

# THE EQUITY

## Dr. Wilbert Keon passes at 83

CALEB NICKERSON  
PONTIAC April 7, 2019

The Pontiac region, and Canada as a whole, lost an icon over the weekend.

Dr. Wilbert Joseph Keon, a Sheenboro native and renowned cardiac surgeon passed away surrounded by family on April 7 at the age of 83. He is survived by his wife of 59 years, Ann, as well as his three children, Claudia, Neil and Ryan, and eight grandchildren.

He was born in the upper Pontiac town of Sheenboro in 1935, the youngest of 13 children. He completed his medical schooling at Carleton University, the University of Ottawa and McGill University, before training in a variety of locations, including the Harvard Medical Centre in Boston.

In 1976, Keon founded the University of Ottawa Heart Institute, where he remained CEO until retiring in 2004. He performed the Institute's first heart transplant in 1984, and in 1986, he became the first Canadian to implant an artificial heart into a human.

**Dr. Wilbert J. Keon, a Sheenboro native and widely renowned cardiac surgeon passed away on April 7 at the age of 83. In addition to his numerous accomplishments in the field of healthcare, he also sat in the Senate for 20 years and was an officer of the Order of Canada.**



... he has touched so many of our lives as a surgeon, as a mentor, as a community leader, and as a friend.

Dr. Thierry Mesana, President & CEO of the Heart Institute

In 1990, he was appointed to the Senate on the advice of former Prime Minister Brian Mulroney and sat as a Conservative until his mandatory retirement in 2010 at the age of 75.

He was the recipient of numerous accolades including the Order of Canada, the Order of Ontario, the Queen Elizabeth II Diamond Jubilee Medal and Gold Jubilee Medal and was also inducted into the Canadian Medical Hall of Fame. The school in Chapeau also bears his name.

"Together with the Heart Institute staff including those who worked alongside him for decades, I pledge that we will live up to his legacy, and his dream to continue building and growing his beloved Institute," Dr. Thierry Mesana, President and CEO of the Heart Institute is quoted as saying in a press release. "This is a colossal task as he has touched so many of our lives as a surgeon, as a mentor, as a community leader, and as a friend."

Officials and colleagues of all stations and political stripes, including Ottawa Mayor Jim Watson, CHEO President Alex Munter, Opposition Leader Andrew Scheer and former Cabinet Minister John Baird expressed their condolences on social media.

## Chef Renée

### Shawville native competes on Top Chef Canada

CALEB NICKERSON  
April 10, 2019

Pontiac residents should keep their eyes peeled during this season of Top Chef Canada, as the show will feature the culinary talents of Shawville native Renée Lavallée.

She is one of 11 chefs from across the country competing on the reality show's seventh season, which premiered on April 1 on the Food Network. Contestants compete before a panel of celebrity judges in a series of challenges designed to push their cooking chops to the limit. To add to all that pressure, the stakes are raised with cash prizes and the threat of elimination from the show.

Lavallée has 25 years of experience in the restaurant business in several different countries. After leaving Shawville, she trained at George Brown College in Toronto and did a year-long apprenticeship in Italy. She spent some time working at Les Fougères in Chelsea as well as in the Caribbean.

"I moved around a lot in the past 25 years," she said.

Lavallée currently resides in Dartmouth N.S. where she owns and operates two restaurants, The Canteen and Little C, with her husband, Doug Townsend. Prior to her TV appearance, she was already a recognizable name in the Canadian culinary world, having won the 2014 Gold Medal Plates competition with her lobster roll with snow crab.

She said when the Top Chef show runners contacted her through Instagram last summer, she had to consider the implications for both her family and her businesses.

"I had to leave the restaurant, so it was just a matter of trying to get everything organized, making sure my staff were organized and knew how to do it without me,"



Photo courtesy of Food Network Canada

**Renée Lavallée, a high-calibre chef and restaurateur who was born and raised in Shawville, will be competing on the latest season of Top Chef Canada. Folks looking to cheer her on can tune into the Food Network on Mondays at 10 p.m.**

she said. "Luckily my husband's also my business partner so he ... and my amazing sous chef [were] here to hold down the fort, so it all worked out well."

The show was shot six months ago, so there was a limit to what Lavallée could divulge, but she said that she had no regrets about appearing on the show. She said that professional cooking is already a high-pressure environment without all the lights and production equipment.

"Here at work there's no camera in my face, I don't have people calling me up and telling me if they like it or don't like it," she said with a laugh. "It's very different but you're still under the same amount of stress. [It's a] different stress. I had a great experience."

The next episode of Top Chef Canada will air on April 15 at 10 p.m. The grand prize for this year's competition is \$100,000, a culinary tour of Italy for two and thousands of dollars in kitchen products.

# Celebrating 40 years of SCFD

J.D. POTIÉ  
SHAWVILLE April 6, 2019

On April 6, over 150 Pontiac residents packed the Shawville Lions Hall for the Shawville-Clarendon Fire Department's (SCFD) annual fireman's ball.

With everyone decked out in their best suits, gowns and firefighter uniforms, the event served as an opportunity to commemorate the local firefighters who risk their lives to help the community.

Celebrating 40 years since the Shawville and Clarendon fire departments signed an agreement to amalgamate in 1979, it was a special night for SCFD Chief Lee Laframboise.

Following the speeches, the Shawville Lions Club presented Laframboise with a plaque congratulating the SCFD on four decades of service since the Shawville and Clarendon fire departments amalgamated.

"It is [extra special]," said Laframboise. "It's very special."

Reminiscing the old days of the SCFD, Laframboise praised the departments former firefighters for their bravery and sacrifices in an era where it was a much more dangerous job than it is today.

"They didn't have the equipment that we have now," said Laframboise. "Lots of fires they went to were 10 to 12 hours. When we go it's four, five or six hours, you just put the breathing apparatus

on and come in."

In the form of a sit-down dinner, the event was accompanied by several moving speeches including one from Chris Judd and Laframboise himself, a video presentation detailing the SCFD's history, an awards ceremony and a dance party with live music to finish things off in style.

"We wanted to have a sit-down meal," said Laframboise. "We usually just have a party. But it just happens to be 40 years that they signed an agreement to go together."

Laframboise followed the video presentation by awarding plaques to firefighters Julien Gagnon and Joe McLeary for five years of service and Greg Hayes for 20 years of dedication to the department.

For Laframboise, who has been Chief since 1998, the night was an opportunity to think about all the sacrifices firefighters make in order to serve their communities and why they remain so dedicated.

"I honestly don't understand why anybody would want to be a fireman," said Laframboise. "Every time you go to work it's terrible. But we love it."

Laframboise mentioned the great amount of respect he has for his fellow SCFD firefighters and that he has a great deal of trust for them. He just hopes he has theirs in return.

"I have a lot of respect for them," said Laframboise. "They deserve more credit than they

get. I get respect from them and that's what I want.

"They have my back no matter what. There's no doubt," he continued. "When push comes to shove, I can pretty much count on all of them."

The meal for the evening was catered by Café 349 while volunteers from the Shawville Lions Club served refreshments from the bar.

All the proceeds from the event will go back to the fire department to help pay for new equipment, according to Laframboise.

J.D. Potié, THE EQUITY

**On April 6, over 150 people gathered at the Shawville Lions Hall for the annual SCFD fireman's ball. Pictured is Greg Hayes with a plaque for 20 years of service presented by Chief Lee Laframboise**

See page three for more photos.





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# Bryson Lions Club donates \$2,500 for rink

J.D. POTIÉ  
BRYSON April 3, 2019  
On April 3, members of the Bryson Lions Club gathered inside the Lions Hall to donate \$2,500 to help subsidize the R.A.'s rink fund.

Around three years ago, after spending countless dollars renovating the Bryson R.A. building, the baseball field and play-structures among other things R.A. President Julie Ryan said it was time prioritize renovating the community rink.

"That's it, now we need a new rink," said Ryan. "There's nothing else that needs work except for the rink. It's probably at least 40 years old and the boards are still the original boards.

For Lions Club member Paul Lacroix, the project is a priority among community residents

Lacroix believes building a new rink and keeping as many recreational avenues open for the local youth is key to keeping them in the community, in the long term.

"I think helping the younger people with the

rink, they need that," said Lacroix. "It's something to do in the winter and it benefits everybody when you come down to it. You just benefit this generation and the next generation after that."

With the help of a bank loan, grants and countless generous donations, Ryan believes this most recent cheque from the Lions Club is the last piece of the puzzle.

"This is going to put us ahead of the game, I think," said Ryan.

The rink, which costs around \$90,000, has financially been taken care of, according to Ryan.

Having lived in the Pontiac her entire life, Ryan was emotional when asked about what the community meant to her. She said giving back to the youth is the least she can do as a parent and community member.

With plans to make the rink a year-round attraction for youth in the community, Ryan said the the R.A. will get basketball nets installed as well as skateboard ramps among other accessories to make it as

summer-sport friendly as possible.

"It's going to have fiberglass boards," said Ryan. "It's got a cement base, so we're hoping that when we have events in the summer the kids can use their skateboards bikes and stuff."

With the cement base already installed, Ryan said that ice will now freeze much faster than it used to, as water won't seep into the grass surface, thus making the skating conditions much better sooner.

Once the weather starts to get a little warmer, a construction team will install the new boards. According to Ryan, the installation was supposed to take place before the winter, however the weather got too cold too fast.

"The fiberglass needs to be at a certain temperature to drill," said Ryan. "It can't be done in the cold or it will crack."

Construction of the rink should begin once the weather gets warm and it could potentially be open by the month of May, Ryan said.



J.D. Potié, THE EQUITY  
On April 3, the Bryson Lions Club donated \$2,500 to the Bryson R.A.'s rink fund. Pictured, Julie Ryan of the R.A. accepts an envelope with a cheque from Paul Lacroix of the Lions Club.

# Thompson wins Portage du Fort by-election

CALEB NICKERSON  
PORTAGE DU FORT  
March 31, 2019

There's a new face on council in Portage du Fort, following a by-election on March 31.

Edward Thompson received 57 votes to Donald Armitage's 51 to claim the Ward 6 seat. The position

has been vacant since October when former councillor Alan Farrell resigned. The turnout for the by-election represented roughly half of the town's 203 eligible voters.

Thompson is no stranger to municipal politics, having sat on council from 1989 to 2001. He also ran for a seat

in the last election but lost to Gerard Manwell by only four votes. He is also the co-owner of the local convenience store, Depanneur Thompson.

Thompson said that though he still has to attend his first meeting as a councillor (scheduled for April 15), he would bring his experience to bear on municipal

issues including public access to information.

"The number one thing is to make everything transparent, so people know exactly what is going on," he said.

He noted that he will work to make himself available to all local residents if they

have questions.

"If anyone has any concerns, they know where to find me," he said. "I'm here at the store."

He said he was a little disappointed in the turnout for the by-election but said that the poor weather likely contributed to people staying home.

Each seat is designated different responsibilities, but Thompson said that he was unsure of what files he would be heading up.

"Seat number six was roads before, so I'm not sure if the mayor is going to designate something different," he said. "We'll find that out."

# Card sharks raise funds for the Campbell's Bay splash pad



J.D. Potié, THE EQUITY  
On April 6, around 60 poker players participated in a charity tournament at the Campbell's Bay R.A. to raise funds for their splash pad project. Pictured, T.J. Miller deals cards to players around his table.

J.D. POTIÉ  
CAMPBELL'S BAY  
April 6, 2019

On April 6, around 60 poker players from across the region assembled in the Campbell's Bay R.A. for a charity poker tournament to raise funds for the municipality's new splash pad.

With eight people seated at each of the 10 different poker tables, the Campbell's Bay R.A. looked more like a casino than a recreational facility.

For Campbell's Bay councillor Tim Ferrigan, the event was a reminder of the community's support when it comes to charitable events like this one.

"We've got great support from the community," said Ferrigan. "We've got volunteers running the kitchen. All our meals were donated by local people. The community in Campbell's Bay always supports our events."

An avid card player, with many friends of the same interest, Ferrigan decided that a tournament would be a great way to gather enough people to raise funds for the community while having fun at the same time.

A project in the works for

the last three years, the Campbell's Bay splash pad became a priority among the municipalities' councillors after noticing how much the municipality plays host to youth from all over the Pontiac, especially during the summer.

"We have two primary schools in our municipality and we also have one of the biggest daycares in the Pontiac," said Ferrigan. "On top of that, with our minor baseball and soccer leagues, pretty much every night of the summer we've got kids in Campbell's Bay from all over the place."

According to Ferrigan, the

new splash pad will provide direct access to people from all across the region to help Campbell's Bay become a more viable tourist destination within the Pontiac and to entice families to want to make it their home.

"We want to see our municipality grow," said Ferrigan. "We want to attract people to live in Campbell's Bay. It's just another setup that might be attractive to people who might want to find a place to live in the Pontiac."

At an estimated cost of anywhere between \$160,000 and \$200,000, Mayor Maurice Beauregard is certain that with the profits

from the poker tournament and upcoming events, including the Campbell's Bay Summer Festival in August, the municipality will reach its goal, effectively covering all costs for the project.

"We've raised over \$60,000 so far fundraising for the splash pad so it will be built this summer," said Beauregard.

Satisfied with the overall turnout, with so many locals and outsiders attending the event, Beauregard was pleased to give locals something to do on a Saturday afternoon while letting tourists know a little more about Campbell's Bay.

"It's not a well-known town, so anybody we can get here as a visit is a bonus," he said.

To help cover the cost of the project, Beauregard encourages residents to contribute to the cause in any way they can with events and fundraisers.

"We'll let anybody run what they want to," said Beauregard. "Anyone willing to put the time and the effort out."

In total, the event raised more than \$2,000.



J.D. Potié, THE EQUITY  
Pictured, participants seated at their table observe their opponents waiting for their next move.

# Pontiac region gets millions in infrastructure funding

CHRIS LOWREY  
PONTIAC April 10, 2019

Municipalities in the federal riding of Pontiac are set to get a piece of the more than \$2 billion the federal government is making available to municipalities for infrastructure projects – to the tune of \$16.3 million.

The funds will be available to municipalities through the Federal Gas Tax Fund and can be used for a range of projects, from road repairs to cultural and recreational infrastructure.

While the money comes from the federal government, local officials have discretion over where the money gets spent.

"The local elected officials will have more flexibility to achieve their community infrastructure objectives," Pontiac Liberal MP Will Amos said in a press release. "They are in the best position to decide where and how to invest in infrastructure."

The City of Gatineau will get most of the region's funding – it gets more than \$11 million of the \$16 million available.

The municipalities of the MRC Pontiac will get \$1,657,288 total, which will be broken down by population size. The amounts going to the municipalities in the MRC Pontiac range from the \$137,083 going to Mansfield et Pontefract to the \$64,647 Sheenboro will get.

The Municipality of Pontiac will get \$249,031 out of the \$1,746,794 going to the MRC des Collines.

The breakdown of how much each municipality will get is below.

Additional Federal Funding	
MRC des Collines	\$1,746,794
Municipality of Pontiac	\$249,031
MRC Pontiac	\$1,657,288
Municipality	Additional Funding
Alley and Cawood	\$67,313
Bristol	\$97,605
Bryson	\$80,740
Campbell's Bay	\$85,591
Chichester	\$72,549
Clarendon	\$99,371
Fort Coulonge	\$103,387
Calumet Island	\$83,696
Allumette Island	\$103,965
Litchfield	\$75,344
Mansfield et Pontefract	\$137,083
Otter Lake	\$96,127
Portage du Fort	\$69,369
Rapides des Joachims	\$66,028
Shawville	\$115,079
Sheenboro	\$64,647
Thorne	\$70,204
Waltham	\$73,063

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# SCFD: Forty years of team work



On April 6, over 150 people gathered at the Shawville Lions Hall for the annual SCFD Fireman’s Ball. Pictured three former firefighters who served during the 1979 amalgamation, from left: Versil Smith, Neil Sharpe and Roy Thoms.



Joe McCleary was awarded with a plaque for five years of service by Chief Lee Laframboise.



Blake Pirie, SCFD Deputy Chief, seated at his table prior to the speeches.

# B.GC.P FD celebrate another year



Around 50 people attended the Bryson-Grand Calumet-Portage Fire Department’s annual bash. From left: firefighters Martin Bertrand, Wayne Cameron, Neil Derouin, Pat Mulligan and Jason Beaudoin pose for a photo.

J.D. POTIÉ  
GRAND CALUMET ISLAND  
April 6, 2019

On April 6, around 50 Pontiac residents filled the Grand Calumet Island municipal hall for the Bryson-Grand Calumet-Portage (B.GC.P) Fire Department’s annual bash. Celebrating local firefighters who dedicate their lives to the community, the event served as a gathering for residents and firefighters to socialize in a non-working environment. “It’s a great gathering,” said firefighter Martin Bertrand. “People in town say it’s the best party of the year.” A dance party with live music from a DJ, cold drinks, and door prizes to win, the event was open to everyone in the community to have a good time. In the past, the department used the event to commemorate retired firemen, but no ceremony of the like took place this year. “We just had one retire not too long ago,” said Bertrand. “But, we’re going to commemorate him next year.” With so many locals attending the event, Bertrand said he hopes it inspires some to become firefighters, because more of them are always needed. “Truthfully, a lot of fire departments aren’t getting any younger,” said Bertrand. “We actually real-

ly need to have more firefighters come out. Hopefully, people see this for what it is and maybe join us. There’s a place almost for everybody.” According to Bertrand, the funds raised from the ball will either go towards purchasing new equipment, renovating the old or back to the community.

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GOOD FRIDAY, APRIL 19  
ST. PAUL'S SHAWVILLE  
9:30 am Solemn Service  
11:00 am Joint Ecumenical Service Pontiac High School  
HOLY TRINITY DANFORD LAKE  
2:30 pm Solemn Service  
HOLY SATURDAY, APRIL 20  
HOLY TRINITY DANFORD LAKE  
7:00 pm Easter Vigil

EASTER SUNDAY, APRIL 21  
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8:30 am St. George's Thorne Centre  
9:00 am St. James Otter Lake  
9:30 am Holy Trinity Radford  
11:00 am St. Paul's Shawville  
11:00 am Holy Trinity Danford Lake  
1:30 pm St. James Wright

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DEADLINE MONDAY NOON

## Editorial

# How to save a life

Last Tuesday, Nova Scotia’s Premier Stephen McNeil introduced new legislation that will make organ and tissue donations in the province automatic, a policy known as ‘presumed consent.’

Instead of filling out paperwork that comes with driver’s licenses or health cards, citizens will all be considered organ donors, though they and their family will have the choice to opt out. Minors and people unable to consent for themselves will be exempt.

This approach is already law in many European countries, but Nova Scotia is the first jurisdiction in North America to put forth legislation.

According to the Canadian Transplant Society, 90 per cent of Canadians support organ donation, but less than 20 per cent have actually made plans to donate. The little cards and forms that come with driver’s licenses are easily ignored, even by those with the best intentions.

Very few people like to contemplate the subject but donating organs or tissue is - if you’ll excuse the morbid pun - a no-brainer. Instead of relying on the diligence of Canadians and their empathy for their fellow citizens, the onus to physically register should be on people who wish to go to the grave fully-intact.

That’s not to disparage people who choose not to donate. Everyone has a right to determine what happens with their bodies, and families will still be consulted under Nova Scotia’s new system.

Presumed consent is by no means a silver bullet solution, and some countries with such laws actually have lower rates of donation than others with “opt-in” legislation, as it is just one aspect of a much larger issue.

Organ donations are incredibly time-sensitive and efficiently matching donors with recipients is far easier said than done. Presumed consent laws expand the pool of potential donors, but there still has to be infrastructure in place to get the organs to those that need them. It’s also extremely important to involve the donor’s families in the process and to ensure they understand what’s going to happen to their loved one.

Educating the public and allocating resources towards transplant coordination services are vital pieces to the puzzle and shouldn’t be neglected in discussions about consent and organ donation.

It will be interesting to see the effect presumed consent laws will have on organ donation in Nova Scotia and whether other jurisdictions follow suit with similar rules. For now though, a little bit of time and ink is all that’s needed to become a potential donor, and the human lives that could be saved with those organs are worth immeasurably more than that.

Caleb Nickerson

## The Parents’ Voice

### By Shelley Heaphy

# Spring is all around us

Well, almost, after this freezing, cold, snowy winter I can only hope to bring spring closer by thinking of it. I still see loads of snow (I can’t believe how high the mountains still are), but the forecast has some warm days coming up.

There are so many great things to do in the spring. The outdoors become a new land after being covered up all winter. Here are some ideas to try when heading outside with your little ones as well as some fun things to do in the house.

Nature Hunt — With little ones, grab a bucket and go looking for pine cones, rocks, branches, leaves, etc. All of these finds can be put into a bin in the house for them to explore. Add magnifying glasses for a closer look.

With pre-writing kids (aged 2+) write a list using words and pictures so that they can put the letters to words. Give them a list on a clipboard, a pencil and a bag. Have them collect and cross off all kinds of fun things they can spot in the spring such as worms, bugs, pine cones, leaves, feathers, birds, branches, and rocks. They will love being in charge of their list and their search.

Muddy puddles — What kid doesn’t love running through puddles at high speed? Let them go wild, walk around the neighbourhood finding the smallest puddles, biggest puddles, deepest puddle, muddiest puddle and enjoy! P.S., moms and dads, it can be absolutely therapeutic for you to join in for the jumping and running, go wild.

Mud pies — Crack out the play kitchen dishes (or real life baking sheets and pans and spoons) and let them at it. They can play for hours making meals for anyone. Add some sticks, grass and rocks to amp up the possibilities.

Shadows — I’ve found some really neat shadow activities. Outside, they can draw your shadow, a toy’s shadow, a car’s shadow using chalk on the pavement. Indoors, they can sit at a table in front of a window and trace small animals or other toys onto paper. It’s really quite neat to see the perfect reflection shining through a window. It’s also fun to try and step on each others’ shadows while going for a walk.

**Bringing spring time into the house**

Spring time sensory bins — Okay, I’m not going to lie I’m a huge fan of sensory bins. When I was teaching, my favourite thing to plan for was the sensory bin. In my own house I use a plastic litter box and change out the contents frequently.

CONTINUED ON PAGE FIVE

## Oops

In the story “*Tourism Association annual general meeting*” of the April 4 issue, it was stated that Chantal Lair worked with the Tourism Association, when in fact she works for the MRC as their tourism marketing officer, THE EQUITY regrets the error.

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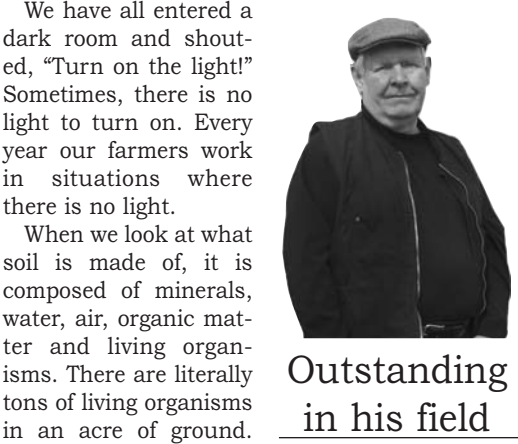
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Dave Moore, THE EQUITY

## I’d rather be pic-a-nic-ing

## Working in the dark by Chris Judd



Outstanding in his field

We have all entered a dark room and shout-ed, “Turn on the light!” Sometimes, there is no light to turn on. Every year our farmers work in situations where there is no light.

When we look at what soil is made of, it is composed of minerals, water, air, organic matter and living organisms. There are literally tons of living organisms in an acre of ground. These earth worms, nematodes, ants, actinomycetes, fungi, algae, bacteria, and other small animals that live in the soil; all work to decompose organic matter, break down soil particles and turn minerals into forms useful for plant growth. Denitrifying bacteria in the soil turns nitrite into nitrate which is the form of nitrogen that plants can use easily. Nitrogen fixing bacteria who live in a symbiotic relationship with legumes such as clovers, alfalfa, birds foot trefoil, peas and soybeans make nitrogen from air and not only feed nitrogen to their plant, but make extra nitrogen that can be used by the next crop grown.

There are both aerobic bacteria which only are active when oxygen is present and there are anaerobic bacteria that only are active when there is no oxygen present. That’s why it is necessary to turn a compost pile or stir a liquid manure pond, to activate both kinds of bacteria to turn unstable nitrogen into a more stable and less smelly form.

Everything earthworms eat is expelled in a form that plants can easily use as plant food. The most widely used herbicide in the world is also registered as a bactericide because it effectively kills many bacteria. The bacteria killed include many of these soil organisms that make free fertilizers for farmers. How much of this herbicide residue has to be present in the soil to reduce beneficial soil bacteria has never been tested.

When a farmer feeds the animals there

are also many dark rooms that the farmer has to work in.

Pregnant animals should be fed an anionic diet for a few weeks before having their young. This anionic diet forces the animal to produce more calcium in her bones, preparing her for after delivering her young when she will produce more milk than her system is used to. This lack of calcium after calving could cause serious health problems and even death.

After delivering her baby, the animal’s diet should be switched immediately to a cationic diet with extra calcium and other feeds that are very cationic in composition.

Fields that are high in some minerals like potassium, produce grain and forages that also are high in potassium which has a high atomic weight and hence high in cations. Therefore, how the farmer fertilizes a field has a large effect on the resulting feed tests. Before computer programs for feed ration balancing arrived in the 1980s, nutritionists had to use the mineral composition of all the feeds and calculate their atomic weight before calculating the feeds cationic value.

For many decades, nutritionists knew that ruminants or animals with four stomachs had bacteria in their stomachs that helped break down roughage. Now we know that all animals have microbes or bacteria in their digestive system to aid digestion and help keep the digestive system healthy.

It has become very important to not only provide adequate nutrition for the performance of the animal, but also it is just as important to provide adequate nutrition for the microbes or bacteria in the digestive system of whatever or whoever is being fed. Unhealthy gut bacteria can lead to a very unhealthy digestive system and even death.

All doctors and pharmacists check everything prescribed to check if what is prescribed might interact with anything else the patient is taking, before filling the prescription.

We must also demand that food for animals and humans does not contain any residues from sprays that might affect the health of the gut bacteria as well as the patient.

Some sprays chelate or bind very tightly and make unavailable certain minerals like copper, zinc, manganese, calcium, etc.

Pregnant animals without adequate manganese are more prone to have early embryonic death of their fetus. In the late 1980s, we increased the manganese content in the mineral that our cattle consumed to compensate for manganese that might not be available in the feed. Some farmers are adding extra copper to their nitrogen fertilizer because without adequate available copper, nitrogen uptake by the plants is poor.

If calcium availability is inadequate, phosphorus availability is restricted even if a soil test indicates adequate phosphorus content in the soil. Again tests are not available to show if a chemical residue may be chelating certain minerals.

Recently, we have noticed an increase in food recalls because of e-coli and salmonella found in foods.

There are also several outbreaks of clostridium difficile in hospitals. I hope it is just a coincidence that the farmers most used spray has little or no effect on killing forms of e-coli, salmonella, and clostridium.

Farmers have already had several drugs taken away. They were very effective in saving baby calves and pigs, and cows with mastitis which is the most costly disease in dairy cattle in the world. These drugs are being reserved for human use on controlling clostridium infections.

Farmers want to produce tasty, economical and safe food for our citizens. Let’s hope that more safety testing is completed on these chemical tools before they are released and touted as a wonder spray.

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

Apr. 13, 1994

25 Years Ago

Thorne mourns the loss of its mayor: Mayor Clarence Frederick Pasch passed way peacefully in the Pontiac Community Hospital in Shawville on April 3 after a courageous battle with cancer at the age of 60 years.

Along with his duties as mayor of Thorne, Clarence was a dedicated community worker and an active member of St. John’s Lutheran Church.

In 1985 he was elected mayor and held that office until the time of his death.

PWDC marking the river: The first step in developing the Ottawa River is to make it safe for boaters.

This is the objective of the Pontiac Waterway Development corporation. That’s why PWDC members Sonny Germain and John Brusenbach recently took a drive to Prescott and brought back two Coast Guard-approved buoys. These buoys will be used as prototypes. The plan is to get 48 more manufactured locally and mark the safe channels of the river for boaters.

Made of steel and filled with styrofoam, the buoys are of two shapes and colours.

The ones with a pointed top are painted red and are marked with even numbers. They mark the right side of a safe channel. The flat-topped buoys are painted green and bear odd numbers. They mark the left

THE WAY WE WERE

Compiled by Bonnie Chevrier

side of safe water as a pilot heads his boat upstream.

Apr. 16, 1969

50 Years Ago

**Effective speaking finals for Lions District A4 in Pontiac for first time:** Effective speaking competitions have long been one of the activities of Lions Clubs throughout the world and the new club in Quyon is right in the swing. This Saturday evening, April 19 starting at 7 o’clock the Effective Speaking Finals for the entire district (A-4) will be held in Quyon.

At this event four trophies will be presented to the top speakers in each of four categories: Boys French, Girls French, Boys English and Girls English. There will also be a prize of \$20 for each of these four and \$10 will be presented to all finalists who enter.

The finals for district A-4 which includes Eastern Ontario and Western Quebec will be held at St. Mary’s School.

**Quyon Legion ladies donate euchre proceeds to local Girl Guides:** As a part of the Royal Canadian Legion’s program on education, the Ladies Auxiliary of the No. 231 Quyon Branch donated the proceeds of the regular Wednesday evening Euchre to the work of the local Girl Guides.

The Guide movement assists in developing the whole personality, mental, spiritual and physical, of young girls.

Apr. 13, 1944

75 Years Ago

**Local news:** Mrs. Herbert Strutt of this village, recently received from the Governor General of Canada a silver D.F.M. medal which had been awarded to her son, the late P.O. Gordon Strutt of the R.C.A.F. overseas.

P.O. Strutt, who enlisted during the first months of the war and went overseas as a Sgt. Pilot in May 1941, shared with his crew in the sinking of two submarines in the Atlantic off the west coast of England.

The first vessel was sunk in April and the second in May 1942 and of second sinking excellent pictures were taken and many of them were published in Canadian papers.

Shortly after he received his commission and in August of 1942 his place was reported missing. Nothing has been heard of it since and he now is presumed dead.

The medal came as a well-merited token of respect for his gallantry in bombing operation over Europe and the sinking of the submarines while on patrol duty.

He was born in Shawville where he received his education and was a very popular young man in this village.

At Pontiac Community Hospital, Shawville, born April 3, 1944 to Pte. and Mrs. Golden Kearns (nee Audrey Caldwell) a daughter, Connie Margo. (Daddy overseas.)

The air war over Nazi Europe is still growing in scope and intensity, comments the *New York Times*. Every passing day establishes new records for the number of

## Letters

# Municipality of Pontiac in total chaos

Dear Editor,

I really did not want to get involved again, however, with the events occurring in the Municipality of Pontiac since the November 2017 election, I felt something had to be said and done.

A chance had been given to the mayor since she had no municipal experience before running for mayor but 1.5 years later, this is where we are at. The accomplishments since the election are:

First thing that was done was an attempt to give away our Curley Lake Road snowmobile trails.

Second was to abolish a debt of \$75,000 by abrogating a resolution passed by previous council who had passed the resolution to collect the debt on the advice of the municipal lawyer.

Third was to impose door-to-door compost material pickup in a rural area. This was passed by four inexperienced councilors who later admitted that they had not received all the information at the time the vote was taken. There are citizens who are working hard to have this decision overturned.

Fourth, it is a total disgrace to see our beautiful community centre 4/5 completed which was scheduled for completion in February 2018.

Blaming the previous administration for the delay when in reality, it was the mayor’s interference after being coerced by the Quyon Lions Club who had no right to request changes. Ample opportunity to provide input on design had been given to this organization by the previous council but they refused to cooperate and showed lack of interest which was very immature.

As a previous mayor, I am aware of proper procedures for council meetings but these are not being adhered to and could result in potential lawsuits. Having a mayor who makes decisions on her own without council is not right. Having four inexperienced councilors is creating an issue by allowing the mayor to make these decisions on her own and this is quite concerning. The mayor’s inability to prioritize and ensure that the municipality benefits from grants such as the TECQ program is proving to be just stupid.

The budget for 2018 is the worst that I have ever seen, especially raising business tax as we are trying to attract more businesses and not chase them away.

Why would our taxes go to pay for consultations, engineering reports and legal opinions because of total ineptness?

Alary Road increasing from \$145,000 to over \$650,000 is further proof of stupidity. This is not monopoly money here but rather hard earned tax dollars that are being wasted.

I would really like to see the mayor resign as a result of a non- confidence motion by councilors. She is making them look quite foolish. We need to get our municipality back on track before we lose everything. If not, who would want to have to clean up this mess again?

Bruce Campbell  
Municipality of Pontiac

## Response to really bad idea

Dear Editor,

For years, making the Pontiac a tourist haven has been the mantra of the region.

How ironic that it may soon be home to a less than efficient garbage dump, taking garbage up the less than stellar highway from Gatineau and elsewhere to our pristine fields and watershed.

Is this the Pontiac’s wave of the future?

Carl Hager  
Pontiac, Que.

Allied planes that roam the Nazi skies for the weight of bombs and incendiaries dropped on Nazi targets for the number of Nazi planes destroyed and for the relentless frequency of the attacks.

One of a shower of German fire bombs which were dropped recently in the grounds of the British Houses of Parliament burned a hole in the roof of Westminster Hall. It landed on the slate roofing of that building, rolled down to the edge where it set the woodwork aflame but was quickly extinguished before doing much damage.

Apr. 10, 1919

100 Years Ago

**Local news:** A box social and debate will be held at the hall at Bristol Corners. There will be a debate. The subject is: Chivalry is passing away. The debate will be followed by a box social under the auspices of St. Thomas’ Ladies’ Guild. Admission is 25 cents.

Miss Wharry, professional nurse who recently returned from England, arrived home Saturday evening last.

Franklin McDowell, son of Mr. and Mrs. H.T. McDowell who has been an officer in the navy for some time, arrived home last week. He expects to go west shortly.

After going through an operation for a severe case of appendicitis at St. Luke’s Hospital, Ottawa on March 7, Miss Sarah Arvillia Black of Thornby passed away in her 15th year.

CONTINUED ON PAGE FIVE



# Pontiac's first Kidney Walk coming in May

by CALEB NICKERSON

Caleb Nickerson, THE EQUITY  
**Francine Lyrette and Randy Russell of Sand Bay, in conjunction with the Shawville Rotary Club, will be organizing the Pontiac's first Kidney Walk on May 26 at the Shawville Fairgrounds. The goal of the 5 km walk is to raise \$10,000 for the Kidney Foundation of Canada and increase awareness about renal health.**



**O**n the afternoon of May 26, the Shawville Fairgrounds will be host to the Pontiac's first Kidney Walk, put on by the Shawville Rotary Club. The walk is one of many that will take place across Canada in an effort to raise money for the Kidney Foundation of Canada and to bring awareness to the subject of renal health.

Rotarian Randy Russell and his wife Francine Lyrette spearheaded the local initiative because for them, the walk is very personal.

"We're trying to create awareness so that people are proactive and find out early rather than later that they may have kidney disease," Randy said. "It's become a big part of my life because I'm so grateful."

Randy was diagnosed with polycystic kidney disease (PKD), at the age of 29. The disease is genetic, and several members of Randy's family also live with PKD.

"This disease I have, you're born with thousands of little cysts on your kidneys and as you age, the cysts get bigger," he explained. "It's really gross."

He briefly showed a picture of what kidneys with end-stage PKD look like: sickly organs festooned with a multitude of bulbous growths. He compared it to carrying two footballs in his lower back.

"Some people have a lot of pain, these kidneys are very heavy and they kind of just hang," he said. "You don't sleep well. You're just full of toxins."

People with PKD typically suffer renal failure at the age of 60, and Randy was no exception. In 2013, he was referred to a multi-care kidney clinic by his nephrologist and they began looking at the options for a transplant. By that time, his kidney function was getting down to 15 per cent, but he was still able to do contract work up until 2016.

"The decline is so gradual," he said. "Your understanding of well isn't the same as everyone else's."

Randy was lucky enough to have 25 friends and family volunteer to be donors, however, only Francine and his nephew were eligible. They decided that Francine would be Randy's donor, and in 2015 they both began an intense series of pre-transplant diagnostic tests. The couple share a very common blood type, A positive, but Randy was surprised by how closely he matched his wife.

"Francine and I are not genetic matches but we are as strong a non-genetic match as you can have," he said.

In September 2017, with his kidney function down to nine per cent, they both underwent surgery in Ottawa.

"When your spouse is your donor ... it's amazing, but it also adds another layer of stress," he said. "You would never want anything bad to happen to one of your family members. With any surgery there's risk."

Francine's kidney was extracted in the morning and Randy underwent his operation that afternoon.

"They brought our gurneys side by side in the

hallway," he said. "We weren't able to hug each other but I was able to give her hand a big squeeze."

Both surgeries were a success and Francine even went Christmas shopping a few days later.

"She was maybe showing off a little bit," Randy said with a laugh. "My recovery was a little bit slower."

"It's like it never happened, I've had no problems whatsoever," Francine said nonchalantly. "I always say, it's nothing like having a baby. There's no comparison."

Randy's new kidney sits in his pelvis area just under the skin, which means that he has to be very careful about blows to his lower abdomen. He also has to keep a close eye on his personal hygiene (due to the medication he's on) as well as his diet. But those are small prices to pay for his new quality of life.

"My new normal today just blows me away," he said. "I knew that my renal health would be better but never, ever in my wildest dreams did I think it would be what it is today."

Randy said that he'll soon be canvassing for support and noted that he's hoping to find other locals to share some testimonials before the Walk.

"I absolutely want to get a patient from the dialysis unit in Shawville," he said. "That would be extremely powerful, someone talking about how being dialyzed in Shawville has improved the quality of their lives."

Pledge forms and more information will be available from either Randy or other members of the Rotary Club.



### Easter Praise Service

New Hope Christian Fellowship Church  
586 Main Street, Shawville, Quebec

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## The Parents' Voice

CONTINUED FROM PAGE FOUR

CONTINUED ON PAGE FIVE

It always amazes me how my children will further my thinking on their own. What I thought they would do is never what the end up doing. So interesting to watch.

Some spring ideas

A planting we will go. Add some dirt, plastic flowers, flowerpots and small shovels (you can use spoons). If you would prefer not to use dirt you can substitute with dry black beans. You can add some worms to make it more realistic. This sensory bin is a perfect addition to any sand box or outdoor play area when summer arrives.

Water play — On a rainy day you can put a little bit of water with some food coloring in the bin, add some mini strainers, funnels, spoons, cups and measuring cups for a super fun sensory experience. Keep towels close by for a quick clean up.

Anything dry I use in my sensory bin gets reused. When you change it to something else simply put the beans, rice, corn, pasta in a large Ziploc and store it in a cupboard for the next use. It's amazing how long these products will be used.

Flowers and fairies — This one is so fun. Fill your bin with coloured rice, some silk flower petals, confetti and

small fairy figurines. The kids can make new homes for the fairies, bury the fairies, save the fairies, really whatever they can come up with.

Easter — Easter grass, plastic eggs and little fuzzy chicks are a huge hit. Make sure to pull the grass apart before and remember a little bit of the grass goes a long way. If you can find mini baskets you can add those to the bin also.

Making bird feeders — It's exciting to listen for the birds coming home, and spotting them in trees at this time of year. Why not make a simple bird feeder together and watch the food disappear.

There are tons of great ideas online, <http://happyhooligans.ca/32-home-made-bird-feeders/>. This site is a great place to start. They have 32 kid friendly ideas.

Growing beans — Get a head start on your garden, indoors. Grow a it in a cup.

There are five simple steps to this science project and it looks so fun. We are going to try it. Find the steps and pictures here, <http://www.great-grub-club.com/grow-a-bean-plant#.WMXp9va4now>.

I hope these ideas are of some use to you and your family. I am desperate to get outside and get some beautiful rays of sunshine, so fingers crossed that the warmer weather starts reappearing soon.

## Spiritual Growth

By Esther Colpitts

### Serious pruning

I've been out on sunny days when the temperature has been milder, pruning both my apple and pear trees and my grapes. I find it difficult to cut away branches, unlike my father who seemed almost ruthless when he worked on his plants. But I'm learning.

Dad had lots of good healthy fruit. That's what I want too but it's eluded me. I let so many branches grow that I had no grapes last year.

Sometimes God seems to do exactly what my dad did. And because His pruning hurts, we fight it and run from it. But, whatever God chooses to bring into our lives will ultimately be for our good, even though it may, at the time, appear to be ugly.

We can't know what He is orchestrating. We're missing the big picture. Sometimes it takes years to realize what He is doing. Sometimes it remains a mystery, but learning to trust a good heavenly Father is the best thing we can do and it will be worth it all.

## THE WAY WE WERE

CONTINUED FROM PAGE FOUR

CONTINUED ON PAGE FIVE

She leaves to mourn her loss a sorrowful father and mother, two sisters and five brothers.

It is reported in Monday's dispatches that the Communist government recently proclaimed in Hungary has been overthrown and its minister of foreign affairs assassinated.

Von Hindenburg is said to have violated the terms of the Armistice by the mobilization of a strong force of German troops in Northern Prussia. This shows that the old war horse regards with contempt the agreement others of his countrymen entered into with the Allies to stop the war and it may be that the latter have more trouble coming to them than they expect.

The Canadian tariff issue according to information received by the *Toronto Star* may precipitate a general election during the autumn of the present year.

Apr. 19, 1894

125 Years Ago

**Local News:** The Chats Lake is now clear of ice.

Dr. H. Knox has removed the old wing of his house, preparatory to erecting a more commodious one.

The steamer *J.L. Murphy* left her moorings at Portage du Fort on Monday morning to commence the season's towing in Chats Lake, Capt. Ricard says navigation opened earlier this spring than any time during the past 20 years. There are at present 200,000 logs in the Scheaux boom to be towed.

The roads during the latter part of last week were in the opinion of the "oldest inhabitant" better than ever before at this time of year.

A number of farmers commenced plowing last week. Although the ground was exceptionally dry for the season, frost was encountered in most cases.

Heavy draft horses are in demand at present in this section. Mr. George Brownlee is hiring 50 teams to work on the Soulanges canal. The wages are said to be good.

Mr. C. Blondin, jailor at Bryson, lost a fine horse one day last week by drowning. It seems the animal which was hitched to a buggy ran away, taking straight along Main street, over the wharf into the river where the water is pretty deep. The carcass of the horse and buggy were afterwards fished up.

Walsh's hall, Bryson, has recently undergone elaborate improvements, especially in connection with the paraphernalia of the stage which has been thoroughly refitted and provided with attractive scenery.

A man named George Rose of Calumet Island had his dwelling with all its contents utterly destroyed by fire on Thursday last. Rose was absent at the time on the Coulouge drive and his wife had gone out for a few minutes to a neighbour's house. A girl in the house noticed the fire only when it was so far advanced that it was impossible to save anything in the building. Parties on the other side of the river saw the blaze but arrived too late to be of any service. The family lost everything except what they had on their backs.





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# “Man of the House” a delightful romp



Caleb Nickerson, THE EQUITY  
While attempting to rob the house, a burglar (Greg Graham) pretends to be the owner, with many hilarious unintended consequences. Pictured, the melodramatic old flame of the home's owner (Holly Richardson) hampers the burglar's getaway with her plans for a different kind of escape.

CALEB NICKERSON  
SHAWVILLE April 5-6, 2019  
On April 5 and 6, the Pontiac Community Players put on quite the performance in support of the local high school auditorium project.

The evenings featured both dinner and a show, with banquet tables filled with guests running down the main hallway at Pontiac High School (PHS). After guests filled up on lasagne, they filed into the auditorium for a slapstick romp entitled “Man of the House.”

A burglar (Greg Graham) infiltrates the palatial home of Olive and Harry Mason (Meagan Pelletier and Gord Graham) only to find himself inextricably tangled in their personal lives. While attempting to make off with jewellery and the silverware, the burglar becomes involved with Mr. Mason's

high school flame, dupe the local cops and even manages to convince his estranged niece's fiancé to stand up to his battle-axe of a mother-in-law. The plot takes several twists along the way, and the increasingly ridiculous scenarios had the audience

in stitches. PHS Principal Debra Stephens directed the production and said that the group had started work on the play after Christmas. “I wanted to do a fundraiser for the auditorium so I thought this would be fun to do,” she said, not-

ing that the group put on a similar fundraiser last year as well. The current objective of the school's auditorium project is to purchase new curtains, after raising enough funds to replace the seats and lighting system.



Caleb Nickerson, THE EQUITY  
The burglar gets himself involved in the personal lives of the people he's attempting to rob, even convincing his estranged niece's fiancé to stand up to his battle-axe of a mother-in-law. From left: the burglar (Greg Graham) backs up Ed Kinsel (Connor Stephens) and Marjorie Mason (Eva Baldi) as they stand up to the shrill Mama Mason (Bonnie Richardson).



Caleb Nickerson, THE EQUITY  
The Pontiac Community Players put on back to back performances of “Man of the House” on April 5 and 6 at the Pontiac High School auditorium. Before the play, guests were treated to a lasagne dinner in the school's main hallway.

## CNL briefs local businesses



Caleb Nickerson, THE EQUITY  
Local officials and businesspeople gathered at the R.A. Centre in Campbell's Bay on April 4 for a briefing from Canadian Nuclear Laboratories on upcoming projects and opportunities.

CALEB NICKERSON  
CAMPBELL'S BAY April 4, 2019  
On April 4, Canadian Nuclear Laboratories (CNL), in conjunction with MRC Pontiac and the local SADC, hosted a breakfast meeting at the R.A. Centre in Campbell's Bay, bringing together local contractors and officials to discuss opportunities for local businesses.


The morning began with a briefing on the upcoming work that CNL has planned as well as how local businesses can prepare themselves for the procurement process. MRC Economic Development Commissioner Claude Galipeau explained that she hoped local entrepreneurs would be able to take advantage of the opportuni-

ties across the river. “Even if they can't directly apply for a contract, they could potentially be a sub-contractor for all these companies,” she explained. After the presentation, many of the questions from the audience had to do with issues like security clearance or regional hiring priorities. Galipeau added that there would be jobs for people outside of the construction business as well. “Most of our companies are related to the trades and whatnot so that's why

we concentrated mostly on that, but there is a wide range of contracts that will be coming out,” she said. Campbell's Bay Mayor Maurice Beauregard attended the meeting and said that he would be encouraging local businesses to check out the seminar at the end of the month. “I came today to this meeting because I think it's very important for everyone in the Pontiac,” he said. “If I can bring something back to my local contractors I will spread the information.”

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# Pontiac Fish and Game Club hits the ice



J.D. Potié, THE EQUITY

On April 6, around 40 members of the Pontiac Fish and Game Club, assembled at the Shawville Curling Club for their annual bonspiel. Pictured, Rick 'Stinger' Hodgins slides a rock along the ice.



J.D. Potié, THE EQUITY

Pictured, Doug Hodgins walks next to a sliding rock waiting to sweep the ice.

## M&R Feeds winners of the ADAMA Thank a Retailer contest



Photo submitted

M&R Feeds was the eastern Canada winner of the ADAMA Thank a Retailer contest. This resulted in M&R Feeds receiving \$15,000 for two local causes: The Robbie Dean Center and Muskrat Watershed Committee which each received \$7,500. The cheque presentation was held on March 22 at M&R Feeds in Pembroke, Ont. Pictured from left: John Hermans, Rob Moore, Robbie Dean Center representatives Donna Stokell and Monique Yashinsk, Todd Denoffreo of ADAMA, Liam Clifford, Karen Coulas from the Muskrat Watershed Council, Brett Coughlin, Carly McLeese, Meredith Mulligan, Brian Coughlin and Brent Clifford.

### J.D. POTIÉ

SHAWVILLE April 6, 2019

On April 6, around 40 members of the Pontiac Fish and Game Club as well as other curling enthusiasts gathered at the Shawville Curling Club for the annual Fish and Game bonspiel.

As the last bonspiel of the year at the club, the event served as an opportunity for members of the Fish and Game Club to catch up on old times and sip a few brews while raising money for the curling club.

"It's the last spiel of the year," said Bruce Hodgins, the event's main organizer. "It's a good spiel. It makes the club money and it's fish and game so it's all the guys who hunt or fish."

For Rick 'Stinger'

Hodgins, a resident of Shawville who has participated in the tournament for almost 30 years, the best part of the event is the chance to meet with familiar people who have similar interests.

"It's a good get together," said Stinger. "Everybody gets talking about their hunting and stuff from the year before. Everybody knows each other, you know. We've all grown up together."

However, the event isn't quite as popular as it once was, according to Hodgins.

What used to be a two-day event with 12 to 18 teams was cut down to one day with only eight teams participating. Hodgins attributed it to the lack of youth in the area and their lack of inter-

est in the sport itself.

"There's no young people left here," said Hodgins. "All our young people are gone to the city. They don't curl. But it's still good, you know. A lot of the old guys are still here."

For Brad Harris one of the participants and a member of the Pontiac Fish and Game club, the event gave him a chance to play a sport he hasn't played in decades.

"The last time I curled was in this," said Harris. "That was 25 years ago."

At the end of the event, team Goeland Lake, consisting of skip Trevor Tanguay, third Al Keuhl, second Tim Murray and lead Robert McCord proudly lifted the Clair Jake Memorial Trophy as the newest champions of the Fish and Game Bonspiel.

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# Old Timers making moves in North Bay



The Pontiac Old Timers Hockey team took first in the B division at the North Bay Ramada Relics Wooden Stick Tournament on April 2 and 3, taking down local rivals the Renfrew Rusty Blades in the final. The local lads brought along their biggest fan, Reg Carkner, who ended up playing a set with bandmates Marc Latreille and Shane Presley. Back row, from left: Lance Laviolette, Carkner, Latreille, Jerry Dubeau, Rick Young, Charlie Taylor, Chris Graham, Lee Teperman, Miguel Chénier, Joey Renaud and Presley. Front row, from left: Terry Picard, Joe Pieschke, Maurice White, Neil Corriveau and Rory McKay.



# Country tunes at Shawville Ford

Shawville Ford was packed with several dozen country music fans on April 8 as they hosted Valley Heritage Radio's annual Radiothon fundraiser. Attendees snacked on free hotdogs and lemonade while taking in tunes by local legends Douglas Connection. Pictured, Shawville Ford owners Robert and Heather MacKechnie pose with the band.

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**HOME IMPROVEMENT HEADQUARTERS**

## Three projects to prioritize home improvement

J.D. POTIÉ  
PONTIAC April 6, 2019

Spring is finally here, sort of.

With the new season fast approaching, it's the perfect time to focus on home improvement and renovation projects.

But with so much to do in so little time, where does one start?

Here are three home improvement initiatives that residents should think about tackling this season, according to experts.

For Cedric Cahill, an entrepreneur with GreenHill G.P. and an expert in the field of home improvement, the first thing one should worry about once the snow melts is checking and cleaning out eavestroughs.

"They take significant damage," said Cahill. "If they're not installed right, there's a lot of ice. There could be debris in there and you want to have proper evacuation of your water with the thaw coming on."

When gutters are left cluttered, water gets clogged and stops draining from the roof causing it to leak into a variety of unwanted areas and eventually causing severe water damage to the property.

"People don't realize how important they are in evacuating water from around their homes," said Cahill. "It's also important to keep them clean, as well."

The second most important thing is to inspect the insulation in ones attic to make sure that it's dry, that no water damage leaked through and that there aren't any unwanted critters finding their way into the space.

"Make sure there's no rodents or anything making their way into the attic space," said Joel Boisvert, an entrepreneur also with GreenHill G.P. "So, that there aren't any rodent droppings in there."

Priority number three should be to check or change the filter on the heating and cooling furnace and checking the air vents.

According to Cahill, replacing the filter is key when it comes to producing healthy airflow around the house.

When left unchanged, clean airflow is restricted while producing contaminated air, which can lead to a number of illnesses in the long term, including dry cough, asthma and stuffy noses.

"That's a huge one after a long season," said Cahill. "Sometimes you won't smell it. But go down and replace your filter, even if it might not be that bad. That's the first thing you want to check is the air coming in."

Home improvement can be time consuming, costly and it's not easy. That's why Cahill reminds people that if they're not sure about how to do certain projects properly, the ideal solution is to call a professional who knows how to get the job done.

"If you're at home doing drywall and you don't know what you're doing it can increase your cost significantly," said Cahill. "It is time consuming as well and you are playing with your home, so a lot of things can go wrong."

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# Sugar Bush binge in Fort Coulonge

J.D. POTIÉ  
 FORT COULONGE  
 April 6, 2019

On April 6, around 150 Pontiac residents gathered inside the Knights of Columbus Hall in Fort Coulonge for the annual Sugar Bush Dinner.

Hosted by the Knights of Columbus, Le Patro and the Daughters of Isabella, the event was used as a fundraiser for the three organizations to help out underprivileged residents, youth and the local Parish.

Serving a variety of delicious meal items, including fried potatoes, slices of ham, sausages, beans, omelets and many more, the dinner had something tasty to offer for all who attended.

For Jeannot Bilodeau, the Grand Knight for the Fort-Coulonge Knights of Columbus, who has organized the dinner for the last three years, the event is a popular gathering among locals, where they can give back to the community over a filling meal.

Now, with the event's popularity rising consistently every year, Bilodeau is confident that the trend will continue.

"This is to bring people together," said Bilodeau. "I think if we host it again next year, they'll come back again."

With various musical acts performing throughout the evening, Bilodeau said the



Around 150 people attended the annual Sugar Bush Dinner in Fort Coulonge, on April 6. Pictured, Jeannot Bilodeau, the event's main organizer smiles for a portrait.

event has become one the prime opportunities for locals to showcase their talents to a large crowd.

"Compared to a couple years ago it's a lot more popular," he said. "It encourages the [people] in the region to come out and sing or play music."

Profits from the event will

be equally distributed amongst the three organizations and eventually back to the community, according to Bilodeau.

"After we count all the money made from this evening, we'll divide it by three," he said. "Then, it goes back to the community."

## Improving life through nature

CHRIS LOWREY  
 BRISTOL April 10, 2019

A study conducted over the course of the last couple of years that was released recently shows that residents of Bristol and the Municipality of Pontiac really make the most of the time they spend in nature.

McGill University PhD candidate Dalal Hanna's study, "Pathways to Improving Relationships Between People and Nature in the Municipalities of Bristol and Pontiac," sheds light on how people in the region interact with nature and what they get out of those interactions.

"The most surprising thing to me in the whole process was just how much people that we spoke to as part of our project benefit from nature in diverse ways," Hanna said. "There are over 60 ways that people interact with nature."

Between August and November of 2018, Hanna provided residents with an online survey asking them questions about their interactions with nature. More than 35 people took part in the survey.

In February of this year, she organized a workshop for residents to help identify the barriers that prevented them

from enjoying the environment to its fullest extent, since only 17 per cent of the survey's respondents said they were completely satisfied with their interactions with nature.

"On the other hand, we found that people aren't completely satisfied with those relationships," Hanna said. "The idea behind the workshop that we organized in February was really to figure out what other ways those relationships can be improved."

One of the top environmental concerns of residents was waste management. Hanna noted that insufficient garbage collection, waste left behind by others and unnecessary compost collection were some of the main reasons given by participants.

Another major concern was a lack of infrastructure.

"Ideas like 'we should develop our roadsides for biking so that there are official spots where people can bike' or 'we should extend and improve our existing trail network,'" Hanna said of the responses she got.

Residents also expressed a desire for better public access to the area's waterways.

Additionally, education was another major theme

during Hanna's study.

"We should have improved signage for recreational activities," she said. "It's a bit of a mismatch in the community of understanding: when do people hunt, when do people not hunt, where can we walk, where can't we walk, so there's a need for more of that."

Hanna said that the workshop was especially helpful because many of those in attendance brought various areas of expertise to the table.

Ultimately, Hanna said that people in the region enjoy the great outdoors and find their relationship with nature a meaningful one.

She thinks the uniqueness of the region is a major factor in that.

Pontiac is a type of ecosystem known as an Alvar, which supports rare plant and animal life typically found on prairie grasslands.

Participants expressed to Hanna the need to spread the word about the Pontiac's natural beauty.

"They were talking about the need to create some sort of field guide that could be shared with other people so that people in the region could start to get excited about some of the unique things in the region."



Pictured, Jean-Ives Fortin and Johanne Dionne seated enjoying their dinner.

## Novice C Lions celebrate another season



Photo submitted by Cherith King

The Pontiac Lions Novice C team gathered together last weekend to celebrate the end of our season with a bang. The parents and players want to sincerely thank Brandan, Matt, Lawrence, Kyle and Charlie for all of their time, effort and encouragement this year. See you next year!

## Sundog spotted near Clark Lake



Photo by Mary Mackay

EQUITY reader Mary Mackay captured this picture of a sun halo on April 5 at her cottage on Clark Lake. Also known as "sun dogs," these optical phenomena occur when light reflects off ice crystals in the atmosphere, creating a ring or spots in the sky.

## Sheenboro



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Our sincere condolences and sympathies go out to Ann and the Keon family on the passing of Dr. Wilbert Keon. He passed away peacefully with his family by his side on April 6. Whether it may have been a medical question or a simple request for a donation, Dr Wilbert and Ann's door was always open.

Birthday greetings and best wishes go out to my niece Carly on April 11, to Rita Payne on April 14 and to Amy Fleury and Anna Sallafranque on April 15.

A large group of young people attended a stag and doe in honour of Jonathan Michaud and Carly McDonald on Saturday at The Harrington Community Centre.

Just a reminder, the cut off time to purchase your ticket for the fish fry in aid of Pontiac Ouest Fire Services and the Lions Club on Good Friday is April 13.



# Revenu Québec rappelle aux citoyens qu'il leur reste moins d'un mois pour transmettre leur déclaration de revenus

GOUV. DU QUÉBEC  
Communiqué  
**QUÉBEC** Le 1er avril 2019

Revenu Québec se réjouit de constater qu'année après année, les Québécois sont toujours plus nombreux à utiliser le service ImpôtNet Québec pour transmettre leur déclaration de revenus. En effet, jusqu'à maintenant, 1 977 000 déclarations de revenus ont été transmises par Internet, sur un total de 2 205 000 déclarations reçues, soit 90 pour centage. À la même période l'an dernier, 1 711 000 déclarations de revenus avaient été transmises électroniquement.

ImpôtNet Québec est un service efficace et sécuritaire qui permet notamment aux

citoyens de recevoir plus rapidement le remboursement auquel ils ont droit, s'il y a lieu, surtout s'ils sont inscrits au dépôt direct. L'objectif de Revenu Québec est d'effectuer un remboursement ou de délivrer un avis de cotisation dans un délai de 14 jours lorsqu'une déclaration de revenus est transmise par voie électronique, comparativement à un délai de 28 jours lorsqu'une déclaration est envoyée par la poste.

Revenu Québec rappelle que les citoyens ont jusqu'au 30 avril, à minuit, pour transmettre leur déclaration de revenus relative à l'année d'imposition 2018. Les citoyens qui déclarent des

revenus d'entreprise et leur conjoint ont cependant jusqu'au 17 juin 2019 pour le faire. Dans tous les cas, le solde d'impôt doit être payé au plus tard le 30 avril.

Revenu Québec met tout en oeuvre afin d'offrir des services de qualité et de répondre aux attentes des citoyens en cette période d'impôt. C'est pourquoi les heures d'ouverture de son service à la clientèle sont prolongées. Ainsi, jusqu'au 8 mai inclusivement, les citoyens pourront communiquer avec le service à la clientèle de 8 h à 18 h, du lundi au vendredi, à l'exception des 29 et 30 avril, où les heures d'ouverture seront de 7 h 30 à 20 h. De plus, l'assistance

technique pour les utilisateurs du service ImpôtNet Québec sera offerte le samedi 27 avril, de 9 h à 16 h, le lundi 29 avril, de 7 h 30 à 20 h, et le mardi 30 avril, de 7 h 30 à 22 h.

Prendre connaissance des principaux changements pour l'année d'imposition 2018.

Rassembler tous les renseignements et tous les documents nécessaires (numéro d'assurance sociale, relevés, pièces justificatives, avis de cotisation de l'année précédente, etc.).

S'inscrire au dépôt direct et, dans le cas où un solde d'impôt doit être payé, consulter le site Internet de Revenu Québec pour savoir

comment effectuer le paiement en ligne.

Se renseigner sur les crédits d'impôt remboursables ou non remboursables et sur les conditions d'admissibilité (crédit d'impôt pour frais de scolarité ou d'examen, crédit d'impôt pour frais de garde d'enfants, crédit d'impôt pour solidarité, crédits d'impôt pour dons, crédit d'impôt pour maintien à domicile des aînés, etc.).

Consulter le verso des relevés pour y trouver des renvois aux lignes de la déclaration et se référer au Guide de la déclaration de revenus (TP-1.G).

Visiter le site Internet de Revenu Québec pour obtenir

de l'information supplémentaire, un formulaire ou une publication.

Transmettre la déclaration à temps pour éviter des frais et des pénalités. Il est à noter qu'il n'est plus nécessaire de joindre les reçus et les autres pièces justificatives (ces documents doivent cependant être conservés afin de pouvoir être fournis sur demande).

Ne pas oublier de remplir l'annexe D pour demander le crédit d'impôt pour solidarité.

Prévoir le paiement de la contribution additionnelle, dans le cas des parents dont au moins un enfant fréquente un service de garde éducatif à l'enfance subventionné.

S'informer sur le Service d'aide en impôt - Programme

des bénévoles, qui a pour objectif d'aider les personnes à faible revenu à remplir leurs déclarations de revenus.

Les citoyens sont également invités à s'inscrire à Mon dossier et à utiliser cet espace en ligne personnalisé qui leur permet de remplir leurs obligations fiscales de manière confidentielle et sécuritaire. En effet, dans Mon dossier, les citoyens ont accès en tout temps à une multitude de renseignements concernant leur dossier fiscal ainsi qu'à une foule de services en ligne pratiques. Ces services leur permettent, par exemple, de s'inscrire au dépôt direct, de mettre à jour leurs coordonnées personnelles ou de connaître l'état

de traitement de leur déclaration de revenus. Grâce à une authentification simplifiée, les citoyens peuvent maintenant accéder à leur dossier en ligne en utilisant le même identifiant et le même mot de passe que ceux demandés pour accéder aux services en ligne de leur institution financière. Pour plus d'information, visitez le [www.plus-facilequejamais.ca](http://www.plus-facilequejamais.ca).

Enfin, les citoyens ont avantagé à produire leur déclaration de revenus, même s'ils n'ont aucun revenu à déclarer ou impôt à payer. Cela peut leur permettre, entre autres, de bénéficier de certains programmes d'aide et d'autres avantages fiscaux, selon leur situation.

## Temps supplémentaire obligatoire, ç'a assez duré - Fédération interprofessionnelle de la santé du Québec-FIQ

FIQ  
Communiqué  
**MONTREAL** Le 2 avril 2019

C'est sous le thème « Le temps supplémentaire obligatoire, ç'a assez duré » que la présidente de la Fédération interprofessionnelle de la santé du Québec-FIQ, Nancy Bédard, a annoncé la tenue d'une première journée nationale sans TSO lors d'une conférence de presse à Montréal. Signe que le ras-le-bol est généralisé dans toute la province, la présidente de la Fédération était entourée de représentantes

syndicales des quatre coins du Québec pour l'occasion. « Le 8 avril prochain, les professionnelles en soins veulent pouvoir choisir leur santé physique et mentale, leur vie personnelle et familiale. Elles veulent, comme la grande majorité de la population, vivre une journée normale de travail. Une journée où elles ne risquent pas d'être prises en otage. Voilà l'objectif de cette journée sans précédent », d'expliquer la présidente de la Fédération.

Le temps supplémentaire

obligatoire, ç'a assez duré (Groupe CNW/Fédération interprofessionnelle de la santé du Québec - FIQ);

Le temps supplémentaire obligatoire, ç'a assez duré (Groupe CNW/Fédération interprofessionnelle de la santé du Québec - FIQ);

L'enjeu du TSO préoccupe depuis longtemps la Fédération et elle dénonce sur toutes les tribunes cette forme de violence organisationnelle. « Cette pratique est devenue un réel mode de gestion qui porte atteinte aux droits des profession-

nelles en soins et a un impact direct sur la qualité et la sécurité des soins. La journée du 8 avril doit servir d'électrochoc pour tous les gestionnaires du réseau », d'expliquer madame Bédard.

Ainsi, les employeurs ont près d'une semaine pour accomplir ce qu'ils devraient faire tout au long de l'année, c'est-à-dire, élaborer des horaires de travail complets et prévoir du personnel en nombre suffisant.

« Au quotidien, ces mêmes employeurs donnent très peu de temps aux profes-

sionnelles en soins pour s'organiser lorsqu'ils sont obligés à faire du TSO. Nous, on leur laisse plusieurs jours pour le faire. Plusieurs jours qui leur permettront de remplir leurs responsabilités, d'organiser leur vie personnelle et familiale et nous espérons, s'il le faut, que ceux et celles qui détiennent les compétences nécessaires se mettront eux-mêmes à l'heure pour un minimum de 16 heures », d'ajouter la présidente.

Chaque jour, les professionnelles en soins sont les

témoins des impacts néfastes et désastreux de ce fléau qui sévit dans le réseau de la santé. Les arguments utilisés pour justifier le TSO ne tiennent plus la route et le jupon dépasse depuis longtemps. La patience des professionnelles en soins est sous respirateur artificiel.

« Quand le TSO est « prévu » à l'avance, on n'appelle plus cela une urgence. Ce qui devait être une mesure d'exception a été érigée, dans beaucoup d'établissements, en véritable système de gestion. C'est

inhumain et dangereux tant pour les professionnelles en soins que pour les patient-es », de dénoncer la porte-parole syndicale.

La ministre de la Santé et des Services sociaux a maintes fois déclaré vouloir mettre fin au TSO. « Cependant, ce vou demeurera pieux si elle n'exige pas de ses gestionnaires des changements profonds. Elle doit envoyer le message clair que le temps où on faisait reposer tout le fonctionnement du réseau de la santé sur les épaules des

professionnelles en soins est révolu. Il y a urgence d'agir! Nous lui avons fait part d'une multitude de solutions dont celle du déploiement des ratios professionnelles en soins / patient-es par l'entremise d'une loi. Nous souhaitons qu'il y ait un avant et un après « le 8 avril 2019 »! Espérons que cette journée en sera une de grand changement. Dans le cas contraire, nous allons poursuivre notre lutte et les prochains mois pourraient être chauds », de conclure la présidente.




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Les personnes intéressées peuvent faire parvenir leur curriculum vitae (C.V.) par courriel ou directement au bureau municipal à l'adresse ci-jointe **avant le 24 avril 2019, 16h00.**

**Municipalité de Bristol**  
32, chemin d'Aylmer, Bristol (Québec) J0X 1G0  
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# Classifieds

## COMMUNITY CALENDAR

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

**April 13** – Bryson Lions Club Dance 8 p.m.- 12 a.m., light lunch served at 11 p.m. Entertainment by Greenwood Country. Cost \$10.00/person. For more information contact Betty Leach at 819-648-5424. ba10

**Thurs., April 11** – Pancake Supper with extras: including sausages, beans, salads, cakes, etc. Orange Lodge Hall, 114 Centre St., Shawville, Que. 4:30 to 7 p.m. Admission: Adults \$10, children 12 and under \$5. Everyone welcome. 4xa10

**Fri., April 12** – Boot Drive in Shawville for PCEC Humanitarian Mission to San Jose de Ocoa, DR. ba10

**Sat., April 13** – From noon to 2:00 p.m. Easter Tea Fundraising event for Villa James Shaw. Shawville United Church \$8 per person. 2xa10

**April 14** – All You Can Eat Old Fashioned Maple/Apple Brunch 10 till 2 at Coronation Hall Cider Mill in Bristol. (Enjoy real Maple syrup). Reservations appreciated but not required. Adults \$17.25; children 5 - 12 \$8.75; kids under 5 free. Call for more info. 819-647-2547. 2ba10

**Mon., April 15** – Join us for our last Creative Movement for Caregivers and Tots class. Join us at The Shawville Lions Hall from 10:30-11:15, \$5/drop in, babies under 1 are free! Last Class!

**Easter Eve, Sat., April 20** – Zion Pancake Supper at Zion Lutheran Church 4:00 to 7:00 p.m. Regular and potato pancakes, sausages, baked beans, homemade rolls, fresh maple syrup, dessert, tea, coffee. Adults: \$10, children under 12 \$5. Everyone welcome. 2ba17

**Sun., April 28** – From 1:00-2:30 p.m: Parents' Voice presents Water Painting with Katharine Fletcher. She will be teaching the children how to use salt and other techniques to create unique masterpieces. Must pre-register to parentsvoiceshawville@hotmail.com. Cost is \$10/child, workshop takes place at The Shawville Community Lodge (244 Main). fa10

## 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. qa10

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

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

**Flags** that say Ouvert, Welcome and Open, available at The Pontiac Printshop, 133 Centre St., Shawville, QC., 819-647-2204. xtc

**Pontiac** Lions hoodie jerseys in-stock at Pontiac Printshop Limited. Adult sizes M, L and XL. Taking orders for youth sizes now. Personalized and plain available. 133 Centre Street, Shawville, QC. xtc

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**Hay** for sale, 4 x 4 bales \$25 per bale 819-647-8058. 2xa17

## CARS & TRUCKS

**Truck** for sale. 2010 F150 FX2, black, 155,000 kms. \$8,400 o.b.o. 819-684-6649. 2xa17

## FOR RENT

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

## SERVICES

**Pontiac** Respite Services – If you have a loved one needing 24hr care and supervision, we now have 2 rooms available. Call Julie for more information at 819-648-2495.

**Les Services de Répit du Pontiac** – Si vous avez un être cher qui nécessite des soins et une supervision 24hr, nous avons 2 chambres de disponible. Téléphonez Julie pour plus d'information au 819-648-2495. 2ba17

## THANKS

**Stanley** – Thank you to my family and friends for the great surprise birthday party. Don Stanley



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## IN MEMORY

**Murphy** – Grace, who passed away April 4, 2002 and Earl who passed away March 21, 2016. However long our lives may last, Whatever joy or grief be ours, We will always remember you. Brian, Barbara, Terry and Brandon



**Graveline**, Donald – April 12, 2018. A golden heart stopped beating. Hard working hands at rest, It broke our hearts to see you go. God only takes the best. They say that memories are golden, Well maybe that is true, But we never wanted memories, We only wanted you. Your life was love and labour, Your love for family true, You did your best for all of us, We will always remember you. We sat beside your bedside, Our hearts were crushed and sore, We stood beside you to the end, 'Til we could do no more. In tears we watched you sinking, We watched you fade away, And though our hearts were breaking, We knew you could not stay. Our lips cannot speak how we loved you, Our hearts cannot tell what to say, But God only knows how much we miss you, In our home that is lonely today. "Full of the world Dad" Muriel and Family

## THANK YOU



**Mason** – The family of Olivette (St-Aubin) Mason would like to thank everyone for their kindness and support prior to and following the passing of our dear Mom, sister, aunt, cousin and friend, who we loved so much. The presence of everyone in person or in spirit, both near and far, brought great comfort during this difficult time. Special thanks for the kindness and caring of all the staff at the Shawville Hospital General Care Unit, including Dr. Wootton, Dr. Potvin, Dr. Karabatos, all the doctors on staff in Palliative Care, all of the nurses, to Rick Valin and all the Palliative Care volunteers for the gentle compassion, not only for our Mom, but the family as well. Mom wanted to personally thank everyone, including the ladies of Victoria Quilts Canada for the lovely gift. Thank you to the staff at the Hayes Funeral Home for their support and compassion. Our gratitude to Fr. Justin Bertrand and the ladies of the St. Charles Borromeo Church, the pallbearers, readers, alter ladies, beautiful songs by the choir, and to those who prepared and served lunch following the service. For all the flowers, donations, calls, cards, messages, food, we thank you so much. We are truly blessed to have such wonderful family and friends and sincerely grateful for your continued prayers and love. Mom we will forever love you and miss you dearly, now, always and forever. Love, John (Jennifer), Joanne (Ryan) and families

## IN MEMORY



**Trudeau**, Edith (Draper) – It's been 2 years since you left us. If roses grow in Heaven Lord please pick a bunch for us, Place them in our Mom's arms And tell her they're from us. Tell her we love and miss her And when she turns to smile Place a kiss upon her cheek And hold her for a while. Because remembering her is easy, We do it every day But there's an ache within our hearts That will never go away. Miss you Mom. Gig, Mark, Jo-Anne, John, Jessica, Ty, Zack and Dillon

## DEATH

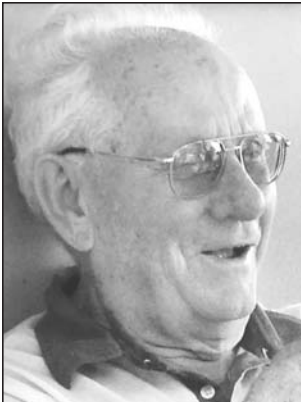


**Keon**, Dr. Wilbert Joseph passed away on Sunday, April 7, 2019 at the age of 83 in the Ottawa Hospital - Civic Campus. Dr. Keon's personal accomplishments and contributions to his community and country are too numerous to list. Highlights include: founder and retired Director General of the University of Ottawa Heart Institute, retired Conservative Senator of almost 20 years (appointed by Rt. Hon. Brian Mulroney), Officer of the Order of Canada (appointed by Gov. Gen Jeanne Sauv ), Knight Commander of the Order of St. Gregory the Great (appointed by Pope John Paul II). He was born in Sheenboro, QC, on May 17, 1935, the youngest of 13 children to Lawrence Keon and Loretta Ryan. He is survived by his wife, Barbara Anne Keon (nee Jennings), still the love of his life after almost 60 years of marriage. His pride and joy were his children and grandchildren, daughter and son-in-law Dr. Claudia Keon and Dr. Mark Field; parents of Jack (age 20), Christopher (age 15), Ethan (age 14), and Sean (age 8); son Neil and daughter-in-law Debbie Loeb, parents to Sam (age 9) and Rosie (age 3); and son Ryan and daughter-in-law Cindy Tomlinson, parents to William (age 19) and Emily (age 17). Dr. Keon is also survived by his sisters Maisie (late Christy Gleason) and Lorna (Delbert Sloan), and was predeceased by brothers Alvin (Clarella), Clayton (Lolita), Claude (Mae), Mike (Francoise), Dr. Harold (Nora) and sisters Carmel (Bill Crilly), Mardie (Frank Carroll); Donna (Don Ackehurst) and Loretta. He was a loving Uncle to many nieces, nephews, great nieces and great nephews. Funeral service will be held in St. Patrick's Basilica, 220 Kent Street, Ottawa, Ontario on Thursday, April 11, 2019 at 10 a.m. followed by a reception. A second funeral service will be held in St. Paul the Hermit Church, Sheenboro, Quebec on Friday, April 12, 2019 at 11:30 a.m. followed by a reception in the parish hall. In honour of Dr. Keon, donations may be made to the University of Ottawa Heart Institute Foundation. Arrangements entrusted to Hayes Funeral Homes, Shawville, Quebec. Online condolences may be made at hayesfuneralhome.ca



**Petty**, Betty Anne – A million times I've needed you A million times I've cried, If love could have saved you You never would have died. Things we feel most deeply Are the hardest things to say, My dearest one, I loved you, In a very special way. If I could have one lifetime wish One dream that could come true, I'd pray to God with all my heart For yesterday and you. Deeply missed by John Petty, Shannon and Ben MacMurchy and Scott, Andrea and Nolan Manley

## DEATH



**Jamieson**, James Stanley – A gentleman's gentleman was called to rest on April 1st, 2019 in his 103rd year. He leaves behind his much-loved family - wife Mavis, daughter Kathy (Dan Mottershead) and son Bruce (Julie Lockhart). He was a beloved Granddad to James and Thomas Mottershead and Uncle to many generations of nieces and nephews. Born October 13, 1916, Stan grew up in Elmside, Quebec working on the family farm and at their general store. Called to play a part in World War II he was stationed in the UK with the Air Force. After the war he returned to work for the federal government where his career with Taxation Canada lasted over 30 years. Stan met Mavis soon after his return and together they raised their family in Ottawa and had over 70 years together. Stan and Mavis had a cottage at Norway Bay for over 50 years, frequently hosting friends and family including an annual family gathering. The family are grateful for the wonderful care Stan received at the Perley-Rideau over the last four years by staff and private care-givers. Relatives and friends are invited to a Memorial Reception at the Westboro Chapel of Tubman Funeral Homes, 403 Richmond Rd. (at Roosevelt Ave.) On Saturday, April 13 from 2:00 pm to 4:00 pm. Words of remembrance at 3:00 pm. Condolences and tributes may be made at www.tubmanfuneralhomes.com



**Hewitson**, Cole Jason – (March 27, 2019 – March 28, 2019) Vanessa Sloan and Jason Hewitson announce the passing of their beautiful angel Cole. A moment in our arms, forever in our hearts. Cole Jason Hewitson was born at 3:12 pm Wednesday, March 27th, 2019 weighing 7 lb and 12 oz. Due to complications Cole passed peacefully cuddled in our arms, surrounded by love on March 28th, 2019 at 7:04 am. Although our time with Cole was cut short we are so thankful to have had time to shower him with love. Cole will forever be missed by Mommy, Daddy, big brother Liam and big sister Holly, grandparents, aunts, uncles, cousins and extended family. A heartfelt thank you to the staff of the Pontiac (Shawville) Community Hospital, the CHEO team as well as the community for their support, kindness and compassion for everything they did for Cole, and our family during this difficult time. Thank you to everyone who has kept us in their thoughts and prayers. It means more to us than you'll know. A private family service will be held at a later date. In honour of Cole, donations may be given to the Pontiac Community Hospital Foundation or the CHEO Foundation. www.hayesfuneralhome.ca

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

**Personal** Prayer to the Holy Spirit - Holy Spirit, Thou who make me see everything and show me the way to reach my ideal. You who give me the divine gift to forgive and forget the wrong that is done to me who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires my be. I want to be with You and my loved ones in your perpetual glory. Amen. Person must pray this 3 consecutive days without stating one's wish. After third day your wish will be granted no matter how difficult it may be. promise to publish this soon as your favor has been granted . JC

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

## MEMORIAL SERVICE

**Brinkworth** – The Family of Eva Jean Brinkworth is having **A Celebration of Life**

Join us for a luncheon and share memories of a life that touched so many April 20, 2019, 1 – 5 p.m., Auberge de la For t, 501 Rte. 148, Bryson, Quebec. If you are planning to be there - RSVP Les 819-647-3781. If you replied to the evite – no need to call. 2xa10

## PUBLIC NOTICE

**NOTICE OF MEETING** : The Pontiac Historical Society will hold its Annual General Meeting at the Pontiac Archives, 358 Main Street, Shawville, Quebec, on Tuesday, April 16, 2019 at 7:00 p.m. All are welcome. Phone 819-647-3538 for info. xa10

## NOTICES

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**Pri re**   la Sainte-vierge – La plus belle fleur du mont Carmel, vigne plein de fruits, splendeur du ciel, m re b nie du fils de Dieu, m re immacul e, assistez-moi.  toile de la mer, aidez-moi en me montrant que vous  tes ma m re. Sainte-Marie M re de Dieu, Reine du ciel et de la terre, je vous demande humblement du fond de mon c ur, de me secourir dans ma demande. Je sais que vous pourrez m'accorder cette demande.   Marie, qui avez con u sansp ch  priez pour nous qui avons confiance en vous (3 fois). Bonne Sainte-Vierge, je remets cette cause entre vos mains (3 fois). R citez cette pri re 3 jours de suite vous serez exauc .

**Most** Holy Apostle St. Jude, faithful servant and friend of Jesus, the Church honours you and invokes you universally as the patron of hopeless cases and things almost despaired of. Pray for me, I am so helpless and alone. Make use, I implore you, of that particular privilege given to you to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of Heaven in all my necessities, tribulations and suffering, particularly (here make your request) that I may praise God with you and all the elect forever. I promise, O blessed St. Jude to be ever mindful of this great favour, to always honour you as my special and powerful patron and gratefully encourage devotion to you. Amen.

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# Bulletin sur le march  du travail au Qu bec

**GOUV. DU QU BEQ**  
Communiqu  **QU BEQ** le 5 avril 2019

En mars, l'emploi a baiss  au Qu bec (-12 900; -0,3 pourcentage) et a peu vari  au Canada (-7 200; -0,0 pourcentage), comparative-ment au mois dernier.

La baisse de l'emploi a touch  le temps plein (-15 500; -0,4 pourcentage) alors que le temps partiel a augment  (+2 600; +0,3 pourcentage).

L'analyse par sexe montre que l'emploi des hommes est en hausse (+3 000) et celui des femmes est en baisse (-15 900).

Une perte d'emplois est observ e dans le secteur priv  (-6 000; -0,2 pourcentage) et chez les travailleurs autonomes (-7 100; -1,2 pourcentage). L'emploi du secteur public a peu vari  (+200; +0,0 pourcentage).

L'analyse par groupe d' ge montre que c'est l'emploi des 15   24 ans qui a le plus augment  (+6 500; +1,2 pourcentage) et celui des 25   54 ans qui a le plus baiss  (-19 500; -0,7 pourcentage).

Par rapport   mars 2018, l'emploi a augment  (+26 100; +0,6 pourcentage). La hausse a touch  l'emploi   temps partiel (+48 500; +6,3 pourcentage) alors que celui   temps plein a baiss  (-22 300; -0,6 pourcentage).

La moyenne de janvier   mars 2019 indique que l'emploi a augment  (+39 600; +0,9 pourcentage), par rapport   la m me p riode de 2018. La hausse a touch  l'emploi   temps partiel (+40 000; +5,2 pourcentage) alors que celui   temps plein a peu vari  (-400; -0,0 pourcentage).

Comparativement au mois dernier, les secteurs

qui ont le plus augment  sont : commerce de gros et de d tail (+9 500), fabrication (+6 100) et information, culture et loisirs (+5 100). Les secteurs qui ont le plus baiss  sont : services d'h bergement et de restauration (-11 400), soins de sant  et assistance sociale (-9 400) et autres services (sauf les administrations publiques) (-7 700).

Par rapport au mois dernier, le taux de ch mage a baiss  de 0,1 point de pourcentage pour atteindre 5,2 pourcentage au Qu bec, alors qu'il est demeur  stable au Canada   5,8 pourcentage. Il a baiss  de 0,3 point de pourcentage par rapport   mars 2018.

En mars, la population active a baiss  au Qu bec (-17 000; -0,4 pourcentage) et au Canada (-11 300; -0,1 pourcentage). Par rapport   mars 2018, elle a augment  (+11 100; +0,2 pourcentage).

Finalement, selon les derni res donn es disponibles de l'Enqu te sur les postes vacants et les salaires (EPVS)1 de Statistique Canada, il y avait 117 980 postes vacants au Qu bec au quatri me trimestre de 2018, soit 25 465 (+28 pourcentage) de plus qu'au quatri me de 2017. Le nombre de postes vacants de longue dur e (90 jours ou plus)  tait de 17 565 (+48 pourcentage). Le taux de postes vacants s'est maintenu   3,2 pourcentage au Qu bec au quatri me trimestre de 2018 comparativement   3,3 pourcentage en Ontario et au Canada.

Une analyse compl te des donn es de cette enqu te est pr sent e dans notre nouvelle publication «Bulletin des postes vacants au Qu bec».

# Fonds des municipalit s pour la biodiversit 

**GOUV. DU QU BEQ**  
Communiqu  **QU BEQ** Le 29 mars 2019

La Fondation de la faune du Qu bec et la Soci t  pour la nature et les parcs (SNAP Qu bec) sont tr s heureuses de se voir confier, par le minist re de l'Environnement et de la Lutte contre les changements climatiques (MELCC), la somme de 100 000 \$ qui permettra de bonifier le fonds des municipalit s pour la biodiversit . « Ce financement va nous permettre de contribuer davantage aux fonds mis sur pieds par certaines municipalit s pour r aliser des projets de protection et d'am lioration des milieux naturels sur leur territoire », mentionne Andr  Martin, pr sident directeur g n ral de la Fondation de la faune du Qu bec.

Le Fonds des municipalit s pour la biodiversit  est un outil qui permet aux municipalit s et aux villes de contribuer efficacement aux grands d fis environnementaux, par la r alisation de projets de protection et de mise en valeur des milieux naturels pr sents sur leur territoire. Sur une base volontaire, chaque municipalit  ou ville du Qu bec est invit e   contribuer au Fonds en versant un montant  quivalent   1 \$ par m nage ou unit  de taxation par ann e dans un fonds qui lui est r serv . Par la suite, la Fondation de la faune contribue au Fonds en y versant un montant maximal de 100 000 \$ par ann e afin d'apparier les sommes d pos es par les municipalit s. Une contribution  quivalente du MELCC permet de bonifier ces fonds. Les municipalit s pourront par la suite utiliser les sommes accumul es pour r aliser des projets de protection et de mise en valeur des milieux naturels en collaboration avec des partenaires du milieu.

« Les municipalit s jouent un r le fondamental dans la protection des milieux naturels de leur territoire. Elles sont interpell es r guli rement pour concilier le d veloppement  conomique et social avec la conservation de la nature en

raison des b n fices importants que celle-ci apporte   notre soci t  tout en maintenant des milieux de vie essentiels   la faune et   la flore. Le Fonds des municipalit s pour la biodiversit  est la pour aider les  lus locaux   s'engager dans cette voie. Souhaitons qu'ils en profiteront avec empressement », a soulign  le ministre de l'Environnement et de la Lutte contre les changements climatiques, M. Benoit Charette.

« Le Fonds des municipalit s pour la biodiversit  est un nouvel outil flexible qui offre un avantage financier aux municipalit s du Qu bec d sirieuses de mettre de l'avant la solution nature pour prot ger la biodiversit  et lutter contre les changements climatiques », mentionne Alain Branchaud, biologiste et directeur g n ral   la SNAP Qu bec.

Les deux organisations tiennent   inviter les municipalit s   adh rer au Fonds des municipalit s pour la biodiversit  afin d'agir plus efficacement dans la protection dans leurs milieux naturels et, en cons quence, dans l'am lioration de la qualit  de vie de leurs citoyens.

La Fondation de la faune du Qu bec a pour mission de promouvoir la conservation et la mise en valeur de la faune et de ses habitats. C'est gr ce   la contribution de plus d'un million de chasseurs, de p cheurs et de trappeurs du Qu bec, de milliers de donateurs et de nombreuses entreprises priv es que la Fondation soutient depuis 1987 plus de 2 000 organismes partout au Qu bec, cr ant ainsi un v ritable mouvement faunique.

La Soci t  pour la nature et les parcs (SNAP Qu bec) est un organisme   but non lucratif cr   en 2001, d di    la protection de la nature. Nous travaillons   la cr ation d'un r seau d'aires prot g es   travers la province, afin d'assurer la protection   long terme de la for t bor ale, du Grand Nord, du Saint-Laurent et des  cosyst mes qui abritent nos esp ces menac es.



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### Quyon

JILL YOUNG  
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Our thoughts and prayers are with the family of Frank Frobel who passed away on April 2 after a short battle with cancer. I have great memories of Frank from when I was a kid and he worked at Onslow Elementary School. He was always so kind to us. Deepest sympathy is with his loved ones as they grieve.

Last Thursday, the Quyon Curling league wrapped up for the season with a fun Hot Shots night. This year's winning team included Ray Johnston, Ben Kingsbury, Dan and Nathalie Turner. The Hot Shots of the night were Dale MacKechnie for the men and Brenda Clarke for the women. The 50/50 draw was split between two lucky winners, Janice Wallace and Christine Clarke. There was also a random draw of names for numerous gift certificates which were generously donated by local businesses. We enjoyed pizza from Billy T's and Sonia served up drinks all evening long. A big thank you to Glen Leach, Lynn Leach, and Donna Kennedy for organizing the league and giving us all an evening to look forward to each week during the long winter months. It was another great year.

The Quyon Legion hosted a Texas Hold 'em poker tour-

nement on Saturday, with 28 players coming out to try their luck. The day finished with Terry Hamilton in fourth place, Steve McAfee in third, Cindy Beck in second and Ricky Belland was the big winner of the day. Kudos to all involved in organizing the tournament.

The Pontiac Community Gym is making it a top priority to purchase an AED defibrillator for the gym. This is an essential piece of equipment to have as it can revive someone from sudden cardiac arrest. If anyone is interested in contributing to the purchase please contact the staff at the gym or the Quyon Family Centre for more information.

Happy birthday to Vera Meredith on April 12. We'd like to send big birthday wishes to my mom, Elizabeth Young, on April 13 with love from all of us. Birthday wishes are also going out to Jackie McBane on April 14 and to Andrea Young on April 15. Blessings to everyone celebrating this week.

As we continue to grasp for signs of a long-awaited spring, here's a big one. The Quyon Ferry is projecting their opening date for the season to be this Friday. Please verify this by visiting their website. We will keep our fingers crossed.



### Waltham

HELEN PERRY 819-689-2652

Well, it is that time of the year again for collecting the sap and making maple syrup. According to Gerry Perry and Ray Béchamp, as of yet, the sap is running slow.

Angie, Danny and children Olivia and Jack Béchamp of Barrhaven, Ont. were weekend visitors at Lyne and Ray Béchamp's. Jack enjoyed helping Grandpa Ray with picking up the maple sap.

This past weekend, our granddaughter Mikaela and her dance school Maison Des Arts of Embrun, Ont. participated in the Inspire Dance Challenge Competition in Gatineau, Que. They brought home several awards of Ultimate Inspiration, Platinum, Diamond a high Gold and Gold. They also won many

overall awards and came in first place. Congratulations we are very proud of you.

Warm anniversary wishes are extended to Lorna and Frankie Turner, who are celebrating their wedding anniversary on April 11. May the coming year be filled with God's richest blessings.

Warm birthday wishes are extended to Pauline Pilon, of Cantley who will be celebrating a birthday this coming week. All the best is wished to you Pauline, and we hope that you enjoy your special day.

Just a reminder that in Waltham, a burning permit is required for any open burning. Burning permit season is from Jan. 1 to May 15. Permits are issued by the Waltham Fire Department.



### Shawville

LYSE LACOURSE 819-647-5932  
lyse380@gmail.com

Want to learn bridge? Join the bridge club in Shawville on Tuesdays at 10 a.m. at St-Paul's Church Hall.

People celebrating their birthdays this week are: Heather Carmichael, Cassandra Young, Jill Smith, Todd Hearty, Nicholas Rebertz, Andrea Petty, Sylvie Thomson, Debbie Campbell, Bill Murray, Davey Keon, David Murray, Anthony Valin, Erica Beardsley, Jim Crawford, Amy Evans, Doug Corrigan, Joyce Walsh, Brenda Malette, Margaret Fierobin, Jackie McBane, Eric Godin, Bonnie Senack, Kathryn Perry, Gail Tubman, Marie Finnigan, Anne Stevens, Michael Nimchuk, Monique Atkinson and Cory Smart.

Couples celebrating their anniversaries this week are:

Elson and Nora Schock, Richard and Carolyn Meisner, Ervin and Ruth Beattie, Paul and Elizabeth Finnigan, Norris and Faye Corrigan, Connie and Glen Danis and Darwin and Holly Wickens.

There will be a Seniors Drop In at the Masonic Hall in Shawville on Thursday at 1 p.m.

Palm Sunday is on April 14 this year. Palm Sunday is a moveable feast which falls one week before Easter Sunday. Christians celebrate the triumphal entry of Jesus Christ into Jerusalem, which took place a week before his death and resurrection. Palm Sunday is often referred to as Passion Sunday and marks the beginning of Holy Week which concludes on Easter Sunday.



### Vinton

DIANE BOISVERT 819-921-5296

The galloping grannies were at it again this weekend. My daughter Shelley spent the week with me so Theresa and I drove her back to Port Carling, Ont. on Saturday. Carl's operation got moved up to Monday so we had to hurry back and be with him.

They were all happy to see us when we got there. This time we did not see any

animals at all on our way. It was a fairly sunny day and a great trip.

There was still lots of snow in Algonquin Park and a little less at Port Carling.

On Monday it was raining. Hopefully it'll take down a lot of the snow because I know we're all getting sick and tired of looking at it.



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