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Play
fastball

Shawville plays
hosts to Quebec
U23 fastball team



On May 11, around 40 people convened at Elmwood Dale Park in Shawville to watch some locals take on the Quebec under-23 fastball team. Pictured here is Team Quebec left fielder Mathieu Roy (right) as he slides into second on a bang bang play. See page three for more photos.

J-D Potié, THE EQUITY

J.D. POTIÉ
SHAWVILLE May 11, 2019

On May 11, around 40 people convened at Elwood Dale Park in Shawville to watch some locals take on a team of young prodigies in some high-level fastball action.

For the second year in a row, the Quebec under-23 fastball team visited the region for two exhibition games against the Quyon Flyers and the Micksburg Twins.

The games provided very constant competitive action packed with a ton of hits, diving snags and very few strikeouts.

In the first game of the afternoon, the Quyon Flyers hosted the Provincial team in what was a tight game until things got a little out of hand. After two home runs off the bat of team Quebec outfielder Joey Simard, including a moonshot out in left-centre field that left no one doubting where the ball was going to end up, the lead became unsurmountable.

When it was all over, the Quebec U23's won by a score of 7-2.

The second game featured the Micksburg Twins who

throttled the Flyers en route to a 7-0 shutout.

In the third and final matchup, the Quebec U23 team was set to face off against the Twins in a battle that would decide who would remain undefeated in their respective double-headers.

In a hard-fought battle over seven innings, it was the boys from Micksburg who came out on top with a commanding 4-0 win, finishing the day with no runs allowed over 14 innings of play.

Despite being shut out in one of his team's games, Quebec U23's head coach Jean-Yves Doucet was very satisfied with his players' overall performance, praising their presence at the plate against top quality pitching.

"I liked the way we performed," he said. "We only had two strikeouts in the first game and at bat we asked of our guys to make contact and on defense we didn't make a lot of errors. I liked the way our guys reacted, considering we did a four and half-hour drive before playing."

For Flyers pitcher and Shawville Men's fastpitch coordinator Matt Greer, the opportunity to play against the provin-

cial team is a great way to promote the game to local youth and get them interested in participating in the sport.

"It exposes people to more fastball and lets them know that there is ball beyond the Pontiac," he said. "When we see these young kids who are 18 to 23 years old, you know that there is an opportunity to play outside of just minor ball here in town. The hope is to continue to do this kind of stuff and maybe some of the young kids can push to strive to do that."

According to Doucet, the exhibition games against high-level fastball squads from the region are a great way to get his team ready for the season. With great pitchers, batters and fielders to play against, he feels like the caliber of play is the ideal to get his team prepared for the upcoming season.

Having played his junior years with locals Joe McCleary and Greer, Doucet said he enjoys coming out to the region for some good action on the diamond whenever the opportunity presents itself.

"We love coming to this region," he said. "It's always fun. Joe [McCleary] and Matt [Greer] do really good work here for local fastball."



Flaming cargo

Bristol fireman Derek O'Malley hoses down a Tom Orr Cartage garbage truck after it had caught fire while driving on Hwy. 148 Saturday morning. The truck was in flames on the right side of the cabin and was spewing black smoke when the firemen reached the scene and quickly doused it.

Charles Dickson, THE EQUITY

Man misled investigation of fatal crash

CALEB NICKERSON
OTTER LAKE May 8, 2019

An Otter Lake man has been charged with public mischief after he misled the police investigation into a fatal crash that occurred in the early hours of April 10, 2018.

The incident took place on Hwy. 148 near Quyon and resulted in the death of a 26-year-old Gatineau woman.

Christopher Bérubé, 29, was charged on May 8 with public mischief after investigators determined he was the driver of the vehicle, not the passenger like he had originally told them. He was released on \$1,000 bail and is set to reappear in court on July 4.

"He knew there was an arrest warrant against him so he just showed up at the [Wakefield] station and got arrested by our detective," explained MRC des Collines Police spokesman Sgt. Martin Fournel. "With the investigation, it was showing us that he was the driver and not the passenger like he first said. We worked with the crown attorney on that file and they laid the charges against him with the evidence that we had."

Fournel wasn't able to disclose the nature of the evidence, but said that one thing that tipped police off was Bérubé's lack of cooperation with investigators. He added that Bérubé was well-known to police.

"He was not too cooperative, even after many months or weeks after the accident," Fournel said. "He didn't really want to talk to our detective."

At the time of the crash, Bérubé had a suspended licence and was prohibited from driving. The car was a friend's and did not have valid plates. He was taken to hospital and treated for shock by first responders.

Fournel added that the charge is a relief for the family of the victim.

Gym gets AED



Chris Lowrey, THE EQUITY

The Quyon Community Gym acquired an Automatic External Defibrillator (AED) on May 9 through a community fundraiser. Pictured, Hawley Lepine demonstrates its usage.

CHRIS LOWREY
QUYON May 9, 2019

Thanks to a recent fundraiser, the Quyon Community Gym has acquired an Automatic External Defibrillator (AED) that can potentially save the life of someone suffering from cardiac arrest.

The acquisition was helped along with certified CPR instructor Hawley Lepine, who met someone at a first aid training course who had an AED he no longer needed.

Lepine said he heard about the gym's efforts to get an AED, so he asked how much the man wanted for it.

"He gave me a price and I didn't even blink an eye," Lepine said.

Lepine, who also spent 17 years as a volunteer firefighter in Quyon, said that he knows first hand how much an AED can help. He said that many of the calls he responded to involving cardiac arrest were unsuccessful.

Lepine said the gym is a perfect place for an AED because not only do many people suffer cardiac arrest while exercising, but the central location of the gym makes it an ideal location in town.

When the gym is closed, a phone number of a nearby employee will be posted on the door so residents can have quick access to the AED in cases of emergency.

The neon green machine is extremely user friendly. When the lid is removed, a set of instructions shows the user how to turn on the device and apply the pads. Once it's activated, the AED walks the user through the process through a series of verbal cues.

"The hardest thing to do is turn the thing on," Lepine said with a laugh.

Contrary to popular belief, AED's don't shock a heart that has stopped beating, only those that are beating irregularly. It also acts as an electrocardiogram so the patient's heart activity is recorded for paramedics and doctors to review later.

Lepine also said that any municipality or organization interested in getting an AED can get in touch with him and he can help with fundraising efforts by putting on CPR courses.

While Lepine said he's going to have peace of mind knowing the community has an AED, he wouldn't mind if it simply collects dust.

"I hope that this AED never needs to be used," he said.

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Pontiac High School celebrates student athletes

CALEB NICKERSON
SHAWVILLE May 6, 2019

On May 6, Pontiac High School (PHS) students gathered in the gymnasium to celebrate the athletic achievements from the past year. The athletic awards covered a broad range of sports and each team had awards doled out by their respective coaches. Many had a favourite moment or game from throughout the season that they shared to the rest of the student body.

Awards were as follows:

Canoe team: Coach's awards - Joeline Cormier-Laxdal, Myriam Dagenais and Nia Lachapelle MVPs - Randall Lachance and Rylie Essiambre

Softball tournament: Jr. Boys MVP - Aiden Dubeau, Jr. Girls MVP -Peyton Ireland, Sr. Boys - Connor Gilpin and Hunter Essiambre and Sr. Girls - Hailey Dubeau

Cross-country MVPs - Tyler Ladouceur, Emma Gagnon and Alex Mayhew

Boys Hockey Renfrew Tournament: Coach's awards - Carson Rusenstrom and Connor Gilpin, MVP - Kaelan Ireland.

Pontiac High Hockey League: Winning team - The Highlanders, Most points - Hunter and Harry Lukacs-Hitz, Most goals - Carson Rusenstrom, Most assists - Ryan Lang, Coach's award - Tyson Childs

Benjamin Girls Volleyball: Coach's awards - Meredith Barr, Justine Tanguay and Sarah O'Malle, MVP - Meaghan Turner

Cadet Girls Volleyball: MVP - Camryn Gibbons, Coach's award - Maggey Lemay, Most effort - Monica Tanguay

Sr. Boys Pontiac Cup Volleyball: Coach's award - Dustin Young, Most effort -

Adam Chabot, MVP - Connor Gilpin

Sr. Girls Pontiac Cup Volleyball: Coaches award - Monica Tanguay and Vanessa Tubman, MVPs - Camryn Gibbons and Maggey Lemay

Jr. Boys Pontiac Cup Volleyball: Coaches award - Aiden Dubeau, MVP- Bryan Tubman

Jr. Girls Pontiac Cup Volleyball: MVP - Meaghan Turner (Team Red), Emma Gagnon (Team Black), Most effort - Jennika Saunders (Team Red), Justine Tanguay (Team Black), Coach's awards- Cadence Beck (Team Red), Tia Stanton (Team Black)

Jr. Boys Basketball: MVP - Beckham Beardsley, Most effort - Liam Donnelly

Coach's award for commitment - Dalton Egan, Most improved - Shane Henderson, Defensive player of the year - Dakota Hudson

Juvenile Boys Basketball: Coach's awards - Dustin Young, Jordan Larivière and Adam Chabot

Juvenile Girls Basketball: Most effort - Julia Lemay, Coach's award - Maggey Lemay, Standout player-Hailey Dubeau

Intramural award- Aiden Dubeau

Jr. Boys athlete of the year - Aiden Dubeau

Jr. Girls athlete of the year - Meredith Barr and Meaghan Turner

Sr. Boys athlete of the year - Adam Chabot

Sr. Girls athlete of the year - Camryn Gibbons

Outstanding contribution to athletics award - Maggey Lemay.



Tyson Childs was given the coach's award for most improvement over the course of the Pontiac High School Hockey League. He was presented the award by teachers Paul Chevrier and Luke Murphy.



The junior and senior MVPs of Pontiac High School's 5th annual softball tournament. From left: Sr. Boys - Connor Gilpin, Hunter Essiambre, Jr. Girls - Peyton Ireland and Jr. Boys - Aiden Dubeau. Not pictured, Sr. Girls MVP Hailey Dubeau.



Meaghan Turner was named MVP of the Benjamin Girls Volleyball team at the Pontiac High School Athletic awards on May 6. Pictured, she accepts the award from coach Jadwiga Dunin-Borkowska.

Council of mayors hold special meeting on flooding

CALEB NICKERSON
CAMPBELL'S BAY
May 9, 2019

The MRC Pontiac council of Mayors held a special sitting on May 9 with local first responders and officials to address the flood response for the region.

The evening began with all 18 mayors going over the situation in their respective municipalities. Mayors Gaston Allard (Fort Coulonge) and Gilles

Dionne (Mansfield et Pontefract) were absent, as they were hosting a meeting for their own residents. They were represented by Mansfield Pro-Mayor Gerry Ladouceur. Clarendon Mayor John Armstrong was represented by Councillor Phillip Elliott.

The Mansfield and Fort Coulonge area was by far the hardest hit, with several hundred evacuees and homes affected, in addition

to significant road and infrastructure damage. Several other communities with significant waterfront also had to evacuate residents and close roads. Portage du Fort Mayor Lynne Cameron noted that her municipality's water filtration plant is having trouble sifting through the dirt drawn from above the dam, where the water levels are low.

After a brief from MRC Fire and Safety Coordinator

Julien Gagnon and engineer Kim Lesage, the mayors passed a resolution requesting additional funding from the provincial and federal governments for road and water treatment infrastructure.

Council requested that Gagnon recruit more individuals to help coordinate the response to the flooding, and directory be set up for contacts from different partner agencies such as CISS-

SO, the Red Cross and the Ministry of Public Security.

Rapides des Joachims Mayor Jim Gibson called for a resolution to get answers from Ontario Power Generation and Hydro Quebec about the management of dams and water on the Ottawa River. Council requested that the Ottawa River Regulation Planning Board (ORRPB) work with the MRC to help them better understand the regulation of

the river.

Council resolved to finalize its intermunicipal emergency plan no later than fall 2019 and include data collected during this spring's flooding.

Representatives from CISSSO, Sûreté du Québec as well as the local fire and ambulance services gave the council a brief rundown of the services they have been providing, as well as any potential concerns.

Discussion on stress relief amidst floods



Photo submitted

On May 11, a small group of parents and their children gathered at Studio Creation Luskville for a discussion aimed towards reducing stress and anxiety in the midst of the 2019 floods. Pictured, studio operator Sylviana Geoffrey poses for a portrait in her office.

J.D. POTIÉ
LUSKVILLE May 11, 2019

On May 11, a small group of parents and their children gathered at Studio Creation Luskville for a discussion aimed towards reducing stress and anxiety in the midst of the 2019 floods.

Hosted by local therapist Natalie Fraser, the event consisted of parents and their kids sitting in a circle to talk about how they've been affected by the flooding.

Some said they lost their homes for good, while others have been temporarily evacuated. But they all shared a similar sense of struggle and distress through their personal hardships.

With a fair amount of tears shed throughout the discussion, emotions were on full display, as Fraser guided the families with humour and insight on vari-

ous ways to deal with the pain caused by their suffering.

For Fraser, the benefit behind organizing the session for parents and their children was for them to truly understand how their kids are dealing with their stress in a pure unfiltered way and also to let the kids know just how difficult the situation has been for them.

"The majority of the stress is coming from [the parents] and that's okay," said Fraser. "There is a lot of power in the parents telling the kids that they're stressed and also telling the kids that they need to take care of it."

According to the studio's main operator Sylviana Geoffrey, the session took place because in the wake of the record floods that have taken place in the last

month, she believed that the studio offered assistance to those in need of some emotional support.

"These are the times where the things we can offer to the community are the most useful," said Geoffrey. "So, we decided to organize the group. There was a need. Some parents expressed it. The time is now. These people need support and this is a way that the community can offer support with the resources we have."

For Geoffrey, it was important for the kids to have a place where they feel safe sharing their experiences without feeling like they're judged or looked down upon for being weak.

"This is a space where they can express what they're going through as human beings," she said.

Amos' bill receives bipartisan support

CHRIS LOWREY
OTTAWA May 8, 2019

A private members bill presented by Pontiac Liberal MP Will Amos was supported unanimously in the House of Commons on May 8.

Amos' motion 208, which calls on the government to

expand rural Canada's cell and internet network for public safety reasons.

While a motion doesn't carry the same weight as a bill, Amos said it shows a clear commitment from parliament to rural Canada.

Amos used the recent local examples from the

2018 tornadoes and 2017 floods when the regions cell network was unresponsive.

"It is unacceptable that, in 2019, rural Canadians still struggle to call for assistance during natural disasters because of gaps in our digital infrastructure," he said in a press release.

Amos also argued that rural Canadians are becoming more and more dependant on access to high speed internet for economic reasons. Amos pointed to the governments commitment to spend \$5 billion on rural broadband internet access over the next 10 years.

"In 2019, having reliable access to the internet is not a luxury," Amos said. "But is instead necessary to conduct business."

The motion also calls for the government to conduct a comprehensive study on rural wireless infrastructure.

Crash at Giant Tiger

J.D. POTIÉ
SHAWVILLE May 10, 2019

On May 10 at around 1:30 p.m., a local elderly woman crashed her car into the Giant Tiger in Shawville causing severe damage to a portion of the building.

According to store owner Ken Pack, she was attempting to park in front of the store when she accidentally stepped on the gas pedal instead of the brake.

The accident caused severe damage to a section of the building, crushing one of the front windows, drywall a park bench that

sat on the sidewalk at the front of the store.

"It moved the structural post," Pack said. "Drywall's all broke inside. We had a park bench outside. The park bench is broken. It did a little bit of damage, yeah."

Giant Tiger is currently waiting on an estimate that is expected to happen within the next few days and that will indicate their next move in terms of the building's renovation.

As of now, the broken wall inside the store has been taped up and blocked off with sheets of plywood on the exterior.

No injuries were reported.



J-D Potié, THE EQUITY

On May 10 at around 1:30 p.m., a local woman crashed her car into the Giant Tiger in Shawville causing severe damage to a portion of the building.

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Sealed tenders should be submitted to: Helen McMunn

Box 587, Shawville, Quebec J0X 2Y0

by 5:00 p.m., Friday, May 17, 2019.

The committee reserves the right to reject all or any of the tenders submitted.

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Interested Proposers must complete and submit the RFP in accordance with the terms and conditions set forth within the RFP package. Proposers must submit pricing for all services within a specific RFP, as the Corporation intends to award one contract per RFP. All Proposals must be received at the specified location, not later than 2:00 p.m. Eastern Daylight Time (EDT), in Ottawa on June 11, 2019.

Fastpitch: Quebec U23 exhibition



On May 11, around 40 people convened at Elwood Dale Park in Shawville to watch some locals take the Quebec Under-23 fastball team. Pictured, Team Quebec pitcher Gabriel Désilets hurls one towards the plate in his team’s matchup against the Quyon Flyers.



Twins shortstop Andrew McIntyre hits a high pop up versus the Flyers.



Twins first baseman Chad Costello awaits a pitch.



Flyers and Quebec U-23 coaches Joe McCleary and Jean-Yves Doucet introduce themselves to the umpires before the first pitch of the game.



Twins Pitcher Adam Ruckwald prepares to throw a pitch against the Flyers.

Fire department honours dedicated members



Scott Tubman was awarded the Charlie Burke award for most dedicated firefighter of 2019, at the Campbell’s Bay-Litchfield Firemen’s Ball. From left: Campbell’s Bay Mayor Maurice Beauregard, Tubman and Litchfield Mayor Colleen Larivière.

CALEB NICKERSON
CAMPBELL’S BAY
May 11, 2019

A good sized crowd gathered at the RA Hall in Campbell’s Bay on Saturday evening for the annual firemen’s ball. The evening serves as a time for the force to reflect on the past year as well as raise funds for the Campbell’s Bay-Litchfield Fire Department.

Natanya Dubeau and Martin Shea, the President and Vice-President of the

Fire Department respectively, said that the evening would feature music from the local duo Backtrak, as well as award presentations from the two local mayors.

Noel Kelly was celebrated for 50 years on the department, and Fire Chief Kevin Kluge said that he retired in January, 50 years to the day of his start. Ken Lagarde was recognized for 30 years with the department.

The final award for the evening, one that is voted on

by members of the department every year, is the Charlie Burke award for most dedicated firefighter. This year, the award went to Scott Tubman.

Kluge said that Tubman was deserving of the award because he stepped up to take officer’s training to become a lieutenant, which is a significant commitment.

“That probably had something to do with it,” Kluge said. “That’s a lot of time.”

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Editorial ATVs on the PPJ?

The local powers that be have decided that it's in our county's best interest to investigate whether the PPJ trail, which is currently designated as a cycling path, can accommodate ATVs in the summer months. A committee of five mayors was appointed to study the subject at the last MRC council meeting on April 17.

This is an issue that was examined by the previous council in 2016, who set up a committee to look at ditches and over-width sections of the trail that could accommodate ATVs. The committee then put out a petition to allow ATVs on the trail, which was met with the ire of local cycling activists and snowmobile clubs.

Following the previous council meeting, Pontiac Warden Jane Toller explained that they had explored alternative routes with the ATV Clubs, and weren't able to traverse a section around Waltham.

Locals are right to question how much the PPJ is currently used. It's hard to argue that 92 kilometres of isolated trail brings in tourist spending that's anywhere near equivalent to the \$250,000 that's spent on maintaining the route each year. Local cycling groups and exercise nuts make good use of the PPJ, as well as snowmobilers in the winter, but to be diplomatic, there is room for improvement.

But it's doubtful that ATVs are the solution. First off, half of the \$250,000 upkeep envelope comes from the province in the form of Route Verte funding, which is exclusively for non-motorized trails (the other half comes from the MRC). Is there a comparable fund for motorized trails?

ATVs would do more damage to the trail than bicycles, requiring a hefty maintenance bill. Are trail passes and other revenue streams enough to cover those kinds of expenses?

What are the upsides of adding less than 100 kilometres of trail to the existing quad network? What are the costs? Is there really a lack of back roads and existing trails that off-road enthusiasts can enjoy?

It seems like both sides of this issue, the quad clubs and the cycling activists, have been talking past each other, neither yielding in their ideal vision for the route. It's true that ATVs might bring in more tourism dollars, but creating a multi-use trail from the PPJ will be difficult and expensive, if it's possible at all. Are the potential gains worth it?

It remains to be seen what will come of this newfound focus on the trail, but if past discussions are anything to go by, the newly appointed committee has chosen to tread some difficult terrain.

Caleb Nickerson

The Parents' Voice

By Shelley Heaphy

Park days are back

This past sunny Saturday many children and parents from our community partnered to clean up our park. We were so grateful to the Girl Guides and 4-H groups from our community for donating their time and muscle to our beautiful park. We were equally grateful to the other families from our community that were able to come out and help. What a turnout, the park sure felt the love.

We raked, painted, washed and collected garbage, our park is summer time ready!

Our sixth year of Park Days will begin May 22nd at 9:30 a.m. Six years ago we began this activity in an effort to create a common time for families to go to the park and hopefully meet other children there. It seemed that each time any of us visited the park, there were never any other children for our kids to play with. Creating a time where parents would know other children were visiting the park seemed like a good idea, and boy has it been.

Many park days see 20 or more kids playing at the park at the same time. It's an amazing way to get to play with your friends or meet new friends from the community. Each year we've been able to add something to our wonderful park, and this year is no exception, we will finally get to enjoy our long coveted shade sail.

Park Days are open to all children. Our park has so much to offer. We have a great play structure suitable for a wide age range, a beautiful splash pad for those scorching hot days, lots of green space, a wonderful new shade sail to keep us protected from the sun, a beautiful little creek, tables and benches, a Croques-Livres which houses books to read, borrow and lend. We have a beautiful toy box that stays at the park filled with fun things to play with. All we ask for from park goers is that all toys get put back in the bin before you leave so that we can keep using them all summer long.

The park is such a beautiful space to get away from technology or household tasks and really enjoy nature. If you're not in the mood to play, you can take a walk on the trails down by the creek, or bring a ball and play a game of soccer. You can bring along some chalk and create a masterpiece on the splash pad or pick out a book for a storytime. We hope that you will come out and join us Wednesday mornings for some fun at the park.

We are hosting our third bi-annual Park Party this July 13. There will be a performance by Monkey Rock Music, ice cream, bouncy castles, face paint and so much more. Make sure to save the date so that you can help us enjoy our Park to the fullest. Look for more information about the event on our Facebook page, coming soon!

We are always accepting toys for our toy bin. The favourites seem to be kitchen spoons, muffin tins, pie plates, measuring cups and measuring spoons.

Leaving books in our Croques-Livres is another way to donate to our park. If you do leave a book make sure to also take a book to read with your little ones. It has become a favourite thing for my children and I to check out when we get to the park. We are always wondering which books will be there this time.

Enjoy your long weekend and we'll see you at the park.



Dave Moore, THE EQUITY

No picnic here

Fad food or facts? by Chris Judd

One time, while sitting around relaxing and talking about some big changes in bygone years someone asked, "What can we expect to see in the future?" My old friend (Roly) replied, "I quit predicting the future but it will be different."

Some of us have seen changes from driving the horse and buggy to town to coming to town in a car that can park itself. Soon we will have cars that can drive us to town without a driver. We have also witnessed changes in what and how we eat that we never predicted.

Just after WWII, because of a periodic butter shortage and a new grease that became available a little cheaper than butter, margarine was used at some tables instead. Doctors discovered that too much cholesterol could clog the veins in your body and contributed to increases in heart attacks and strokes.

Then some scientists discovered that margarine contained less cholesterol than butter. The manufacturers of margarine used this information in their advertising and margarine sales increased as butter consumption declined for the next 40 years.

More comprehensive research was completed by our medical research that showed that there were two types of cholesterol.



Outstanding in his field

Soon after, it was discovered that the cholesterol more prevalent in butter could be dissipated by your body much more easily than the type of cholesterol found in margarine. That information combined with increased knowledge that margarine is made mainly from GMO plants has caused an increase in butter use at the expense of a reduction in margarine consumption.

We have also witnessed an enormous change in where we eat. In grandma's time, 90 per cent of meals were eaten at home and most of the rest of the meals were prepared by grandma and packed in her husband's lunch box for him to eat at noon hour at work. It was a very rare occasion when the family went to eat at a restaurant.

Now in 2019, more than half our food is eaten outside the home. Fast food restaurants have sprung up on every block in town. Much of the food served there is prepared in large plants. Consumers lost control of what's in the food they eat.

Although most restaurants mark their menu to outline gluten free foods and hot foods when asked what kind of oil that they use in the fryer, they do not know. Many servers don't know that most soy sauce

contains gluten.

The newest and fastest growing fast food is the meat free burger. Some consumers order it because it's new. Some consumers think that by eating more non-meat burgers that they are helping to reduce the number of farting cows. Some consumers are trying to eliminate all animal consumption and order their non-meat burger wrapped in lettuce instead of a bun and no cheese.

So, what's in these no-meat burgers? Different manufacturers of these non-meat burgers use a different patented recipe. The ingredients that they select from are; pea protein, sunflower, some form of soybean, canola oil, palm oil, beet juice (red bloody colour) and water. Unless the burger is certified organic, then much of the grain sourced protein and oil is from GMO grain.

Today's consumer is becoming much more demanding to know what ingredients are used in their food. How was it prepared? Were the animals that it is made from ethically looked after?

Our farmers are willing to talk to you and show you. Demand the same from everyone else who is involved in your food chain.

Know what you eat and be healthy. The very best weight loss plan is to push back from the table before you have to.

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

the tune of 224 to 105. Pontiac piled up their point total with clean sweeps of a number of sprints and field events and in all of the relays.

Concert at Calumet Island town hall: On May 18 a musical evening was produced by the pupils of Sister Marie Rose at Calumet Island Town Hall. The pupils of grade three opened the program with a choral rendition of *Bergerette* followed by Judith Gauthier playing a Chopin waltz on the piano.

There were many other soloists and instrumentalists.

May 18, 1944

75 Years Ago

Local news: Word was received Saturday night by Mr. and Mrs. Wm. J. Murray of Bristol that their son, Pilot Frederick Graham Murray had been killed on active service May 17. No particulars were given as to the cause of death. He was 28 years of age.

The late airman was born in Bristol township and received his education in the local schools. He was married to Miss Helen W. McNeill of Bristol now of the staff of Aylmer High School.

Warrant Officer Beverly Howard, son of Mr. G.A. Howard and the late Mrs. Howard who was reported missing in air operations over Germany in March has now been reported, through the Red Cross as a prisoner of war according to a message received by his father.

The young man, who was 23 years of age, was born and educated in Shawville and enlisted in May 1941 and went overseas in December of the same year.

While the Contingent shook to the thunder of bombs and the Berlin and Vichy radios stepped up their warnings to the captive peoples, staging area for the invasion of Europe was one of calm and confidence, comments *The New York Times*.

Londoners and all Britons have been "sitting on top of a volcano" so long they are neither particularly excited nor especially nervous.

The simultaneous attack on airfields in western Europe was equally methodical and far-ranging.

A Canadian Press report dated May 22 stated that 22-year-old F.O. Harlow "Bud"

Bowker of Granby, Que., putting in his operational rest period between tours as a pilot with a Canadian repair and salvage unit, took off to test the guns of a Spitfire. He bumped into two Focke-Wulf 190's over the English Channel and sent them both crashing into the sea.

May 16, 1919

100 Years Ago

Local news: The two-trains-a-day service commenced on the Waltham branch last week, seems to meet with general approval, judging from the fact that there are no complaints so far.

The ferry boat *Norway Belle* has started her trips this year only two a day, leaving Norway Bay at 8 a.m., 3:30 p.m. and Sand Point at 11:30 a.m. and 6:30 p.m. Owing to a change in the trains, Captain Macfarlane has to arrange his trips accordingly.

The smelting works of M.J. O'Brien at Renfrew were destroyed by fire on Thursday last. The plant, which has been idle for some time, was shortly to begin operations again.

Shawville soldier boys return: The following Shawville boys who have done their bit overseas, returned home by Monday evening's train: Joseph Erlam, Forest Argue, Raleigh Horner, Raymond Beckett. On this occasion, a crowd of citizens happened to be at the station and gave hearty cheers for the lads as they alighted from the train. THE EQUITY welcomes them home and congratulates them on their safe return.

May 24, 1894

125 Years Ago

Local News: A very heavy frost was observed by early risers several mornings last week. It is feared they will materially damage the prospects of the apple crop this year.

Mr. Wm. Thomson, teacher of the model school has opened a shooting gallery in the skating rink here. A good chance for our local sports to improve their expertness with the rifle.

It is stated in agricultural circles that the Hon. John McIntosh will be appointed Dairy Commissioner for the province of Quebec.

It is also stated that he will be superintendent of the agricultural schools.

CONTINUED ON PAGE FIVE

Letters

Six of one/half a dozen of the other?

Dear Editor,

How long is the government of the land going to try and trick us into believing they are doing something about pollution and climate change?

The government's solution to pollution is the same as it always has been; dilution. Ever notice when that energy efficient, clean air, new truck blows by you on the highway the smell is something awful? The truck is long gone but the odour lingers forever.

The pollutants from that fossil fuel burning monster is no cleaner; it just produces pollutants that are so tiny and mixed up with so much clean air that they can't be detected by conventional means. Like the old smokestacks that they put so high in the air the surrounding area can't see the real results of what is coming out of that stack.

Like when you pass some unpleasant smelling gas in your car and you open up the window to share it with all your neighbours. It doesn't go away. It is just mixed up with enough clean air that you can't smell it anymore.

Plastics?

Their new solution is to make biodegradable plastics that instead of staying around for 500 years before degrading they degrade right away and put all the toxins into the atmosphere right away. But you can't see or complain about it. Like that plastic water bottle.

Is the old saying that energy cannot be created or destroyed still hold true? Now that they can change it so it can't be seen?

Remember the story about Pandora's Box? Buried deep underground by gods so that mankind won't find and open it up to reveal it's treasures and evils. Once opened it can never be shut.

Unfortunately, mankind has opened this box up and revealed all the treasures buried within. Fossil fuel, diamonds, precious metals. Along with the riches, it produces most of the evils in the world today: war, famine, slavery, poverty, crime. That list is endless.

They are even drilling wells deeper and deeper to drain all the world's aquifers in the name of progress.

I wonder if all the natural disasters we are experiencing today are a warning. Or are they a solution for the world to kill off mankind and right itself again?

Time alone will tell.

Robert S. Brown
Bristol, Que.

Groups condemn plan to exempt nuclear reactors from Bill C-69 impact assessment

Dear Editor,

The Government of Canada is proposing that the project list for Bill C-69, the Impact Assessment Act, exempt many nuclear reactors from any environmental assessment. Civil society groups are condemning the exemption from environmental assessment under Bill C-69 and demanding that all new nuclear reactors be subjected to formal environmental assessment, as is now the case.

The federal government's discussion paper, released on May 1, proposes that all nuclear reactors that produce less than 200 megawatts of thermal power be excluded from the Impact Assessment Act, as well as nuclear reactors built on existing nuclear sites that produce up to 900 megawatts of thermal power.

"Excluding nuclear energy projects from impact assessment means there will be no credible sustainability-based assessment of the environmental, health, economic or social impacts of new, expanded or refurbished nuclear energy projects before they proceed," says Theresa McClenaghan, Executive Director and Counsel for the Canadian Environmental Law Association.

CONTINUED ON PAGE FIVE

Oops

In an article on TransporAction's annual general meeting in the May 1 edition of THE EQUITY, it stated that the organization started out the year with a healthy balance. It should have read, "Having a surplus from previous years helped us provide more service which showed a deficit of over \$46,000 with a goal of decreasing this surplus." On page 11 of the May 8 edition of THE EQUITY, the Grand Orange Lodge of Quebec was mistakenly identified as the Royal Eniskellen Lodge. THE EQUITY apologizes for any confusion caused by these errors.

Louise Lortie Séguin : a staple in the volunteering community

by J.D. POTIÉ

On May 11, hundreds of people from the Pontiac and beyond packed the church at Liberty Ministries in Aylmer Que. to commemorate the life and contributions of a pillar in the community.

With droves of people seated and standing in the room filled to capacity and several others standing outside the doors at Louise Lortie Séguin's memorial ceremony on Saturday, it was evident that her impact on the lives of many didn't go unnoticed.

On the morning of April 20, Lortie Séguin passed away suddenly after rolling her vehicle into a washed-out portion of a road in Quyon.

Her death has left many people in a state of shock and sadness, reflecting on all her work helping others in the community without expecting anything in return.

As a long-time volunteer and pioneer for drug and alcohol recovery services in the Pontiac, she contributed countless hours of her time to benefit the lives of people who often didn't have anywhere else to turn.

Over the years, Lortie Séguin wore many hats in the field of community service, including spending time fostering children, rescuing animals and helping retirees enjoy the rest of their lives in maximum comfort.

Most notably, she made a name for herself thanks to her efforts with Maison Luskville helping recovering drug and alcohol addicts get sober – a job she dedicated herself to every day for 25 years.

The 10-room building hosted over 1,400 men from Ottawa to Toronto in hopes of turning their lives around for the better.

The door was always open and anyone seeking help was welcome.

According to her husband John Jolie, the two were inseparable.

Jolie met Lortie Séguin at a singles convention at the Knights of Columbus Hall in Ottawa in 1982. Their connection was instant and their desire to help people was imminent.

"We never separated from that day forward," Jolie said.

Their shared passion for volunteer work allowed them to tirelessly help other people no matter what stood in their way. Both having very benevolent spirits, Jolie noted that his wife's level of dedication was second to none when it came to helping others.

"It's something that you can do as a job from eight to five," he explained. "There's nothing wrong with that. But to have what we had; it was a vocation. It was something that was built in you that you brought out and used."

Jolie believes their blend of qualities and values were the optimal mix for them to do the work they were meant to do.

"I would say that that was her nature," said Jolie. "As it was my nature, in a different way. We complimented each other very well like that. Her strengths in that area were my weaknesses. My strengths were her weaknesses."

In their 37 years together, the two only took one vacation to British Columbia in 1986 for Expo 86. Besides that, all of their time was dedicated to Maison Luskville among other volunteering initiatives.

Lortie Séguin never demanded a lot when it came to her own sense of leisure and luxury. Her only wish was to go to Niagara Falls, which sadly never came true.

"We never got around to going and I feel bad about that," said Jolie. "Because she didn't ask for much."

Around 25 years ago, while reading an article in Brown's Beat of the *Ottawa Citizen*, Lortie Séguin saw a picture of a homeless man with his dog curled up in a blanket, which inspired her to take immediate action on the issue.



Photo submitted

Hundreds of people assembled at Liberty Ministries in Aylmer to commemorate the life of local volunteer Louise Lortie Séguin who passed away suddenly on April 20. Pictured, Lortie Séguin poses for photo with her husband John Jolie, on his 70th birthday.

After seeing the photo, Lortie Séguin tracked down the photographer and eventually met the man she saw in the photo. Then, she took it a step further by putting herself in the shoes of the homeless by spending two weeks living on the cold streets of Ottawa.

Moved by the experience, it eventually led her to opening the Maison Luskville drug and recovery centre in 1990.

As tirelessly as she worked, Lortie Séguin spent the first 12 years operating Maison Luskville without a salary. All of the home's expenses from food, to transportation and medication came out of her own pocket.

"There was never any money to spare," said Jolie.

From driving the guys to their court dates, to monitoring and dispensing their medication and even making sure they went to church if they ever chose to, Lortie Séguin was committed to helping them as much as helping herself, according to her eldest daughter Ann Séguin-Huska.

"She's done a lot," said Séguin-Huska. "She was the type of person that if someone was sick and didn't have any family, she was spending endless hours at the hospital by their side."

Well known by local residents, government officials and judges alike, it never took long for her to get people's attention and respect.

"She could walk into a room knowing nobody and before she left, she would know everybody," said Jolie. "That's the type of person she was. She had that gift."

When Maison Luskville officially closed its doors in 2015, Lortie Séguin's selflessness and benevolence persisted for as long as she lived.

For Séguin-Huska, her mother's generosity and drive for helping others was apparent from a young age. As a child, she quickly realized that her mother always prioritized assisting those who needed it the most.

"I think she felt that we were okay and that we didn't need 100 per cent of her," she said. "But these people did need her so she did give a lot to others."

Despite not having substantial disposable income to spare, she always ensured a safe, stable environment for her family and was willing to do everything she could to help out people in less favourable positions, according to her youngest daughter Tina Roy.

"We didn't grow up with a lot of money," said Roy.

Christmas tree.

The family lived in the Ottawa Housing Projects in the neighbourhood of Heatherington during the late 1970s and early 1980s, because that's what they could afford. But her mother always made sure she could provide something for a family who had less than they did.

"She always managed to put a basket of food or some thing together for somebody else in the projects that was worse off than us," said Roy.

Having gone through tough times of her own, including seeing her house burn to the ground in 1984, she gladly took underdogs under her wing.

Whether it was waiting long hours at the hospital for a patient going through treatments or helping someone reintegrate themselves in their family lives she was always there if you needed her.

Lortie Séguin was a strong and resilient woman who never took no for an answer. She was never afraid to fight for what she believed was right and her determination in doing so was unrivaled, Roy said.

"She would bring it to the next level," Roy explained. "Go to the top and she had no problem breaking through red tape either to get those answers. Plus, the majority of the time it wasn't for me. It was for other people."

"She just always saw the positive," she added. "She didn't let anything knock her down."

Besides being an extremely generous person and volunteer extraordinaire, Lortie Séguin was also an avid bingo fanatic who played the game with enthusiasm whenever she had time to spare, which was rare as she was usually dedicated to volunteer work.

"In reality she had to have breaks too," said Jolie. "She loved bingo and she loved her family."

With the countless volunteering initiatives and contributions that he and his wife have accomplished over the years, Jolie can only think about what could've been had he encountered his beloved a little sooner.

However, he wouldn't trade his time with her for anything.

"We just did it and we were blessed," said Jolie. "To be able to do with the gifts that God gave us. If we had met when we were 20 to 25 years old and had come together then I can imagine the things we could've accomplished."




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Letters

CONTINUED FROM PAGE FOUR

"In our view, giving the nuclear power industry a free pass under the Impact Assessment Act is the antithesis of sound and precautionary environmental planning and should not be countenanced by Parliament."

"It is shocking that the federal government expects nuclear projects to go ahead with no impact assessment," says Dr. Ole Hendrickson, a retired Environment Canada scientist and board member of Sierra Club Canada Foundation. "This may benefit the nuclear industry, but at the expense of the environment, public health and safety and the rights of Indigenous communities."

In November, federal Minister of Natural Resources Amarjeet Sohi launched a roadmap at a nuclear industry conference in Ottawa that outlines plans to build Small Modular Reactors (SMRs) in Indigenous and northern communities and at remote mining sites across Canada. The Roadmap's recommendations included comments suggesting that SMRs should be exempted from Bill C-69.

The discussion paper for Bill C-69 regulations says that the effects from SMRs are "well known" and "share core characteristics" with existing conventional reactor technology. However, all proposed SMRs would employ new and untested designs, or technologies, some involving liquid metal and molten salt coolants that caused serious accidents in early prototype reactors, and some using controversial fuels never commercially allowed in Canada before, based on plutonium, thorium, or enriched uranium.

"People in northern and Indigenous communities where the nuclear industry wants to build these reactors have a right to know what the risks are," says Hendrickson. "A formal impact assessment with public disclosure is

essential to identify these risks, including radioactive emissions and long-lasting contamination of soil and groundwater, especially due to malfunctions or accidents."

Impact assessment of SMRs became a focus of media attention last November when it was revealed that Canada's nuclear regulator, the Canadian Nuclear Safety Commission (CNSC), had been secretly lobbying the Government for the reactors to be exempted from environmental assessment. The *Globe and Mail* reported that CNSC encouraged the government to exempt small modular reactors from the list of designated projects (see Federal nuclear regulator urges Liberals to exempt smaller reactors from full panel review - November 6, 2018).

The discussion paper also does not include decommissioning of nuclear reactors and facilities on the project list for Bill C-69. Decommissioning includes cleaning up, dismantling and removing contaminated nuclear facilities; storing the resulting radioactive waste; and returning the nuclear sites back to public use. This is despite the environmental risks of these activities and direct requests from host communities.

Remediation of contaminated nuclear sites, new radioactive waste storage facilities at existing nuclear sites, and nuclear waste transport are also not identified for impact assessment in the discussion paper.

The federal government is giving Canadians until May 31 to submit comments on the discussion paper regarding the Bill C-69 Project List at the following address: impactassessmentregulations.ca

JOHANNA Echlin
Old Fort William, Que.

THE WAY WE WERE

CONTINUED FROM PAGE FOUR

A Union Camp meeting of Clarendon, Portage du Fort and Bryson circuits is announced to commence at Green Lake on June 5. The meetings will continue for about ten days.

Parliament has decided not to re-impose the export duty on sawlogs this year. Whether it will be imposed late on will depend much on the degree of liberality Uncle Sam displays in his treatment of Canadian manufactured lumber.

We are living in an age of invention and discovery, an age remarkable for its wonderful developments of scientific knowledge. Human ingenuity now often produces machines and mechanical devices that accomplish with ease and great perfection many things formerly thought to be such as could be done only by hand. The clothes washing machine known as the Double Action Oscillating

Washer manufactured at Hamilton, On. and now being introduced in this locality, is evidently a machine of this class.

Mr. W.B. Crawford has removed his family from the station to the house recently erected by Messrs. H.H. and T. Elliott on Main Street.

Mr. Alexander Warren of Bristol township died on Thursday after a short illness from inflammation, aged 46 years. He leaves a widow and large family to mourn his loss.

Ad: Pontiac Woolen Mills have commenced operations for the season after having been thoroughly overhauled and refitted. Parties requiring carding and spilling may rely on having it skillfully executed and at reasonable prices. A choice and extensive line of seasonable tweeds which will well repay inspection. Also Flannels, blankets, shawls. Wool taken in exchange for goods.

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J.D. POTIÉ
PONTIAC May 13, 2019
Spring is in full swing and it's the perfect time to start setting up your home garden.
With a variety of factors to consider when putting together a plant-space in your yard, here are a few tips from a local expert.
According to Shandy Ardern, owner of Blue Heron Landscaping in Shawville, the first thing to consider when setting up your home garden is deciding what kind of products you'll be growing.
Whether you're intending on growing flowers, vegetables or both, knowing what you're growing will dictate how you want to manage all the factors that make your plants grow.
One of the first elements to consider is your soil.
Having the right kind of soil plays a significant role as far as yielding results from your crops, especially if you're growing vegetables.
Flowers tend to grow fairly well in all kinds of soil - even sand can do the job nicely.
However, for vegetables it's important to have a soil that is not too heavy. An optimal option would be a Triple Mix which contains a blend of sand, compost and black loam.
"You need to have a mixture of organic matters - soil, sand or stone so that you have some drainage in it," said Ardern.
With a soil that is too heavy, water tends to have more difficulty draining through the ground which can sometimes lead roots to start rotting, Ardern said.
Another important factor that affects plant growth is the amount of sunlight they're exposed to.
For most plants the ideal amount of time under the

sun is six hours per day, which typically requires watering them around twice per week or once every two days, according to Ardern.
Making sure plants receive enough water is crucial to their growth. The more sunlight plants are exposed to the more water they require to survive.
Also worth considering is choosing the right kind of fertilizer. Although, using a certain type of fertilizer isn't necessary to help plants

day, it all depends on personal preference, according to Ardern.
"I don't really want to say that you can use one or the other," he said. "You can use chemical fertilizers on everything and you can use natural fertilizers on everything. They're just two different kinds."
And for those who don't have fertilizer or don't feel like using it on your garden, that's perfectly fine as well.
According to Ardern, various forms of compost like dead leaves are great products when it comes to refurbishing your soil for a fresh crop.
"Compost and leaves add organic matter to the soil," he said. "The plants use it and it also breaks up the soil so that there's more air and moisture held in the soil."
For those who aren't quite gardening savants yet, the most important thing to do when starting out on your home garden is work on a basis of trial and error as it's the best way to learn what helps yield crops and what doesn't, Ardern said.
"It's not a complicated science," he said. "You have to try something out and see what happens."

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Campbell's Bay Lions Club holds Mother's Day breakfast

J.D. POTIÉ
CAMPBELL'S BAY
May 12, 2019

On May 12, over 100 Pontiac residents assembled inside the Campbell's Bay

Lions Hall for a delicious homemade pancake breakfast to celebrate Mother's Day.

Organized by the local Lions Club, the gathering



J-D Potié, THE EQUITY

On May 12, over 100 Pontiac residents assembled inside the Campbell's Bay Lions Hall for a delicious homemade pancake breakfast to celebrate Mother's Day. From left: Lions Club members Rick Frost, President Frank Frost, Derek Senack and Chris Kensley.

provided residents with all sorts of breakfast goodies, including pancakes, bacon and eggs among many more tasty treats.

As heated trays of decadent dishes were laid out on a table buffet-style, people served themselves freely and ate as much as they wished, with more than enough food to fill everyone's stomach.

For one of the event's main organizers Frank Frost, the event is an ideal get together for locals to gather with people they don't often have the chance to congregate with, especially the mothers in the community.

"It brings the community together," he said. "It gets people into the social aspect. Lots of the elderly and that come and they don't get to see people

because lots of people work. So, this is a good spot for them to come and just be social."

"We're just giving back to the wives," he continued. "They work hard too, so we figured we'd put something on for them."

With the event being such success having sold over 200 pancakes and gone through eight boxes of bacon, Frost said the organization is planning on bringing it back next year for a second edition.

"We're thinking of it," he said. "This is our first year and it was successful so we're thinking it's going to be a yearly thing."

All the food at the event was supplied by the Lions Club and the proceeds will go right back into the community, Frost said.

Animal Aide hosts annual bake sale



Caleb Nickerson, THE EQUITY

On May 10, Animal Aide Pontiac held their second annual bake sale at the former Masonic Hall in Shawville. The event brought out dozens of people to purchase baked goods or sit down and have a cup of tea. The animal welfare group offers discounts on spaying and neutering, and is funded through events like the bake sale and initiatives like bottle collection. From left: Sue McCleary, Linda Bernier, Eleanor Rennick and Sue Evans enjoy their tea and sweets.

Pontiac Equestrian Association hosts opening ride of the season

J.D. POTIÉ
LUSKVILLE May 12, 2019

On May 12, the Pontiac Equestrian Association held its opening trail ride of the season inviting its members and residents in the community to wander the Gatineau Parks on horseback.

Taking place throughout areas of Luskville, the trail extended from Wilson and Steel Line all the way to the Ferme Vaillant located on chemin Lebrun.

Thanks to an agreement with the NCC, the association has earned the freedom to develop a path through the park's natural protected territory.

The trails are created and maintained by various volunteers dedicated to the association's activities. The trail is set to be open year-round, according to the association's secretary Carole Savard.

For Savard, the trail rides provide a financial benefit to the region, as they often draw people from outside who offer a small contribution to the local economy.

Since most of its members come from the Pontiac and Gatineau areas, it offers locals the opportunity to

partake in a privileged experience in their own back yard.

As the only trail where horseback riding is allowed in the Gatineau Parks, the ride offers participants a unique opportunity to experience the landscape from a special perspective.

According to Savard, the event drew people from as far as Richmond Ont., as most of the association's event tend to draw many outsiders.

"We didn't have a lot of people today," she said. "But usually our activities attract people from far away."

With only eight people participating in the event including a couple of new members, the low turnout wasn't surprising for Savard since the event took place on Mother's Day.

Despite the underwhelming number of participants, Savard was glad that the weather was favourable, which isn't often that case at this time of year.

"It's the first inaugural event that we didn't cancel because of rain or because of other issues," she said. "Last year, a bunch of our activities were canceled due to rain."



Photo Submitted

On May 12, the Pontiac Equestrian Association held its opening trail ride of the season inviting its members and local residents to wander the Gatineau Parks on horseback. Pictured left, Stephanie Schouten rides on the trail in the woods of Luskville.



Photo Submitted

Jean-François Bonin poses for a photo while on horseback.

Keith Glass rocks the TCRA



Caleb Nickerson, THE EQUITY

The Keith Glass Band brought their blend of blues, country and rock to the Thorne Community Recreation Association Hall on Saturday evening. Glass was a founding member of the Juno-winning band Prairie Oyster and is the recipient of a SOCAN lifetime achievement award. The event was organized by Thorne resident Robert Wills, who knew Glass from back when he was playing with the King City Slickers. From left: Mike Turenne, Steve Trecarten, Glass and Alistair Dennett.

AUCTION SALE

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Monday, May 20th at 10:00 a.m. for
Manuel Barroso, 21 Skylight Rd., Cobden, Ont.

Jetta car, tractor, boat, motor & trailer, travel trailer, tools & furniture.

Thursday Evening, May 23rd at 6:00 p.m. for
Sara Thomssen, 597 South McNaughton Rd., Renfrew, Ont.
Household appliances & furniture, lawn tractor & children items.

Thursday Evening, May 30 at 6:00 p.m. for
Herb & Patsy Metzger, 49 Sturgeon Mountain Rd., Beachburg, Ont.
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Community clean up at Mill Dam Park

J.D. POTIÉ
SHAWVILLE May 11, 2019
On May 11, around 50 Pontiac residents gathered at Mill Dam Park in Shawville to do some community cleaning in celebration of Earth Day.



On May 11, around 50 Pontiac residents gathered at Mill Dam Park in Shawville to do some community cleaning in celebration of Earth Day. Pictured, local family Scott, Jessica and William Stephens pose for a photo.

None injured in Bristol crash



Emergency crews responded to a single vehicle accident on Hwy. 148 in Bristol around 11:30 a.m. on May 13. According to Sûreté du Québec Sgt. Marc Tessier, a man from Gatineau, the sole occupant, lost control of his vehicle while trying to pass and crashed in the ditch. He sustained minor injuries.

Organized by the Parent's Voice Shawville, the event provided the community an opportunity to get together,

soak up some sun and get the park ready for the new season.

With groups of people scattered throughout the yard picking up trash and raking leaves, kids either helped out their parents or hung around in the play structures.

Along with the cleaning initiative, the organization has also decided to add a fresh coat of paint to the little toy box on the playground. The box will be painted in red and some of the old toys will be replaced by new ones, according to the event's main organizer Alina Holmes.

For Holmes, cleaning up the park after such a long and grueling winter is imperative. Being such a popular location for parents to spend time with their kids its important to keep renovating and keeping the area as well maintained as possible.

"The [Mill Dam] park is

incredible," she said. "It's honestly better than any of the parks I have seen in the [town]. So, we are very blessed to have it. And we have been working hard over the last few years to make little improvements and additions here and there as we can."

Among this year's new addition's Holmes is eager for the new picnic tables, the free book shelf and a new batch of sand to be put in place – all the more reason to be excited about this upcoming summer in the municipality.

Extremely satisfied with the turnout, Holmes was thankful for her community's overwhelming support to the organization's events.

"We are frankly very lucky to live in the community that we live in," she said. "Everybody, as soon as you put out a call for volunteers for something, everybody shows up."



Quyon
JILL YOUNG

819-918-0623 jillianyoung6@gmail.com

I hope all of the moms out there had a terrific Mother's Day weekend. The weather was nice and it was a great weekend to get out the barbecues and enjoy time outdoors.

Despite the nicer weather, the flood waters rose again over the weekend. However, as I write this I understand they won't be surpassing the peak reached two weeks ago. I think I speak for everyone when I say it can start going down anytime now. Everyone is ready for a break from this terrible spring we've been having.

In my column last week, I mentioned that the Quyon Legion was planning to host a

1980s themed Ladies Night last Friday evening. Due to the flooding situation in Quyon over the past few weeks they have decided to postpone the event with the future date yet to be determined. Apologies for any inconvenience. Stay tuned for the re-scheduled date.

We have some big belated birthday wishes going out this week. Happy first birthday to Griffin Fraser as he celebrated on May 10. I'd also like to send out belated wishes to Sara Beer-Dowe on May 12 and my aunt Marion Draper on May 13. Blessings to everyone celebrating this week.

A while back, the Pontiac

Community Gym put out a plea for contributions towards purchasing an AED defibrillator device for the gym and once again our community has pulled through. They proudly announced that the gym is now equipped with an AED and are grateful to the gym members, TJ Refrigeration, Mountainview Turf and Hawley Lepine for making this happen.

The last soup and sandwich lunch of the season is being held at Quyon United Church today at 11:30 a.m. Don't miss out on this chance to enjoy a delicious lunch and a great visit with friends and neighbours.



Shawville

LYSE LACOURSE 819-647-5932 lysec38o@gmail.com

Happy birthday to the following people celebrating this upcoming week: Danny Pasch, Rita Kehoe, Hutton Woolsey, Clifford Greer, June Orr, Don Evans, Eleanor Sparling, Dorothy Wilson, Kim Hines, Janice Hodgins, Connor Stevens, Trevor Yach, Courtney Zimmerling, Wendy Hearty, Danny Erfle, Lorne Hodgins, Irene Black, Wendy Hortie, Kathy Black, Erik Barber, Allan Hodgins, Nolan MacDougall, Victoria Crawford, Lise Larivière, Glenna Howard, Kim Beattie, Brian Harris, Joan Orr and Laurel Smith.

Couples celebrating this week are: Brian and Susan

Thomson, Roger and Fiona Younge, Robert and Barb Alexander, Lloyd and Marlene Sylvester, Brian and Barbara Harris, Peter and Joan Bauer, Florence and Ronnie Sharpe, Donnie and Joyce Trafford, Jack and Vivian Stevens, Steven and Trudy Meisner, Jeff and Kimberley Allo, Taylor-Ann and Justin Pawlett, Marty and Beth Brownlee, Maurice and France Lamarche, Lloyd and Marjorie Hodgins, Dan and Diane Desabrais, and Nick and Jennifer Thompson.

There will be a barbecue at Joanne's Valu-mart on Friday from 11:00 a.m. to 6:00 p.m. to raise money for the Pontiac Kidney

Walk.

Our deepest condolences to the Campbell family on the loss of Bob on May 7th. He was the husband of Myrna. Bob was the father of Janey, Julie (Michael) and John (Debbie).

Our thoughts and prayers for the Dunn family on the loss of Hattie on May 10 at the age of 85. She was the mother of Susan (late Garry Morrisette), Perry (Lorraine Wickens) and Jimmy (Nancy Chasles).

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

Happy Victoria Day weekend.



Vinton

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

Animal Aide Pontiac appreciates everyone coming out to the tea and bake sale that was held on Friday at the Masonic Lodge in Shawville. We made over \$1,000 to help spay and neuter animals in the Pontiac.

I would like to thank everyone who came out to the craft and bake sale on Saturday at the Lions Club hall.

I had a great Mother's Day. I was going to go to the Lions Club breakfast but my girlfriend Sharon Crawford called and asked me to go to breakfast with her and Bruce at her nephew, Reid Crawford's place at Lawless Lake. We were joined there by Jim and Darlene Crawford and Reid made us a wonderful breakfast.

Then I went to see my aunt Betty Mayhew in Otter Lake and I took her out to supper at the new Rumours Restaurant. They gave us a beautiful candle flower as a little gift. Then I went home and crashed because I had a

very busy couple of weeks baking for Animal Aide and for myself and I was totally exhausted.

I would like to wish the following people a very happy birthday: Danny Lepack Senior, Rick Lepack, Barbara Kluge, Yola Lepine, Wayne McCoshen all on May 15, Sandra Sauriol on May 16, Trevor Beauregard and Claude Lance, Kelly Ann Corriveau on May 17, Tiffany Bertrand, Remi Paré, Jill Heaphy, on May 18, Brian Hewitson on May 19, John Lawn on May 20, Noella Crawford and Samantha Corriveau on May 21.

I would also like to wish happy anniversary to Marthe and Rick Lepack on May 16, Lori and Junior Amyotte on May 17, Serge and Lynn Jolin, Terry and Marianne Frost on May 19 and Mark and Erin Horner on May 21.

The water levels are even higher than expected which could mean more devastation to people along the river. So many people have lost most of their homes and a lot

of their possessions. It will take years to recuperate from all the damage done. But one thing is for certain with the help of all their friends and neighbours they will press on and become even stronger.

This coming weekend is the Victoria Day long weekend. It is a busy weekend for cottagers who are usually open up their camps and cottages this weekend. I'm hoping that my daughter and son-in-law and the kids make it up for a visit. They have been unable to make it for my birthday or Mother's Day because Carl works for Bracebridge Hydro and they were under a state of emergency for the past month.

It is gardening time once again and people are getting busy preparing their ground for another summer of planting. I don't think I will be able to do it this summer because my back is just too full of arthritis. If anybody would like to use my garden you are more than welcome to have it. Just give me a shout.

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276 députés demandent que la couverture des infrastructures numériques soit étendue en région

GOUV. DU CANADA
Communiqué
OTTAWA Le 8 mai 2019

Aujourd'hui, 276 députés des différents partis politiques ont envoyé un signal clair à la population que la sécurité de nos citoyens et la vitalité de nos régions sont des enjeux importants et non partisans. La Chambre des communes a voté de façon unanime en faveur de la motion M-208 qui vise à étendre la couverture des infrastructures numériques (réseau cellulaire et Internet) en région pour des raisons économiques et de sécurité publique.

À la suite du vote, l'auteur de la motion et député pour le Pontiac, monsieur William Amos, a fait la déclaration

suivante:

« C'est une journée importante pour les Canadiens qui vivent en région! Je suis content de voir que mes collègues à la Chambre des communes reconnaissent les impacts que le manque de couverture cellulaire et d'accès à l'Internet haute vitesse ont sur la sécurité du public en région, surtout lors de désastres naturels et de situations de crise. Dans ma circonscription de Pontiac, par exemple, nous avons vu à quel point le manque de couverture cellulaire avait compliqué la gestion de la crise provoquée par les inondations de 2017 et les tornades de 2018.

Dans les dernières semaines, plusieurs citoyens

et municipalités en région se sont, encore une fois, retrouvés isolés lors des inondations au Québec, en Ontario et au Nouveau-Brunswick puisque le manque de couverture cellulaire rendait la communication entre les municipalités et les citoyens difficile. C'est inacceptable en 2019 que les Canadiens en région aient encore de la difficulté à demander de l'aide à cause du manque de couverture cellulaire.

En plus de souligner que l'infrastructure numérique est un enjeu de sécurité publique, la motion M-208 rappelle que l'accès à l'Internet haute vitesse est nécessaire afin d'assurer la prospérité de nos régions. En 2019, il est clair

que l'accès à l'Internet haute vitesse n'est pas un luxe, mais une nécessité pour l'entrepreneuriat et l'innovation. J'étais d'ailleurs très content de voir que, suivant les recommandations du caucus rural et de ma motion M-208, le gouvernement s'est engagé lors du dernier budget à investir cinq milliards de dollars dans les dix prochaines années pour améliorer l'infrastructure numérique en région et à connecter tous les Canadiens à l'Internet haute vitesse d'ici 2030.

Ma motion représente aussi une belle addition au budget de 2019 puisqu'elle pousse pour l'extension de la couverture cellulaire en parallèle à l'extension de l'infra-

structure numérique pour l'Internet haute vitesse en région. Dans le budget de 2019, le gouvernement du Canada a créé un nouveau programme national d'Internet haute vitesse, appelé le Fonds pour la large bande universelle. Après ce vote en faveur de la motion M-208, je suis confiant que les investissements pour augmenter la couverture cellulaire seront inclus dans les catégories d'investissement éligibles du Fonds pour la large bande universelle.

Le vote d'aujourd'hui est un gain pour le Canada rural! Demain, je serai au Comité permanent de l'industrie, des sciences et de la technologie afin de discuter la forme que

prendra l'étude exhaustive sur l'infrastructure sans fil en milieu rural demandé par la motion M-208. Dans les prochains jours, je discuterai aussi avec l'honorable John McKay, le président du Comité permanent de la sécurité publique et nationale afin d'établir un échéancier pour l'étude exhaustive demandée par la motion M-208 sur les éléments du déploiement d'une infrastructure sans fil en milieu rural au Canada liés à la sécurité publique. Les régions rurales sont au coeur de notre culture et de notre économie et nous devons lutter ensemble pour assurer la sécurité et la prospérité des gens qui y vivent!

Un grand bénévole de l'Outaouais est honoré à l'assemblée nationale

GOUV. DU QUÉBEC
Communiqué
GATINEAU Le 10 mai 2019

La cérémonie annuelle du prix du bénévolat en loisir et en sport Dollard-Morin annoncera ce soir le « Créateur d'impact » s'étant le plus démarqué en Outaouais cette année. Tous les honneurs reviennent à M. Denis Rozon, qui recevra son prix par Isabelle Charrette, ministre déléguée à l'Éducation.

M. Denis Rozon est l'organisateur en chef du Bristol Dryland, Coupe du monde, le Championnat canadien de course de chiens, tenu à Bristol. Il s'agit de la plus

grande course sur terres battues au Monde excluant le Championnat mondial. M. Rozon s'est vite positionné comme étant un modèle et un ambassadeur dans sa communauté par la mise sur pied d'un événement fort, qui est devenu un emblème pour la MRC de Pontiac de par sa portée internationale. Par son temps et son investissement, il a réussi à offrir une place importante au sport canin dans son milieu. Plus encore, il a fait de sa passion un projet familial pour lequel ses enfants s'investissent également aujourd'hui.

En plus de son rôle d'or-

ganisateur en chef pour le Championnat, M. Rozon s'occupe également de l'entretien, du développement et de l'accessibilité des sentiers faisant office de parcours pour ses courses. Il a su les développer de façon à les interconnecter afin que les spectateurs puissent suivre la course sous toutes les perspectives. M. Rozon s'accompli au travers de son bénévolat et arrive, par celui-ci, à avoir un impact significatif auprès de son milieu.

Le lauréat régional est choisi annuellement par un comité de sélection coordonné par Loisir sport Outaouais. M.

Rozon rejoint les rangs des figures de proue en bénévolat des dernières années : M. Gilbert Jolin du Tournoi Pee-Wee de Gatineau (2018), Mme Chantal Leblanc de l'Association de soccer de Buckingham (2017) ainsi que M. Claude Laramée de la Gatineau Loppet (2016).

« L'implication de M. Rozon représente à merveille l'impact qu'a le bénévolat dans l'émancipation du loisir et du sport. C'est par la force du

bénévolat que les événements de loisir et de sport des communautés de chez nous rayonnent au national et à l'international. Le temps investi par M. Rozon, simplement parce qu'il avait envie de faire une différence chez lui, sans rien demander en retour, a eu une répercussion directe sur l'envergure et la qualité du projet dans lequel il a souhaité s'investir. C'est ça, faire la différence. » assure Éric Maltais, président de

Loisir sport Outaouais.

Loisir sport Outaouais accommandat le développement du loisir et du sport en Outaouais, en partenariat avec le milieu, pour l'atteinte d'une meilleure qualité de vie de la population. L'organisme offre une gamme diversifiée de services à ses membres par de l'expertise-conseil et coordonne des programmes tels les Jeux du Québec, Secondaire en spectacle et Kino-Québec.

Plus de 17 700 pêcheurs en herbe cet été

GOUV. DU QUÉBEC
Communiqué
QUÉBEC Le 6 mai 2019

Au cours de l'été 2019, plus de 17 700 jeunes participeront à une journée d'initiation à la pêche grâce au programme Pêche en herbe de la Fondation de la faune du Québec, en collaboration avec Canadian Tire, partenaire principal du programme, et du ministère des Forêts, de la Faune et des Parcs (MFFP). Depuis sa création en 1997, le programme Pêche en herbe a permis d'initier plus de 302 000 jeunes, dont 33 000 à la pêche blanche.

La Fondation de la faune fournira le matériel à plus de 230 organisations provenant de toutes les régions du Québec pour la tenue d'une activité de pêche destinée aux jeunes de 9 à 12 ans. Les organisations s'engagent à leur offrir une formation sur

l'habitat du poisson, les techniques de pêche, les conseils de sécurité, la protection de l'environnement et l'éthique du pêcheur. Avec l'autorisation du MFFP, chaque jeune pêcheur recevra un certificat Pêche en herbe qui lui tiendra lieu de permis de pêche jusqu'à ce qu'il atteigne l'âge de 18 ans. De plus, tous les jeunes pêcheurs recevront une brochure éducative Moi je pêche avec... Gulliver, une canne à pêche et des leurres pour taquiner le poisson.

Parmi les organisations qui réaliseront des activités de Pêche en herbe, 176 acceptent les inscriptions de jeunes du grand public. Pour inscrire un jeune, il suffit de communiquer directement avec les organisations participantes acceptées au programme. Leurs coordonnées se trouvent dans la Liste des activités Pêche en herbe - Été 2019.

Le volet urbain du programme Pêche en herbe se poursuit pour une quatrième année avec cinq organisations qui initieront 700 jeunes ou plus dans des villes de plus de 100 000 habitants. Ainsi, Éco-Nature à Laval, le Groupe uni des éducateurs-naturalistes et professionnels en environnement (GUEPPE) à Montréal, la Fondation pour la sauvegarde de la truite mouchetée et le Groupe d'écovigilance de l'eau (G3E) à Québec ainsi que le Comité fête de la pêche à Sherbrooke initieront plus de 4 700 jeunes citoyens.

Rappelons que cette année encore, les profits amassés par l'Encan de la Fondation de la faune ont été investis dans le programme Pêche en herbe, en plus du montant habituel prélevé sur les permis de pêche, permettant ainsi d'acquiescer le matériel requis pour l'initiation des jeunes.

Directives ministérielles concernant le seuil de réussite au Québec de 60 pourcentage

CSHBO
Communiqué
MANIWAKI Le 3 mai 2019

Depuis son entrée en fonction, le ministre de l'Éducation et de l'Enseignement supérieur, Monsieur Jean-François Roberge, a rappelé l'importance de la qualité des diplômes décernés, ceux-ci devant refléter la vraie réussite de l'élève qui l'obtient. Pour ce faire, la note attribuée à l'élève se doit d'être juste et équitable, qu'elle soit attribuée par l'enseignant ou par le système de correction des épreuves ministérielles.

Afin de donner suite à cet engagement, et à l'approche de la session d'examen de fin d'année, il confirme qu'à partir de maintenant, les notes de 58 pourcentage et de 59 pourcentage obtenues dans une matière dont les unités sont requises pour la sanction des études ne passeront plus systématiquement à 60 pourcentage. Cette décision repose sur la nécessité d'appliquer le seuil de réussite déterminé au Québec de 60 pourcentage, de refléter réellement le succès de l'élève qui l'a atteint et

ainsi de ne pas abaisser les exigences de la diplomation.

Les demandes de révision de correction de l'épreuve ministérielle demeureront possibles et ce processus continuera d'être mené par l'équipe ministérielle. Il en va de même pour la note-école qui peut aussi faire l'objet de demandes de révision. À cet égard, les établissements auront le personnel nécessaire pour les traiter dans des délais jugés raisonnables, et ce, afin de ne pas nuire aux élèves qui pourraient avoir à s'inscrire à des cours d'été.

Campagne de sensibilisation

SOPFEU
Communiqué
QUÉBEC Le 6 mai 2019

La Société de protection des forêts contre le feu (SOPFEU) lance une campagne de sensibilisation concernant les dangers que représentent les brûlages de rebuts et les feux de nettoyage de terrain. En effet, de la mi-avril à la mi-juin, les pompiers municipaux et les pompiers forestiers de la SOPFEU interviennent en moyenne sur quelque 150 incendies affectant la forêt, dont la majorité est causée par des feux allumés par des résidents. Cette campagne, qui se déroulera tout au long du mois de mai, inclut notamment la diffusion de messages sur les médias sociaux et l'organisation d'activités de sensibilisation dans deux régions particulièrement touchées par ce type d'incendie, soit la MRC des Laurentides (6 au 10

mai) et dans celle de la Vallée-de-la-Gatineau (13 au 17 mai). La SOPFEU rappelle qu'au printemps, même si le temps est frais et que la neige tapisse encore le sol à certains endroits, l'herbe sèche, les feuilles mortes et les broussailles sont propices à la propagation d'un incendie en terrain dégagé. À cette période de l'année où les résidents nettoient leurs terrains, il ne suffit que de quelques heures d'ensoleillement et d'un peu de vent pour faire monter le niveau du danger d'incendie. Dans ces circonstances, un feu qui s'échappe peut se transporter une longue distance. Il s'agit non seulement d'une menace pour la forêt, mais aussi pour les résidences à proximité.

Alternatives sécuritaires et écologiques


L'objectif de la campagne est d'informer les citoyens

qu'il existe des alternatives sécuritaires et écologiques à ces brûlages printaniers. Au lieu de brûler les résidus de nature végétale, la SOPFEU recommande d'en faire du compost ou de les déposer pour la collecte des résidus verts. Pour les matières plus encombrantes, comme les grosses branches ou les vieux meubles, l'écocentre de la municipalité est l'alternative toute désignée.

Au fil des ans, les activités de prévention déployées par la SOPFEU et ses partenaires ont permis de réduire le nombre de feux de façon importante. Depuis 1984, une diminution moyenne de 17 incendies de cause humaine par année a été observée. La SOPFEU tient à rappeler qu'environ 76 % des incendies sont imputables à l'activité humaine. La collaboration de tous demeure essentielle pour en réduire le nombre.




**Assemblée générale annuelle
Annual General Meeting**
Mercredi le 5 juin 2019 June 5
Mont d'Or - Golden Peak
533, rue Baume St., Fort-Coulonge, QC
La rencontre débutera à 18 h. Rapport annuel, élections et états financiers.
The meeting will begin at 6 p.m. Annual report, elections and financial report.
Bienvenue à tous! Everyone is welcome!



**OFFRE D'EMPLOI
ÉTUDIANT D'ÉTÉ
NO 2019-04-74**
**TITRE DU POSTE: PRÉPOSÉ AU CENTRE DE TRI
ET JOURNALIER DES TRAVAUX PUBLICS**
La Municipalité de Litchfield recherche un (une) étudiant(e) pour superviser le Centre de Tri, tondre le gazon, couper les grandes herbes et maintenir la propriété des voies publiques, parcs et espaces verts de la Municipalité.
EXIGENCES
1) Doit avoir entre 16 et 30 ans.
2) Doit être inscrit comme étudiant à temps plein au cours de l'année scolaire précédente.
3) Doit être responsable et capable de travailler avec un minimum de supervision.
4) Doit être capable de suivre les consignes et tâches assignées.
5) Doit être capable de faire fonctionner une tondeuse à gazon et coupe-herbes.
6) Doit pouvoir effectuer des travaux légers et soulever des objets lourds.
7) Doit avoir son propre moyen de transport.
8) Doit avoir de bonnes compétences en communication-anglais et français.
9) Doit être disponible du lundi au vendredi ainsi que des fins de semaine.
10) Doit être disponible pour le 23 juin 2019.
11) Doit avoir un numéro d'assurance sociale valide.
Pour des renseignements supplémentaires, veuillez communiquer avec Julie Bertrand, Directrice générale au 819-648-5511 ou litchfield@mrcpontiac.qc.ca.
Pour postuler, faire parvenir votre candidature au plus tard le 3 juin 2019 :
Par la poste : Municipalité de Litchfield
1362 rte. 148, C.P. 340, Campbell's Bay, QC J0X 1K0
Par courriel : litchfield@mrcpontiac.qc.ca



Mécanicien véhicules et équipement lourds
Nous sommes présentement à la recherche d'un mécanicien compétent et expérimenté dans le domaine de la mécanique de véhicules lourds pour la réparation et l'entretien de notre flotte de véhicules et équipements lourds.
Sommaire du poste :
Inspecter, diagnostiquer, réparer et entretenir les systèmes et composantes mécaniques, électriques, hydrauliques et électroniques sur les camions, remorques et équipements lourds de notre entreprise.
Expérience :
• mécanique véhicules lourds: 5 ans (requis)
Formation :
• DEP en mécanique de véhicules lourds
Conditions de travail :
• Poste permanent à temps plein de jour, 40 heures/semaine.
• Horaire de jour. Début à 7h. Fin vers 16h
• Salaire : 35,00\$ à 40,00\$.
Lieu de travail :
Centre de tri Pontiac
152, chemin de l'Industrie
Portage-du-Fort, QC
Faire parvenir votre CV à info@amorconstruction.ca
Seulement les candidatures retenues seront contactées.



**Commission scolaire Western Québec
Western Québec School Board**

AVIS PUBLIC	PUBLIC NOTICE
Projets de règlements relatifs au jour, à l'heure et au lieu des séances ordinaires du conseil des commissaires et du comité exécutif de la Commission scolaire Western Québec pour l'année scolaire 2019-2020.	By-Laws fixing the day, time and place of the regular meetings of the Council of Commissioners and of the Executive Committee of the Western Québec School Board for the 2019-2020 school year.
AVIS PUBLIC est par la présente donné que lors de son assemblée ordinaire du 30 avril 2019, le conseil des commissaires de la commission scolaire Western Québec a adopté les résolutions C-18/19-203 et 204 concernant les projets de règlements cités en titre. Ledit calendrier sera adopté à l'occasion de l'assemblée régulière du 25 juin 2019.	PUBLIC NOTICE is hereby given that at its regular public meeting held on April 30, 2019, the Council of Commissioners of the Western Québec School Board adopted resolutions C-18/19-203 and 204 for the above-mentioned By-Laws. The calendar of meetings will be adopted at the regular meeting on June 25, 2019.
Les textes des projets de règlements peuvent être consultés au centre administratif, situé au 15, rue Katimavik, Gatineau, durant les heures de bureau ou sur le site Web: westernquebec.ca.	The full texts of the By-Laws are available for public consultation at the administration office, situated at 15 Katimavik, Gatineau, during regular office hours, or on the Board's website: westernquebec.ca.
Donné à Gatineau, Québec le 6 mai 2019 Richard Vézina, secrétaire général	Given at Gatineau, Québec, May 6, 2019 Richard Vézina, Secretary General



Postes Canada

Demande de proposition (DP)

Postes Canada sollicite les propositions pour le service de transport suivant:

CAMPBELL'S BAY (QC) et OTTER LAKE (QC)

Tri, livraison et levée du courrier pour un service urbain fusionné ou transport du courrier pour un service routier entre les points de livraison et points de cueillette désignés et nécessite une fourgonnette utilitaire d'une capacité minimale de 235 pieds cubes. Reportez-vous à l'annexe «A» de la DP pour les exigences complètes.

Le début du contrat sera le 1 septembre 2019 et sera d'une période jusqu'à 5 ans.

Pour plus d'information au sujet de la demande de proposition (DP), veuillez communiquer avec le représentant de l'autorité contractante ci-dessous :

**POSTES CANADA
GESTION DE L'APPROVISIONNEMENT
Attention: Mark Nelson
TELEPHONE: 613-734-3406
mark.nelson@postescanada.ca**

Alternativement, la DP peut être téléchargée à partir du site web de Postes Canada :

www.postescanada.ca

Les proposants intéressés doivent remplir et soumettre la demande de propositions en conformité avec les termes et conditions énoncés dans la DP. **Toutes les soumissions doivent être reçues à l'adresse indiquée dans la DP, pas plus tard que 14h00, heure locale, le 11 juin 2019.**


Pontiac Agricultural Society

IS ACCEPTING TENDERS FOR GRASS CUTTING OF THE FAIR GROUNDS

**Closing date is
Wednesday, May 22, 2019 at 4:00 p.m.**
**Interested persons may pick up their tender specifications at the
Pontiac Agricultural Society's office
215 Lang Street, Shawville, QC
Monday to Friday
from 8:30 a.m. to 4:30 p.m.**

**AVIS DE CONVOCATION
ASSEMBLÉE GÉNÉRALE ANNUELLE**

Les membres du conseil d'administration du **Jardin Éducatif du Pontiac** vous convient à leur **Assemblée générale annuelle 2019**
Mercredi le 12 juin 2019 à 17h30
Vignoble Petit Chariot Rouge, Clarendon
Votre présence est essentielle à notre réussite collective.
Un léger goûter sera servi!
Confirmez votre présence avant le 3 juin 2019 au 819-648-5402 ou par courriel au m.riopel_directionjep@outlook.com



**NOTICE OF
ANNUAL GENERAL MEETING**

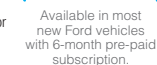
The Board Members of **Le Jardin Éducatif du Pontiac** are inviting you to their **Annual General Meeting 2019**
Wednesday, June 12, 2019 at 5:30 p.m.
Little Red Wagon Winery, Clarendon
Your presence is essential to our collective success.
A light lunch will be served!
Confirm your presence before June 3rd, 2019 at 819-648-5402 or by e-mail at m.riopel_directionjep@outlook.com

ON SELECT 2019 ESCAPE MODELS



FIND OUT MORE AT **FINDYOURFORD.CA.**

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Classifieds

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

COMMUNITY CALENDAR

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

Fri., May 17 – Pontiac Kidney Walk BBQ at Joanne's Valu-Mart, from 11 am - 6 pm. Please come and enjoy a bite to eat and support the Walk. 2bm15

Fri., May 17 – 10 - 2. The Ladies' Hospital Auxiliary Collection for The Pontiac Hospital at Giant Tiger, Langford's and Valu-mart. A store gift certificate will be given to a name drawn at each location. xm15

Sat., May 18 – Pop Up Artisans' Market and Sale featuring local artists 11 a.m. to 6 p.m. at Little Red Wagon Winery, C165 Calumet Road West, Clarendon. For more info. contact Louise 819-598-6553. 2xm15

Sun., May 19 – at 7 p.m. Bristol Memorial Presbyterian Church invites you to "Jazz Vespers" featuring David Renaud - Saxes, Clarinets and Flutes with Steve Boudreau - Pianist, Master's Jazz Performance. 2bm15

Sun., May 26 – Anishinabe (Algonquin) History and Current Issues with Anita Tenasco, Director of Kitigan Zibi Ed. Services. 1:30 pm, Bert Kennedy Centre, 885 Clarendon, Quyon. Presented by the Friends of Chats Falls (info@saultdeschats.ca). 2xm22

YARD SALE

May 17 - 20 – 9 a.m. to 5 p.m. every day. New fishing tackle, rod and reel and more items, electric house furnace, electric chair lift, vintage Coca Cola machine, dryer, refrigerator, 15 ft. boat with 30 h.p. motor, used doors and windows, electric and plumbing hardware. Lots of vintage items, toys and gadgets for everyone. Chez Lucien, 64 Leslie Lake Road, Litchfield. 2xm15

May 17, 18 & 19 – May 17 4 - 7; May 18 & 19 9 - 5. At C-181 11th Concession, Shawville, Que. xm15

Fri. & Sat., May 17 & 18 – Fri., 11 to 7, Sat. 8 - 4. 538 rue Principale, Bryson, Que. xm15

Sat., May 18 – Garage and Bake sale in support of Pontiac Kidney Walk, 349 / 350 Sand Bay Road, 9 a.m. - 2 p.m. bm15

Sat., May 18 – Yard and Bake Sale. 10 a.m. to 2 p.m. Holy Trinity Church, Radford. xm15

Sat., May 18 – 8 a.m. to 2 p.m. Yard and Bake Sale, New Hope Christian Fellowship Church., 586 Main St., Shawville. bm15

Sat., May 18 – Bryson Golden Age Club 9 - 2. Please drop off donations Friday morning. xm15

Sat., May 18 – Multi-family Yard Sale. Household and furniture items. 267 chemin de la Chute, Mansfield, Que. J0X 1R0. 9-4 no early birds please. bm15

Sat., May 18 – 8 - 4. Indoors 367 Wellington Street, Bryson, Quebec. Antiques (sewing machine, mason jars, boiler), ShelterLogic outdoor shelter, gazebo and canopy, gardening items, household items, miscellaneous building supplies, clay tiles, door, pole tree trimmer, wooden shelving. Many miscellaneous items. xm15

Mai 18 - 19 – 9 hrs. à 18 hrs. Vente de garage. Générateur 4000 watts soudeuse, plusieurs articles pour la cuisine, outils de jardin, chaises, air conditionne, heaters, échangeur d'air, pots de fleur, articles de chasse et pêche, tondeuse - débroussailleuse, tarière glass, cil à chaine, 262 Husqvarna s'il y a plieue transférer au samedi suivant le 25 mai. 15 ch. Calumet, Shawville. xm15

Sun. & Mon., May 19 & 20 – 8-4 both days. Antique and Collectible Yard Sale. We have been buying all winter and we are jammed with lots of great treasures. André Chretien, 1144 Route 148, Campbell's Bay, Que. 819-648-2512. Always buying. Call us. xm15

New date Sat., May 25 – 9 a.m. til 2 p.m. Rain date, Sat., May 25. At 285 Douglas St., Shawville, Que. Household items. 3fm15

Ron's Antique Shop will be open for the summer, Saturday and Sundays 10 to 3 p.m. 56 Hayes Rd., Campbell's Bay. 2xm22

MISCELLANEOUS

Four (4) Kinergy GT Hankook 215/55R16 tires, low miles used two summers, just \$200; four (4) General Tire Evertrek 205/55R16, could get a summer out of them, FREE; two (2) 205/55R16 winter tires, could have some life, you judge, they're FREE too! 613-799-3601 Shawville area. xtc

DEATH



Campbell, Bob – June 25, 1936 – May 7, 2019 On May 7, 2019 at home, Shawville, Quebec, heaven has gained another angel. Beloved husband of Myrna Campbell (nee Cotie) for almost 62 marvellous years. Son of the late Warren and Marlowe Campbell. Loving father of Janey, Julie (Michael) and John (Debbie). G-Pa of Andrew (Erin), Krista, Jodi (Johnny), Jeremy (Ashley) and Makayla (Chris). Predeceased by his grandson Shawn. Proud Great-G-Pa of Jordyn, Jacob and Rylee. Brother of Rita (late Leslie), Bill (Jutta), Eleanor (Mick, late Ike), Patsy (late Joe), late Don (Judy) and Karen (John). Brother-in-law of late Iva and Athol, Rolly (late Beulah). He will be missed by many nieces and nephews. Friends called at the Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Wednesday, May 8, 2019 from 2 to 4 and 7 to 9 p.m. Funeral service was celebrated on Thursday, May 9, 2019 in the Shawville United Church, Shawville, Quebec at 11 a.m. Donation to the Shawville United Church, Pontiac Community Hospital Foundation or the charity of your choice would be appreciated. www.hayesfuneralhome.ca



Dunn, Hatty (nee Cameron) 1933-2019 Passed away peacefully surrounded by her family in hospital, Shawville, Quebec on Friday, May 10, 2019 at the age of 85. Daughter of the late Archie Cameron and the late Caroline McCallum. Dear wife of the late Terrance Dunn. Loving mother of Susan (late Garry Morrisette), Perry (Lorraine Wickens) and Jimmy (Nancy Chasles). Cherished grandmother of Terri-Ann, Garry Jr., Mark, Mathew, Holly, Jake, Bradley and adored great-grandmother of numerous great-grandchildren. Predeceased by her siblings Kenny, John "Jackie", Jean, Joan, Elwood and Lorraine. Hatty will be missed by many nieces, nephews, great-nieces and great-nephews. Friends called at the Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Tuesday, May 14, 2019 from 2 to 4 and 7 to 9 p.m. and may call Wednesday, May 15 from 9:15 to 10:15 a.m. Funeral Mass of Christian Burial will be celebrated in St. James the Greater Church, Portage du Fort, Quebec on Wednesday, May 15, 2019 at 11 a.m. Interment parish cemetery. Donations to the Children's Wish Foundation would be appreciated. www.hayesfuneralhome.ca



DEATH



Hearty, Gerda Eleanor (Nee Tanner) October 15th, 1942 - May 11th, 2019 It is with profound sorrow that we announce the sudden death of Gerda Hearty on Saturday, May 11th, 2019. She was surrounded by her family while visiting her childhood "camp" in Quebec. Gerda is predeceased by her loving parents, Freda Evoy (Tanner) (nee Lecharity) and James Albert Tanner. Gerda's death leaves broken hearted: Al Hearty her much loved husband of almost 54 years; her cherished daughters, Kerrie and Krista (Michael McLean); and beloved grandchildren Ashton Kerr, Ireland Hearty Kerr and Emery McLean. She also leaves to mourn: her dear brother Roy Tanner (Mavis) of Carleton Place, sisters and brothers-in-law, Karen Smith, Donna Keon (Stan), Odel Hearty, Graeme "Sandy" McDougall, Jerry Hearty, and Gary Hearty (Theresa), along with, many adored nieces and nephews and a large group of very close friends whom she loved. She was predeceased by her beloved sister-in-law Sharon McDougall and brother-in-law Durrell "Butch" Smith. Throughout her full life, Gerda's fun loving nature drew in and brightened the lives of those who had the good fortune to meet her. Her compassionate and encouraging disposition has touched and influenced so many lives throughout her long career as a teacher in Perth and Smiths Falls followed by many years of community service in Perth. Gerda contributed greatly to her community by coaching countless school sports teams, volunteering in her grandchildren's classrooms, being the secretary for the Rotary Club and the Retired Teachers' Federation, and organizing events as the hospitality coordinator for the CFUW to name a few. Gerda took immense joy from being with her children and grandchildren, spending time baking, laughing and playing. No matter what was going on in Gerda's life, the moment her kids and grandkids walked in the door they were greeted with wide open arms and an expression that told them they were the most important person in the world and had her full attention. Most of those who knew this strong, vibrant woman will remember best her zest for life, her caring nature and her ability to see the good in everyone. Friends may pay their respects at the Blair & Son Funeral Home, 15 Gore St. W., Perth on Thursday, May 16th, 2019 from 2:00 to 5:00 & 6:00 to 8:00 P.M. A celebration of Gerda's life will be held in St. Paul's United Church, 25 Gore St. W., Perth on Friday, May 17th, 2019 at 11:00 A.M. A reception will follow in the Church Hall. Memorial donations in Gerda's memory should be directed to Great War Memorial Hospital Foundation. For condolences or further information, visit our website at www.blairandson.com

PASSPORT PHOTOS DONE HERE!

Pontiac Printshop
Home of THE EQUITY
133 Centre St., Shawville
819-647-2204

DEATH



Ladouceur, Sydney – Passed away suddenly at Pontiac Community Hospital, Shawville, Quebec on Monday, April 15, 2019 at the age of 72 years. Son of the late Thomas Ladouceur and Inez Mousseau. Husband of the late Lilliane Lance. Brother of Isabel (late Jean-Paul), Simon (Noella), Yvon (Jeannine), Inez (Daniel), Lillias (James), George (Patricia), Wayne (Lisa), Lise (Yves). He is predeceased by his sister Helene (late Ron). He will be missed by his children, Sylvie (Jack), Marc (Angie) and Lyne, his grandchildren, Ashley (Benoit), Kyle, Christine, Owen and Benjamin, and his great-grandchildren, Odessa and Philippe. Funeral mass will be celebrated on Friday, May 17, 2019 in St. Charles Borromeo Church, Otter Lake, Quebec at 11 a.m. In lieu of flowers, donations to the Otter Lake Fire Department would be greatly appreciated. www.hayesfuneralhome.ca



Powell, Jeffrey Albert – 1967-2019 On May 1, 2019, in hospital, Ottawa, Ontario, as a result of an illness, Jeff Powell, of Amprior, Ontario at the age of 51 years. Beloved husband of Beth for 27 years. Loving father of David (Emma) and Matthew. Dear son of Melba and the late Earl Powell. Loved brother of Tim (Colleen) and predeceased by Randy (Colleen). He will be missed by his mother-in-law Orma (Sam) and the late William Norton and brother-in-law James Norton (Kirsten) and many nieces and nephews. Jeff was a member of IBW586. He loved to spend time at Colton Lake Fish and Game Camp and was an avid animal lover. Friends called at Hayes Funeral Home, 134 Centre Street, Shawville, Quebec on Saturday, May 4, 2019 from 12:30 to 2:30 p.m. A Funeral service followed at 2:30 p.m. in the Chapel. Interment in Shawville Pentecostal Cemetery. Reception followed in Hayes Funeral Home. Donations to the University of the Ottawa Heart Institute Foundation would be appreciated. www.hayesfuneralhome.ca



DEATH



Holmes, Caroline In hospital, Shawville, Quebec on May 2, 2019, Caroline Emmerson, beloved wife of Lorne Emmerson for 32 years, at the age of 55 years. Loving mother of Kayla (Ron) and Karly. Dear daughter of Doris and the late Robert Holmes. Sister of Debbie (Denver Thrun), Joanne (Jerry Schwartz), Mary (Michael Hodgins) and Catherine (Serge Robichaud). Aunt "Car-Car" will be deeply missed by her nieces and nephews. A private family service will be held at a later date. In Caroline's memory, donations to the Pontiac Community Hospital Foundation or Diabetes Canada would be appreciated. www.hayesfuneralhome.ca



THANKS

Orr – The family of Ronald Orr would like to thank all the family and friends that attended the funeral service at Bristol Ridge Pentecostal Church and the get-together following the service at Bristol Town Hall. Thank you Pastor Corey Ferguson for the beautiful service. It was a wonderful tribute to his memory. Thank you Megan Tubman for providing the urn. We know uncle Ronnie would be proud. We would like to thank Tom Howard for organizing the music and also to Elaine Findlay and the ladies for arranging the food and the tables for the get-together. It was perfect. We also want to thank everyone for donations of food for the lunch following the funeral, the entertainment and beautiful comments from everyone. Thanks also to Diane McCully for your beautiful message at the get-together. Thank you for all the phone calls, sympathy cards, hospital visits and just for caring. It made our loss a little easier to take. We also want to thank the ICU staff at Shawville Hospital for their excellent care. They were exceptional. Also, we would like to thank Hayes Funeral Home for their assistance and compassion. We also appreciate all the beautiful comments on Facebook. Thank you everyone. It meant a lot. June McCoshen-Orr and Family

Powell – The family of Jeff Powell would like to thank everyone for the many acts of kindness shown to us at this sad time. A special thank you to Rev. Hollingsworth and Kathryn Perry for the beautiful service and music. The food brought to our houses was greatly appreciated as well as all the cards, phone calls, donations and flowers. Thanks to Hayes Funeral Home for their excellent support and compassion. It is so great to live in a town like Shawville where everyone is so kind. Melba and family

IN MEMORY

Dumouchel, Rhéa - In loving memory of a cherished Mother who left us May 15, 2011. You're not forgotten Mother dear, Nor ever shall you be, As long as life and memory last, We will remember thee. No one knows the silent heartaches, Only those who have lost can tell, Of the grief that's borne in silence, For the one we loved so well. Bonne fête Maman! Love Victor and Lois xo

IN MEMORY



Beimers, John – Nov. 12, 1947 - May 14, 2014 We heard your voice in the wind today And we turned to see your face. The warmth of the wind caressed us as We stood silently in place. We felt your touch in the sun today As its warmth filled the sky. We closed our eyes for your embrace and Our spirits lifted high. We saw your eyes in the window pane as We watched the falling rain. It seemed as each raindrop fell It quietly said your name. We held you close in our hearts today It made us feel complete. You may have died but you are not gone. You will always be a part of us. As long as the sun shines ... The wind blows ... The rain falls. You will live on inside of us forever For that is all our hearts know. Miss you and love you, Rita, James, Scott and Christopher and families



Croteau – In loving memory Pauline (Dumouchel) Croteau, May 2018 On May 14th marks one year since the day that we lost you. And for a time it felt as though our life had ended too. But loss has taught us many things and now we face each day with hope and happy memories to help us on our way. Though we are full of sadness that you're no longer here, Your influence still guides us. And we still feel you near. What we shared will never die, God has you in His keeping... But we always have you in our hearts. Love your daughter Helene, grandchildren, and great-grandchildren

McNeill, Norval Ellard May 15th, 1908 - May 12th, 1997 In loving memory of my very dearest and "Special Daddy," father-in-law, Grandpa and Great-grandpa who passed from this life twenty-two years ago. "My Daddy" You held my hand, when I was small You caught me when I fell You're the hero of my childhood And my later years as well. And every time I think of you My heart still fills with pride Though I will always miss you Daddy I know you're by my side. In laughter and in sorrow In sunshine and through rain I know you're watching over me with loving care Each and every day. And memory is one gift from God That death cannot destroy. We send all our love, hugs and kisses for your "11th birthday, Wednesday, May 15th. Very lovingly missed and sadly remembered always By your daughter Roberta, son-in-law Les, Grandchildren Michelle, Rick, Carol and Glen, Great-grandchildren Michael, Jeremy and Emaleigh

McNeill – In sad and loving memory of a very special Dad, Grandfather, Great-grandfather and Great-great-grandfather Norval E who left us way too soon May 12, 1997. Dearest Daddy, Our memories build a special bridge When loved ones have to part To help us feel we are with them still And sooth a grieving heart. Our memories span the years we shared Preserving ties that bind They build a special bridge of love And bring us peace of mind. Please continue to keep watch over us As we go through our daily lives. Hugs & Kisses on your "11th" birthday, May 15th, 2019. You will always be in our hearts. With love always and forever, your daughter Bernice, son-in-law Lorn and family

Hahn, Bruce – October 2nd, 1953 - May 21st, 2013. In loving memory of a dear son and brother, brother-in-law and uncle. Remembering you is easy, We do it every day. Missing you is a heartache, That never goes away. You had a smile for everyone, You had a heart of gold. You left the sweetest memories, The world could ever hold. To us you were someone special, What more is there to say, Except to wish with all our hearts That you were here today. Always in our thoughts Forever in our hearts. Love Mom, Shirley and Randy, Brian and Ruth, Brandi and Ben



Morin, Kenneth – In loving memory of a dear husband, father and grandfather who passed away May 20, 2018. There is a special kind of feeling, That is meant for you alone, A huge place in our hearts, That only you can own, There will always be a heartache And many a silent tear, But always precious memories Of the days when you were here. Love always Karen and family

Sparling – In loving memory of Glenn Sparling, May 25, 2013. I treasure every moment You spent in life with me. I hoped I'd have you longer But it wasn't meant to be. You left this world so suddenly I think my heart went too, I feel so lost and lonely And cry from missing you. My heart feels like its breaking As I try to carry on You were my life, my everything But now, my dear, you are gone. I pray that God will give me strength Until he calls me too. Then what joy will fill my heart When I'm again with you. Love Roberta Sparling

NOTICES

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Campbell’s Bay Golden Age Club 2018-2019 Dart League

The Campbell’s Bay Golden Age Club Dart League finished the season with a dinner and trophy night at the Bryson Lions Club on May 10.

Team trophy for the 2018-2019 season went to Regular Season Champions Team # 1 - The Good Guys with players Claude Bertrand, George Goodwin and Vivian Gravelle.

The 2019 Playoff Champions trophy went to Team # 2 - The June Bugs with players Mike Mayor, Betty Bertand and spare Sandy Leger.

Individual trophies were awarded for High Score Ladies - Vera Mayor with 127 and high Score Men - Arthur Gravelle and Richard Marion tied with 138.

Arthur Gravelle had to leave our dart league due to health reasons and we all wish him well in the future.

The trophy for Most Double Outs went to ladies - Vera Mayor with 22 and mens went to Eric Hodgins with 44.

The Bull’s Eye trophy for the season went to June Gordon for the ladies with 23 and Roger Lacroix for the men with 20.

The dart players enjoyed the evening with a fine dinner served by the Bryson Lion’ Club. The members also enjoyed draws and door prizes by the dart league.

We appreciate the support of all the dart players over the past season.

Submitted by organizers Richard and Shirley Marion

Otter Lake Golden Age dart and card results

Card results for May 2 were: 50/50 was won by Ron Woodstock and the door prize was won by Rolland Mayer. Ladies first was won by Marie Pilon with second going to Janet Lafleur. Mens first was won by Rolland Mayer and second by Dave Lalonde.

Lunch was prepared by Boyd Ebert and Dorcas Sparling.

Wednesday Pétanque is closed for the summer and will resume in September.

Dart results for May 4 were: 50/50 was won by Richard Dubois and the door prize by Marie Gauthier. Ladies first was won by Doreen Zimmerling and second by Liz Buelow. Mens first went to Fern Gravelle and second to Larry Blazek.

Happy birthday to Lorne Sparling.

Card results for May 7 were: 50/50 was won by Armand Beaudoin and the door prize by James Fleury. Ladies first went to Charlene Johnston and second to June Dubeau.

Lunch was prepared by Lynn Blazek and Nancy Richer.

May 9 dart results were: 50/50 was won by Nick Cushman and the door prize went to Esther Dubeau. Ladies first was won by Monique Primeau and second by Velma Lafleur.

Mens first went to Larry Blazek and second to Lloyd Kluge.

Happy birthday to Monique Primeau and Bob Zimmerling who both celebrated on May 13 and to Velma Lafleur who celebrates May 15.

Submitted by Velma Lafleur



Waltham

HELEN PERRY 819-689-2652

The flooding situation in Waltham continues. Just when we thought that the Ottawa River was beginning to crest and the water levels began to drop they suddenly began to rise again. Residents were shocked and dismayed, their hopes dashed.

Everyone was planning to return to their homes and start the clean up and repairs that the flood waters have made necessary.

In the midst of this chaos and turmoil, a local resident noticed a cat that was stranded on a small island that was once part of Chemin du Traversier. The poor fellow could not escape from his tiny strip of pavement as he was surrounded by very deep water.

He had no supply of food and flood waters were continuing to rise each day. The Waltham Fire Department was alerted to the situation and they investigated on Wednesday as they did their security check of the flooded residences. The cat could not be seen and it was decided to leave out some food as the animal was most likely hiding under a travel trailer which was on the little strip of pavement. When the firefighters returned the food was gone and the cat was hiding again.

The fire department contacted the Pontiac’s SPCA. They provided a cage and some cat food and assisted with placing it on the little island. The next day, our shy little cat was in the cage and on his way by boat to safety. The SPCA took charge of him and he is now in their care. The Waltham Fire Department have rescued a number of residents by boat over the past three weeks but this was the first time a cat was among the rescued.

I hope that everyone enjoyed Mother’s Day as much as I did. Mike, Mikaela and Ben were here from Embrun, Ont. Sadly, Jodi and Alex could not make it as Alex had baseball this weekend. On Saturday, we enjoyed a lovely dinner at L’Ancienne Banque. Our Sunday mass was very meaningful. Rhonda Perry paid tribute to all mothers and read a beautiful poem, Bella Gale and Jaycie Harkins presented each mother with a carnation. Afterwards, we enjoyed a tasty brunch at the Waltham Station. Rhonda and I had a leisurely day and we were treated to a steak barbecue for dinner.

Special birthday and love wishes are extended to dear Aunt Mary Spence who is celebrating a birthday today and our dear Mark. We hope that you both have a wonderful birthday.

Birthday wishes and love are extended to my brother-in-law Jim Quenneville of Cornwall, Ont. who is celebrating a birthday on May 16. We hope that you had a good one Jim.

This coming weekend is the first long weekend of the summer. The campers are gearing up. Many people who were spared from the flood will be planting their gardens, working in their flowerbeds and lawns. I hope that everyone has a safe and a happy long weekend. Hopefully the weather will be nice.

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The \$99 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000 km, \$0.16 per excess kilometer. \$4,325 down payment required. Payment may vary depending on down payment trade. Total obligation is \$14,673. Freight (\$1,895) and air conditioning charge (\$100, if applicable) included. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$34,942. [†]Eligible 2019 All-New Silverado 1500 Crew Cab Custom of Custom Trail Boss. Offer available to qualified retail customers in Canada for vehicles financed and delivered between May 1 and May 31, 2019. Financing provided, on approved credit, by TD Auto Finance Services, Scotiabank[®] or RBC Royal Bank. Participating lenders are subject to change. Rates from other lenders will vary. Representative finance example based on a new 2019 All-New Silverado 1500 Crew Cab Custom or Custom Trail Boss. Suggested retail price is \$50,640. \$0 down payment required. \$47,990 financed at 0% finance rate (0% APR) equals a monthly payment of \$667 for 84 months. The offer includes \$2,650 Cash Delivery Allowance (tax exclusive). Cost of borrowing is \$0 for a total obligation of \$47,812. Freight (\$1,895) and air conditioning charge (\$100) included. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. [‡]Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. TD Auto Finance is a registered trademark of The Toronto-Dominion Bank. ^{*}Offer available to qualified retail customers in Canada for vehicles purchased and delivered between May 1 and May 31, 2019. Lease based on suggested retail price of \$30,985, includes \$450 Cash Delivery Allowance (tax exclusive), \$1,500 Lease Cash (tax exclusive) and \$150 Dealer to Consumer Credit (tax exclusive) towards the lease of an eligible 2019 Equinox LT FWD. Bi-weekly payment is \$138 for 48 months at 1.5% lease rate (1.5% APR) on approved credit to qualified retail customers by GM Financial. The \$69 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000km, \$0.16 per excess kilometer. \$2,950 down payment required. Payment may vary depending on down payment trade. Total obligation is \$17,278. Freight (\$1,895) and air conditioning charge (\$100 if applicable) included. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$12,667. ⁺U.S. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.nhtsa.gov). [‡]Visit onstar.ca for vehicle availability, details and system limitations. Services and connectivity vary by model and conditions as well as geographical and technical restrictions. Requires active connected vehicle services and data plan. Data plans provided by AT&T or its local service provider. Accessory Power must be active to use the Wi-Fi hotspot. ^ΔVehicle user interface is a product of Apple and Apple's terms and privacy statements apply. Requires compatible smartphone and data plan rates apply. [†]Whichever comes first. See dealer for details. [‡]The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased or leased a new eligible 2018 MY Chevrolet (excluding Bolt EV), with an ACDelco[®] oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 48,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. Additional conditions and limitations apply. ^{*}Whichever comes first. See dealer for details. ^Δ\$1,500 Current Pickup Owner Bonus Credit valid toward the down payment of a retail purchase, lease or finance of one eligible new 2019 model year Light Duty Chevrolet Silverado purchased and delivered between May 3 – May 31, 2019 at a participating GM dealer in Canada. Offer valid to any current owner of any model year Light Duty, Heavy Duty and Mid-Size Pickup and must have been registered (in Canada) in customer's name for the previous six (6) consecutive months. Eligible individuals may transfer their Bonus Credit amount to another immediate family member residing in their household (ie immediate family member living at the same address), as supported by appropriate documentation (ie, a copy of driver's license verifying the address). Immediate family member is defined as parents, siblings, children, spouse, partner or in-laws (Note 'step' family members are included). Credit is a manufacturer to dealer incentive (tax exclusive). Offer valid on eligible new 2019 Chevrolet Light Duty Pickup, excluding: Medium Duty Pickups. As part of the transaction, dealer may request documentation to verify eligibility. \$1,500 Bonus Credit Discount is applied against eligible new 2019 model year Chevrolet Light Duty Pickup purchased during the program period. 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