FIE HAUTTY SALADROPS NON OUR PARADE

Two festive traditions continue in Shawville

Caleb Nickerson, THE EQUITY The big man himself was seen cruising though town, much to the delight of the youngsters lining the street.

> CALEB NICKERSON SHAWVILLE Nov. 28-29, 2019

Carollers strolled briskly down the length of Main Street in Shawville on Friday evening, en route to Veteran's Memorial Park for the annual tree lighting ceremony.

The evening was emceed by Shawville councillor Patti Moffat, and featured traditional Christmas songs and speeches on peace and good will.

There were also warm refreshments for the public. Once all was said, everyone oohed and ahhed as the lights were plugged in and the park was illuminated in festive colour

The next evening, people of all ages lined Main Street for the annual parade of lights. Floats of all shapes and sizes, decked out with lights, ornaments and even inflatable decorations cruised down the street, heaving candy this way and that. The final destination was the arena, where children lined up for a chance to meet old Saint Nick.

See more photos on page eight

Amos speaks at the UN

Budget, flood inquiry and



Pontiac Liberal MP Will Amos was at the United Nations Headquarters in New York City on Nov. 20 to address the general assembly. While the event marked the 30th anniversary of the UN Convention on the Rights of the Child, Amos also used the opportunity to promote Canada's efforts to secure a seat on the UN Security Council.

CHRIS LOWREY

NEW YORK CITY Nov. 20, 2019

to deliver a speech in front of the United Nations General Assembly several authoritarian regimes in recent years – Amos said Canada to mark the 30th anniversary of the UN Convention on the Rights can play a significant role in promoting the value of democracy. of the Child.

Amos spoke about the need for the UN to mount a concentrated effort to improve the lives of children throughout the world.

"None of us choose where we're born, least of all children affected by armed conflict," Amos said. "These kids need protection and they need it now."

The speech, which was delivered half in French and half in English, was a brief one but it accomplished two main objectives: stressing the importance of protecting young people and promoting Canada as a viable option for one of the upcoming vacant seats on the UN security council.

Although Canada isn't necessarily known as a military power, Amos said that shouldn't be an issue.

"It's not just about military might," Amos said. "It's about global migration, it's about protecting democracy. We Canadians need to life," he said.

stand tall for these values."

With many commentators voicing concern about the stability of Pontiac Liberal MP Will Amos was in New York City on Nov. 20 liberal democracy - especially in light of the rise to prominence of

"Canada has always played the role of being the grownup in the room," Amos said.

He also pointed to the sacrifices Canadians have made over the years in conflicts from World War 1 to Afghanistan – not to mention Canada's peacekeeping tradition - as reasons why Canada deserves a seat at the Security Council table.

"We are a country that is good at bringing the temperature down," he said. "The rhetoric sometimes runs too hot."

Canada will be facing off against Norway and Ireland for the two available seats on the security council.

Amos was grateful that he was chosen to address the UN delegates, and said it was the pinnacle of his career to this point.

"It was definitely one of the greatest honours of my political

forestry dominate MRC meeting

CALEB NICKERSON

PONTIAC Nov. 27, 2019

Budget talks, forestry and a renewed call for an inquiry into this spring's flooding were all at the top of the agenda as the MRC Pontiac council met for their monthly meeting.

Starting off the MRC meeting with her monthly report, Warden Jane Toller gave an extensive overview of her recent trip to the York Durham Energy Centre in Ontario, which is the template for the energy from waste facility she envisions for the Pontiac.

Energy from waste

Operated by Covanta, the largest operator of such facilities worldwide, Toller said that their facility in Durham cost about \$256 million to build, and processes 35 truckloads of household waste per day. She noted that she hopes to bring in waste from Ottawa, Gatineau and Renfrew County, an area with nearly double the population serviced by the York Durham facility. Later in the meeting it was resolved that the MRC would begin more detailed research into present tonnages, tipping fees, cost of transport, and current waste streams being collected in neighbouring regions.

Communications advisor,

assessment department shake up

It was announced that former MRC communications advisor, Danielle Belec, would be returning temporarily to her former role, as the MRC is still reviewing candidates for the job following the departure of Jérémi Vaillancourt last month. Toller said that Belec would be working remotely on a part time basis and would be sharing helping train the new candidate once they are selected.

"We approached her because we realized Jérémi has been gone for a while now, and when issues come up, [Director General] Bernard Roy felt that it was important to have someone here in that capacity," she said after the meeting. "She's very capable and she has a lot of experience, she'll be helpful."

In addition it was announced that the MRC would be contracting RelèvÉval Inc. to complete assessment work for this year and also provide training for MRC staff.

"The assessment department has been challenged for quite some time because they have a lot of work and we had a few of our inspectors who were off work, sick leave etc," Toller said. "We're trying to build up our own department here but to do that we need training and we need some guidance. There are two women who used to be with Servitech, they now have their own company under that name."

New committee structure, budget summary

It was announced that starting in the New Year, the structure of the monthly meetings will be changed, so that the plenary and administration committees will meet a week before the public meeting.

"Some mayors from the previous terms felt that the administrative committee was important because it allowed certain issues and matters to be discussed and then it would come to the plenary committee," Toller said after the meeting. "It's just a way of... finding a smaller group of people to zero in on answers to do with administration.'

Money in

REVENUE		
Municipal shares (All members)	\$3,170,288	\$3,065,000
OTHER REVENUE FROM LOCAL SOUR		
Municipal services	\$150,649	\$147,881
License bureau revenu	\$66,000	\$64,000
Crown land leases	\$352,040	\$358,972
Other revenue		
GRANT REVENUE		
Diversification of revenues	\$168,709	\$156,117
Operation fund	\$126,900	\$126,900
Long term financing	\$127,639	\$127,336
Training/salary grants	\$16,800	
Renovations programs		
Environment grants		
Development grants	\$3,247,616	\$1,715,144
TransporAction	\$294,706	\$294,706
PPJ maintenance	\$125,000	125,000
Total revenue	\$8,158,198	\$6,420,279
Appropriations		
Surplus appropriated	\$99,758	\$120,850
Total revenue	·	
and appropriations	\$8,257,956	\$6,541,129

Money out

ADMINISTRATION		
Legislation	\$296,532	\$292,192
Admin. & Financial Mgmt.		
Other	\$32,000	\$32,000
License bureau		
Engineering & infrastructure	\$8,210	\$0
PUBLIC SECURITY		
Fire and civil protection	\$51,977	\$36,983
Animal control	\$87,394	\$85,680
Assessment	\$927,684	\$989,768
Professional human resources		
Environmental health	\$22,041	\$16,812
PLANNING & DEVELOPMENT		
Planning	\$39,491	\$16,662
Geomatique		
Forestry		
Crown Land leases (TNO)		
Strategic development	\$2,091,341	\$558,994
Trails maintenance	\$290,000	\$305,000
Culture & heritage		
Transportation		
Special projects		
Partnership & development		
Development	\$400,624	\$482,090
Overhead related to planning		,
& development	\$43,788	\$46,125
Renovation programs		
Other		
COSTS OF FINANCING	1.7	
Short & long term financing	\$205,310	\$205,169
OTHER ACTIVITIES		
Capital expenditures	\$190,000	\$163,000
Total expenses		
Surplus (deficit)		

It was definitely one of the greatest honours of my political life ...

Will Amos, Member of Parliment for Pontiac

Overtime costs soar, hospital staffer speaks out

CALEB NICKERSON SHAWVILLE Dec. 4, 2019

This past weekend, the obstetrics department at Pontiac Community Hospital break in service, the ninth in the past two months.

The break lasted from Friday at 4 p.m. to Monday at 8 a.m. and was caused by a lack of nursing staff. Last week, Radio-Canada/CBC published a story where one of the nurses in the unit spoke out anonymously about the working conditions in the obstetrics unit and pleaded for local officials and the Centre integré de santé et services sociaux de l'Outaouais (CISSSO) to do something.

According to data THE EQUITY obtained from CISSSO, the problem isn't limited to the obstetrics department, but is system-wide. Overtime hours and compensation for all workers at PCH have nearly quadrupled in five years, rising from 5,718.14 hours (\$256,958.07) in 2014 to 21,917.32 (\$969,074.18) in 2019.

When THE EQUITY followed up by requesting a more detailed breakdown, as well as data from other regional hospitals to compare with, CISSSO spokesperson Marie-Pier Després responded a week

later by redirecting the request to their access to information department. When asked for comment on why overtime has increased so drastically, (PCH) experienced another Després said that it was a systemic issue across the region.

THE EQUITY spoke with a source at PCH with extensive knowledge of the situation, who also requested anonymity, and they said that the short-staffing has noticeably escalated in the past two years. "That's everywhere, it's not just nurses, it's ward aides, kitchen staff, cleaning staff, it's

secretaries, there's not enough bodies for all of these services." they said. "So yes a lot of the time when somebody's working, it's overtime, they've already put in their hours." The source spoke highly of all the current staff shoulder-

ing the extra workload, but said a solution needs to be found immediately. One thing that the source stressed is that mandatory overtime has never been implemented at PCH, as it's an extremely unpopular option that would cause even

more staff to depart. "We don't want to go there, compared to the city," they

said. "If we continue getting this pressure, from all around, we're going to have to do it,

Hospital Overtime **Overtime Hours Overtime compensation** Year 5,718.14 2014 13,066.22 2015 10 704 20 2016 2017

10,704.29	\$433,491.12
14,657.98	\$606,325.37
18,119.87	\$781,876.70
21,917.32	\$969,074.18

Data obtained from CISSSO by THE EQUITY shows that overtime for all staff has nearly quadrupled since 2014 at the Pontiac Community Hospital. So far this year, nearly a million dollars has been spent purely on overtime compensation.

do overtime. All this pressure be put on all the good work there, it's just going to backfire.'

2018

2019

The source expressed frustration that all the negative news the hospital has received was creating a self-perpetupotential hires and putting a very hard ... Everyone's conand when we do it, we're going

that health care workers are accomplishing in spite of the short-staffing.

"I'm going to tell you, I will never bash our hospital, I love our hospital too much," they ating cycle, by scaring away said. "The [nurses] are working

to lose more people because "dark cloud" over the facility. centrating obstetrics, obstet- team of specialists to limit sernobody wants to be forced to They said more focus needs to rics, obstetrics, they're forgetting that it's not just obstetrics that's suffering here, it's the whole floor, it's the emergency department, it's everywhere."

On Nov. 29, Health Minister Danielle McCann announced that the government and the

vice interruptions at various rural hospitals across Quebec, including PCH.

\$256,958.07

\$579,639.54

The source at PCH said that the team could provide some

Data supplied by CISSSO

n, THE EQUITY

the powerful corporations that

Power Generation] OPG told

me, these are his words, 'The

[board] advises us on the steps

that we should take, but we

are free to operate the way

we want," he said. "In other

words, the [board] does not

rule over them. They don't have

to act in the way the commis-

sion says they should ... In my

mind there's definitely a prob-

lem there."

"What the guy from [Ontario

operate on the river.

relief, especially after two specialists announced they would be departing at the end of province's federation of med- December, but still does not ical specialists had formed a address the shortage of nurses.







I'm back at work! To book an appointment contact: 613-857-2078 Ashley Strong

First Kidney walk brings in \$20,000 for research

CALEB NICKERSON

SHAWVILLE Nov. 25, 2019 On Monday evening, members of the Shawville Rotary Club were joined by a representative of the Kidney Foundation of Canada , who received from them a cheque for \$20,000.

The majority of the funds (just over \$19,000) were raised during the inaugural Pontiac Kidney walk held in May, explained organizer and Rotary member, Randy Russell.

"Sue Page, our president, decided that we would like to round that off to a nice even \$20,000," he said, noting that their original goal was only \$10,000.

"Why not? Hey, he did a fantastic job," Page said in response. "We need it in Shawville, we've got the dialysis. Let's support him."

Russell pointed out that the Rotary Club helped tremendously in the organization and execution of the event, which is the first that he's put on.

"I realized only after the

Dany Babin, a Regional Development Director with the Kidney Foundation was on hand for the donation and spoke about what these donations go towards. "We found the majority of money we receive goes towards

research to help, one day, to cure [kidney] disease," he said, adding that research has greatly increased the life expectancy of people with kidney disease, and also has reduced the time for treatments like dialysis.

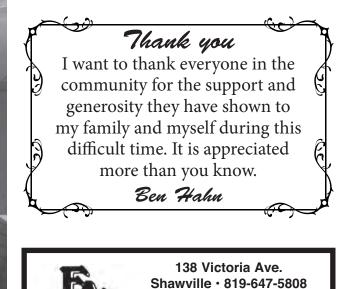
Russell is a kidney transplant recipient, and both his father and grandmother passed away due to renal problems. Though his son also has the same diagnosis as him, polycystic kidney disease, Russell hopes that

advances in medication will be able to ensure he has a long and happy life. "I just pray as a father that

this works and he won't have to go through it," he said. Next year's Kidney Walk is already planned for May and

though Russell wouldn't pin







walk, how big of a task it was," he said. "It took me a few weeks just to recoup. It was bigger than I had ever anticipated, but the outcome, that just keeps you thrilled with this, we're very going.'

down an exact goal, he was confident the fundraiser will continue to grow.

optimistic," he said.

"We were so absolutely

On Monday, members of the Rotary Club presented the earnings from this year's Pontiac Kindey Walk (with a little top up), totalling \$20,000 to the Kidney Foundation of Canada. Pictured, organizer Randy Russell (fourth from left) and Club President Sue Page (second from right) present the cheque to Foundation Regional Development Director Dany Babin (sixth from right).

an appointment to come to the store to view carpets, vinyls, ceramic, laminates and hardwood flooring. Order to pickup or have your flooring professionally installed.

BUDGET: MRC council supports forestry industry

Continued from page one

"This will help the staff because they will have time to prepare the documents and things for our council meetings, sometimes it's scramble for them, especially if we finish one meeting at 5:30 and they have to go into the council meeting later," she continued.

MRC accountant Annie Vaillancourt gave the council an overview of the 2020 budget which has increased more than \$1.5 million from 2019 (see front page for full summary). She explained that the increase was from grant funding through the new fiscal pact that was negotiated with the province. She added that it allowed them to hire new staff and update equipment, but a large portion of the funds weren't yet earmarked.

"There's over a million dollars that was also tagged for other projects that we don't have all the criteria for yet," she said in a phone call. "It's budgeted in revenues and expenses but we Faune et des Parcs (MFFP), curdon't know exactly what we're going to do with it."

added. "[The new funds are] Mansfield, as they are in close huge. We're looking forward to proximity to the local forestry getting all that info and seeing industry. what we can do."

Forestry, economic development

A resolution was passed to request that local wood producers receive compensation due to the shutdown of the Fortress Mill in Thurso.

"We are requesting to the Quebec government to reserve Calumet Island was replaced a portion of the loan granted to Fortress, to pay the amount due to the Pontiac wood producers," said MRC Territory Director Régent Dugas.

Council also passed a resolution demanding a moratorium on wood allocation for mills outside of Pontiac in order to reserve a volume of wood for projects under development in the Pontiac.

Another resolution passed at the meeting addresses a speculation that the local office of the ministère des Forêts de la part of the Lafontaine Islands rently located in Fort Coulonge, tion, an area administered by would be moved elsewhere in

"There's not much that's the county. Council requested he joined the committee as a changed from last year... we're that Minister Pierre Dufour keep mayor, he was outraged that the

projects

just getting more funding," she the location in Fort Coulonge or proposal hadn't been addressed. Allard spoke out after the coun- Board has little influence over last month after it was revealed that he owns land close to the MRC Economic Development proposed national park project. Director Danielle Newman announced that the MRC would Campbell's Bay Mayor Maurice

be applying for both provincial and federal grant programs for funding to improve the PPJ trail. Mayor Newberry ousted

from two committees

Mayor Serge Newberry of prior to the MRC meeting to let him know about his dismissal. on two committees, the Multiresource and the Chutes Coulonge, over statements he from the Chutes Coulonge comhad made at a municipal counmittee, which he had no knowlcil meeting back in October. As edge of prior to the meeting, reported by CHIP 101.9 FM, and was replaced by Warden Newberry accused members of Toller. Toller claimed that she the multi-resource committee of had heard from other members of the committee that Newberry benefitting from their posts, and

focusing too heavily on forestry hadn't been attending meetings, a claim that he vehemently Speaking after the meetdenied.

ing, Newberry said that he had Newberry was the only mayor brought forward a plan to developposed to the two resolutions. THE EQUITY requested meeting op a recreational tourist area on minutes and attendance records back in 2015, prior to his elecfrom the Chutes director general, Cyndy Phillips, who declined the committee. He said when the request

Flood inquiry

Fort Coulonge Mayor Gaston

Drunken rampage in Portage

CALEB NICKERSON **PORTAGE DU FORT**

Nov. 27, 2019

A local man is facing numerous charges after a drunken rampage in Portage du Fort on Wednesday afternoon.

At around 2:45 p.m., police were notified that a person was driving dangerously around the village, swerving and doing burnouts in their truck. The driver, a 46-year-old Portage du Fort man, also assaulted a person for no apparent reason.

By the time police located the truck, at the intersection of Rte. 301 and chemin Calumet, one of the tires had burst. The driver refused to stop for officers and led them on a slow, short chase northbound on Rte. 301. The driver surrendered shortly after turning onto a wooded path, due to the damage to his vehicle.

The driver was taken to hospital where he was treated for injuries to his hands. He was released on a promise to appear at the Campbell's Bay Courthouse, where he could face charges of impaired driving, dangerous driving, assault, fleeing from officers, assault on an officer and mischief.

Newberry landed in hot water cil passed a resolution reiterating their demand for a public inquiry into the management of dams on the Ottawa River, following the flooding this spring. Committee chair and

He said he was tired of being ignored by higher levels of gov-Beauregard said that Newberry had been invited to attend the ernment and wasn't satisfied special meeting called where with the answers he got from members requested that he be bureaucrats at the public meetings that were recently held in dismissed, but didn't show up. the region. In a phone call with Beauregard called Newberry THE EQUITY following the meeting, he said that the Ottawa River Regulation Planning Newberry was also removed

> Input needed for pool survey

CALEB NICKERSON PONTIAC Dec. 4, 2019

There's still time to submit your input on the proposed pool and fitness facility in Fort Coulonge, and the Piscine Pontiac Pool committee wants to hear from you. Surveys will be open until Dec. 20 and are available online at through the Pool committee's Facebook page, or at: https://s.surveyplanet.com/fSxT5j7B?fbclid=IwAR0dbxnOsYRoRTi_qxNGrpXrN-7RKHAF4q0rvYI3KlgkaW5M95_p9IN1Lvg

Fort Coulonge drug bust CHRIS LOWREY

FORT COULONGE Dec. 4

After receiving information from the public, Sûreté du Québec officers searched a residence in Fort Coulonge and found a stash of drugs.

Police found more than 180 methamphetamine tablets and about 50 grams of cocaine in a residence on Rue Dempsey.

A 39-year-old man was arrested and will appear in court on March 4 where he could face charges of drug trafficking and possession of drugs for the purpose of trafficking.



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Comets double down Diables for sixth straight win



Comets' goaltender Danick Boisvert makes a kick save in the early stages of Saturday night's tilt. J.D. POTIÉ Blunden gave the Comets a 2-0 with under a minute remaining FORT COULONGE lead with his fourth goal of the to cut the deficit to two.

Nov. 30 - Dec. 1, 2019 Now at 7-4-0, the Pontiac

Senior Comets have moved into first place in the Outaouais Senior AA Hockey League (OSAAHL) standings while pushing their winning streak to six games, after back to back wins at home against the Mont-Tremblant Diables last weekend. On Saturday night, the Comets were quite confident heading into the game as one of the hottest teams in the league.

With a chance to tie the Maniwaki Forestiers for first place in the Outaouais Senior AA Hockey league (OSAAHL) standings, they were dead set to come out strong putting forth a full 60-minute performance.

The first 20 minutes saw both der. teams trade chances in a competitive, fast-paced affair.

With just over three minutes left in the frame, the Comets struck first, with Hugo Petit's third goal of the season on a dazzling solo effort assisted by Jérémy Picard Fiset.

Over a minute later, Stephen

year, with help from Maxime

Belley and Mitchell Gibson. The Comets seemed poised to take over the game, after finishing the period in dominant fashion. But just over a minute into the second period, the Diables

cut the Comets' lead to one. Around a minute and a half later the Comets restored their two-goal lead, after Blunden delivered a drop pass to Guillaume Gregoire who went low glove-side on a wrister from the top of the left circle.

Mont-Tremblant made it 3-2, a few minutes later. But, 13 minutes into the

frame, Petit scored his second of the night on a top-shelf back hand over the goalie's left shoul-

Matthew Warren followed up, a few minutes later, with his ninth goal of the campaign, on a two-on-one snap-shot fed by Stephane Paré.

During the closing stages of the period, the Comets head game. into the break with a three-goal

lead, until the Diables scored

J.D. Potié, THE EQUIT The ice was tilted in the

Diables' favour for the majority of the third period, as they kept the Comets on their heels before capitalizing just before the halfway mark to make it a one-goal game

With just over four minutes left, the Diables tied it up in dramatic fashion, setting the stage for an epic finale.

All knotted up at five after 60 minutes, it was time for some three-on-three overtime action.

After taking a high sticking penalty just 16 seconds into the extra frame, the Comets faced a bombardment of shots early, including one that found its way past goaltender Danick Boisvert only to hit the iron.

Shortly after killing the penalty, defenseman Matt Sarazin delivered a two-line stretch pass to Justin Charbonneau who walked into the right circle, before firing the puck between the goalie's wickets to call it a

After the win, Charbonneau said he was delighted to have helped his team extend its win

streak and satisfied with his team's work ethic and cohesiveness in the last handful of games.

"For sure, it's fun to have another win in a row," he said. "The guys are working hard and when everyone is working, it's fun.'

"I think we have great chemistry in the dressing room and fin with his fifth goal of the camthe guys are having fun," he paign, assisted by Charbonneau added. "That's what's important. and Benoit Nadon, giving the When you're having fun, you're Comets an 8-6 victory. olaying well. Despite their recent success, he stressed that the team still team started the game with so needs some tweaking on the much on the line, praising his ic fashion the night before, defensive side of the puck, to continue their rise up the ly. OSAAHL standings. "We need to tighten up defen- with how we came out early in entire game and to not undersively," he said. "Sometimes we the game," he said. "I think the estimate a team that, despite its focus too much on offense when guys had knives between their the game opens up. But we have teeth, really wanting to perform, to start from the back and then the goals will come."

J.D. Potié, THE EQUITY Last weekend, the Pontiac Senior Comets extended their winning streak to six games, while moving into first place of the Outaouais Senior AA Hockey League standings. Pictured, Matt Sarazin embraces Justin Charbonneau after connecting on a stretch-pass for the game winning goal in overtime on Saturday.

On Sunday, the Comets were hungry to defeat the same team twice in as many days. Coming off an emotional win the night before, the boys from Coulonge were hoping to use that same energy to start strong and play third period. an inspired 60 minutes of hock-

In the first period, both teams put on an offensive clinic, exchanging nine goals, with six scored by the Comets.

Goal scorers included captain Darcy Findlay, David Foucher, Mitchell Gibson and Charbonneau who picked up a hat trick - making him the OSAAHL's leader in goals with 11 in just eight games.

In the second period, Foucher gave the Comets a four-goal lead on his second goal of the game, assisted by Gregoire and Belley.

But at around the midway point of the period, Mont-Tremblant scored two goals in quick succession to make it a 7-5 score line after 40 minutes.

In the third period, the Comets knew that all they had to do was shut down the Diables offense to come out with their sixth consecutive win.

However, just over a minute into the third period, Mont-Tremblant reduced the deficit to one with a powerplay marker.

With under three minutes left, Petit put the nail in the cof-

"For sure, we were satisfied

After the game, Lavergne said

Somewhat disappointed with a team that's really improved his team's level of discipline, since the start of the season. serving 25 penalty minutes in They're no easy prey.'

the game, he was happy with Moving forward, Lavergne the character his team showed said that his team won't stray by shutting things down in the away from their mindset of focusing on themselves rather

"I'm not satisfied with the than their adversary. second period," he said. "I think On our side, we're not chang-



J.D. Potié, THE EOUITY Comets' defenseman David Foucher battles for a puck against a Diables forechecker behind his net.

we played with fire by taking a ing the formula," he said. lot of penalties." games, he said he expects

"We came in the room between the second and third periods and talked with the guys to ensure our focus was in the right place to win the game and that's what we did," he added. three times this season. "I'd prefer it for us to perform

"We've won a few games for 60 minutes. The second peri- this year, benefitting from them od was a bit of a rough draft, but thinking that we wouldn't com-



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Stéphane Paré carries the puck into the offensive zone during the second period on Saturday night.

especially knowing that first place in the league was in play."

for the rest of the game I was he was thrilled with how his satisfied."

After winning in dramatplayer's killer instinct offensive- Lavergne emphasized the importance of maintaining a They'll be ready, so it will be up high-level of work ethic for the to us to ensure that we match

for anyone they play against.

Tremblant," he said. "They're

pete," he said. "But now they're waiting for us. Maniwaki has a much better team than we think and it's certain that we won't surprise them on Saturday.

their intensity.' For their next game, the record, never makes things easy Comets will travel to Maniwaki to meet the Forestiers in a battle "You have to give it to for first place in the OSAAHL on Dec. 7.

"It's different," he said. "You

don't know who you're playing

DID YOU KNOW? Barber-ette is moving a few doors down next to laundromat **Julie Bennett** 305 Main St., Shawville (across from Joanne's Valu-mart)

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High school hosts hockey fundraiser in Shawville

J.D. POTIÉ SHAWVILLE

Nov. 29-30, 2019

The Shawville Arena was buzzing with local hockey talent, as 44 players from the region gathered to participate in the inaugural Pontiac High School Fundraiser Hockey Tournament.

Organized by PHS physical education teacher Darcy Findlay, the tournament was about giving local hockey players an opportunity to compete in a friendly atmosphere while raising money for the school's hockey program and physical education department.

"It's just about updating some stuff that we have and trying to get a new hockey program up and running and build something that, moving forward we don't have these huge expenses," he said.

Findlay said his initial goal was to raise enough money to purchase a new set of socks and jerseys for the program.

But thanks to a great contribution from the community, including four local sponsors, the program was able to purchase even more than it bargained for.

"We've raised probably \$3,500 just in donations from local businesses, which allowed us to buy new jerseys - home and away," he said.

"They helped me with a really good chunk of money," he added. "We've also had individual donations of smaller amounts to help us pay for ice



J.D. Potié, THE EQUITY

Last weekend, the Shawville Arena hosted over 40 hockey players from the region, for the first edition of Pontiac High School's (PHS) hockey tournament fundraiser. Pictured, Pontiac White defenseman Curtis Huckabone goes after a loose puck in the neutral zone against Billy T's.

time and actually allow a couple gram as accessible as possible. of kids to play for free. That was "We have players who play

really nice.' for free. We have one student Findlay said that his goal is to who doesn't play regular minor eventually cut overall costs on hockey at all, but is playing high travel, ice time and registration school hockey," he said. "It's for the students to make the pronice to provide them with those

opportunities that they wouldn't necessarily have, after school or on weekends, whether it's financially or just time-wise."

As a physical education teacher at his old stomping grounds - where he also played high school hockey - Findlay said he tournament. prides himself on fostering a vibrant hockey program at PHS. Knowing the task presents

a long list of barriers, he felt blessed to see so many people in the community offering support. "I look back to whenever I

"We were the first ones to have high school hockey... they started up a great program. It slowly dwindled away a little bit. But that happens. It takes time, people and it takes a lot of money too. That's why we're fortunate to have all of these people willing to play this weekend to raise

money.' Whether they're big or small, Findlay believes hockey tournaments and fundraisers are

very beneficial for communities because they bring people together to enjoy themselves while supporting a good cause.

"We decided on four teams and we stuck to it," he said. We only wanted the first 44 players

... it's small and those are just as good as the big ones. "We're in, we're out. Guys have fun with each other. It's still competitive because that's just natural for a lot of these players, but it's more about the cause."

Taking place over two days, the tournament began with a draft, on Friday evening, where the respective captains of each team selected their roster among

the list of 44 registered players. Findlay explained that implementing a draft was an effort to add a little more spice to the

with when you register. You pay and it's a crapshoot." Featuring four teams, two of them (Pontiac White and Pontiac Black) had the opportunity to

was in high school," he said. be the first to wear the brand new PHS Panthers threads. The other two teams were represented by local businesses Billy T's Pizza and Hursty's Bar and Grill respectively.

The tournament consisted of a round-robin, followed by a knockout stage where each team was guaranteed to play three games

After the first round, Billy T's were eliminated after losing two of three games with a minus-seven goal differential, landing them at the bottom of the standings.

Pontiac Black earned the top seed and a bye to the finals, with two wins and a plus-seven goal differential.

In the lone-semi-final matchup, the number two and three seeds (Hursty's and Pontiac White) battled it out, to clinch a berth in the championship game

When it was all said and done, Pontiac White won it all after knocking off Pontiac Black in the final game, earning the right to lift the tournament's big trophy

On top of sponsorships, the tournament raised around \$1,000 for PHS' hockey program, Findlay said.

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DEADLINE MONDAY NOON

Editorial

Freedom of expression

It seems like only yesterday that Canadians were up in arms about the issue of freedom of expression. All it took to get the Joe and Jane Sixpacks clambering to the barricades was an elderly blowhard who dresses like a pimp with brain damage spouting off about how immigrants don't support the troops.

These mobs of snowflakes were outraged that they wouldn't be able to see this national embarrassment use his hockey show to voice tirades against Francophone "wimps" and support for pointless conflicts like the Iraq war. Rest assured, this 85-yearold is still employable, his fans will just have to tune into his podcast and not a national broadcaster. Crisis averted.

These newly minted "free-speech" warriors were conspicuously silent this week however, when it was announced that a Quebec superior court had ordered comedian Mike Ward to pay out \$35,000 in damages for jokes that he told. Perhaps they don't follow the media in Quebec, perhaps their excessive bellyaching was just performative outrage triggered by a fear of change and a longing for "the way things used to be.'

Either way, the silence was deafening.

The case in question is a highly emotional one. Back between 2010 and 2013, Ward, a comedian known for his caustic jokes about taboo subjects, performed a bit where he makes fun of a child with a facial deformity, Jérémy Gabriel.

The young tween Gabriel was a moderately well-known singer at the time, having shared a stage with Céline Dion and performed for the Pope. He also has Treacher Collins Syndrome, a genetic disorder characterized by a smaller jaw and other facial irregularities. Ward's jokes centred around Gabriel's life expectancy and called him ugly, among other things.

This isn't the only time Ward has been in hot water for his performances. He received death threats in 2008 for joking that Revenu Québec had abducted a young girl that was missing at the time and later turned up murdered. Tasteless to be sure, but entirely on-brand for an edgy performer.

Gabriel and his mother took their case not to court, where it would have been rejected almost immediately, but to the Quebec Human Rights Commission, which first ordered Ward to pay \$35,000 to Gabriel and another \$7,000 to the boy's mother.

Ward and his lawyer appealed the decision, and last week the Quebec Superior court released a 2-1 decision upholding part of the tribunal's judgment: he would only have to pay out the \$35,000 to Gabriel. Ward and his attorney Julius Grey have announced that they will appeal the decision to the Supreme Court of Canada.

This piece is not to defend Ward's comments, but rather defending his freedom of expression to tell offensive jokes in the context of his performance. Moreover, it's to combat the idea that a quasi-judicial commission should be able to fine people for being rude.

As Superior Court Judge Manon Savard wrote in her dissenting opinion, despite the fact that Ward's words were "shocking and disparaging", they weren't discriminatory in character and "don't seek to instill in his audience the belief that because of his disability, Gabriel's dignity is less valuable" (translated and paraphrased). Ward singled out Gabriel for criticism, not because he was disabled, but because he was a public figure that was experiencing his 15 minutes of fame.

Ward isn't at fault for the teenage bullies that populate every high school and caused severe mental anguish to Gabriel (though he certainly gave them plenty of ammunition). He also isn't at fault for all the online trolls who recently forced Gabriel off of social media with their vitriol. Being in the public eye is difficult for anyone, let alone a young teen with disabilities, and perhaps Gabriel's mother was naive to think that no one would take shots at her boy.

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Letter

Response to waste management

Dear Editor.

I would like to address the Nov. 27 letter to the editor written by Robert Wills. I understand his need to be skeptical and agree that important questions need to be answered.

It is very important to have accurate information as we move forward with this exciting economic and environmental opportunity for the Pontiac. In January 2020, I will begin to hold meetings in each municipality where presentations will be given about this important project and all questions and concerns can be addressed.

We have a population of 14,200 people and currently spend a huge sum of one million dollars per year trucking waste to a landfill in Lachute, Que. This is from your municipal taxes. This will increase each year. With landfill, the perpetual care of it will last the life of this earth. What legacy do we leave to our children and grandchildren? We are also burying important resources in the ground that could be converted to electrical power and steam heating. I am pleased to read that Mr. Wills agrees that we need a better solution and he even suggests incineration.

Incineration developed a bad name as it was originally polluting and created great concern about air quality. The process used by Covanta is completely different and a proven technology.

The City of Gatineau with the four other regions in the Outaouais (including the Pontiac) embarked on a study. The CREDO has been investigating solutions for waste to relieve our dependence on landfill. Unfortunately, no mandate was given to them and very little has been accomplished. We see this as an opportunity for leadership where the Pontiac can help the other regions take responsibility for their waste. The rest of the Outaouais supports our endeavours and we have committed to producing a business plan to present in the next three to five months. We have calculated driving distances to the regions' current landfills and to bring their waste to the Pontiac is actually a shorter distance.

Wills thinks that this facility should be located closer to Ottawa or Gatineau but we are a willing host. We need the 50 jobs and we want the savings of truck transport off our taxes. We are in the driver's seat and we are the only region providing leadership. The other wardens agree with our urgency and agree we should know where we are going by the end of the term.

If we compost and recycle to the maximum we will remove approximately 30 per cent from the current landfill stream. The only way we will divert 90 per cent of our waste from landfill is through a new and emerging technology like energy from waste.

The best and closest example of a best practice that we can follow is the Durham York Energy Centre. I spent three hours there two weeks ago having an excellent presentation and an in-depth tour. In Durham more than 500 tonnes of waste can be processed per day. They produce electricity to power 10,000 homes, they provide steam heating to Ontario Power Generation and have 2,000 new employees moving across the street as new businesses attracted to this energy are being constructed. Covanta operates 42 energy-from-waste facilities in the world. They are also the world leader in energy from waste processing. The ferrous and non-ferrous metal recovered at the end provides Durham with \$650,000 a year. The revenue from electricity is \$8.7 million/year. The steam could heat 2,200 homes.

To address Wills concern of air quality, it is monitored every minute. It is posted outside the building on a big sign. Complete transparency. The air is scrubbed with lime and water and released as 99.9 per cent pure to the air. Groundwater and surface water is monitored. When I was elected two years ago, I began to speak to the mayors and then to the wardens and mayors of eight other regions. This is an approved technology in Quebec and we already have one approved site. The environment minister is very interested in our project. The Pontiac will only revitalize by seizing opportunities like this. We will become known as leading edge, innovative, green, sustainable and a leader. This is the Pontiac that I am striving for.

Food – price, politics, safety? Social

The season is upon us

and food. Once man had these three neceselements and clothing for

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protection from the cold.

Only when wants and necessities got mixed up did the prices of necessities also become important. At a recent trip to a restaurant for supper for three people, although price was a factor, with one person gluten intolerant, one person diabetic, and one person very aware of the various residual chemicals in certain foods that cause him varying degrees of discomfort or sickness, the price charged for different entrees became

absolute necessities of life were air, water more than salt. Most peanut butter contains vegetable oil to make it smooth and sugar sities, he searched out shelter from the to add sweetness. Butter ball turkeys don't contain butter. by Chris Judd

The USDA has approved 76 different chemicals that can be added to wine and do not even list them on the label. In North America, several hormones and feed additives can legally be added to or fed to meat animals and not listed on the package. Some meat plants now spray carcasses with an undisclosed chemical to prevent shrink when for generations carcasses were wrapped in cotton cloth and kept wet to reduce shrink.

If discomfort follows a

Since the beginning of mankind, the simple thing like table salt contains much Canada either. When I thought a little more, my grandfather never fed antacids to his milk cows either. We have been adding both calcium and magnesium (which are both used in antacids for humans too) to our

Dave Moore, THE EQUITY

North America.

Political lobbying by chemical and pharmaceutical industries has became a multi-million dollar industry and we see lots of campaigns to gather money for

milk cow rations for many years now.

Many of the same grains like corn, soybean, canola, wheat, sugar beets and rice are used in cattle rations as in manufacture of our own food. All of these grains have been modified and sprayed with chemicals that didn't exist in grandpa's day. Ninety per cent of health problems in dairy cattle are related to the feed they eat. Many of the grains that we and our animals eat regularly cannot be bought, sold, or grown in Ireland or may other countries outside

Outstanding

in his field

What's key is that this case has the potential to be precedentsetting. If comedians can be fined for mocking the disabled, what's to stop the Catholic Church from deeming jokes about pedophile priests "discriminatory"? We've already had several cases in Canada where Islamists took issue with newspapers publishing depictions of the prophet Muhammad, which luckily were eventually dismissed.

Rude and cruel people will always exist. While the Charter protects people's freedom, it doesn't ensure that everyone has a right to never be the butt of a joke.

.....

Caleb Nickerson

The Parents' Voice By Emily Haiima

Making time for everyone at Christmas

Christmas often brings feelings of joy, gratitude and an overall feeling of happiness to most people. Who are we kidding though? Sometimes a little stress works its way in — especially when you have several, or very large families that you're trying to schedule time with.

It can be almost impossible to get everyone together at the same time. Work, distance, weather and even illness can all make it hard to see everyone you wish to see during the holidays. I have a few tips that I have found which can hopefully make it a little easier for you and alleviate some stress or anxiety you may have toward Christmas.

Trading off is one idea that may help keep things fair for you and your spouse. One year you could have Christmas dinner with your family and the next year it could be with your spouse's. When it isn't your family's turn you could do a meal earlier in the day, like a brunch or breakfast. You could also have it on a different day, like Christmas Eve or Boxing Day if that is more suitable.

I personally like having the meals on different days, especially if I'm hosting because then I can focus on each family individually and I'm not feeling overwhelmed trying to do two (or a thousand) things all at once. You may also feel less rushed if the gatherings are on different days. I feel it allows me to get more prepared and spend more time with each family when we are with them.

Make sure to invite guests to bring something with them if you are hosting, this also takes away some of the stress of preparation. It could be an appetizer, dessert or even buns or cheese, anything at all to give you a little more time to spend with your family while you are together. Don't forget to return the favour if you aren't hosting

much less important than what was in the food or how it was prepared.

Ever since people gathered together to socialize, a drink and food were a large part of the gathering. Over centuries, the subjects changed from where the best hunting, fishing and caves were, to what can we eat that is good for us, tastes good and does not cause an uncomfortable reaction later.

As we chatted waiting for our meals to arrive it soon became apparent that many people assume that all foods offered for sale in grocery stores and restaurants are safe to eat and very few even read the ingredients listed in the fine print on the back. A were very few antacids on the shelves in

meal it is often blamed on overindulgence or cured by taking some form of antacid. Only a small percent of people will try to analyze why what they ate

caused the discomfort. There are millions of dollars made manufacturing, distributing and selling antacids to reduce a problem caused by something we ate.

It was during a vacation to Ireland that I noticed there were no commercials on TV advertising antacids. At a later visit to an Irish corner store I noticed that there was a very small selection of antacids for sale. Chris Judd is a farmer in Clarendon on land When I was a kid some 70 years ago there

a guest speaker at the Tuesday afternoon

session of the Manpower Agricultural course

of the adult education program of Pontiac

He called for "the unselfish society" above

interested and deeply con-

cerned about pollution for

the past several years and

particularly more recent-

ly, greeted Howard Henry

Friday night the Shawville based juniors

The Pontiac Juniors went ahead 2-0 in

Local News: Mrs. Jas. Stickler officiates

at launching ceremony: Mrs. Jas. Stickler of

Shawville was in Montreal last week where

she sponsored the launching of the 10,000

Dennis Spencer with Ralph Murphy, Don

Armitage and Dave Hall assisting.

Dec. 14, 1944

75 Years Ago

Protestant High School.

research to cure cancer but hear very little about research to find some of the causes of cancers

December is the most festive season of the year when friends and families gather to reminisce, eat and drink. We enjoy being with family and friends. We should know what's in the food and drinks that we serve them

Have a happy and healthy festive season! Cheers!

that has been in his family for generations. gladcrest@gmail.com

Rideau Valley Conservation Authority was waters of the St. Lawrence River.

The Fort Wayne was the twentieth ship launched by Unite Shipyards during the season and like many of her sister ships, upon which Canada will pin her peacetime maritime hopes, will contain the finest equipment of any ship of her type.

The United Church Y.P.U. held a very lution is one for everyone from the child who tosses a successful Christmas party in the Sunday candy wrapper on the street School of the church with a good attento the large industry with its dance on Monday evening this week. The gigantic pollution potential. room had been prettily decorated with a Shawville Mayor Orla Christmas trim and appropriate Christmas Young who has been greatly festooning.

> Games, music, and singing were enjoyed with Mrs. George Lake at the piano.

> There are encouraging prospects on farms in Canada for young people who are contemplating farming as a vocation.

Corp. Stewart Murray, son of Mr. and Mrs. J. W. Murray of Maryland, Que. arrived a few days ago from overseas

Pontiac Juniors win two Corp. Murray enlisted in Ottawa March 1940 with the Cameron Highlanders, in ended this busy weekend June of the same year he went to Iceland and was then sent to England where he was with four out of a possible until the 6th June when he went to France on D-Day

> During Corp. Murray's stay in England, he met and Married Miss Ann Hill in Belfast. Mrs. Murray is to join her husband in Canada soon. In his term of active service in France, he was wounded twice.

The Canadian army suffered casualties totalling 58,943 from the outbreak of war up to Oct. 31, defence headquarters announced today.

The total included 15,650 fatalities, 326 men presumed dead, 1,969 missing, 4,586 prisoners of war or interned and 36,412 wounded. The figure for prisoners of war included 166 who have bee repatriated or have escaped.

CONTINUED ON PAGE FIVE

Jane Toller Warden MRC Pontiac

Feeling lucky?

Dear Editor.

How lucky are we? I feel pretty darned lucky, myself. I didn't really have a plan, when I decided to come to Canada, then to the 'country' just north of Toronto, then to Pontiac County. In each case, I was in the company of friends with whom I still have some contact. The people I met here have been friendly and accepting, whether because of, or in spite of my having an outsider's perspective on community and culture. It seems I guessed right. I was hoping for a place to feel at home and I found this place. The news is rife with reports of places where people mistrust or fear their neighbours. We're lucky to be here.

Food is an important part of our diet. Right here in town there are several stores where we can buy just about any type of food we want to eat, and at reasonable prices. I've seen the selection increase steadily since I moved here. If anyone around here is going hungry or homeless, remedy is available. That's not the case everywhere in the world. We're lucky to be here.

The weather here is tolerable at the worst of times, and often quite pleasant, winter and summer. Just yesterday, a big storm blew through south of us and we had nothing worse than a chilly, grey day. When the snows come, we have crews with powerful machines, ready and willing to move the snow out of our way. That's not the case everywhere in the world. We're lucky to be here.

Our government is still beholden to the concept of participatory democracy so we can gripe, campaign and vote, then complain to our heart's content. That's not the case everywhere in the world. We're lucky to be here.

We have the privilege of spending time and money on tobacco, alcohol, lotteries and now cannabis if we so choose. And we have an affordable healthcare system in place when those indulgences catch up with us. That's not the case everywhere in the world. We're lucky to be here.

One of the wealthiest people around these parts, I know by name and he's at work nearly every day. On the other hand, I know one who lives nearly without money or the amenities most take for granted and both these men seem equally content with their lot in life. That's not the case everywhere in the world. We're lucky to be here.

Robert Wills Shawville and Thorne, Que.

CONTINUED ON PAGE FIVE

..... Dec. 7, 1994 25 Years Ago

MRC goes computer shopping: The MRC has a new computer at the top of its all else and warned that the problem of polshopping list. At present there are two

separate systems in use at the MRC building in Litchfield, one for the land assessment office and a separate one for general administration.

The two systems use different languages and are incompatible with each other. What's more, the hardware itself has broke down making it necessary to rent replacements.

The assessment office now spends up to \$10,000 per year drawing maps.

Campbell's

parade welcomes Santa: Unseasonably mild weather attracted hun- six points to put them back in second place disappointed.

of the jolly elf, himself.

50 Years Ago

dents about pollution: Howard Henry, professional astrologist, graduate of Guelph Agricultural College and chairman of the ton merchantman, Fort Wayne in the icy

THE WAY WE

Bay

main street in Campbell's Bay to catch a glimpse of old St. Nick. The crowd was not

clowns on ATVS, a music-playing robot and numerous well-decorated float and Mrs. Claus riding horseback preluded the arrival

Dec. 10, 1969

Howard Henry tells agriculture stu-

NERE

bv

dreds of both young and old along g the

Carolling Boy Scouts and Brownies,

travelled to Deep River and came out on the wrong end of a 7-2 score. the first period on goals by Mike Allen and

on his arrival in Shawville Tuesday. Compiled out of three on busy weekend: The Pontiac Juniors

Bonnie Chevrier

in league standings.

Hundreds gather at Gavan's to bid farewell to a community legend by J.D.Potié



On Saturday night, Gavan's Hotel in Quyon was packed as hundreds of people from both sides of the Ottawa River gathered for a surprise party in honour of bar owner Nick Matechuk, who announced his retirement earlier this year. While he'll stick around the hotel until the holidays are wrapped up, he's looking forward to moving back to his hometown of Sault Ste. Marie to be closer to his family.

think of him.



avan's Hotel in Quyon was packed to career, the secret was out. capacity on Saturday night, as hundreds of people from both sides of the ple stepped on stage to give speech-Ottawa River rolled into town to wish es, including Matechuk who took the the hotel's owner, Nick Matechuk, a happy retirement.

Organized by the hotel staff, the over the years. event was promoted on social media as a surprise party for Matechuk and

opportunity to thank all the people who visited the bar and supported him

The rest of the evening provided a party for the ages, as dense crowds solid as a rock. attendees were invited to bring friends of the party-people danced, sang and along for the occasion, under the con- socialized while local rock collective almost 40 years, Matechuk explained before moving back to his hometown

nize a surprise party in his honour was disposition all while enjoying almost At that point, a handful of peo- a testament to the sense of respect, every minute of it. loyalty and how highly his employees

"I love my work," he said. "I've always worked, all my life. I'm 77 "My employees work until they can't years old and I've only been unemwork anymore, whether it be having ployed for two weeks, since I finished their kids or moving away from home," school. he said. "I've got 11 and they're all

While he's officially called it a career, Matechuk plans on sticking Having operated the hotel for around the hotel until the holidays, dition of keeping everything under the Shooter Band graced them with a that Gavan's is where he experienced of Sault Ste. Marie to be closer to his

The Parents' Voice

Making time for everyone at **Christmas**

CONTINUED FROM PAGE FOUR

Having your Christmas on another weekend is another idea I've read about. Although my family hasn't tried this, I have heard of others doing it. It certainly cuts down on travelling during the actual holiday and could allow you to have more time as an immediate family. This is a perfect solution for families with members travelling from far distances.

It helps ensure no one misses out on the celebration. Some people may not enjoy celebrating this way (it wouldn't be my choice) but perhaps others would relish a quiet, intimate Christmas with the family celebrations over or happening after the big day. With little kids the big day we prepare so long for comes and goes so quickly that stopping to enjoy the moment isn't something we always get to do. This may allot more time for that.

If you have families that know each other well and are comfortable with each other, maybe they'd be comfortable with joining as one large group for, the meal. This may be tricky for large families trying to accommodate numerous family members and extended families but perfect for a small family who all live close by. It may make Christmas a little noisier and more exciting, not to mention you get to be with everyone at the same time.

As hard as it is to make time for everyone, you also have to remember that this is also a holiday for you, so you have to make time for your own children and spouse as well. Every year we would spend Christmas Eve, Christmas Day and Boxing Day with our families.

We love their company but packing up to be everywhere and then unpacking everything can also be quite tiring.

This year we've opted for starting some new traditions for our family. As much as we love spending time with our extended families, and we'll miss the hustle and bustle a little, we've carved out time for us to watch Christmas movies and spend time playing with our children on Christmas Eve.

This will be our time to relax and enjoy the moment, because before we know it, it will all be over.

Good luck planning your time during the holidays and however, you choose too I sincerely hope that you enjoy the holidays with all those that surround you. Merry Christmas.



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CONSTRUCTION

wraps.

As far as Matechuk was concerned, the evening was scheduled as a musicians' night to raise funds for the Quyon Lions Club, so he prepared accordingly with his usual-sized staff of two bartenders and a cook.

At around 8:30 p.m., Matechuk noticed crowds being significantly larger than he expected, until someone walked up to him saying "Congratulations on your retirement".

Matechuk didn't think much of the compliment, having publicized his when a lady handed him a card as stuff, that's nice." a token of appreciation for his long

long list of classic jams.

At around midnight, before the last ferry of the evening was preparing to take off, a large number of people from the Ontario side of the river personally congratulated Matechuk and shook his hand before heading home – a gesture he felt symbolized his relationship with his multi-generational customer base.

"They're great people," he said. "We have really nice people in this community... you have young kids come up to an old man like me and say 'congratdecision to retire earlier this year, but ulations, have a good retirement' and

For Matechuk, the initiative to orga-

the vast majority of his best lifetime daughter Kathy and his grandchildren. memories.

most will be making connections with forward to spending more time with people from all walks of life on a daily his daughter and watching his grandbasis.

"I have more experience than anybody could have in a lifetime," he said. "It doesn't matter where you work, unless you're in a bar like this. Like today, you can see about 300 people and they're just here to say bye to me."

While owning a business for more than 30 years presented him with all consistent work ethic and a positive thing to do."

Out of everything the freedom of The aspect of the job he'll miss the retirement will offer, he mostly looks

> children grow. "Everybody be happy," he said. Spend time with family, that's my big thing."

But he doesn't see himself taking too much rest, as he plans on doing what he can to keep his daughter's home warm during the winter.

"I said, 'Kathy, get a load of wood sorts of challenges, Matechuk recalls and I'll cut it for you," he said. "Now, himself leading the operation with a in the winter I've got a job. It's some**CONSTRUCTION PIESCHKE**

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Spiritual Growth

By Esther Colpitts

Changes

Not feeling well, I lay on my sofa and heard the sound of the washer going through the spin cycle in the basement. It took me back to the days of raising three young children. The wringer washer did not do its own thing. Wash day was an all day event. And winter was interesting. Without a dryer, the clothes would freeze on the line and had they been able, they would have walked in on their own they were so stiff.

Just in my lifetime, I have seen so many changes it is hard to fathom that it is the same world. Cell phones, internet, microwaves. We have certainly moved forward, yet with all our improvements people still struggle with trusting, believing, loving and the reason for suffering. Only God has not changed. He is the same yesterday, today and forever, a very present help in trouble.

THE WAY WE WERE

CONTINUED FROM PAGE FOUR

would be u wise to stop it," said Mr. Biggs. The new minister's aim is to see a good roads system of 1,500 miles in the province.

Ad: Christmas is approaching and we are now ready for all customers. We have a full line of fancy goods: toilet sets, shaving sets, manicure sets, ebony goods, French ivory, leather goods of all descriptions, such as music rolls, writing pads, collar boxes, pouches, purses, etc.

If you intend on giving a present, come in now and have first choice, as a lot of these goods are foreign and cannot be replaced. A deposit of 10 per cent on these goods will hold them til Christmas for you. E.G. Amy, Graduate Optician/ Jeweller.

Dec. 11, 1894 125 Years Ago

us to correct a report which appeared in these columns some weeks ago, regarding the dis-"So much work has already been done that it appearance of his dog and the loss of two pigs on the following night, from which it would be inferred that the latter were stolen.

> Mr. F. states that the dog got caught in a trap and the pigs were take by a bear.

The Blacksmith shop in North Onslow has been running full blast again under the management of Mr. F.J. Hearty, one of Vinton's most skilled workmen.

Mr. Harry Newham, merchant of Upper Thorne Centre, was in town on Monday last shipping a number of deer which had been killed by the settlers of his neighbourhood. Same day, Mssrs. Rodant and Meilke disposed of six fine carcasses from Thorne and Leslie people.

The little post office in Dunraven has been neatly repaired, the work being executed by Mr. C. Letts.

Ad: Furs: Genuine raccoon coats, wallaby, Caps in Persian Lamb, Nutra and Astrakhan, Local News: Mr. John Finan of Thorne desires Greenland seal, beaver and astrakhan. Robes, superb appearance.

grey and black goat. Now is your time to get a nice Christmas present.

Ad: Grand Central House, Bryson, Que. has been recently opened for public accommodation and has been equipped in first class style with all necessary requirements.

Shawville Produce Quotations:

Oats - 28 to 30; Peas - 48 to 50; Rye - 38 to 40; Eggs - 12 to 13; Wool - 18 to 20; Lard - 9; Butter - 14 to 16; Wheat (standard) -65; Buckwheat - 38 to 40; Pork per ct - \$5 to \$6; Hay per ton - \$7.50 to \$8; Calfskins - 25 to 30; Hides -2.25 to 2.50.

The carpenters are now putting the finishing touches on the interior of Mr. J.H. Shaw's new store. When the building goes through Mr. A.J. Capes in all the most fashionable shapes, Jackson's artistic hands it will certainly present a

201, Principale Fort-Coulonge, QC J0X 1V0 117, Front, Suite 206, Gatineau (Aylmer) QC J9H 5S9

305, Main, Suite 1

Shawville, QC J0X 2Y0

Me/Mtre Bernard Monnet

Tel. 819 683-3085 Tel. 819 684-8299 Fax. 819 682-1453 monnetb@qc.aira.com

Fax. 819 647-2997

nancy.suominen@notarius.ne

SEPTIC TANK PUMPING

MacGREGOR CONCRETE

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Beachburg, Ontario



SEPTIC AND HOLDING TANK PUMPING SERVICE

Letters to the Editor

Email them to news@theequity.ca. Mail them by Canada Post to

133 Centre Street, Shawville, QC JOX 2Y0 or fax them to us at

819-647-2206. Opinions in the letters published do not

necessarily reflect the opinions of THE EQUITY.

Oops!

In the story "Old Timers take third" from the Nov. 27 issue, Shane Presley was misidentified as Jeff Presley. THE EQUITY apologozes for the error.

The Key to a Happy New Year: MDJ celebrates one year anniversary in Shawville **Don't Drink & Drive**



J.D. Potié, THE EQUIT

On Saturday, the Maison des Jeunes (MDJ) at Pontiac High School (PHS) in Shawville celebrated its one-year milestone in the town, inviting the community to come out and celebrate. Pictured, MDJ Director General Stéphane Durocher, Nathan Kluke, Colleen Larivière, Emilie Giroux and Désirée Tremblay-Giroux pose for a group photo during the event.

J.D. POTIÉ SHAWVILLE Nov. 30, 2019

Around 50 local youth gathered at the Maison des Jeunes

du Pontiac (MDJ) at Pontiac High School (PHS) in Shawville, to celebrate the organization's one-year anniversary of serving the town

According to the event's coordinator, Désirée Tremblay-Giroux, reaching the milestone brought a great sense of joy and there was no better way to share it with the community than an evening of socializing.

"Birthday parties are a fun celebration," she said. "Everyone has a good time and it's a great way of bringing everyone together."

Usually, the MDJ reserve Friday evenings at PHS for musical pub-nights.

So, to celebrate their first anniversary in style, the MDJ invited members of local rock collective Beyond Driven, Erin

Davis and Jeremy Williams, to uptick in participation numbers play a set of hard rock classics for the small crowd on hand.

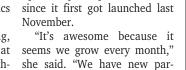
Throughout the evening, groups of attendees sat at tables and socialized while others enjoyed themselves playing video games, foosball or air hockey.

Stationed just outside the school, Billy T's food truck doled out tons of delicious slices of pizza along with ice cold beverages free of charge to keep the youngsters' appetites satisfied.

While admission to the event was free, the MDJ invited attendees to donate funds or food to Bouffe Pontiac's food drive. "There's a definite need in

each of our communities for the food bank," Tremblay-Giroux said.

She emphasized that the MDJ's first year in Shawville has been a huge success, made stone, Durocher was quite evident by the consistent happy with the turnout.



ticipants, new activities, a new partnership too - it's fun."

According to the organization's Director General, Stéphane Durocher, the MDJ's collaboration with PHS has been very beneficial for youth in the community, all thanks to its popularity among locals. "We're really happy with

the development," he said. "We have a great participation rate with Shawville youth. Since we've developed it, we've offered a lot of activities to young people. We have a really good partnership with PHS and the Western Quebec [School

Board] (WQSB)." With a solid crowd on hand to celebrate the MDJ's mile-



Thank you to our

loyal customers and

wonderful staff this

past year.

Logan Black, Jeremy Giroux and Jackson Williams play some video games during Saturday night's party.

J.D. Potié, THE EQUITY

J.D. Potié, THE EQUITY Kailee Dowdall competes on the air hockey table on Saturday night

Drive safe for the Christmas holidays

CHRIS LOWREY

PONTIAC Dec. 4 With the Christmas season upon us, the time for family gatherings, workplace parties and gift exchanges with friends means many of us will

ing to run the risk of losing same year. their license – or worse, killing

While people in urban centhe wheel after a few libations. when it comes to a safe ride are still options. The police do their best by home – everything from taxis setting up more ride programs, to busses to volunteer driv-

someone - by getting behind tres have plenty of options these kinds of programs, there the rest of their lives.

The most fool-proof way to ensure a safe ride home is to but even with these risks, peo- er services – rural folks don't have a designated driver.

While places like the Pontiac to blow into a breathalyzer of \$1,500 and a three-month don't have reliable access to attached to their ignition for

been handed a three-day sus- days. pension or some other slap-

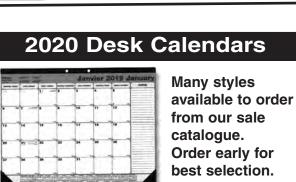
license suspension. On top of that, the vehicle they're driv-While many people have ing will be impounded for 30

Those who have been senon-the-wrist punishment, the tenced to install the device in their car will have their license

Police recommend check-

ing the license of anyone ask-

branded for all to see.



Don t be disappointed!

find ourselves in social situations where the alcohol is flowing.

Despite the fact that drinking and driving has had a stigma attached to it for years

ple still do it. have the same luxury In 2016, police recorded

more than 70,000 instances of impaired driving across the country. Additionally, there were 100 cases of impaired now, many people are will- driving causing death that of the night.

An initiative like Operation when it comes to impaired Red Nose offers folks who've been drinking the services of

driving charges. a volunteer who will drive you Anyone in Quebec who is and your car home at the end convicted of drunk driving

The Quebec government Quebec government is showis no longer messing around ing that it means business. The new legislation went

into effect on Nov. 22. For those who are supposed

ing to borrow your vehicle to to have the device installed, ensure their vehicle doesn't get twice in 10 years will have but don't, they face a fine impounded for 30 days.

Stop in today at Pontiac Printshop Ltd. Home of "THE EQUITY" 133 Centre Street, Shawville, QC J0X 2Y0

Tel: 819-647-2204 Fax: 819-647-2206



St. Paul's hosts hundreds at Bazaar and Tea

1970s.

the church.



Volunteer vendor Doreen Davis organizes some of the crafts on a table inside the hall.

its annual Christmas Bazaar and

One of the event's organiz-

the event was a collaboration

of the town's Anglican Young

Women's Association (AYWA)

and Holy Trinity church in

cover expenses," she said

Judd claimed that the event

has been taking place annually

winter upkeep.

decorations.

shopping.

J.D. POTIÉ

SHAWVILLE Nov. 30, 2019 St. Paul's Anglican Church Tea. Hall was bursting with people on Saturday, as over 100 people sought out the best deals on holiday-themed crafts and



J.D. Potié, THE EQUITY Volunteer Linda Smart prepares plates of delicious pastries in the kitchen.



lyse380@gmail.com Our thoughts and prayers this upcoming week: Alivia for the McCorriston family on

the loss of Wanda Gail on Nov. 29. Our deepest sympathies to the Richard family on the loss of Maurice on Nov. 30.

A wonderful Christmas Parade of Lights was held on Saturday. It was a success. Congratulations to all who volunteered, were in the parade and the participants watching.

Sunday will be the second Sunday of Advent. Advent means "coming" in Latin. This represents Jesus coming into the world. Christians use Lila Grace Wickens, Kristin the four Sundays and weeks Fischer, Wayne Tubman, of Advent to prepare and Michael Rebertz, Kim Gilpin,



Campbell-Younge, Nancy Beverdam, Viola Chartrand, Woodman, Derek Daniel Tremblay, Dawn Horner-McCutchieon, Heidi Morin, Lincoln Smith, Mark Hoekstra, Shirley Rebertz, Tracy Bell-Wickens, Amy Millen, Ariel-Leigh Davis-Manwell, Robert McMunn,

Paul McCredie, Robert Cairns,



J.D. Potié, THE EQUITY Hundreds gathered for the annual bazaar and tea at St. Paul's Anglican Church Hall.

homemade baked goods during formation of the AYWA in the get together with your friends and have tea and do a little For Judd, organizing the shopping," she said. "We supevent brings a great sense of joy port one another. We go to the ers, Diane Judd, explained that because it brings together so teas of the other churches and many people in the community

hope they come here." to socialize while supporting Typically, the event raises around \$3,000 for the church, "It's always an opportunity to Judd said.



On Saturday afternoon, over 100 people gathered at St. Paul's Anglican Church in Shawville for its annual Christmas Bazaar and Tea. Pictured, Francine Lyrette-Russell and Lynne Goetz enjoy a spot of tea during the event.

Waltham

Warm birthday wishes are extended to my dear friend Georgette Beaubien who celebrated her birthday on Nov 28.

Happy birthday wishes and your special day Sue.

We were saddened to hear of the passing of Ray Elburn Dagg of Shawville. He was the beloved husband of the late Sheila (Laframboise) Dagg. Sheila and Elburn had lived in Waltham for

the passing of Desmond "Des" Sullivan of Ottawa and formerly of Chapeau. He was the dearly loved son of the late Teresa (nee Burke) and Victor Sullivan. Our thoughts and prayers are with his family and friends at this

On Sunday afternoon, the

Kayla Soucie-Moreau is celea time. Our heartfelt sympathy, brating her birthday on Dec. 7 thoughts and prayers are with and Brenda Bertrand-Rehel on his family and friends at this Dec. 8. All the best is wished to



MUNICIPALITÉ DE SHAWVILLE AVIS DE STATIONNEMENT L'HIVER

Selon le Règlement S.Q. No. 2011-001, les dispositions suivantes s'appliquent au stationnement pendant la période hivernale:

Il est interdit de stationner ou d'immobiliser son véhicule sur le chemin public entre minuit et 06h00 le matin du 15 novembre au 15 avril et ce, sur tout le territoire de la municipalité Il est interdit de stationner un véhicule sur un chemin public qui peut nuire à l'enlèvement de la neige

Le propriétaire de tout véhicule qui contrevient aux dispositions de ces règlements est passible, en plus des frais d'une amende minimale de trente dollars (30,00\$) et l'on peut faire déplacer un véhicule stationné aux frais de son propriétaire.



MUNICIPALITY OF SHAWVILLE NOTICE PARKING IN WINTER

According to By-Law S.Q. No. 2011-001, the following provisions apply to parking during the winter months: Parking or stopping a vehicle on a public road between midnight and 6:00 a.m. from November 15th to April 15th is prohibited on the whole territory of the municipality. During or after a snowstorm, no vehicle shall be parked on any street in a manner such as to hinder the plowing and removal of snow.

The owner of any vehicle contravening the provisions of these By-Laws shall be liable to a minimum fine of \$30.00 and in addition to having the vehicle towed away at the owner's expense.



AVIS PUBLIC AUX CONTRIBUABLES DE LA MUNICIPALITÉ DE SHAWVILLE

Avis public est par les présentes donné par la soussignée secrétaire-trésorière de la Municipalité de Shawville aue :

Les reunions régulières de l'année 2020 du Conseil Municipal seront tenues chaque deuxième et quatrième mardi du mois à 19h30 aux dates ci-dessous :

les 14 et 28 janvier les 11 et 25 février les 10 et 24 mars les 14 et 28 avril les 12 et 26 mai les 9 et 23 juin le 14 juillet les 11 et 25 août les 8 et 22 septembre le 13 et 27 octobre le 10 et 24 novembre

les 8 et 14 (lundi) décembre Donné à Shawville, Québec,

ce 26ième novembre 2019. Crystal Webb, Directrice-générale



PUBLIC NOTICE TO THE RATEPAYERS OF THE MUNICIPALITY OF SHAWVILLE

Public Notice is hereby given by the undersigned Secretary-Treasurer of the Municipality of Shawville that:

The 2020 regular meetings of the Municipal Council will be held every second and fourth Tuesday of the month at 7:30 p.m. under the set forth dates:

January 14 and 28 February 11 and 25 March 10 and 24 April 14 and 28 May 12 and 26 June 9 and 23 July 14 August 11 and 25 September 8 and 22 October 13 and 27 November 10 and 24 December 8 and 14 (Monday)

LYSE LACOURSE 819-647-5932

J.D. Potié, THE EOUITY

long before the church's hall was built in the 1950s, or the

HELEN PERRY 819-689-2652

love are extended to my sister Susan Pilon, of Casselman, who celebrated her birthday on Nov. 29. We hope that you enjoyed

We were saddened to hear of

sad time.

children in Waltham enjoyed a Christmas party at the Waltham Town Hall. They enjoyed making crafts, gingerbread houses and treats. Santa paid a special visit.

Home of "THE EQUITY" 133 Centre Street, Shawville, QC J0X 2Y0 Tel: 819-647-2204 Fax: 819-647-2206



remember the real meaning of Gary Draper, Christopher Pirie, Christmas. Some people fast during Advent to help them Hobbs, Brittany Murray, Alex concentrate on preparing to celebrate Jesus' coming.

Don't forget to drop by the Seniors Drop in on Dec. 5 at 1 p.m. at the former Masonic Hall in Shawville.

Happy birthday to my brother-in-law, Philippe Lacourse Beck, Shawn Rutledge, Steve who celebrates his special day on Dec. 7.

Happy birthday across the miles to Joanne Anderson-Kirkey who celebrates her birthday on Dec. 9.

Happy birthday to the following people celebrating Tony and Sarah Bianchini.

Vinton DIANE BOISVERT 819-921-5296

I have been busy making crafts and baking for the bake and craft sale being held at St. Joseph's Manor on Dec. 7. Donations of baked articles would be greatly appreciated. All money raised from the sale will be for St. Joseph's fund.

Just a reminder that the to make his dream come true. Campbell's Bay Santa Claus Maybe not for Christmas but at parade will be held Dec. 7 so least for his birthday in March. join in the fun. will become famous.

I would like to wish Margaret Ann Mousseau a special happy belated 60th birthday and also congratulate her on her retirement. What will you do now Maggie?

So far we've dodged a bullet here as far as snow is concerned but it sure is causing havoc on Hwy. 401 and other parts of Canada.

Next week, I'm going to start making my meat pies to try and get my orders all filled for Christmas. Place your orders unteers from the Fort Coulonge now so I can prepare your pies before Christmas.

Just want to send out wishes ects and to give us insight of for a speedy recovery to Randy Sloan. We just got Karen back on her feet and now it's Randy's turn to put his feet up for a myself or Susan Belanger or while.

time. Lindsay Abercrombie, Jennifer Murray, Christopher Malette, Hannah Yolkowshie, Amanda

McLachlin, Randy Wickens, Jacob Tubman, Corrain McCredie, Sophia Bergeron, Laynard Pasch, Gregory Metcalfe, Kevin Gore, Philip Jacobs, Travis Kluke, Barbara

Barnes, Scott Hamilton, Garth Tracy and Helen Stafford. Couples celebrating their anniversaries this week are: Frank and Judy Bortolotti,

My youngest grandson, Tao

(who is only 15) just informed

me that he wants a Cuisinart for

Christmas. He keeps telling me

that he doesn't want to be a chef

but he loves cooking. You never

know what kids are thinking. I

will certainly try my darndest

Who knows maybe one day he

I would like to wish the fol-

lowing people a very happy

birthday: Tim Hearty and Carla

Day Pauquette on Dec. 5, to

Lincoln Smith, Jennifer Hill, and

Chris Kensley on Dec. 6, Marion

Pare and Mike Kavanagh on

Animal Aide Pontiac is a

great organization which helps

spay and neuter cats and dogs

to help keep down the pet pop-

ulation. We are in need of vol-

and Allumette Island areas to

help us with our ongoing proj-

the help needed in your areas.

Anyone wishing to join Animal

Aide Pontiac should contact

Faye Belanger.

Dec. 9.

Louis and Nancy Kaye and

you both. Best wishes to all oth-Our heartfelt sympathy, ers who are celebrating birthdays thoughts and prayers are with and anniversaries this coming Mary (McCann) Michaud in the week.

recent passing of her beloved I cannot believe that this is husband James (Jimmy) the first week of Advent in the Michaud. Jimmy was born and church calendar. It is a time to raised in Sheenboro but was reflect as we prepare to celebrate residing in Ottawa. the birth of Jesus.

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

On Saturday evening, the hotel. We are all wishing him well Quyon Lions Club hosted a magic in his retirement.

Sympathy is expressed to the show at Gavan's Hotel, with The Duke of Magic, Luc Leduc on family and friends of Ronnie Hutchison as he passed away sudstage to entertain the crowd. It was a full house and everyone denly at the age of 58. Thoughts enjoyed the clever and amazand prayers are with his loved ones at this sad time. ing tricks he performed. He also

brought up many volunteers from This week, we have birththe crowd to help with the show day wishes going out to Dustin and they all did a terrific job Young on Dec. 5, to Cash Watson as well. Kudos to the Lions for and Bucky Fleck on Dec. 6 and holding a fun evening for the to Willow Brownlee and Tessa Young on Dec. 7. Best wishes to Later that evening, the hotel everyone celebrating this week.

continued to fill up with patrons, Santa Claus is coming to town. as the staff of Gavan's threw a sur-On Dec. 7, Quyon is the place to prise retirement party for owner be as the Santa Claus Parade will Nick Matechuck. Nick was toastbe held at 1 p.m. The parade will ed by his longtime friend Randy leave Onslow School and finish at Labadie and was presented gifts the new community centre. Santa from the Pontiac Snowmobile will be there to visit with all of Drivers Association and from the children and the Quyon Lions Elizabeth Kluke on behalf of the Club will be providing treats and staff at Gavan's. A big thank you refreshments. That magical time to Nick for the many years of of year is here, be sure to get out memories and good times at the and enjoy it.

He shoots, he scores

Atom A Lions

The Lions played in Masham on Saturday against Les Loups. Les Loups goaltender made several great saves against the Lions and helped his team to a 4-0 shutout win.

community.

Aylmer Icebergs. Being the first day of December the Lions were looking to turn things around. They scored on their first two shots in the game to win their first of the season 4-2. Goal scorers were Max Renaud, Tristan Queale, Wyatt

Hines and Lucas Ethier with assists going to Max Renaud, Jackson Dubeau and Warrren Sally. Next game is Saturday in Shawville.

Peewee A Lions

The Lions played Saturday On Sunday, they played the in Aylmer against the Icebergs. It was a hard hitting fast paced game. The Lions fell behind 1-0 in the first period but managed to tie the game in the third to come away with a 1-1 tie. Lana Gibbons had the goal assisted by Paige Dubeau.

Submitted by Garry Queale

BILL & MARY POVEY,

27 Teakia Lane (near Red Rock). Round Lake, Ont. Craftsman router, router table & router bits; Craftsman reciprocating saw & blades; Mastercraft 4' wood lathe; 13" wood planer; tablesaw; woodworking equipment; drill press; King drywall & panel lift; 4,000 Ib electric winch; 3,000 lb ATV winch; Stihl 510 chainsaw; Simoniz pressure washer: household items: linens: Royal Dolton figurines: garden tools & ornaments; fishing equipment; Nordic Track RW200 exercise machine & numerous misc items.

The house is sold, everything to sell. Be on time.

Douglas St. Patrick's Parade 6 Hand Euchre Tournament Saturday, January 4th at 7:00 pm at Douglas Tavern

TERMS: CASH OR CHEQUE WITH ID Check prestoncull.com for pictures, sales and more information.

Auctioneer: Preston Cull R.R.#1 Douglas, Ont. 613-649-2378

Thank you for 2019. Book early for your 2020 auction sale.

CLARENDON



C427, rte. 148, C.P. 777 Shawville, QC J0X 2Y0 Tél. 819-647-3862 Fax: 819-647-3822

AVIS PUBLIC

Aux contribuables de la Municipalité de Clarendon

Avis public est par la présente donné par Patricia Hobbs, secrétaire-trésorière/ directrice générale de la Municipalité de Clarendon, qu'il y aura une réunion spéciale du Conseil Municipal à laquelle le budget pour l'année 2020 sera adopté. Cette session sera tenue mardi le 10 décembre 2019 à 19h00 au bureau municipal. Les délibérations du conseil porteront exclusivement sur le budget. Donné ce 27ième jour du mois de novembre 2019. Patricia Hobbs

Secrétaire-trésorière/directrice générale

PUBLIC NOTICE

To the ratepayers of the **Municipality of Clarendon**

Public notice is hereby given by Patricia Hobbs, Secretary-Treasurer/Director General of the Municipality of Clarendon; that there will be a special council meeting to adopt the 2020 Budget on Tuesday, December 10th, 2019 at 7:00 p.m. at the Clarendon Municipal Hall. This meeting will deal exclusively with the budget.

Given this 27th day of the month of November 2019.

Patricia Hobbs Secretary-Treasurer/Director General Given this 26th day of November 2019, at Shawville, Quebec. Crystal Webb, Director-General



INSCRIPTION DES NOUVEAUX ÉLÈVES LES 29 ET 30 JANVIER 2020

Nous sommes fiers d'offrir des services éducatifs en anglais accompagnés de programmes d'immersion française et d'une tonne d'options parascolaires.

Pour s'inscrire à la maternelle, votre enfant devra avoir 5 ans au 30 septembre 2020. Pour la prématernelle, il ou elle devra avoir 4 ans.

Trouvez votre école de quartier et obtenez toute l'information sur le processus d'inscription sur westernquebec.ca.

Les familles sans connexion Internet peuvent téléphoner au 819 684-1313 ou au 1 800 363-9111.

REGISTRATION OF NEW STUDENTS ON JANUARY 29 & 30, 2020

We pride ourselves in offering English language instruction and French Immersion programs with a ton of extracurricular options.

To register for Kindergarten (K5), your child must be 5 years of age on September 30, 2020. For Pre-Kindergarten (K4), he or she must be 4.

For further information regarding your child's registration, and to locate your catchment school, visit westernquebec.ca.

Families without an Internet access can call 819-684-2336 or 1-800-363-9111



Avis remis à Gatineau par le président Alain Guy et le secrétaire général George Singfield / Notice given in Gatineau by Chairman Alain Guy and Secretary General George Singfield

Otter Lake RA lights up Christmas tree with the community



On Saturday, the Otter Lake RA invited the community to Millenium Park to participate in the town's third annual Christmas tree lighting ceremony. Pictured, attendees hold candles as they stand in a semi-circle in front of the lit pine tree.

J.D. POTIÉ **OTTER LAKE** Nov. 30, 2019

Around 50 people convened at Millenium Park in Otter Lake for an evening of holiday cheer, as the RA held its third annual Christmas Tree lighting cere- to produce a bright glowing mony Shortly before the event

began, the event's main organizer, Shannon La Salle, and a few other volunteers handed out plastic candles to attendees

effect under the pitch-black sky. Once attendees formed a

wide semi-circle in front of the community Christmas tree, one of the event's organizers, Désirée Tremblay-Giroux, opened the ceremony with a word of welcome where she emphasized how much she enjoys the tree lighting tradi-

tion. To continue the ceremony, Tremblay-Giroux led the crowd in the renditions of several holiday classics, including "O Christmas Tree", "Rudolph the Red-Nose Reindeer" and "Silent Night".

After singing in unison, attendees counted down from five before a volunteer finally flicked the switch and ignited the lights on the Christmas tree.

After the ceremony, people migrated to the RA Hall decked out in Christmas decorations, where several volunteers had been preparing a number of activities for families along with plenty of delicious food and drink for all to enjoy free of charge.

Plus, RA member Shane Presley explained that the organization donated 100 gifts that they would hand out to kids to make sure everyone received something for Christmas.

"They all get a toque and a pair of mittens," he said.

Inside the hall, a number of families decorated ginger bread cookies, while others roasted marshmallows over a bonfire, outside. Kids even got a chance to meet Santa Claus in person who made an appearance midway through the event.

To help raise funds for the RA, a handful of volunteers sold tickets to a number of different raffles for a chance to win a variety of prizes, including two tickets to an Ottawa Senators game against the Montreal Canadiens as well as four tickets to an Ottawa 67's home game.

For the first time since the event was put together three years ago, the RA lit up another Christmas tree, just outside the hall, giving people an opportunity to craft their own ornaments to decorate it.

"Everyone who participates can be part of this tree that will stay up until Jan. 6," she said.

The RA also invited attendees to register for their annual house-decorating contest, which featured over 30 entries last year with some coming from outside the town, La Salle said. The winner will be announced on Dec. 14 at the Otter Lake Golden Age Club's Christmas party.

According to La Salle, the event was originally organized as an effort to bring the com-



One of the event's organizers Désirée Tremblay-Giroux reads song scripts with a group of children, during the ceremony.

munity together to take time to get away from the stress that the holiday season brings.

"It's not just for the children, it's for big kids too, to just try and have one relaxed day that's not about gifts or what you get, just to have the community all come together," she said.

With plenty of families getting together to soak in the holiday spirit, La Salle was quite satisfied with the community's response to the event.



THE EQUITY is planning a special birth announcement spread, featuring photos of babies born in 2019 with announcements, for the issue of January 1, 2020.

Advertisement: Includes a one column (1 1/2" wide) photo and 50 word write-up. Additional words welcome at 15¢ (plus taxes) per word.

Cost: Photo in colour \$39.14 + \$1.96 GST + \$3.90 QST = \$45.00.

Photo in black and white: \$30.44 + \$1.52 GST + \$3.04 QST = \$35.00.

Payment: All announcements must be prepaid. Cheques payable to Pontiac Printshop

be of any size, reduction or enlargement will be made to adjust the size to 1 1/2". Photos may be picked up after January 1, 2020, or, enclose a stamped pounds, 14 ounces and was self-addressed envelope and it 19.75 inches long. Emalyn will be returned.

Deadline: Dec. 13, 2019.

Mail or drop-off to

Emalyn Corrigan Thomas and Rebecca Corrigan are overjoyed to announce the arrival of their third child Information: Photos may Emalyn Rae Corrigan on September 22, 2018 at 4:31 p.m. at the Shawville Hospital. She weighed 7

SAMPLE

THE EOUITY 133 Centre St., Shawville, Quebec J0X 2Y0

was welcomed home by her big sisters Avery and Charlotte.

ees warm, by serving tons of steaming cups of hot chocolate

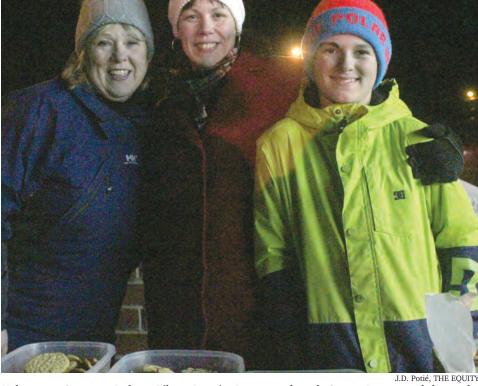
Campbell's Bay Christmas tree lighting ceremony

J.D. Potié, THE EQUITY On Saturday evening, around 60 people gathered on Front Street in Campbell's Bay for the town's first community Christmas tree lighting ceremony. Pictured, attendees stand together in front of the large pine tree after its ignition. J.D. POTIÉ crowd of people socialized

CAMPBELL'S BAY Nov. 30. 2019 on Front Street in Campbell's Bay on Saturday evening, as the town held its first community Christmas Tree Lighting ceremony According to the one of the event's organizer Chanelle Shea, the event was a way to kick off the festive season by bringing locals together to spread the joy and soak in the Christmas cheer.

outside in the freezing cold

weather, as the event's orga- while inviting them to treat Around 60 people gathered nizer Chanelle Shea gave a themselves on a wide selection



Volunteers Suzanne Dubeau-Pilon, Bonnie Beauregard and Carter Beauregard keep the attendees warm by serving cups of chocolate along with tasty treats.



At around 6:30 p.m., a large

word of welcome, thanking the community for taking part in the event.

Then, a group of local musicians composed of Martin Shea, Kelly Shea, Pat Shea and Willy Rivet did their best to warm up the atmosphere with a jolly set of holiday jingles. Along with a bonfire burn-

ing on site, Mayor Maurice Beauregard and a few of his relatives kept the attend-

At around 6:45 p.m., members of the Senack family ignited the Christmas tree to the delight of those who attended, as they let out a loud cheer when it finally happened.

The tree is located in front of Stephanie Ringrose's residence, who explained that

everybody out," Shea said.

of delicious pastries donated she had been taking charge by members of the community.

"It's a free event just to get of lighting it up every year, until Shea contacted her about sharing the tradition with the community this time around. "We just did it as a family thing," she said. "

For Shea, putting on such an event for the community was important because it brings people together while creating a vibrant atmosphere to a rural

town that's hungry for something to cheer about.

"We're small, everything's kind of fading out," she said. "Let's bring it back. Let's feel like a community again."

Seeing such a large number of people show up to the ceremony, Shea admitted that the community's response was beyond what she expected. "I'm really surprised," she

said. "I was really nervous and I'm really happy with how many people came out."

With the event being such a success in its first edition, Shea said she's optimistic that the ceremony will take place again next year.

"This is our first, maybe annual," she said. "I really hope so. I think so. We'll see how it goes."



with your colour announcement (Valid until Dec. 6/19. Non-transferable. \$23 value.)

Shawville celebrates Christmas spirit

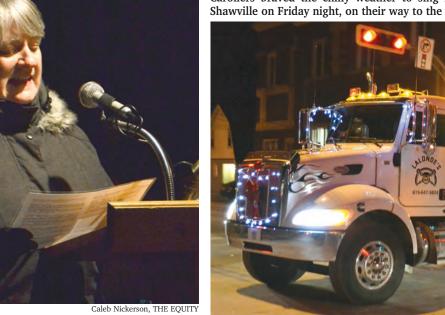


The ladder truck from the Shawville Clarendon Fire Department was looking a little brighter than usual as it led the parade of lights down Main Street on Saturday night.



n. THE EOUITY

Carollers braved the chilly weather to sing festive tunes all the way down Main Street in Shawville on Friday night, on their way to the annual tree lighting ceremony.



Shawville councillor Patti Moffat emceed the tree lighting festival, providing both lead vocals and reading some contemplations on peace.



The Lalonde's Towing and Hollywood Salon and Spa float passes through downtown Shawville on Saturday night, en route to the arena.



La-Z-boy Fabric rocker recliners starting at \$599! In stock -Leather - Power-Lift - Glider - Swivel - Push Back and so much more



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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

Thurs., Dec. 5 - LEGO CLUB at The Shawville-Clarendon Library, \$2/child, 6:00-6:45 p.m. fd4

Fri., Dec. 6 - Shawville Shenanigans with Jenn. Join us for playgroup at 586 Main Street, for activities, socializing and play, FREE, 9:30-11:30. fd4

Fri., Dec. 6 – At 5:30 p.m. enjoy a hotdog supper in the Jack Graham Hall courtesy of the B.C.A. Then join us in the library for Christmas Story Hour and crafts. PLUS a visit with Santa and Mrs. Claus. Door prizes courtesy of the N.B.M.A. bd4

Dec. 7 - 1 o'clock, Campbell's Bay Santa Claus Parade. Leaving St. Joseph's Manor at 12:30. Prizes first, second and third, best decorated animal or pet. Come meet Santa after the parade at the R.A. Hall. bd4

Dec. 7 - Bryson Lions Club Dance 8 p.m.-12 a.m., light lunch served at 11 p.m. Entertainment by Ian Hamilton and Friends. Cost \$10.00/person. bd4

MISCELLANEOUS

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

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

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

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

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FOR RENT Centre, Shawville, Quebec on Monday, November 25, 2019 Charteris - 1 bedroom lake at the age of 83 years. Son view, Charteris area. Quiet, of the late Aime Essiambre non-smoker. Available Jan. 1. and the late Maria Larocque. \$600/month 343-700-0907. Beloved husband and best xd4 friend of 60 years to Annette

Shawville - 2 - 1 bedroom apartments for rent, 329 James St. 1 available now for \$850 per month; 1 available Dec. 1st at \$750. Call 819-213-1545. otc

Shawville Lions Hall available for all occasions, air conditioned. Phone or text Paul at 819-639-2313. bd4

HELP WANTED

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BUSINESS **OPPORTUNITY**

Business for sale - Goulds Pump Franchise. For more information call Barry at 819-647-3247. xtc

CELEBRATION OF LIFE



DEATH

Essiambre, Ronald

Previously employed by Hilton Mines and proud

member of the Knights of

Columbus, 4th Degree,

Ronald passed away peace-

fully in Pontiac Reception

Malette. Loving father of the late Pauline, Michael (Kathy),

Charles and Greg (Cheryl).

Cherished grandfather of Kýlé,

Kevin, Kristopher, Carl (Kelly),

Jesse, Devon, Nadia and

step-grandchildren Ashley and

Brady. Dear brother of Paul

(late Carol) and Robert (Joan).

Predeceased by his brothers

Maurice "Moe" (late Cecile)

and Pierre. Remembered by

many nieces, nephews and

friends. Friends called at

Hayes Funeral Home, 134

Centre Street, Shawville,

Quebec on Thursday,

November 28, 2019 from 7 to

9 p.m. Funeral mass was cel-

ebrated on Friday, November

29, 2019 in St. James the

Greater Church, Portage

du Fort, Quebec at 11 a.m.

Spring Interment parish cem-

etery. In lieu of flowers due to

allergies donations to Pontiac

Reception Centre, Diabetes

Quebec or Alzheimer's

Society of Quebec would be

www.hayesfuneralhome.ca

hayesfuneralhome. 1-844-647-2221

IN MEMORY

appreciated.

1936-2019

GOT. DU QUÉBEC Communiqué QUÉBEC Le 29 nov. 2019

> de l'usine Fortress Specialty le gouvernement annonce la soutien exceptionnelle visant à réduire les conséquences de cette fermeture sur les entreprises forestières des Laurentides et de l'Outaouais. Le soutien finanimum de 5,3 M\$ permettra de compenser les frais additionnels engendrés par le déplacement des volumes de bois des entre-

5,3 M pour soutenir l'industrie forestière preneurs pour le bois feuillu à avec des acteurs forestiers et des Estrie.

tenir temporairement l'industrie À la suite de la fermeture forestière dans les Laurentides et en Outaouais d'ici la mise Cellulose (Fortress) de Thurso, en place d'une solution durable. Pour ce faire, le gouvermise en place d'une mesure de nement mettra notamment sur pied une cellule d'intervention spéciale. Cette cellule réunira les intervenants régionaux et gouvernementaux ainsi que des représentants de l'industrie afin cier gouvernemental d'un max- de cibler des solutions permettant la poursuite des opérations forestières. « Dès l'annonce de la fer-

meture de Fortress, le gouverprises de ces régions vers l'usine nement a entrepris des démarchde Domtar située à Windsor, en es pour trouver de nouveaux

Cette mesure vise donc à soupâte généré par les entrepris- élus tant fédéraux, provinciaux d'aujourd'hui est le premier pour soutenir l'économie et l'industrie forestière de la région. » M. Pierre Dufour, ministre des Forêts, de la Faune et des Parcs et ministre responsable de la région de l'Abitibi-Témiscamingue et de la région du Nord-du-Ouébec.

> Papineau, je suis fier de faire par- mais ce n'est pas terminé et nous tie d'un gouvernement d'action continuons présentement le traqui est à l'écoute des besoins des vail pour assurer la pérennité citoyens de l'Outaouais. Le 18 de ces entreprises. » M. Mathieu novembre dernier, j'ai participé Lacombe, ministre de la Famille

es forestières des Laurentides et régionaux que municipaux à et de l'Outaouais. L'annonce une rencontre de travail afin de trouver, ensemble, des solutions pas vers des solutions durables à la crise qui secoue actuellement l'industrie forestière dans notre région. Au cours des derniers jours, j'ai travaillé avec acharnement avec mes collègues à mettre en place des mesures afin de répondre aux préoccupations soulevées par le milieu. Je suis donc satisfait des mesures « En tant que député de que nous livrons aujourd'hui,

et ministre responsable de la région de l'Outaouais. « Le soutien de l'industrie for-

estière locale et la préservation des emplois qui s'y rattachent figurent en tête de lice de nos préoccupations. Voilà pourquoi il faut agir rapidement et tout mettre en œuvre pour réunir les conditions permettant la poursuite des activités de chacune des entreprises. » M. Robert Bussière, député de Gatineau.

Liens connexes : Pour obtenir des renseignements sur le Ministère et en savoir plus sur ses activités et ses réalisations, consultez le mffp.gouv.qc.ca et les réseaux sociaux : https:// www.facebook.com/

Tournée de consultation des organismes des communautés d'expression anglaise

GOVT. DU CANADA Communiqué

GATINEAU le 1 er nov. 2019 La tournée de consultation auprès des Québécoises et Québécois d'expression anglaise, menée par l'adjoint parlementaire du premier ministre pour les relations avec les Québécois d'expression anglaise, Christopher Skeete, s'est arrêtée à Gatineau.

Cette tournée, qui a principalement pour but de prendre compte des préoccupations et des besoins des Québécoises et Québécois d'expression anglaise, avait été annoncée par M. Skeete en juillet dernier. Ayant pour thème Bâtir des ponts, elle permettra de mieux faire connaître à ces communautés le mandat du Secrétariat aux relations avec les Québécois d'expression anglaise de même que les réalisations des organismes partenaires. Elle vise également à instaurer une meilleure coordination de l'action gouvernementale en matière de

pression anglaise, ce qui inclut les mesures menées et financées par les différents ministères. Cette tournée a conduit M. Skeete à New Carlisle, à Québec, à Saint-Lambert, à Laval, à Montréal, à Pointe-Claire et à Sherbrooke.

services aux communautés d'ex-

« L'amélioration des servces offerts aux Ouébécoises et Québécois d'expression anglaise est chère à notre gouvernement. Pour moi, il est essentiel d'aller à la rencontre de nos collaborateurs aux quatre coins du Québec. Aujourd'hui, à Gatineau, nous avons eu la chance de dis-Skeete, adjoint parlementaire du cuter avec des représentantes premier ministre pour les relaet représentants d'organismes tions avec les Québécois d'excommunautaires de l'Outaouais pression anglaise. et de l'Abitibi-Témiscamingue. Le gouvernement reconnait que relations avec les Québécois d'exl'Outaouais est une région qui pression anglaise: doit composer avec des défis particuliers, compte tenu de sa proxpour mission d'assurer la liai-

entendu parler du problème posé par la perte de la main-d'œuvre qui migre vers l'Ontario. Les enjeux, d'une région à l'autre, sont bien différents. En Abitibi-Témiscamingue, la communauté d'expression anglaise doit composer avec son éloignement géographique, une réalité qui complique les échanges avec le reste du Québec. Malgré les défis posés, les représentantes et représentants rencontrés, font preuve d'un entrain et d'une solidarité communautaire tout à fait remarquables. » Christopher

À propos du Secrétariat aux

Le Secrétariat a notamment

son avec les groupes sectoriels,

préoccupations de ces commu- collabore constamment avec les nautés dans les orientations et organismes qui les représentent. les décisions gouvernementales, et ce, en concertation avec les le financement de différents proministères et organismes con- grammes qui doivent appuyer cernés. Afin de veiller à la protec- des initiatives pilotées par divtion des droits et à la promotion du bien-être des Québécoises et Québec a connu une importante Québécois d'expression anglaise augmentation.

Québécois d'expression anglaise et de favoriser leur plein accès à ainsi que la prise en compte des des services publics, le Secrétariat De plus, lors du dernier budget, ers groupes communautaires du

Avis public

Régie des alcools, des courses et des jeux

AVIS DE DEMANDES RELATIVES À UN PERMIS OU À UNE LICENCE

Toute personne, société ou association au sens du Code civil peut, dans les 30 jours de la publication du présent avis, s'opposer à une demande relative au permis ci-après mentionné en transmettant à la Régie des alcools, des courses et des jeux un écrit assermenté qui fait état de ses motifs, ou intervenir en faveur de la demande, s'il y a eu opposition, dans les 45 jours de la publication du présent avis.

Cette opposition ou intervention doit être accompagnée d'une preuve attestant de son envoi au demandeur ou à son procureur, par courrier recommandé ou certifié ou par signification à la personne, et être adressée à la Régie des alcools, des courses et des jeux, 1, rue Notre-Dame Est, bureau 9.01, Montréal (Québec) H2Y 1B6.

NOM ET ADRESSE DU	NATURE DE LA	ENDROIT
DEMANDEUR	DEMANDE	D'EXPLOITATION
3517624 Canada Inc. 919, rue Covey Bryson (Québec) JOX 1H0 Demande : 1025780	Cession d'un bar avec autorisation de spectacles sans nudité.	BAR ATKINSON 375, route 148 Shawville (Québec) JOX 2YO Dossier : 364323



de sensibilisation numérique, utilisant le mot-clic #Parlez-en. Visant à susciter la discussion et à sensibiliser au sujet de la qualité des soins de santé mentale accessibles aujourd'hui aux Lapierre – In loving memo-Canadiennes et aux Canadiens, ry of a father Kenneth who la campagne se décline en une passed away December 4, série de vidéos en trois parties. Ceux-ci présentent des entrevues Nothing can ever take away avec quatre professionnels de la The love a heart holds santé mentale, notamment : un conseiller, une psychothérapeute, Fond memories linger un psychologue et un travailleur social.

ACCP

Communiqué

OTTAWA Le 25 nov. 2019

ces démarches. »

imité avec Ottawa et de ses beso-

Pour en savoir plus au sujet de trouver un conseiller canadien certifié dans votre région, visitez le www.parlonsensemble.ca.

L'Association canadienne de pie (ACCP) est une association nationale bilingue, qui offre aux conseillers et psychothérapeutes professionnels l'accès à des pro-

et avec des groupes de spécialité. counseling et de psychothéra- de tous les Canadiens. Pour en

savoir plus au sujet de la profession de counseling et de psychothérapie, veuillez visiter le www. ссра-асср.са.



nationale de sensibilisation aux dépendances, l'Association canadienne de counseling et de psychothérapie (ACCP) lance sa première campagne nationale

Dans le cadre de la Semaine

« Parlez-en » - l'accessibilité aux soins de santé mentale

la campagne Parlez-en ou pour avec des collègues professionnels

L'ACCP fait la promotion de la

profession et de ses contributions à la santé mentale et au bien-être

ins en matière de financement régionaux et provinciaux qui

de programmes. Surtout, on a représentent les Québécoises et

encourageons les proches de telles grammes de formation exclusifs, personnes à les accompagner dans des possibilités de certification et de perfectionnement professionnel, ainsi qu'un contact direct

receive more money. CALL QUEBEC BENEFITS 1-(800)-211 -3550 or Send a Text Message with Your Name and Mailing Address to (819)805-1250 For Your FREE Benefits Package. qd4

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

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Bryson - 1 bedroom apartment on Ottawa River, \$600 per month heat and hydro not included. Credit check required, 819-683-2231. 4xd4

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

OUR DAD OUR HERO

Milford, Ebert -

A Celebration of the life of Ebert Milford will be held on December 7th, 2019 at 4 p.m. at the Shawville Arena. Please join his familv and friends for a get-together and light lunch to remember Ebert. As most of you know, Ebert passed away on September 3rd of this year

after a courageous battle against cancer and the family wanted to wait for his birthday (Dec. 6th) to have his Celebration of Life. Please come prepared to share your memories, laughs and fun times about the humour and love he spread throughout his life and for raising a little hell

for six decades. Following the Celebration of Life the family is inviting everyone out to Jean and Ebert's home at C927, Hwy. 303 North, Shawville Quebec for a bonfire and a release of lanterns with messages to Heaven. Please BYOB and

chairs!

Remembrance keeps him near. Love always your girls Cynthia and Catherine Lápierre

Miller – In fond and lov-ing memory of a dear dad, grandpa and great-grand-

2013.

dear

everyday

pa Alfred who left us December 4, 1982. Dad I miss you every day You were so precious and unique A guiding light throughout my life. You were my strength when I was weak Happy memories flood my mind

Whenever I think of you The fact you are no longer here Still fills my heart with pain. Forever remembered forev-

er loved. Gloria, Murray and family **Richard** – In loving memory of Sylvio who passed away December 7, 2018. Loving and kind in all his

ways, Upright and just to the end of his days, Sincere and kind in heart and mind, What a beautiful memory he left behind. Until we meet again.

Love Diane and family

WANTED

Looking to buy your old concert/band tees. I will pay, cash for your old concert/ band/tour t-shirts. Seeking original shirts and merchandise from the 70's, 80's & 90's. All genres of music welcome (rock, metal, country, punk, pop, rap/hip hop etc.). Size & condition do not matter. Please contact Cory Wilson at 819-743-4146 (call or text) or email: corywaynewilson@

gmail xtc

THE EQUITY Deadline Monday 12 noon: 819-647-2204 www.theequity.ca e-mail: news@theequity.ca

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Portant sur les thématiques de la dépendance, de l'anxiété et de la dépression, la campagne numérique est accessible sur les comptes officiels Facebook et Twitter de l'ACCP et sur le site Web de la campagne, www.parlonsensemble.ca.

« Notre campagne vise rappeler aux gens que parler à un professionnel de la santé mentale certifié est une première étape importante pour recevoir de l'aide concernant un enjeu de santé ou de maladie mentale, » de déclarer la Dre Jenny Rowett, présidente sortante de l'ACCP. « Les professionnels des soins de santé mentale dans diverses disciplines ont en commun des aptitudes et des approches similaires. Nous avons la possibilité de rendre les soins plus accessibles et de réduire le temps d'attente pour toutes les Canadiennes et tous les Canadiens qui voudraient consulter. Élargir les services et la couverture des régimes d'avantages sociaux afin qu'ils incluent des options efficaces de traitement, dont consulter des conseillers et des psychothérapeutes, font partie de la solution. »

La série de vidéos met en vedette un conseiller, une psychothérapeute, un psychologue et un travailleur social et qui répondent à la question suivante: « De quelle façon traiteriez-vous une personne souffrant de dépendance, d'anxiété ou de dépression? » Chacun des professionnels interviewés décrit de quelle manière, selon une démarche similaire convenue, il ou elle évalue l'enjeu de santé ou de maladie mentale, collabore avec la personne quant à l'approche thérapeutique et établit un plan de soin individualisé à court et à long terme.

« Nous, les professionnels des soins de santé mentale, nous sommes plus forts lorsque nous travaillons de concert, surtout lorsque nous savons qu'il existe de l'aide accessible à toutes et à tous », de déclarer la présidente désignée de l'ACCP la Dre Kathy Offet-Gartner. « Nous espérons que cette campagne de l'AC-CP encouragera des personnes touchées par des enjeux de santé mentale à rechercher de l'aide et

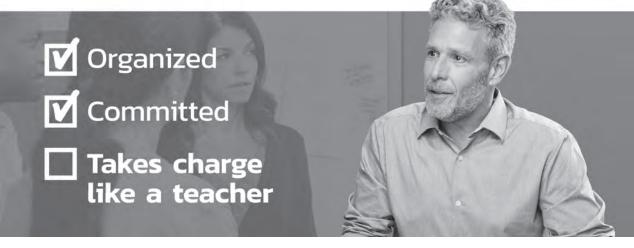
Avez-vous ce qu'il faut?

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La gestion d'une élection fédérale à titre de directeur du scrutin, c'est un travail aussi valorisant que stimulant. À ce poste rémunéré (aux horaires variables), vous contribuerez par vos compétences au bon déroulement de l'élection dans votre collectivité. Votre travail assidu au profit du processus démocratique permettra aux électeurs canadiens de façonner l'avenir de notre pays. La capacité de communiquer dans les deux langues officielles sera prise en compte pour la sélection d'un candidat.

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Apply by December 12 at elections.ca/jobs.



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Local artisans show off their stuff at Luskville Community Centre



The Luskville Community Centre, was host to 16 local craft vendors on Sunday, during the first edition of "Savoir Faire" - a local artist's take on community flea markets. Pictured, the event's organizer Renée Savoie stands behind her kiosk topped with hand-made Christmas crafts.



Meghan Racine sits behind her collection of home-made soaps and lotions.

Portage puts on Grinchmas





Anne Côté displays her large collection of artworks next to her son Juan-Sebastian Alba during the event

and wall posters.

scones and cookies.

J.D. POTIÉ

LUSKVILLE Dec. 1, 2019 Around 60 people from the region gathered at the Luskville Community Centre for the Pontiac's very first edition of Savoir Faire – a local artisan's take on Christmas craft markets.

According to the event's organizer Renée Savoie, the event was an opportunity for locals to get their Christmas shopping done in one spot while supporting artistic entrepreneurs from the region.

Titled "Savoir Faire", Savoie While most parents roamed said the name derives from her the hall, eyeing the best deals last name and refers to the term on the market, a number of expertise because that's what artisans strive to offer with their craft-making table at the back of the hall where they created all "To have savoir faire is to sorts of Christmas decorations.

have a certain quality about it," she said.

The event featured 16 local filled with all sorts of products artisans selling a wide varidonated by the participating ety of home-made commodiartisans.

ties for attendees to scratch off "There's a reward at the end hopefully for a couple customtheir shopping lists, including ers," she said. wool toques, natural soaps and

cleansers as well as artsy prints Savoie explained that, after experiencing the Pontiac Keeping the attendees from Farmer's Market for the first going too hungry or thirsty time, last summer, she was throughout the day, Demeter impressed by the quantity and Catering pumped out a wide quality of talented artisans in variety of delicious pastries, the area, which prompted her to including home-made buns, organize a market of her own.

"I noticed that there are a lot of artisans in the region here," she said. "There wasn't really a craft fair going on, so I thought kids kept themselves busy at the I'd start one."

public.

For Savoie, the best part about putting on the event was gathering local artisans in one the community find them. That Plus, volunteers sold tickets place and giving them a chance to me is more fulfilling that for a couple of raffle baskets to promote their stuff to the making any money."

Charlene Mitchell proudly shows off her vast collection of knitted winterwear on Sunday afternoon. While the turnout wasn't "I'm all about community and as high as she would've liked, trying to bring these artisans Savoie said she was still happy together," she said. "I feel like with how the event played out it's important that people feel and is optimistic about the prossupported and it's nice to showpect of bringing it back for a case them and have people in

second edition next year. "I'm hoping that it's going to continue and it will bring more artisans," she said.

New barber in town

work.

CALEB NICKERSON SHAWVILLE Dec. 1, 2019 Attention to those in need of a shearing, there's a new barber

in town. Payton Ringrose held the grand opening of his little shop at 119 Victoria Avenue in Shawville on Sunday, and will be offering various cuts and styles starting this week.

The young entrepreneur has about a year of experience in his trade, having worked door

ty confident in my skills and I feel I have something to offer to people here," he added. Ringrose said walk-ins are

Wednesdays to Saturdays.

welcome and noted that his hours would be 8 a.m. to 4 p.m. Tuesdays and 10 a.m. to 6 p.m.







Sunday, the Municipality of Portage du Fort invited families at the town hall to share the holiday spirit with the community during its inaugural Grinchmas celebration. Pictured, the event's main organizer Melissa Souliere teaches Dallas Coughlin, Harlow Murphy and her son Leeland how to create Grinch-themed crafts.

J.D. POTIÉ PORTAGE DU FORT Dec. 1, 2019

Portage du Fort Municipal Hall was home to a different kind of holiday party, as it held its first ever Grinchmas celebration on Sunday, drawing dozens of local families to attend.

The event's main organizer, Mélissa Soulière, explained that hosting the event was about providing kids in the town with a Christmas celebration of their own while going with an original theme at the same time.

"There was a bunch of other holiday parties and they're always Santa, so I just decided to go with something different," she said. "It's just so they can have a lot of fun and it because it brings everybody out,"

With a number of Grinch-related activities on hand, several kids had a ball at the craft-making table where they fabricated Grinchmas decorations out of paper maché, glue and construction paper. Others spent their energy participating in a series of Grinchthemed ball tossing challenges.

To keep the little ones from going hungry or thirsty, a few volunteers served bowls of nacho cheese Doritos and puffy cheese balls along with cups of juice.

to door, as well as in a shop on Main Street. He said he had been eying his current space, located in the WePC plaza, for J.D. Potié, THE EQUITY some time, as there had been a barber shop at the location pre-

> viously. When the opportunity arose, he didn't waste any time. "It was a big process moving over by myself, it was a bit stressful but it was kind of fun to branch out and have that full creative freedom," he said. "It's been a lot of work."

> Ringrose spent his formative years in Shawville and completed his studies at the Hair Fellas School of Barbering in Ottawa

"I really liked Shawville and wanted to end up staying here ..." he said. "I went to high school here and everything so it's nice to be able to come back and do something community-wise, have a service that I can offer to the younger generation and make them feel welcome with kind of a cool-

er-feeling place." "I'm still learning, getting better all the time, but I'm pret-



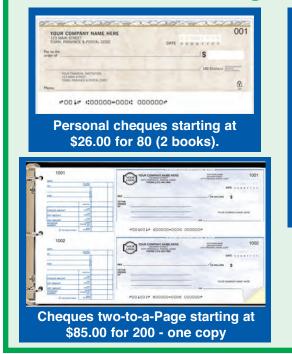
Caleb Nickerson, THE EQUITY Payton Ringrose celebrated the grand opening of his new barbershop at 119 Victoria Avenue in Shawville on Sunday, and was excited to bring his services to town. His shop will be open 8 a.m. to 4 p.m. Tuesdays and 10 a.m. to 6 p.m. Wednesdays to Saturdays.

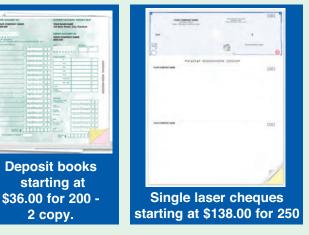
Winery hosts Red Dirt Skinners



The Little Red Wagon Winery in Clarendon was packed on Saturday night for an intimate acoustic evening with the highly acclaimed folk duo The Red Dirt Skinners. The band, made up of Rob and Sarah Skinner, originates from southern England, and has been lauded with numerous awards in both Canada and their homeland.

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