleur and the club fund.

Petanque atout scheduled for Feb. 13 was cancelled because of the big snow storm.

Dart results for Feb. 14 were: 50/50 was won by Doreen Zimmerling and the door prize went to Henry Longpré. Ladies first was won by Sylvie Lemay and second by Maureen Beres.

Mens first was won by Richard Légaré and second went to Evert Hodgins.

Guests attending were Maureen Beres and Marlene Zimmerling.

Card results for Feb. 19 were: 50/50 was won by George Stevenson and the door prize by Diana Peck. Ladies first went to Debbie Lackey and second to Debbie Miron. Mens first was won by Gerry Walsh and second by Ivan Leblanc.

Lunch was prepared by Irma Peck and Diana Peck.

Petanque atout results for Feb. 20 were: 50/50 was won by Rose Dagenais as well as the door prize. Ladies first was won by Janet Lafleur and second by Marie Gauthier.

Mens first was won by Richard Lemay and second by Denis Lafleur.

Dart results for Feb. 21 were: 50/50 was won by Ivan Leblanc and the door prize went to Esther Dubeau. Ladies first was won by Doreen Lafleur and second went to Sylvie Lemay. Mens first was won by Joe Paulo and second by Richard Légaré.

Happy belated birthday to Denise Dubois who celebrated Feb. 2.

Card results for Feb. 26 were: 50/50 was won by Marie Gauthier and the door prize went to Jim Langford. Ladies first was won by Diana Peck and second by Marie Gauthier. Mens first was won by George Stevenson and second by Ronald Beaudoin.

Lunch was prepared by the Club fund and Doreen Zimmerling.

Petanque atout results for Feb. 27 were: 50/50 was won by Marcella Miljour and the door prize by Velma Lafleur. Ladies first went to Doreen Lafleur and second was won by Gisele Laprise.

Mens first was won by Robin Zacharias and second by Carl Kappes.

Dart results for Feb. 28 were: 50/50 was won by Peter Senack and the door prize went to Michel St. Aubin. Ladies first was won by Doreen Zimmerling and second by Doreen Lafleur.

Mens first was won by Peter Senack with second going to Lloyd Kluge.

Happy belated birthday greetings to Gerry Walsh who celebrated March 2.

Submitted by Velma Lafleur

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Regional Association of West Quebecers

Community Town Hall Meetings

You're Invited to Town Hall Meetings around the region

Meet new friends and Join the conversation!

We want to hear from you about how we can better support English-speaking Quebecers in the region.

Val-des-Monts	Campbell's Bay	Low
Tuesday, March 12th, 2019 7:00 p.m.	Thursday, March 14th, 2019 7:00 p.m.	Thursday, March 21st, 2019 7:00 p.m.
Poltimore Fair Hall	St. John's Elementary School- Cafeteria	Heritage Hall
2740 Route Principale Val-des-Monts, QC J8N 2H7	10 Leslie Street Campbell's Bay, QC J0X 1K0	4C d'Amour Road Low, Quebec J0X 2C0

-Please confirm your attendance-

Email: oec@westquebecers.ca Phone: (819) 682 9602

(Bilingual community members are welcome)

"Serving the English-speaking Community in the Outaouais"

www.westquebecers.ca | oec@westquebecers.ca | (819) 682-9602

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WE'VE SAVED A SEAT FOR YOU

OFFICIAL NOTICE
Extraordinary General Meeting
Annual General Meeting

PROMUTUEL INSURANCE Outaouais Valley, General Mutual Insurance Association, hereinafter "the Mutual," invites its insured members to an extraordinary general meeting, followed by the annual general meeting. The meetings will take place on:

Saturday, March 23, 2019, at 10 a.m.
DoubleTree by Hilton
1170 chemin d'Aylmer, Gatineau

EXTRAORDINARY GENERAL MEETING

The purpose of the extraordinary general meeting will be to submit Bylaw N°. 1 (2019) – Specific Internal Bylaw (hereinafter "the Bylaw") to members for adoption. The Bylaw would come into effect on June 13, 2019, at the same time as the *Insurers Act* (2018, chapter 23). The draft Bylaw sets out the rules that apply to the Company's own affairs and that diverge from the common internal bylaw that will apply to all the federation's member associations, particularly the rules regarding the number of directors and the definitions for each sector.

Members can obtain a copy of the proposed bylaw by contacting the Company during business hours.

ANNUAL GENERAL MEETING

POSITIONS UP FOR ELECTION

Seat N° 1: Anick Boisvert	Seat N° 6: John Evans
Seat N° 2: Francine Dutrisac	Seat N° 7: Chris Judd
Seat N° 3: Jonathan Robert	Seat N° 8: Denis Larivière
Seat N° 4: Eric Hayes	Seat N° 9: Ron Hodgins
Seat N° 5: Gary Thompson	Seat N° 10: Ralph Lang

All insured members who wish to fill a director's position must send a nomination form, declarations of interest and eligibility, and their resume to the Mutual's head office no later than ten (10) days before the meeting, namely Wednesday, March 13, 2019, at 4 p.m. The documents are available at the head office at 1400 boulevard Greber, Gatineau, or at 34 Victoria Street, Shawville, and must be addressed to the secretary of the board of directors.

In accordance with the Mutual's internal bylaws, members may arrange to be represented by someone else by submitting a duly completed proxy form (available at the Mutual's head office) to the Mutual's secretary no later than ten (10) days before the meeting. Corporations must include a copy of the board of directors' resolution designating their representative. Electronic copies will be accepted provided that the original documents are submitted at the opening of the meeting. No proxy or representative may represent more than one member.

If the meeting is cancelled, it will be held on March 24, 2019, at the same time and at the same place.

Brunch will be served after the meeting.

FRANÇOIS CHARTIER
Secretary of the Board of Directors
Distributed March 6, 2019

PROMUTUEL
INSURANCE
OUTAOUAIS VALLEY