



THE EQUITY

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Certification puts additional pressure on forestry workers

“For us guys, it's coming out of our pocket. We're already paying too much as it is.”

Douglas Picard

JULIELEE STITT
Equity Reporter
CAMPBELL'S BAY May 5, 2011

Threats of certification could hurt an already fragile industry, say private forestry workers.

Concerns about the certification process and the lack of a policing system around it as well as the costs incurred by the individual producer were concerns raised at the Pontiac Forest Products Producers Board AGM on Thursday.

Certification in the forestry sector is a consumer-driven movement, similar to demands for fairly traded coffee and organically grown produce, says Victor Brunette the general director of the Agence des forêts privées de l'Outaouais (AFPO).

The AFPO is an agency which acts as an intermediary between several different groups including the Quebec government, municipal governments in the Outaouais, forestry industries and the landowners themselves, with a mandate to “enhance good practices,” says Brunette.

The demand for certification comes from retailers such as Ikea, which guarantees that their products have been made with certified wood.

“The government doesn't impose rules and regulations on how you manage wood lots or forests, or public lands, it is the market that requires it,” he says.

Certification is the process of identifying wood as being properly harvested in an attempt to protect the nature of the land and future generations of forests.

According to Brunette, by lobbying for responsible practices and profiting financially from the certification process environmental groups like the Sierra Club, who runs the Forest Stewardship Council, which charges mills to conduct audits on the origins of their lumber, are in a conflict of interest.

“It's putting pressure on the consumers to buy products that come from a well-managed forest. But the same Sierra Club and the same Greenpeace Club make a lot of money auditing mills,” he added.

In addition, audits are expensive for private forestry workers.

“They charge you anywhere from \$20,000 to \$100,000 per audit,” says Brunette, adding “so it's okay for large industries but it's inapplicable for individuals.”

Douglas Picard is a private forestry worker in Kazabazua and echoes Brunette's concerns.

Picard started working in the bush in 1968 when he was 15-years-old.

Since then a few things have changed he says, including the value of wood. “We made more money back 10 years ago than we're making now,” says Picard.

In addition to the weak market caused by the strong Canadian dollar, the troubled US economy and destruction caused by the Mountain Pine Beetle, Picard says demands for certification by manufacturer's places an extra burden on private operators.

“If you go through a puddle of water with your

machine and they catch you, they're going to fine you,” says Picard, emphasizing the heavy regulations associated with certification.

Picard works with his son Michael but says when he decides to retire his son will be looking for a new job.

“For us guys, it's coming out of our pocket. we're already paying too much as it is,” says Picard.

“If I own a 100-acre bush lot they're going to come and tell me what to cut and it will cost about \$3,000.”

Picard says the recent hike in fuel costs have also added to his list of expenses.

“Just your fuel alone, you're paying \$25 to \$30 more for fuel. Everything's gone up and the price of wood's going down.”

Despite the public's demand for certification and fair-dealing practices, few people are willing to pay the extra costs incurred by responsible harvesting, says Brunette.

“The final product will be more expensive if it's certified, but it's impossible to push all the costs down to the farmer and the landowner himself,” says Brunette.

The AFPO gives grants to operators who receive certification to supplement the increased cost of operation but is asking for stronger policing by the Pontiac Forest Products Producers Board.

The agency recently gave one grant of \$10,000 to a private operator who had been certified by the Pontiac Forest Products Producers Board but who then failed to meet those standards.

“I was reimbursed because I'm not in the certification business. I only give grants to people who abide by rules and regulations that we have set for forestry.”

Brunette says it can take him two months to check a forester's workplace but if the job hasn't been done properly than he has to be reimbursed.

Gerald Mielke is a private forestry worker in Allevyn and Cawood and is a former president of the board.

He says he has harvested forests both with and without certification.

According to Mielke, often forestry engineers have impressive academic backgrounds but don't know the land.

“You get your experience from the forest but they do have a lot of good ideas,” says Mielke.

While the practice makes sense in places like Indonesia where there have been cases of clear-cutting in the Rain Forest, it doesn't readily translate in the case of the Canadian forestry industry where reforestation is the norm, says Brunette.

“It's not quite the same when you deal with wood coming from Canada because we don't deforest, we harvest and the nature of the land stays the same.”

While the Pontiac Forest Products Producers Board's annual report showed improvements in the sector, with revenue of \$9,749 for 2010 compared to the \$5,500 revenue reported by the board in 2009, people working in the bush say they're not seeing the results in business.

Attendees of Thursday's AGM also elected board directors.

Representing the municipality of Pontiac is Chuck Huckabone; Jean Kluge was elected to represent the townships of Thorne and Aldfield and Allevyn and Cawood; Robert Bouvrette elected to represent the towns of Portage du Fort, Bryson, lower Litchfield and Calumet Island; Mike Gagnon was elected to represent the township of Chichester, Allumette Island, Chapeau, Rapides-des-Joachimes and Sheen-Esher-Aberdeen-Malakoff. The seat representing the municipality of Cayamant was left vacant.



Pouf!

Steve Frobes, THE EQUITY

Within seconds the Kluge's Dairy truck was engulfed in flames after breaking down on Hwy. 148 at Bryson. No one was injured, firefighters from Bryson were able to control the fire quickly.

JULIELEE STITT
Equity Reporter
PONTIAC May 11, 2011

Police are reminding motorists to drive safely on the highways after several vehicular accidents were reported in Pontiac.

On Thursday a truck caught fire on Hwy. 148 in Bryson on top of the hill, before Dépan Express. Police do not suspect foul play.

It's believed that the truck encountered mechanical problems. The driver pulled onto the shoulder of the highway when he noticed smoke coming from his vehicle.

Also on Thursday, at approximately 10:00 a.m. an 18-wheeler rear-ended a car on Hwy. 148 near Benson Autoparts in Shawville.

The jaws of life were required to remove the two passengers from the car.

Minor injuries were reported, with one passenger being transported to Hospital.

At approximately 4:30 p.m. on Saturday a driver lost control of his vehicle hitting a hydro pole on Hwy. 148 in Bristol, causing the pole to crack and hydro wires and Télébec phone lines to fall across the highway. No serious injuries were reported.

Due to the proximity of the wires to the highway, the route was closed in both directions and drivers were re-routed.

The Sûreté du Québec launched its annual campaign on May 9 to promote courtesy among drivers to respect the rules of the road.

The campaign runs until May 15 and is carried out in partnership with several other groups, including the Société de l'assurance automobile du Québec.

The SQ will be setting up roadblocks to distribute pamphlets to the public on courteous driving with a particular focus on respecting stop lines and avoiding tailgating.

Spa day at Poppy's

DANIELLE SACHS
Equity Reporter
OTTER LAKE May 6, 2011

Poppy's Restaurant was transformed into an almost spa-like setting over the weekend.

Local vendors set up booths and helped raise funds for Pontiac Autism.

Pampering at Poppy's was the brainchild of Cathy Lavigne, according to Marie Nathalie Lapointe.

“I can't believe the turnout, it's been really successful so far,” Lapointe said.

There was also a bake sale where everything from candied apples to homemade bread were available for purchase.

The event was held to raise both funds and awareness.

“It works out really well for mothers who have children with autism,” said Lapointe. “They get to come out and do something for themselves.”

She also said that support for Pontiac Autism has been amazing so far.

Recently, there have been talks about holding events in Luskville as well because of the success so far.

“We got some excellent vendors and donations as well,” said Lapointe.

Kim Woods, from Angles Coiffure was in charge of a table. She was selling hair products as well as giving haircuts from right behind the table.

Talitha Leblanc, a Jockey saleswoman, was in charge of one of the tables with 15 per cent of her profits being donated to Pontiac Autism.

With baked goods flying out the door, every table booked and Pontiac Autism selling t-shirts, buttons and magnets at the door, the event was able to raise \$1,015.

This was a smaller event leading up to the main benefit dinner on May 14.

It's a roast beef dinner followed by entertainment. There will also be a silent auction.

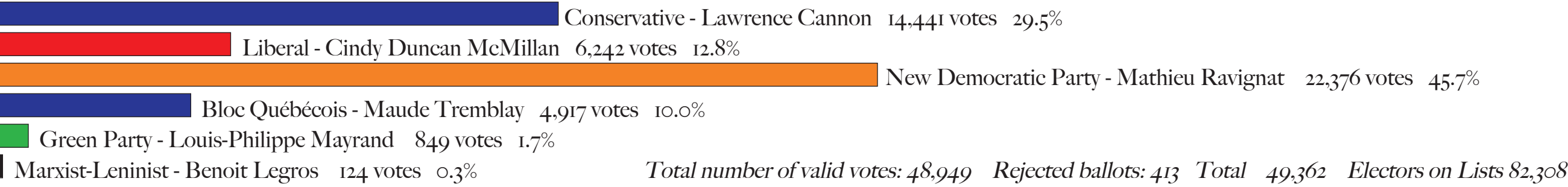
The funds raised will be going to four schools in the area for the purchase of equipment and supplies to aid the development of children with autism.



Danielle Sachs, THE EQUITY

Kim Woods from Angles Coiffure, gives Marie Nathalie Lapointe's hair a makeover. Angles was one of the many businesses with a table at the event.

The results, poll by poll, as soon as they are officially released from Elections Canada



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Campbell's Bay RA receives defibrillator

JULIELEE STITT
Equity Reporter
CAMPBELL'S BAY May 7, 2011

Every minute counts, was the message repeated by the Campbell's Bay- Litchfield Fire department and the people who've required its services at Saturday's annual Fireman's Ball.

It was for that reason that



Pictured is the youngest honorary member of the fire department, Chris Romain at Saturday night's Fireman's Ball.

approximately one year ago 20 firefighters decided to take measures to combat ambulance wait times by training to be first responders.

According to fire chief Kevin Kluge, the department responded to approximately 75 medical calls in its first year as first responders with 28 calls being placed in April alone.

"It's more work but it's worth it if you can save one life," said Kluge.

Since receiving their first responder's course firefighters have responded to calls ranging from traumas to cardiac arrests to allergic reactions, said Gerry Graveline.

"Every time the paramedics are called, we're called at the same time because it could be 10 to 15 minutes before the ambulance gets there, said Graveline.

First responders check for vitals, and care for the person until the ambulance gets there, at which point they then assist the paramedics.

"It's an honour and a blessing that they can do that. They've taken the time, taken the courses and have the motivation themselves to save lives and help our communities," said Mayor Bill Stewart about the extra work done by firefighter's with first responder training.

After taking the first responders course, the government supplied the Campbell's Bay-Litchfield Fire Department with a defibrillator leaving them with an extra unused defibrillator

Firefighter Lincoln Smith was instrumental in the department acquiring their first defibrillator. "No one had one and I had heard about them other places and we already had our CPR training. It was just the next

thing to have," said Smith.

The department donated their unused defibrillator to the RA Hall on Saturday night and will be located in the bar of the building and mounted in its own case.

According to Graveline, the defibrillator is easy to use and is accompanied by illustrated guidelines. "It's fool-proof," said Kluge.

"If somebody did go into cardiac arrest you have the defibrillator right away and every second counts," said Graveline, adding that while people can be trained to use a defibrillator, it isn't necessary and it's a simple tool that people could use to save a life.

It's an honour to accept it," said Mayor William Stewart, adding, "Hopefully we never have to use it but it's in a place here that has big crowd and if it saves a life it's worth the effort. I'm hoping that it doesn't have to be used here, but I'm so happy that it is here, we needed it."

Also at the ball, Alain Dubeau was awarded the Charles Burke Memorial Award by former firefighter Raymond Shea.

Michael Bertrand received an award recognizing 15 years with the department and Pat Shea was acknowledged for 25 years of service.

Chris Romain, an honorary firefighter, was also acknowledged for his interest in the department and time spent helping the firefighters.



Alain Dubeau accepts the Charles Burke Memorial award from retired firefighter Raymond Shea.



Firefighters Maurice Beauregard and Gerry Graveline donate a defibrillator to the RA Hall in Campbell's Bay. Accepting the defibrillator on behalf of the town was Mayor William Stewart.

Surprise Birthday Party
for
Philip Kluge's 80th
Otter Lake R.A. Centre
Saturday, May 21, 2011 at 8:00 pm
Live entertainment:
Ronnie Martin Band
Best Wishes Only

PONTIAC PROWLER

The Lusk family and William Erwin would like to thank Mr. Pack and the staff at Giant Tiger in Shawville, 98.7 Heritage Radio in Renfrew and the Pontiac Dépanneur in Luskville for selling Andy Lusk CDs, **Pontiac Prowler, Andy and His Guitar**. I was able to send \$1,650.00 to the Canadian Cancer Society. There are still CDs for sale at the above places and when they are sold there won't be any more.

WALMART CORRECTION NOTICE

For our flyer effective Apr 29-May 5/11.
Page 3: Fruitopia or Five Alive 1.89 L #9056513 should be 1.75 L. Page 7: Ladies' Sandals Denim-blue and Page 11: Recipe Scrapbook #30078558... and Artificial Mixed Floral Hanging Baskets #44227963... will not be available. Page 6: We incorrectly advertised the single unit price of Great Value Marshmallows #9200553 as \$2.27 each. The single unit price for this item is actually \$2.14 each.
We apologize for any inconvenience this may have caused.

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Quyon social club rendez-vous

DANIELLE SACHS
Equity Reporter
QUYON May 5, 2011

A new social club in Quyon is aiming to provide a welcoming venue for anyone to attend.

Held at the Quyon Family Centre, located at 1074 Clarendon St., the group will meet every Thursday.

Meetings will be 9-12 and a free continental breakfast will be provided.

The exception to this schedule will be the second Thursday of every month where the group will meet from 12-3 and a \$4 charge will apply to cover the cost of lunch.

"It's important for us to have something like this," says Brigitte Deziel, director of the centre.

"We're pretty isolated so it's nice to get together and do things."

The next Rendez Vous will be a lunch on May 12.

Visiting choir serenades Shawville



The Christ Church Cathedral Girls' Choir is all smiles after their performance at St. Paul's Anglican Church. Here, they pose with choir director Timothy Piper.

DANIELLE SACHS
Equity Reporter
SHAWVILLE May 8, 2011

From Ottawa to Shawville to-son enough-Westminster Abbey. The Christ Church Cathedral Girls' Choir performed a Sunday afternoon concert as a fundraiser for St. Paul's Anglican Church restoration fund.

With their director, Timothy Piper on keyboard, the girls sang a variety of songs from hymns to a

Mik'maq honour song.

"This is the first in a series of events we're planning for our church restoration," said Rev. Mavis Brownlee.

The choir is also currently selling cds of their music with proceeds going towards a trip to Europe.

In August, they will be performing at Westminster Abbey as well as the Canterbury Cathedral.

"I appreciate the dedication of the girls and their parents," said Brownlee.

Being part of a choir takes a lot of time and energy, said Piper. Rehearsals are held once or twice per week. There are also frequent concerts and their weekly services at the Christ Church Cathedral in Ottawa.

"This is a lovely church," Piper said. "It's the first time I've ever been here and it's much larger than I thought."

The afternoon's program packed the church pews as people poured in to see the

35-member choir.

"They're fresh off of Easter, as we all are, and now we're right into the busy concert season," Piper said.

"Come the end of May and into June, we do some jazzier arrangements."

The choir then sung *Swing Low, Sweet Chariot* as arranged by Piper.

"It is a bit crazy," Piper said. "This arrangement is from when I was much younger."

The Mik'maq honour song had the choir members scatter throughout the church. Bringing the sounds of the wilderness to the indoors, the audience was surrounded by the sounds of loons, owls, wolves and crows.

"We like to do this song everywhere because it's really quite special," said Piper.

"Not only hare you helped us with out restoration project," said Brownlee. "But you've touched our hearts as well."

A burning passion for the arts



Peter Hodgson, also know as Sneezy Waters, performs in front of a crowd at Impressions. "This is the orchestra for tonight," he says as he straps the harmonica around his neck.

DANIELLE SACHS
Equity Reporter
SHAWVILLE May 6-7, 2011

The smell of roasted coffee wafted out the door of Impressions Gallery as they celebrated the grand opening of Art Brulant Impressions: Roasted Art and Coffee.

Friday evening Peter Hodgson, also known as Sneezy Waters, entertained the gathered audience with his renditions of country songs.

"I love this space," said Waters. "It's a great place."

As more people trickled in from the outside, Raymond Sander-Regier, owner of Impressions Gallery, had to track down more chairs in order to accomodate everyone in attendance.

Sander-Regier was also serving coffee brewed from the freshly ground beans stocked and sold at the gallery.

Friday evening was a chance to show the versatility of the gallery.

"It's great to see an advancement of the arts in a beautiful countryside such

as this," said Waters.

Tina Michaud painted some of the table tops found throughout the gallery. Michaud also has a few floor covering displayed.

Some were hanging from the walls and one was spread over the floor. "They are meant to be walked on," Michaud said.

"I have a lot in my house and they still look fine. They're coated to make them durable."

Martina Evans, a mixed media artist currently living on Calumet Island, also had one of her pieces on display.

Evans has taken one of Michaud's classes at the Pontiac School of Arts and was full of praise for the course.

"You don't even need to be an artist," she said. "I used real leaves for printing and I've made a few floor coverings since then. It's a really fun course and I wouldn't have made any mats without her," Evans said.

Celebrations continue between My 10 and 14 with a variety of daily specials.



Martina Evans and Tina Michaud show off one of the tables printed by Michaud. Both artists have works featured at the gallery.

Food helps lower barriers to mental health issues



Julielee Stitt, The Equity Reporter
Centre Intervalle recognized Mental Health Awareness Week by hosting a barbecue on Thursday afternoon. Pictured at the barbecue is centre director Rosalie Boucher and Julie Delaney, an educator at the centre.

JULIELEE STITT
 Equity Reporter
MANSFIELD May 5, 2011

Discussing mental health issues might be taboo in our culture but food isn't, said Centre Intervalle director Rosalie Boucher.

The centre held its annual barbecue on Thursday as part of Mental Health Awareness Week, attracting approximately 135 people.

The barbecue allowed clients at the centre to see that they can interact with

the public and that having a mental illness doesn't set them apart.

According to Boucher, the public tends to avoid people with a mental health illness, causing some clients to feel isolated.

"They feel that they don't have their place in society, so this way we show them everyone eats next to you. They don't even know that you're sick."

"We want to reintegrate them into society," she added.

The event wasn't held as a fundraiser, rather it was about raising awareness.

For \$5 attendees could purchase a drink, hamburger and poutine.

"We're not making any money," said Boucher who said the centre sets aside money each year to hold the barbecue.

The director was happy about the level of community support the event received and says she hopes it will continue in the future.

Boucher said in the past the centre has had trouble attracting people.

She says low numbers can in part be attributed to a lack of advertising.

Sabrina Devlin attended the event along with a group of friends.

"It's to show our support and it's for a good cause," said Devlin.

Nancy Alain sits on Centre Intervalle's board of directors and said the event was important to remind the public of the work being done at the centre.

"You have to promote different causes and help out," she said.

Boucher said the centre will continue to hold events, with their interest switching from raising awareness to raising funds.

The centre currently needs about \$180,000 to make their current building livable for clients year-round.

Previously the centre had an additional location at 142 Principale St., in Mansfield.

Clients who lived there were forced to relocate due to the cost of operating both buildings and limited space.

Previously a commercial building, the centre requires air conditioning, new windows, work on the

exterior as well as a new heating system.

The building is furnished with a wood burning stove but according to Boucher, having a fire poses an additional risk for clients and employees of the centre.

Founded in 1991, the organization located on Hwy. 148 in Mansfield has 11 beds for clients and serves all of Pontiac.

In addition to the barbecue, the centre also took clients to Pembroke, ON for a movie, Gatineau for bowling and held a car rally.

"It's all about reintegrating them into the community."



Julielee Stitt, The Equity Reporter
Pictured at Centre Intervalle's Annual Barbecue from left to right are Marie-Line Laroche, Lisa Hurst, Sabrina Devlin, Nancy Alain and Catherine Rioux.

Campbell's Bay man went on *A Grand Adventure* 100 years ago



Scott Campbell, THE EQUITY
The MacLean household in Campbell's Bay as it looks today. Patrick and Nancy Mahoney now live here.

SCOTT CAMPBELL
 Special to The Equity
PONTIAC Apr 27, 2011

Ron Corbett is an author, journalist and broadcaster who lives in Ottawa. He has won numerous awards for his writing.

Corbett has written five books, including *The Last River Run* about the first square-timber raft to travel down the Ottawa River for the first time in 100 years.

He also wrote the book *The Last Guide*, that became a Canadian best-seller. This story is about Frank Kuiack, who was one of the last old-time fishing guides in Algonquin Park.

Corbett's newest book is called *A Grand Adventure*. The story marks 100 years since America's First Transcontinental Truck Run.

In 1911, four men set off from Denver, Colorado, to accomplish a feat never done before and that was driving across the continental United States.

The truck was built by the Saurer Motor Truck Company, who hired George

A. MacLean to be the driver. MacLean's hometown was Campbell's Bay, but he lived in New York in 1911.

The other man who made the trip was Arthur C. Thompson, who officially represented Saurer for the journey.

A.L. Westgard was hired to be the pilot from Denver to San Francisco, when roads were practically non-existent in that part of the country and people had never heard of a truck before.

Westgard helped map motor routes that eventually became Route 66, among other major roads.

A Grand Adventure tells the story of the crazy, never-should-have-worked road trip.

Corbett said that the idea for the book began for him, when he came across old pieces written in THE EQUITY in the 1970s, highlighting the trip and George MacLean.

"The research was the most time-consuming thing about the project," said Corbett.

Corbett mentioned that he

found the trip had been given three different start dates, so he had to find a lot of information about the journey through alternative means, to get to the truth of the story.

He used old newspaper clippings, websites and old automobile magazines to discover the route that was taken and the mileage that was travelled.

He also acquired letters written by MacLean and photos that showed snapshots of the journey, to help as well.

"All the information is accurate," said Corbett. "Although the conversations are somewhat imagined."

Corbett added that what he found to be the most interesting aspect of putting together the book, was learning about the trip itself.

"The fact that they actually pulled the whole thing off. It must have been rather difficult to do," said Corbett, adding the trip took five months to complete.

The record didn't last long for the Saurer Motor Truck Company. A truck drove out to Los Angeles from New York and accomplished the feat in only thirty-two days.

Corbett found the so-called records to be rather misleading. Saurer's truck did not take the best possible route and the purpose of the 1911 trip wasn't about time, but if such a journey was possible.

In the end, it is argued the trip did accomplish something. It caused the government to get involved to build roads where roads had never been before.

MacLean eventually returned to Campbell's Bay in 1921, after getting mar-

ried and having a son.

MacLean opened up an automotive repair shop and garage. It is said he created the first automatic transmission, years before General Motors did the same thing. MacLean just never patented his idea.

MacLean died in 1962 at the age of seventy-eight and is buried in St. Andrew's United Cemetery in Campbell's Bay.

The garage is now gone and was situated where the Memorial Park is today. A plaque was erected to commemorate MacLean's achievement of the 1911 trip.

According to Corbett's research, much of the information written on the plaque is incorrect.

MacLean's daughter-in-law and grandchildren live in Peterborough, ON.

The MacLean family home is in the background of the park. Nancy and Patrick Mahoney have been living in the house since 1983.

Nancy recalled seeing MacLean's garage when she was going to school in Campbell's Bay. The garage was a big structure stretching right out to the sidewalk.

Corbett had even paid a visit to the house this past winter, when he was writing the book.

Even though Nancy lives in the house that was formerly occupied by MacLean, she admits she doesn't know the full story that MacLean played a part in, all those years ago.

"I'm very anxious to read the book," she said.

Anybody who is interested in reading the full story, can now pick up *A Grand Adventure* by Ron Corbett at THE EQUITY.

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Activités pour les jeunes

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Kiosques d'information sur l'utilisation et la protection des ressources naturelles

Équipement forestier et récréatif sur place...

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Youth Activities

Wood Sawing Demonstration

Information booths on the use and protection of our natural resources

Forest and recreational equipment on site...

Gymnase de l'école Dr SE McDowell
School Gymnasium
89 rue Centre, Shawville

Door prizes

Tree and Forests Festival
May 20, 2011 10 am to 4 pm

IPONTIAC **Ressources naturelles et Forêts Québec** **CRÉ CRRITO** **SADC Pontiac** **CD PONTIAC**

Ce projet est financé par le ministère des Ressources naturelles et de la Faune dans le cadre de la mesure de soutien à l'information et à l'éducation forestières au Québec.

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The Editorial Page

What was that?



FROM THE INTERIM
EDITOR'S DESK
JULIELEE
STITT editor@theequity.ca

As shock and excitement subside from last week's federal election one question remains unanswered: have Pontiacers shot themselves in the foot by electing an NDP backbencher?

Aside from making history by electing our first MP who will pick an orange tie over a blue or red one any day, we have created a question-filled situation.

Most notable among the people sitting back and scratching their heads are the 6,529 voters who threw their support behind Liberal Cindy Duncan-McMillan and the 14,469 people who sought to re-elect Conservative Lawrence Cannon.

While Duncan-McMillan ran what one local political observer called a "valiant campaign," travelling throughout Pontiac and expressing support for the locally proposed abattoir, her loss is less shocking than that of Cannon, a high-ranking cabinet minister and close friend of Prime Minister Stephen Harper.

Previous to Election Day there were rumours that Cannon's seat in the House of Commons was no longer considered safe, raising concerns in the Conservative War Room in Ottawa, reported one Canadian Press journalist.

In the past, Cannon and his campaign team coasted to solid wins over his nearest Liberal opponent.

So what led to his fall from grace and the willingness of so many to opt for an opposition MP, much less one from the NDP?

The reason, like its consequences isn't obvious.

Whether it was the youth vote, distaste for a government who was found in contempt of Parliament or the positive campaign of a sleeve-rolled, cane-carrying leader, the majority of voters opted for change.

It could be said that just over 70 per cent of Pontiac voters passed their own judgment, finding the Harper Government in contempt, just as the public found the Liberal party unworthy to lead in 2004 on the heels of the Sponsorship Scandal.

In addition, they may have found in NDP Leader Jack Layton something more attractive than either Liberal Leader Michael Ignatieff or Harper could offer.

All of which begs the question: did Duncan-McMillan or Cannon lose this election or did their party leaders?

The question isn't asked to discredit the work done by the MP-elect in securing his win. Rather, our curiosity is directed towards the other candidates. How did Cannon, the Minister of Foreign Affairs lose this one?

How did Duncan-McMillan's engagement with voters and knowledge of local issues translate into a third-place ranking at the polls?

Ignatieff was viewed by many Canadians as "professorial" and arrogant, lacking the ability to communicate with the electorate in a meaningful way, despite what appeared to be his best efforts.

Voters in Quebec viewed Harper as owning many of the same qualities as his nemesis. Some saw him as arrogant after it was announced the government would no longer be called the Conservative Government, but rather the Harper Government.

Its also been noted that like his bushy-browed opponent Ignatieff, Harper lacked the ability to connect with voters.

And so, did Mathieu Ravignat win this election or was he swept up in a movement popularly dubbed the 'Orange Crush'?

More importantly, were voters a part of this wide-felt change or victims of it?

Despite a late start in the campaign, having been nominated approximately three weeks before Election Day, Ravignat was able to convince the riding that he was the right candidate to represent us on the Hill.

As one of the most financially depressed and job starved areas in the province, the area will feel the impact of the voter's decision for the next four years; for better or worse.

According to Statistic Canada's 2005 Census, the median income of residents after taxes in the MRC Pontiac was \$18,835, more than \$3,000 lower than the provincial average.

Added to that is the low return rate of our youth because of the sagging job market.

It will be with everyday realities and the retreat of election fervour that we'll turn to our new MP.

In a letter submitted to the THE EQUITY, Chelsea resident and President of the Transport Pontiac-Renfrew (TPR) Railway, Harry Gow noted the positive impact Cannon had in the area, specifically in his financial support of projects such as the railway.

"While the region will no doubt benefit from the renewal brought by new personalities to Parliament, Quebec and the Pontiac riding can ill-afford the loss of such a solid representative as Lawrence Cannon," writes Gow.

The railway was one of several projects Cannon and his party supported locally.

And with his political backing came something more substantial: dollars.

On May 2 the message was clear, Pontiac wanted change. Cannon out, Ravignat in.

Let's hope we made the right choice.

Julielee Stitt

YOUR OPINION

Swept up in province-wide

NDP wave

Dear Editor,

After reading the front page article entitled "Pontiac swept up in province-wide NDP wave" I had some concerns. I think that before Mathieu Ravignat celebrates too much, he should get his hands on the poll results. He needs to be aware of the concerns that are important to the people in this area of the riding. The statement that says "Karate instructor Mathiew Ravignat's win marked a departure from voting tradition in Pontiac, becoming one of many ridings in the province to be swept by the 'Orange Crush'" is, in my opinion, misleading.

I didn't vote for him, and if you check the polls, we here in the rural area of the Pontiac, elected Lawrence Cannon. It was the other end of the Pontiac riding that elected this NDP candidate. I, for one, had never even heard of him until election night. I admit that I don't follow politics very closely. I cannot be bothered to watch debates, and can only casually watch what happens election night.

I don't care what so-called experts have to say about what is going on. I pay attention enough to know who I am voting for and why.

I, for one, am very glad that the Conservatives have won a majority for two reasons. One — let's see what they are going to do, now that we have given them that honour. Secondly, I am very tired of elections. It will be nice to take a break from that for a while.

I just think that someone needs to caution Ravignat that we haven't suddenly seen the light on the NDP party. Not those of us working hard to survive in rural Quebec. Perhaps the Pontiac riding needs to be reconfigured.

Tena Caldwell
Shawville, QC

What were they thinking?

Dear Editor,

When the people in Pontiac riding that voted for the NDP candidate woke up the morning after the election I really hope that they were happy with themselves. In a riding that needs support both at the federal and provincial levels, they have ensured that the riding will remain a backwater.

Having a member of parliament that not only sits on the government side of the house but at the cabinet table is a great advantage for any riding. Such a member allows a riding to gain access to funding options that are not available to other ridings. Pontiac had this and threw it away. From having a cabinet minister as MP to an NDP backbencher, availability to programs will greatly diminish

What will a NDP member bring to the riding? Economic development, infrastructure renewal money, access to social programs? Not likely.

Terry Elliott
Clarendon, QC

More letters on page six

Up

Dave Moore, THE EQUITY



Gatineau Park: Flower walks encourage respect



ENVIRONMENTAL FORUM
KATHARINE
FLETCHER fletcher.katharine@gmail.com

"It's important to respect wild plants. I don't emphasize their medicinal properties or talk much about gathering them for food. Small or large quantities can be very poisonous."

With these words, Gatineau Park guide Claire Banville emphasized wild plants can be harmful if consumed. And medicinal use is unwise if you don't know what you are doing. In other words: leave them be and enjoy their beauty in the wild.

On Sunday May 9, Banville gave a popular guided walk on the Sugarbush Trail located adjacent to Gatineau Park headquarters at 33 Scott Road, in Old Chelsea. The group of 38 attentive participants watched a brief slide show prior to spending almost two hours outside, where we learned to identify spring ephemerals — wildflowers. We learned about wildflowers such as blue cohosh, trilliums, spring beauties, Dutchman's breeches, and many others.

Trained as an interpreter, the biologist offers talks and walks in French and English, not only on spring flowers of Gatineau Park, but also, in June, on birds. She spoke eloquently about conserving plants, noting that several species are vulnerable, meaning they are at real risk of being extirpated (wiped out) in our region.

Don't pick plants

Banville emphasized the importance of leaving wild plants alone. "In Gatineau Park it is illegal to pick any plant. It is a park, so we need to learn to appreciate plants where they are growing. Admire them, but leave them alone!"

With this warning firmly in mind, as we strolled the Sugarbush Trail a family — mother, father and infant in a stroller — advanced towards us. The toddler was gripping a single, already wilting red trillium; the hijab-clad mother held two. Turning to Banville, I was fascinated to see how she would deal with this situation.

"Excuse me!" she said, quietly advancing with a smile on her face. "Excuse me, but I have to say, you are in a park, and you really must not pick any flowers."

The couple, obviously embarrassed in front of our group which was comprised of youngsters through to seniors, nodded, simply mur-

muring, "Thank-you." After they passed by, one of our group said to Banville, "It would be helpful if there were signs. This immigrant family simply may not know picking flowers is illegal here."

A very good suggestion.

Illegal to pick wild leeks

The concept of sanctuary is crucial to the survival of species — not only animals, but also, plants — and hence, to the preservation of seriously endangered natural biodiversity.

However, some plants are protected outside of parks, too. The wild leek — or wild garlic as it is also known — is a case in point.

Banville explained that even beyond a park's boundary, it is illegal in Quebec to pick the wild leek, and that if caught, people will be fined. She also mentioned people who have wild leeks growing on their own properties can be fined for picking this vulnerable species.

Why is this illegal?

Because wild leeks resemble spring onions in that the entire plant is dug up, meaning it is completely destroyed. Because the delicious garlic taste is a delicacy, poachers invade Gatineau Park and destroy entire beds of it, stuffing plants into garbage bags, whereupon accomplices pick up the bags, on the roadside. After washing them, the plants are sold in small bunches, or as pickled bulbs.

Anything so delicious is at risk. This is why the province of Quebec banned the harvesting of wild leeks. (I will research more about how individuals on their own private land might be fined, as several people I know do precisely this. I expect it might be okay to harvest a small amount if — if — you are the property owner. Obviously, this is important for property owners to know.)

Jesuits and ginseng

As an indication of how gathering a plant can make some species extinct or completely vanish in a specific region, Banville explained that years ago, while the St. Lawrence region was being settled by Europeans, Jesuits eradicated wild ginseng.

"Two- to three-hundred years ago," she said,

"the Jesuits exploited ginseng. During these years of exploration and settlement, ginseng was the second most lucrative thing to sell, after fur. Actually, the Jesuits exterminated it along the St. Lawrence. So we have this example to teach us to take care of plants."

Toxic warning

A couple of weekends ago, a good friend informed me that consuming large quantities of wild ginger is dangerous. Thankfully, he'd conducted some online research, before attempting to brew wild ginger beer. Other mutual friends of mine had gathered wild ginger, and brought it to him as a gift. Thinking he would search the Internet for recipes, my friend discovered a warning about wild ginger's toxicity.

According to Wikipedia the online dictionary, wild ginger contains aristolochic acid, a carcinogen linked to urinary tract cancers.

After Sunday's guided walk, I interviewed Banville and took the opportunity to ask her about wild ginger. "Many people think wild plants are natural and therefore, mistakenly believe they are okay to eat. It's just not true — and an unsafe belief."

Wild ginger is not like commercial ginger: it's a different plant. Wild ginger is toxic if you eat too much of it."

Just like Wikipedia, Banville was unable to say how much is too much.

However, the warning is timely: leave plants alone. Do not pick and consume them unless you know exactly what you are doing.

Schedule for plant, bird walks

I recommend Banville's talks. She will lead more flower and bird walks in Gatineau Park soon. Flowers: May 15 and 22: 10:30 a.m. (French), 1:30 p.m. (English). Birds: May 29, June 5: 9:30 a.m. (English), 11:30 a.m. (French); June 12, 19: 9:30 a.m. (French), 11:30 a.m. (English). For information: contact the NCC at 819-827-2020, 1-800-465-1867; or visit the NCC's website at www.canadascapital.gc.ca/gatineau

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"Smith Brothers' Cough Drops" has a Canadian connection. James Smith emigrated from St. Armand, Quebec in 1847 to Poughkeepsie, New York and set up a small restaurant, ice-cream parlor and candy business, called "James Smith and Son". Smith bought a cough drop recipe from a peddler named Sly Hawkins. In 1852, James developed lozenges and advertised them in the local paper selling them to those "afflicted with hoarseness, cough or colds". The last Smith Brothers' Cough Drop manufactured in Poughkeepsie was made in 1972. Since then they have been manufactured by F & F Foods in Chicago. THE EQUITY, not as old the "Smith Brothers Cough Drop" but good for what ails you just since 1883.

Continued on page six



Ladysmith

DEBBIE THRUN 819-647-3927 news@theequity.ca

Dennis and I were supper guests last Tuesday of Elaine Moore and Wayne Brown. We enjoyed a great meal and a fine evening of fellowship.

We are happy to report the resident pair of loons are back on Grey's Lake. Here's hoping they will raise a family this year. The last two years have been unsuccessful.

The birds are gradually becoming fewer at the feeders as they are starting to mate and nest.

Visiting us last week was Andre Chartrand Sr., Huntley Stark, Elaine Moore and Wayne Brown.

Birthday wishes to Greg Atkinson who celebrates

May 3.

Anniversary congratulations to Gloria and Murray Richardson celebrating May 15 and birthday wishes to neighbour Danny Pasch on the same day.

Anniversary wishes to Joanne and Jerry Schwartz of Ottawa who celebrate May 15 and also Eileen Smith on the same day.

Belated birthday wishes to Marilyn Parent who celebrated April 26.

Fishing season has opened but very few fish have been caught. The water is just too high and cold.

The first T.C.R.A. flea market sale of the season will be June 4. For informa-

tion call 647-3905.

Birthday wishes to Jane Fierobin and her twin sister Janet McNaulty who celebrate May 9.

We received a lovely call from Nelson Wall of Sudbury. He is planning to come up here in May. He is researching family history. He is related to Dennis.

Sending out birthday greetings to Ada Dods of Shawville who celebrates May 10.

Birthday wishes go out to Amanda Early Cameron of Bryson who celebrates May 6.

Supper guests with me last Monday were brother Wayne and his friend Elaine. We all had a great

time and visit with a lot of laughs. Dennis was away that evening so they came to keep me company and visit.

Well, Mother's Day has come and gone. I hope all you mothers had a very special day celebrating with your families.

On Sunday, Dennis and I were afternoon supper guests with Elaine Moore and my brother Wayne to celebrate Mother's Day for Elaine's mother Goldie Moore. Gleeann Moore and friend Travis Richard were also there to celebrate along with their daughter Leigha. Elaine made a real feast for supper which was most delicious.



Julielee Stitt, THE EQUITY

Pictured are Maison de la Famille de Quyon director Brigette Dezeil and Laurie Normandeau as they prepare to sell hot-dogs at the centre's location in Quyon on Wednesday. The event was held indoors due to overcast skies and will be repeated later in the summer. All money raised from the event will go towards the centre and funding events, said Dezeil.

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Many motorists bemoan the myriad costs associated with owning a vehicle.

But as any vehicle owner knows, a sticker price is only the beginning. The cost of maintaining a vehicle and keeping it on the road is not exactly insignificant.

As the economy begins to rebound, a good percentage of motorists have resolved to keep their vehicles on the road longer in an effort to stretch their automobile dollars.

That's a sound resolution, and one that is not necessarily difficult to accomplish. Contrary to popular belief, cars are built to last, and it's often a driver's poor habits that reduce a car's life expectancy as opposed to the vehicle manufacturer's product.

Drivers can lengthen a vehicle's lifespan by employing preventive maintenance that should keep a car running strong for years to come.

Air filter

When examining the vehicle's air filter (check the vehicle manual for location), look for dirt or dust buildup. If the filter is filthy, simply replace it.

Auto parts stores sell air filters, and most drivers shouldn't have trouble replacing a filter by themselves. A dirty air filter can negatively effect fuel economy and make it seem as though a vehicle is constantly going uphill in a stiff wind.

When a dirty air filter is replaced, drivers will notice an instant impact in how the car drives and are likely to save a few dollars at the filling station as well.

Belts and hoses

Issues with belts or hoses are often recognizable to the naked eye, regardless of a driver's automotive skill. A hose in poor condition can appear bulging or brittle, and should not feel too soft or too hard.

If a hose exhibits any of these symptoms, replace it. A belt that's worn or frayed should also be replaced.

Brake fluid

One of the more expensive repair jobs on a vehicle is to replace the brakes. Brakes will need to be replaced over the course of a vehicle's lifespan, but drivers should routinely check the vehicle's brake fluid.

Without sufficient brake fluid, the brakes' lifespan decreases dramatically. Checking the brake fluid is easy; simply look in the owner's manual to find brake fluid reservoir and remove the lid (some vehicles might require the lid be

unscrewed).

The reservoir will likely have instructions on the inside advising how much brake fluid should be added. If the fluid is below the line of demarcation, add fluid up to that line. But be careful not to overfill. Check the brake fluid levels on a monthly basis.

Motor oil

Oil change guidelines have changed dramatically thanks to better cars and more reliable motor oils. But it still helps to check motor oil levels after every fill up.

If motor oil levels are low, add more oil. If oil is significantly low after each fill up, consult a mechanic just to be safe.

Exhaust

Once a year, be it at a routine tune up or should repair work be necessary, ask your mechanic to check the vehicle's emissions.

Failing an emissions test might be against the law, and a failed test could be indicative of a larger problem.

In addition, inspect the muffler and exhaust pipe for holes, particularly after winter, when debris from snow trucks may do significant damage. Replace any damaged or rusted parts.

Power steering

Power steering fluid should also be inspected on a monthly basis. When checking power steering fluid, also inspect the pump for any leaks.

Tires

Keeping tires properly inflated pays numerous dividends. Properly inflated tires make it easier for the engine to operate, lowering fuel costs while also decreasing wear and tear on the engine.

Maintaining tires also involves checking for wear and tear. Uneven wear could indicate the tires are misaligned. Discuss this with your mechanic.

Transmission fluid

When checking transmission fluid, do so while the car is running and after the engine has warmed up.

Always be certain to put the parking brake on when checking transmission fluid. If the vehicle needs transmission fluid, add the recommended fluid but be careful not to overfill.

Prolonging a vehicle's lifespan is not as difficult as it sounds. Oftentimes, all it takes is minor, yet routine, maintenance to keep a car on the road for years and years.

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THE WAY WE WERE

Continued from page four

Following the exceptionally fine spell of weather which marked the closing days of April, the advent of May gave us the opposite extreme for several days, with severe frost at night.

A fine imported Percheron stallion arrived here a few days ago for Mr. A.A. Armstrong who intends placing the animal on route this season.

Our local devotees of the “Diamond” are making an effort to revive the Pontiac Base Ball League, and to that end the secretary is communicating with the ball players of the other villages in which teams have previously existed, and will be glad to know if other places in the county are thinking of organizing clubs.

Things are a-boom these times around the Calumet Island mines, where about 60 men are employed in erecting the buildings and doing other preparatory work, incidental

to beginning mining operations on an extensive scale. Appendicitis caused the death of Willard, the only son of Mr. and Mrs. Andrew Sly, of Clarendon, on Monday last. The boy, who was about 16 years of age, was taken to a hospital at Ottawa on Friday last and on Saturday was operated on for the disease, which appears to have reached a most critical stage, from the fact that death followed in so short an interval.

125 Years Ago

May 13, 1886
Local news: The water from the Ottawa which yearly overflows the Quyon streets leading to the river is now at its highest pitch, reaching some distance past Mrs. Chas. McColgan's shop. Another outrage of house-breaking was perpetrated on Monday night upon the premises known as Walsh's Hall and at present occupied

by Mrs. Rimer. Ingress to an apartment in rear of the store was made through a vacant light in the window sash, but on coming out again the burglar was less careful, as he broke the centre rail, and the remaining light in the lower part of the sash. The interior of the store not having been reached, it is not probable the burglar realized much for his trouble.

While passing the residence of Mr. Thomas McVeigh, of the Calumet Island on the 27th ult., a travellers' attention was attracted by a plowing “B”ee at work on the premises of that gentleman, which from its significance numerically, with regard to teams and men, he considered was justly entitled to be spelled with a capital “B”. Looking over the field the traveler counted 23 teams at work, whose drivers did not want for refreshments, four or five men being detailed for that particular

service. Such a liberal turnout shows that there is evidently a warm social feeling existing among the farmers of Calumet Island.

Edward Whalen, a young man who works about Mr. Purvis Grand Marais mill in the Coulonge district, while cleaning a revolver on Friday last, accidentally shot himself through the fleshy part of the left thigh. The bullet penetrated about five inches but did not strike the bone. Dr. Hurdman very skillfully extracted it by cutting an incision in the back of the thigh, opposite to where the ball entered, and removed it without any difficulty. The operation must have been a very nice one, but it was so skillfully and quickly done, that the patient himself was surprised at the ease with which he got rid of it. He is recovering rapidly and will be all right in a short time. Another case of “didn't think it would go off.”



George Thomas Tubman - Caldwell to Duluth

GENEALOGY GLEANINGS
GLORIA F.
TUBMAN news@theequity.ca

The Tubman family tombstone in the Village Cemetery, Shawville, on one side has the inscription, “George Thomas, his son killed in Duluth, Minn., USA, Aug. 18, 1891, /Æ 31 yrs, 5 mos Peace perfect peace what loved ones far off Jesus keeps us safe in thee”. George Thomas was the eldest son and third child of Thomas and Lily (Telford) Tubman.

He was born at the Tubman homestead at Range 6, Lot 2, township of Bristol, near Caldwell. According to the Church of England Records for Parish of Clarendon, Tugman, George Thomas (s/o Thomas and Lilly Telford) was born the Feb. 14, 1860 and baptized 21 March, 1861. Any formal schooling would have been at the Bristol school located at the Seventh Line of Bristol and the Black Pond Road. George would have had to walk about one and one half miles to go to school.

In the 1871 census of Bristol township, George is listed as an 11-year-old in

the household of his father Thomas. He is a 21-year-old in his father's household in the 1881 census for Bristol township. He is not a member of the household during the 1891 census. However, George Tubman, a 31-year-old born in Quebec whose religion is Church of England, is found in the 1891 census for Ontario, Nipissing region, McKim and Chisholm area.

I was given a letter dated May 12, 1891 written by George Tubman to his mother. At the time he was working 60 miles from Sturgeon. He mentions that Charlie Atkinson and Arthur Mulligan's son is working in the same crew as him. George wants to know where his brother Robert is. He requests that letters to him be addressed as George Tubman of Thomas Tubman Caldwell, as there is another man in the area with the same name.

The Aug. 27, 1891 issue of THE EQUITY provided more information under the head-

ing “Killed in Duluth”. The report was that the previous Wednesday Thomas Tubman of Bristol had received a message at the telegraph office from his son Robert that George had been killed in Duluth the previous day. Also noted was that on Aug. 15 the family had received a letter from George saying that he and Robert were involved in road-paving but not working at the same location. George did not like the place and expected to be home soon. Also noted was that the deceased had left Mattawa after spring employment and had only been in the Duluth area for three or four weeks. Included in the article was the information that the family had decided to have George's body interred in the Duluth area. This article provided the proof that George Thomas Tubman was not buried at the Village Cemetery in Shawville. His name was carved into the family tombstone.

A request in 1994 to the

local genealogy group in Duluth, Minnesota provided me with more information. A kind member responded to my query with photocopies of two articles from the Tuesday, Aug. 18, 1891 issue of the *Duluth Evening Herald*. The page 1 article, “Tubman Dies”, reported that Robert Tubman had died at 1:30 'o'clock' from internal injuries. The page 3 article tells that Robert Tubman was employed with Lewis Meining to drive a water cart. The team of horses ran away near a stone quarry, Tubman struck his head on one of the wheels as he fell off to lie face down on some rocks, with the wagon running over him. I realize that the newspaper report had the name wrong, but from this I can speculate that both brothers Robert and George were employed by the same company.

From census records, newspaper archives, and letters sent home, I was able to piece together the life of George Thomas Tubman, Caldwell.

Gloria Tubman,
is an amateur
genealogist
from Pontiac

The party's over: Post-election musing

POLITICALLY
SPEAKING
DAVID HAPER

I've read all sorts of election dissections, and watched numerous TV panel ponderings, in an attempt to come to grips with the astonishing results of the May 2 general election, and I still remain bemused by this historic changing of the Canadian political guard.

The Greek philosopher Aristotle was always on the lookout for the cause of things as well; for what causes events to unfold as they do. His two main methods of examination were what he termed the efficient cause, the how of it, and the final cause, the why of history-in-action.

Clearly (to use Prime Minister Harper's favourite adverb), the how of the election campaign was to distill his messaging down to a few simple themes, then to have his message to voters hammered home relentlessly. Thus, the dangerous coalition; the economic ruin that would surely result unless he got his majority; how Ignatieff was only a “visitor” and not here for Canadians; and especially, pitting the NDP against the Liberals to split the vote in his favour.

The attack ads against Michael Ignatieff began 18 months ago, long before the actual campaign began, which mirrored the American Republican strategy, but which was yet another first for Canada. The Liberal leader was Darth Vader come to destroy our beloved country from Harvard and Oxford and a family cottage in Spain — this from a PM who had never left Canada before moving to 24 Sussex, in Ottawa, and who has demonstrated his lack of international finesse on numerous occasions, and alienating diplomats around the world ever since. But he's our home-grown champion!

Still, why this ham-handed and less than factual, or even plausible, spinning of tales worked as well as it did has mystified wiser heads than my own. Indeed, what are we to make of a prime minister who only wanted proven conservatives at his rallies, then after his election victory claimed he would govern “even for those who didn't vote for us.” Toronto's 40+ seats are what pushed his party to a majority — subtract 44 from 167 and you have a minority government — but the best explanation for Toronto abandoning the Liberal Party in such huge numbers for the first time in Canadian history remains murky at best, despite the vote-splitting argument.

Ken Gray, *The Citizen* editorial writer, claimed in his March 30 piece “It's all about the election agenda,” and whoever stuck best to their agenda, while forcing the other parties off-agenda, would win out in the end. Perhaps, but that fails to explain the truly astonishing surge in the last three weeks of the campaign to the NDP, particularly in la belle province, or the failure of the trust and contempt issues promoted by the Liberals, or why there was so little concern for the hugely expensive jets, jails and corporate tax reductions championed by the Conservatives.

Now that there are effectively only two parties in the House of Commons — the libertarian Conservatives on the far right of the political spectrum, and the socialist NDP on the far left — Stephen Harper will have complete free rein to push whatever agenda he chooses, especially since, with his stacking of the Senate with cronies and financial supporters, whatever bill he introduces will zip into law, over the protests of Mr. Layton or anyone else. (Hello Mrs May!)

See HARPER page seven

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Fruits and vegetables are an unquestionable source, particularly berries, tomatoes, citrus and cabbage. Allicin, found in garlic, is also very effective at preventing cancer. You have probably heard of the virtues of green tea in that area. Did you know that red wine, which contains resveratrol, is a powerful anticancer beverage, if drank moderately and on a regular basis (1 drink daily)? Flax seed, dark chocolate (at least 70% cocoa), seaweed, as well as spices and herbs, are also very beneficial. All those foods contain different molecules which contribute to the prevention of cancer. Here are a few tips and habits to use when you cook that can help you prevent cancer more effectively:

- Add berries or freshly crushed flax seed to your yogurt or ice cream;
- Flavour you cooked dishes with spices and herbs such as curcuma, ginger, mint, thyme, oregano, basil, rosemary, parsley, or coriander;
- When you use garlic in your recipes, crush the cloves (with the peel) with the flat of a knife and wait about 10 minutes before using it. That way, the allicin will be released in a more effective way;
- Heat up tomatoes in a fat such as olive oil. Lycopene, the tomatoes' red pigment, which has the anticancer properties, is more easily absorbed by the body that way.

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YOUR OPINION *Continued*

Thanks Lawrence Cannon

Dear Editor,

Even as a lifelong social democrat, I have been impressed by some politicians from other traditions. Among these have been both Liberals and Conservatives, including Don Mazenkowski (PC), David Collette (L) and lately, Lawrence Cannon (C).

Mr. Cannon first came to my attention when he was a councillor in Gatineau and President of the Société de Transport de l'Outaouais through his advocacy for transit and municipal infrastructure funding. Transport 2000 Canada, at my suggestion, awarded Cannon an Orange Prize for this work and for his support for intercity rail passenger service when he was Minister of Transport.

Cannon has given his support to many vital projects in Western Québec in his role as MP and as a Minister in the Conservative Government. While the region will no doubt benefit from the renewal brought by new (NDP) personalities to Parliament, Québec and Pontiac riding can ill-afford the loss of such a solid representative as Lawrence Cannon. While he has stated he will withdraw from politics, I for one hope that a new role worthy of his contribution can be found for him.

Whether at the Senate, the United Nations or as an Ambassador, Cannon could continue to serve Québec and Canada to the benefit of all.

Harry Gow
Chelsea, QC

Irs needs your support

Dear Editor,

In 1986 Shawville was awarded a Junior B hockey franchise much to the delight of the people of Pontiac.

During the past couple of years the fan base has dropped off, leaving the club scratching for finances to operate. The team has brought a lot of business to Shawville and now the team needs your support.

A few volunteers have worked very hard to raise money through raffles during Shawville Fair, parking cars during Shawville Fair and a few other money making projects.

Some Junior B teams in Ontario have the luxury of having major sponsors, but that is not the case in Shawville, “so far”.

The team needs more active volunteers to be part of the club activities. The number of season ticket holders has declined and this area must improve for the club to survive.

The club has some exciting players coming and with last year's nucleus of players, the club will have improved to contend for the 2011-2012 season.

On May 11 at 7:30 p.m. at the Lions Hall in Shawville there is an open meeting and fan attendance is necessary. Do you like the game of hockey?

The Pontiac Junior B Hockey Club

HARPER: Under the nation’s watchful eye

Continued from page 6

He will also be able to deep-six any potentially embarrassing information, as he will likewise have control of every Commons committee. To the victor go the spoils, as the Romans used to say.

Meanwhile, nervous Ottawa region public service employees must now wait to see how many of them will be pink-slipped in

order to balance the very costly Conservative budget, which could devastate the Pontiac.

According to just-released Statistics Canada figures, more than 3,200 health care jobs were lost in Ottawa during April, and 800 from the education sector; also, 4,900 government jobs disappeared during April as well, as the long-rumoured reductions

in public service staffing appear to be beginning in earnest, in an effort to find that \$4 billion in savings annually Harper spoke about during the campaign.

Where that will end is unknown at this point since, as per usual, that information is shrouded in the usual blanket of spin.

What we're hearing so far is that there will be a hiring

freeze and that retirees will not be replaced. What that will do to counted-on programs will be revealed in the fullness of time, it seems.

The near future reveals only a putative Parliament, with a powerless Opposition desperately attempting to bring cohesion to its weirdly constituted caucus facing a gung-ho, highly disciplined govern-

ment, while the once-dominant Liberals lick their wounds and plot their comeback, leaving the ever-charming Green leader, Elizabeth May, to attempt to encourage everybody to be as civil as possible please... a role that defeated even the redoubtable former Speaker of the House, Peter Millikin, who finally gave up that impossible task and retired to friendly

and peaceful Kingston, ON. David Harper of Bryson taught politics at Cambrian College in Sudbury in the 1970s and worked on Jack Layton's campaign's during the 1980s.

He has had a life long interest in politics from his days as a young Conservative and later as a young Liberal when he attended Carleton University in the 60s.



Caldwell

HERMONIE SHARPE 819-647-3459 news@thecquity.ca

Birthday congratulations to Ada Dods who celebrates her 80th May 10.

Here we are not really enjoying all this wet weather. My niece, Lorraine Webster was talking to me this past week and told me they have no rain and her lawn is burned brown. So I guess we shouldn't complain.

Birthday congratulations to Bill Jette May 6, Mary Walls of Sudbury May 6, my son Neil celebrated his 70th May 9, Sean McDonald of Orleans May 12, Winona Sharpe of Sudbury May 13, Mary Allen of Shawville and Loretta Goulet of Bristol also May 13. May you all have a wonderful birthday.

It was Mother's Day this past Sunday and I hope everyone had a wonderful Mother's Day.

Don't forget the Wednesday night Golden Age Club are having a pot luck supper on Wednesday, May 18. Everyone is welcome.

Just bring along one of your favourite dishes and that is all it costs you for your supper.

This coming Tuesday we are having a supper in Quyon but it's being catered to but then again on June 21 another potluck supper is being held in Quyon at the Quyon Golden Age euchre hall.

Did you know that you can have gel nails and your favourite colour put on your nails?

Then all you have to do is have them shaped and cut as they grow. Beatrice Hooper does them at Dianne's Beauty salon. I just love mine. Thanks Beatrice you are a wonder.

Returning home after a two week vacation visiting their son Trevor in Calgary and then on to visit in Kamloops, Barrier, BC and Logan Lake were Ross and Edith Campbell, daughter Heather and her daughter

Myanna of Bristol. It was like coming back home week as they had lived in Logan Lake for 27 years.

Sympathy to the family and friends of Dora Mayhew Greer who passed away this past week.

Our deepest sympathy to the family and friends of Irwin Laughren of Norway Bay and Ottawa.

Also our deepest sympathy to the family and friends of Joe Hobbs of Arnprior, beloved brother of Weldon (Merle) and Sterling (Marion) and Ruth.

Visiting us on Saturday were Chad and Chrissie Parsons and children Hannah and Julia of Gatineau.

On Sunday Jim and Connie Hunter of Golden Lake took my daughter Ruth and myself to Mickey Creek for breakfast where we joined in with Neil and Margaret Sharpe and family and friends.

It was Sunday, May 8 Mother's Day and also my son Neil was celebrating his 70th birthday. He was going out for breakfast with his wife Margaret and of course the children Tom and his wife Sarah and son Alex of Scarborough, and Kim and her daughter Erin had all landed home for Mother's Day, as well as Corey from Bristol. It was suggested that they all go out for breakfast at the golf club at Vinton.

To his surprise when he arrived he found more than his family gathered to wish him a happy birthday.

There was a good crowd of his and Margaret's friend as well as his mother, sister Ruth and sister Connie and husband Jim.

It was a lovely birthday breakfast and well attended. A lovely, large birthday cake with Neil's picture in the middle of it was cut and served at the last.

Happy birthday Neil and may you have many more.

This birthday party was planned by his wife Margaret and their family. After 70

years you deserved it Neil.

As usual, it was Mother's Day and I had calls and gifts from my family. Thanks everyone.

I would also like to take this opportunity to thank the euchre clubs for the lovely sympathy cards for the loss of my daughter-in-law Joanne and to all my friends who sent me cards and donations to be forwarded to my son Donald which went to Peterborough Regional Hospital.

On behalf of ourselves and Donald and family, many thanks.

Summer is coming slow but sure. I'm afraid everything will be late in growing as it's too wet and cold for a good many of our farmers to get working on the land.

I had this little joke sent to me by a friend in the United States and I thought I would pass it on to you. It's called Seniors' moments. Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something about Mabel's ear and she said "Mabel did you know you have a supposito-

ry in your left ear?" Mabel answered "I have a suppository in my ear?" She pulled it out and said "Ethel I'm glad you saw this thing now I think I know where to find my hearing aid."

The person who sent me this was laughing and telling me about how her husband had them looking for his hearing aids. They found them later in his ears. These are real senior moments and it's a good thing we can laugh about them.

This past Saturday my great-granddaughter of Orleans was modeling for Giant Tiger.

Congratulations go out to Giant Tiger who celebrated 50 years of being in business.

Did you know it will be 14 years since Giant Tiger came to Shawville this fall? What would we ever do without it?

I was so glad to hear that Giant Tiger in Shawville had a good turn out for their 50 year anniversary celebration.

The census is out and once again we have to wrack our brains for answers.



Sheenboro

BETTY MORRIS 819-689-5023 news@thecquity.ca

Happy Mother's Day to all mothers. I hope you all enjoyed a lovely day with your family.

Congratulations to Katie Sallafranke, Abram Gleason and Tyler Morris who celebrated their first Communion at St. Paul the Hermit Church in Sheen this past weekend.

I was sorry to hear Judy Fleury passed away and Mervin Ranger passed away. My deepest sympathies to their families.

The fundraisers for Shane Sullivan and Betty Grieve and her daughter Mary Beth were well attended. The people in our surrounding communities have very generous hearts.

There was an engagement party for Kelsey Gleason and Zack Kranenburg at her parents Larry and Nancy Gleason's Friday. Best wishes to the young couple.

Happy birthday to Vince

King, Iona Morris and Dr. Wilbert Keon who all celebrate a birthday this week. Hope you all have a great year.

I had a nice call from Marian Morin Pare from Campbell's Bay who always reads THE EQUITY news to keep up on what's happening to her relatives up here. She is related to the Donnellys, Morris' and Maloneys. I'm glad to hear she came through her operation okay and is feeling better.

Birthday greetings go out to Erin and Tony Dunn and Tim McDonald. I hope you all have a great year.

Get well wishes go out to Shirley Larochelle daughter of Larry and Evelyn Larochelle. Shirley was in a bad car accident and we hope she is soon feeling better. I remember Shirley got married at St. Theresa's Little Chapel at Fort William

and my daughter Shannon sang at her wedding.

A group of people from St. Joseph's, Deep River, Nichabeau, and Sheen all attended the 25th anniversary of Father Chris Shalla's ordination to the Holy Priesthood last Thursday. Father Christie had a nice homily and Father Shalla celebrated the Mass of Thanksgiving and had some heartfelt words to say after mass. There was a light lunch in the parish hall afterwards.

Belated birthday greetings go out to Lorna Agnesi who celebrated a birthday May 2. Many happy returns Lorna!

Things are in place for our Casino Night on Friday, May 13. Come out for a great time at Sheen Hall starting at 7 p.m.

We had a lovely evening at Mary Edward's Thursday evening book club. We dis-

cussed a good book, *The Forgotten Garden*.

Wayne and Lynanne Storm were home to their cottage on the weekend. My brother Jim and his wife Ellie were up to check their cottage also after the bad windstorm last week.

I was looking through some of my mom Myrtle Sullivan's scrapbooks and I found a poem written years ago by my sister Marilyn Sullivan Crozon. Since we just lost Bob Miller, the owner of Fort William, I thought it may be nice to share this poem with you. It talks of days gone by, but I hope it brings back some pleasant memories.

Fort William Sun kissed beaches with light golden sand Soaring pines tower over the land.

The little white mission church down from the pier, Has weathered many storms over some hundred odd years.

Many generations passed hotel and store.

An Old Hudson Bay Trading Post which is no

more.

As the old governors house which is right next door.

Though stones and bricks are bleached by sun, wind, rain,

Old Fort William remains the same.

Still lingering is the aura of mystery and romance, Possibly from a dance or spirit by chance,

Who may have looked on from the Indian graveyard by the hall.

Frank beating the drum may have sounded like some chief's call.

While Horace and Blanch played *Shine on Harvest Moon*.

We'd all dance and Lou would sing and croon. Gazing out the open windows into the night.

On the water was the reflection of the moon's silver light.

The old light house down on the dock.

A trip up the river to Oiseau Rock.

Across to an island to dive off a cliff,

Or to a quiet inlet in

search of fish.

Years go on and many still return to their summer home.

Some may yearn for magical moments which have flown.

Through the Fort of yester year has expired

A more peaceful haven no one could desire.

To sit and watch the sun set each evening

This unsurpassed beauty inspires a celestial feeling.

The chug chug of the ICO boat

Behind it the log boom floats.

Dusk falls and there are twinkling lights from across the way.

A lone boater honks his horn as he speeds toward Meehan's Bay.

In the still of the night you may hear some sound or other.

The rhythmic roar of the waves on the shore,

Lapping away the foot prints of the day.

Dawn brings new life they seem to say.

So with the morn you may feel reborn.

Shawville curling teams skip towards trophies



Danielle Sachs, THE EQUITY

The 2010/2011 curling awards were presented May 7. The awards took place at the Shawville Curling Club with 82 people in attendance. Pictured here are the President's Trophy and Friday Night B Division (Fish and Game Trophy) winners; Alex Miller, Lindsey Howard presenting trophy, Mavis Hanna, Kara Brown and Rick Young.

honour Sarah Allard at the Waltham Town Hall. Sarah received some lovely and practical gifts, for which she greatly appreciated. A tasty lunch was served.

Warm birthday wishes are extended to Sheila Duff, who

is celebrating her birthday today. I hope that you enjoy your special day Sheila and that Michael spoils you!

On Monday morning it was just beautiful outside. The weatherman promises lots of warm sunshine this

week and it is most welcome!

Birthday wishes are extended to our dear Mark and dear aunt Mary Spence, who are celebrating their birthdays on May 15. Lots of love and all the best is wished to you both.



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Waltham

HELEN PERRY 819-689-2652 jacobg42@hotmail.com

Spring this year has been a mix of rain, wind and a little sun. Surprisingly, the Ottawa River has risen almost to the top of its banks and now appears to be receding.

I say surprisingly, because the snow has melted gradually this year with the cooler than normal temperatures for many weeks. Unfortunately, high water that fills the many low areas in and around Waltham are now the breeding grounds for the mosquito populations that can make early summer in Waltham most unpleasant. Let's hope the river

drops quickly and stays at a normal level soon, sparing us much misery.

Well I hope that all moms enjoyed Mother's Day. I had a wonderful Mother's weekend.

We took in Mikaela's dance recital in Embrun on Saturday afternoon. The little ones were so adorable. The older children's dance routines were amazing. There is so much time and effort put into this. Congratulations are extended to all the performers and instructors!

On Saturday evening we treated ourselves to a lovely

dinner and brunch on Sunday. We were home in time to spend some time with Rhonda, Mark, Jacob and Isabella.

I am happy to report that Rhonda is really coming along after her surgery.

The fundraiser which was held for Betty Grieve on Friday night, was a huge success.

As I said in my notes last week, this was to help pay for costs incurred for her Liberation Treatment for MS that she received two weeks ago.

On Saturday afternoon a baby shower was held in

Local wilderness program attracts international attention

JULIELEE STITT
Equity Reporter
Ladysmith May 5, 2011

Twenty years ago Geoffrey and Jo Ellen Cushing decided they wanted to start an environmentally sustainable business.

And so, the Albertans packed their bags, relocating to the back roads of Ladysmith in 1990. There they would build one of Pontiac's first eco-tourism businesses, Cushing's Lodge.

However, the pair soon discovered that neither their growing family nor their narrowing wallet could afford to stay in the tourism business.

In 2001 they decided to abandon tourism and focus solely on education and haven't looked back.

"Tourism was like flogging a dead horse for a family based business," says Geoffrey Cushing, adding that as their four children grew-up they wanted to

focus more on environmental issues.

"Our kids were way more interested in environmental issues. They developed a very strong, keen sense of their place in the world and we knew the only way we could make a new world was by offering programming for kids," he says.

And so, the pair, along with their children developed the International School for Earth Studies (ISES), which focuses on outdoor recre-

ation, wild animal rescue, environmental structure as well as life skills coaching, which has included visits from speakers like Ottawa Senators' GM and Shawville native Bryan Murray.

ISES specialize in Gap year programs, which comprise about 75 per cent of business, says Cushing.

According to Cushing, Gap years are a common phenomenon in Europe, where many students will take time off between high school and their post secondary education.

It's a trend that continues to become popular in countries like Canada and the United States.

In the United States gap years have led to the creation of a multi-billion dollar industry, he added.

Cushing says the popularity of gap year programs comes from the new and overwhelming pressure that many young people feel after graduating from high school.

"An 18-year-old really isn't mentally together enough as a rule to take on the work-load, case load and responsibility associated with independent living," says Cushing, citing the high number of cases of binge drinking amongst college and university students.

Kenny Silver of Connecticut, attended ISES last year having been told about the program by his guidance counselor in high school.

The program allowed Silver to spend time at an "amazing place" and to enjoy experiences he otherwise wouldn't have had a chance

to in his day-to-day life, he says,

"I don't have 28 dogs and a bear cub, so that's new," laughed Silver who travelled with his father from West Port Connecticut to visit the Cushing's and their approximately 70 wild-life residents.

Among the animals who call ISES home include a raccoon, a single-winged Bard Owl, an orphaned bear cub, a bald eagle, and a lone

turkey vulture named Dromey.

Celine Newman's love for adventure, meeting new people and the outdoors led her to the Cushing's doorstep.

"I found out a lot of interesting things were done in this program that I've never done before or experienced and I wanted to gain some new skills and get some experience from this place," says Celine Newman who enrolled in the ISES program

from England.

With a price tag of \$1,000 per week, students can spend a minimum of three weeks at ISES, with the gap year semester program lasting 10 weeks.

"I think it's a great way to take a time out," says Derek Cushing.

According to the younger Cushing, people often feel disconnected with nature and ISES is a way of reconnecting.

"The environment is just so peaceful and it's not rushed like city environments. It's the kind of place where people can collect their thoughts and really have the time to piece things together and not be rushed to do so," added Janna Lee Cushing.

Geoffrey Cushing describes youth who attend ISES as the "kids who given the opportunity would like to make a difference."



The ISES also offers both dog carting and dog sledding. Pictured is Geoffrey Cushing with a future member of the pulling team.



Pictured is Derek Cushing and Dromey, a turkey vulture that was rehabilitated at the centre after being rescued.

How green does your garden grow? Pontiac students try gardening

DANIELLE SACHS
Equity Reporter
SHAWVILLE May 4, 2011

Pontiac High School is now growing even more opportunities for students.

Wednesday, the work oriented training program held the ribbon cutting ceremony for the new greenhouse.

Students have been busy cleaning up the greenhouse since mid-november.

It was a chance to show off their hard work as tours

were led through the newly-reopened garden centre.

The ceremony doubled as a thank you lunch for employers in the area who provided the students with co-op placement opportunities.

Originally undertaken as a fundraiser for a new smartboard, an interactive classroom tool, the project eventually grew into something that all the students could take pride in.

Jessica Kelly with the Pontiac Youth Table helped get the project started when she awarded the students a \$500 grant.

At the luncheon, all the food was prepared by students. Deftly wielding knives, they made sure the guests were fully supplied with cut-vegetables and fresh sandwiches.

"It's teaching them valuable life skills," said Lisa Bechamp, science techni-

cian.

"I'm so proud of them." As well as preparing the food, the students had also been responsible for budgeting and shopping for the items needed.

Donna Lake, student president of the greenhouse association, addressed the class and attendees before the ribbon was cut. "This would go on to teach us so much," she said. "It would teach us how to run a small

business," said Lake.

The classroom had been transformed into a sunny celebration of the students' accomplishments, a stark contrast to the dreary weather outside.

A slideshow played on a large projector in the corner of the classroom. The pictures chosen showed just how much work the class had put in rejuvenating the greenhouse.

"It's amazing," said Chantal Poulin, teacher and co-op coordinator. "These students are incredible."

'Before pictures' showed dead plants hanging in a tangle overhead and windows barely letting in enough light for plants to grow.



The W.O.T.P Garden Centre receives its first outside visitors. Pansies, petunias and tomato plants were only a few of the varieties of plants on display.



Danny Belley deadheads petunias in the greenhouse. The students are growing annuals.

Otter Lake

Randy and Pam Thoms and Elizabeth Hahn drove to Wolfville, NS to bring Kathryn Thoms home for the summer months. She was attending her second year at Acadia University. She will return in September.

We did lots of sightseeing the one week we were in the Maritimes. We toured Acadia University, Hopewell Rocks in the Bay of Fundy, New Brunswick, Citadel Hill National Historic site in Halifax, Halifax Harbour and Fisherman's Cove, Lunenburg Fishing Port, NS, Peggy's Cove, NS. It was beautiful to see and walk on the big rocks on the shore of the Atlantic Ocean around Peggy's Cove Lighthouse.

We visited the Memorial Gardens Monuments of all the peoples names who were

killed in the plane crash (Swiss Air) in the Atlantic Ocean.

We stayed at a beautiful bed and breakfast, Victoria Historic Inns where they make you feel at home. We enjoyed eating at many different restaurants to try new Maritime cuisine. Thanks to Randy, Pam and Kathryn for a great trip to the beautiful maritimes. We had lots of fun.

Recent visitors with me were David and Kim Gravelle, their children Cheyanne and Caleb of Orleans, Carl Mayhew and friend Karen of Ingleside, Millie Proulx and her sister Joanne Lasalle.

On May 3 the Golden Age Club executive was reinstated by acclamation for the next two years. René

Graveline will continue as president; Janet Lafleur as vice-president and Pierrette Graveline as secretary-treasurer. The directors and members extend their congratulations.

The evening began with a potluck supper followed by the regular euchre night. First prize was won by Rosette Fleury and René Graveline. Second: Barb Lintell and Ronald Beaudoin. 50/50 winner: Rita Beaudoin. Door prize: Gisele Beaudin.

May 5 dart league results: First prize: Denise Dubois and Ronald Beaudoin. Second prize: Olivette Mason and a tie between Henry Longpré and Laurier Francoeur. 50/50 winner: Lyne Brown who also celebrated a birthday May 6.

Shawville

Our thoughts and prayers for the Dagenais family on the loss of John "Hector" of Luskville in his 83rd year on April 28 at the Pontiac Reception Centre in Shawville.

Our deepest condolences to the Derouin family on the loss of Nancy who died peacefully, after a long and courageous battle with Cystic Fibrosis at age 34 on May 3 at the Shawville Hospital. She was the loving, devoted mother to her precious Gift from Heaven, Zackary, and a loving wife to her husband, Sylvain Lapratte. Dear daughter of the late Melvin and Huguette Derouin of Calumet Island; Little sister to Joanne (Richard Allaire) and Pauline (Robert Bastien).

Our sympathies to the Hobbs family on the loss of Robert Brent "Joe" Hobbs who died unexpectedly at

the Ottawa Hospital, General Campus while surrounded by loved ones on May 4 at the age of 75 years. He was the dear son of the late Hilliard Hobbs and the late Gladys Findlay.

Happy wedding anniversary to Lorraine and Keith Harris who celebrated this past Monday, May 9.

Happy birthday across the Ottawa River to Lisa Plouffe who will be celebrating her birthday May 13.

Happy Mother's Day! I thank God for all those moms out there and Godmothers and grandmothers too!

Mom, even though I cannot be with you in Montreal to celebrate your special day my thoughts are with you and the family assembled there.

Happy belated birthday to Leo Burgess who celebrated his birthday on Sunday, May 1.



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Giant Tiger celebrates 50 years in business

JULIELEE STITT
Equity Reporter
SHAWVILLE May 7, 2011

Saturday wasn't a regular business day for Giant Tiger's owner Ken Pack who celebrated the 50th anniversary of the Canadian franchise by holding a community barbecue and live entertainment in his parking lot along Hwy. 148.

Pack invited the Shawville Lions Club to host a barbecue in order to raise funds for the dialysis unit.

According to Pack, the day was focused on community.

"We wanted the money to go locally and I know we're still a little short on the dial-

ysis fund," said Pack about the decision of where money raised should go.

Musical entertainment for the day was also provided by Joanne Dubeau and Joey Vaillancourt.

Vaillancourt who previously worked at the store was a must on the list of entertainers, said Pack.

"I was just passing by and I saw it and I came in. The food's good, I don't have to go home for dinner now," said Benson Moffat from Shawville.

Claude Dubeau said the event was a nice opportunity to talk with neighbours.

"It's always nice in a small

municipality to know everybody and get along with everybody," said Dubeau between bites of his hot dog.

Also in attendance was Giant Tiger Executive Vice President Mike Lewis.

According to Lewis, while Giant Tiger is still looking to improve on the services it provides for locals, Saturday was about giving back to community's across Canada.

"I think it's great, it's been 50 years and we're just trying to celebrate and give back to the community. The community has been great for us," Lewis said.

Giant Tiger has been in Clarendon for 14 years.



Local musician Joanne Dubeau sings in the parking lot of Giant Tiger on Saturday afternoon, as part of the franchises 50th anniversary.



Pictured from left to right at the barbecue are Shawville Lions Club members Bruce Tubman and Ron Strutt.

The ice is out, but the game's still on for Pontiac kids

JULIELEE STITT
Equity Reporter
SHAWVILLE May 7, 2011

The ice may be out of the Shawville arena, but the game was still on this past Saturday as 25 youth from Shawville-area and Campbell's Bay played ball hockey.

The event was organized by MRC Pontiac Sport and Recreation Coordinator Stephane Durocher and the Shawville District Recreation Association at the request of the Shawville municipal council.

"All my friends came out and I thought it would be fun. I play ice hockey and you might as well just play ball hockey," said 12-year-old Bryce Atkinson.

The event was funded by Kino-Québec as part of their annual Journée nationale du sport et de l'activité physique (JNSAP), or physical activity day which was held May 5 to 8.

This year the organization gave \$2,500 to MRC Pontiac to fund activities, with Saturday's event costing between \$300 to \$400.

Among other events held over the three day period were a trip by Picabou Day Care to Pembroke, ON, to do gymnastics, a sporting activity day with parents and children at Maison de la Famille du Pontiac in Fort Coulonge, a baseball tournament hosted by the Maison des Jeunes in Fort Coulonge as well as a special training day for players registered with the Pontiac Soccer Association.

According to Jo-Anne Brownlee, who attended the tournament, her two sons Graham and Own Beattie love hockey.

"They've been looking forward to it for about two weeks," said Brownlee whose sons play both ball hockey and ice hockey.

Aside from offering local youth an opportunity to play an organized sport free of charge, the event also made good use of the iceless Shawville hockey arena, a location that is widely abandoned during the spring and summer.

"It's important to promote sporting activities and use

our facilities. We have a lot of facilities in Pontiac but they're not fully used. With this we've had 25 kids playing ball hockey since this morning and we're using the arena," said Durocher.

The event started at 10:00

a.m., finishing at 3:00 p.m. with each participant receiving a water bottle and medal at the end of the day.

According to Durocher, the success of the event can be traced to the fact that everyone can play ball hockey.

"Kids enjoy ball hockey. Some kids don't play in minor hockey, but they play ball hockey and for kids who play ice hockey, well they get a chance to still play because in spring hockey is still very popular," he said,

referencing the on-going NHL play-offs.

As for how Saturday's tournament compared to goaltender Darron Bruce's regular season skates and jersey: "It's equally as fun but not as competitive" he said.



Pictured are local youth who met at the Shawville arena on Saturday to play in a ball hockey tournament.

Banking on support for breast cancer fundraiser

JULIELEE STITT
Equity Reporter
SHAWVILLE May 11, 2011

Four sisters are banking on people's support to raise money for breast cancer.

Located outside the Royal Bank of Canada (RBC) on Main Street in Shawville, in a sea of pink and white "fluff" Aileen Sheppard and her sister Mertina Blaskie will be accepting donations for the Canadian Breast

Cancer Foundation, with each donation of over \$5 qualifying for entry into a draw for a photo taken by Blaskie, a novice photographer.

The fundraiser was first held three years ago but wasn't held last year due to the families own struggles with breast cancer.

The siblings lost their mother Marion to cancer on Nov. 5. "It wasn't the time to

do it last year, so we're doing it this year," said Sheppard.

The campaign was dubbed 'Sisters 4 Sisters' by its organizers, and included in-put by the four siblings, including one currently living in Bermuda.

A draw will be held on Friday at approximately 3:00 p.m. for the winner of the photo.

Any donations are welcomed, said Sheppard.

Ernest Schwartz retires from 43 years of Canada Post mail delivery

Ernest Schwartz gives up his position with Canada Post rural mail service R. R. # 1 out of Ladysmith, Quebec due to health, age and certain circumstances contributing to his retirement.

He first started as a contractor, then much later as an employee. He drove the mail with many different vehicles. In the spring in more isolated areas it was with a farm tractor, then an ATV and now a four-wheel drive truck.

As a contractor he would bring groceries or whatever else his patrons requested just to help out.

He started with a great postmistress, Corenna (Rose) Deering. Later with Marie (Garland) Dagg. She often gave us cookies, muffins or jam to enjoy. The post office started in 1905. It was operated by Erie's grandfather Ben Schwartz with the help of his wife Louisa. They had the honour of being the first postmaster. This is why Schwartz, QC got its name. It was operated out of his home.

Later Ernie's mother Olga (Bretzlaff) Schwartz became the postmistress in 1948 until it closed in 1957.

Ernie has a lot of documents pertaining to the post office. He has been deliver-

ing the mail for approximately 43 years.

Between the post office and the delivery of the mail it has been in the Schwartz name for about 95 years.

The first year the mail was delivered three days a week and then perhaps the last 15 years it went to a five day a week service.

For nearly eight years his wife Essie has been helping him. For a little over two years she has been his Ergo Assistant. They still reside in the family homestead.

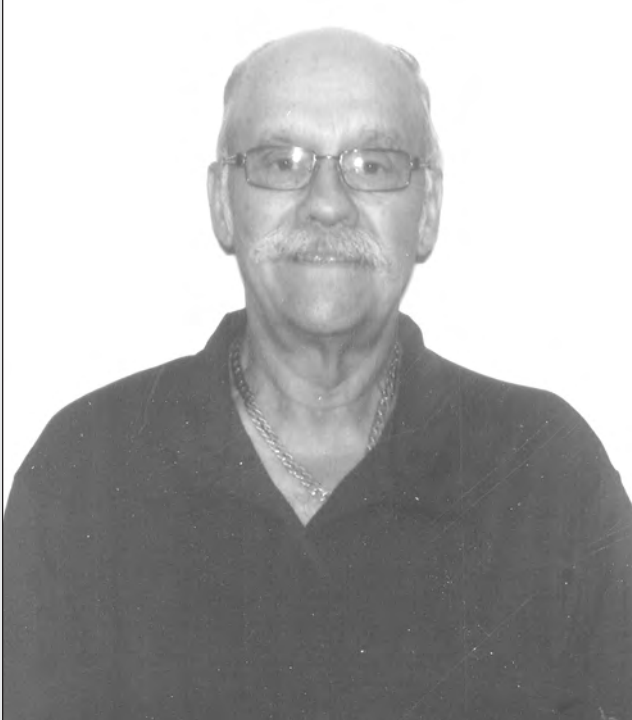
Now that they have retired

they will have more time for their family, do some traveling and enjoy their cabin at the late and perhaps get some things done they didn't have time for.

To all the patrons of R. R. #1 Ladysmith whom Ernie and Essie have served over the years, past and present, they will always remember their kind words, little chats, gifts, help along the way.

May God bless each and every one.

Submitted by Ernie Schwartz



Pictured are sisters Aileen Sheppard and Mertina Blaskie who will be seated outside the Royal Bank at 341 Main St., Shawville Thursday and Friday as part of a fundraiser dubbed 'Sisters 4 Sisters.'

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For Marilyn French St. George & Richard Stoker
Saturday, May 14, 2011 at 9:30 am

Held at the the Rupert Community Centre, Rupert, Que.
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133 Johnson Rd., Ladysmith, Quebec
from Shawville take Hwy. 303 20 kms to Ladysmith, from Ladysmith go 1 km to Johnson Rd., turn left, 1 km to sale site.

Saturday, May 14, 2011
at 10:00 am sharp
Auctioneer: Gerald Walsh
R.R. 4, Cobden 613-646-7729 - Cell 613-732-0625

AUCTION SALES

FRIDAY EVENING MAY 13, 2011
at **6:00 p.m.** for
ETHEL SCHULTZ & LEONARD JUNOP
181 Schultz Rd, Pembroke, ON

Off Highway 41 onto Sandy Beach Rd, follow to Schultz Rd, signs posted.

White LT turbo cooling lawn tractor, 17.5 HP, 42" cut, with bagger, like new; Yarkwork snow blower, 10.5 HP, 29" wide; Lawnboy lawn mower; assort of hand tools; Singer sewing machine; Woodstock pump organ (mint shape & working); 4 piece antique love seat set (mint shape); Haier window air conditioner, 10 200 btu, new; Bowman oil painting; double bedroom set (5 pieces); assort of homemade quilts; good assort of household furnishings; tools; numerous misc household items & tools.

Mrs. Schultz has sold her home and is moving.
This is a good clean sale. Come early, everything to be sold.

SATURDAY, MAY 14, 2011
at **10:30 a.m.** for
HARRY & LILLIAN BROSE
1321B Lake Dore Rd, Golden Lake, ON

Off highway 41 onto Lake Dore Road, follow to Limestone Rd, approx halfway between Golden Lake and Hwy 41, signs posted.

Ford 3000 tractor with Arps loader, gas, 2WD; Cockshutt White #129 haybine, 9' cut; Massey Ferguson #12 square baler; McKee snowblower, 3 pth; farm equipment; 30" circular buzz saw, pto; Homelite XL130 chainsaw; hammer mill; Rifles: **PAL required** Winchester 32 Special with red dot; Marlin 22 Magnum; radial arm saw; 10" tablesaw; drill press; scroll saw; hand tools; Honda 2500 watt generator; 15' alum. Speed boat & trailer, with 50 HP Evenrude motor; 2-14' alum boats; Roper 12HP lawn tractor; 120 Boss accordion; gramophone; 2 old crank telephones; porcelain butter churn (good); Biro electric meat saw; No 32 meat grinder with electric motor; numerous misc farm & household items.

Mr. & Mrs. Brose have sold their home & are moving to town, everything to sell.

Terms: Cash or Cheque with ID
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Auctioneer: Preston Cull, R.R. #1, Douglas, Ont.
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VOTRE SANTE | DRE. ISABELLE GAGNON

Tout sur le ballon d'exercice

Le ballon d'exercice et ses effets sur la santé

La réputation du ballon d'exercice n'est plus à faire : les chiropraticiens, autres professionnels de la santé et entraîneurs physiques ne cessent d'en vanter les bénéfices.

Le ballon d'exercice est d'abord et avant tout reconnu pour améliorer la flexibilité et renforcer les abdominaux, les muscles stabilisateurs, ceux du tronc et ceux du dos. C'est que sa forme ronde et instable oblige constamment l'utilisateur à forcer pour garder son équilibre. Les docteurs en chiropratique sont d'ailleurs nombreux à le recommander aux personnes qui souffrent de maux de dos.

Utiliser un ballon d'exercice peut aussi grandement améliorer la posture. En s'asseyant pour accomplir diverses tâches, la colonne vertébrale se redresse obligatoirement afin de maintenir un équilibre optimal. Chez les enfants d'âge scolaire, c'est une solution idéale pour pallier aux états de tension des ronds ou à la position assise « évachée ». Également, on n'a pas à s'obstiner pour qu'ils gardent les quatre pattes par terre!

Attention, toutefois. N'oublions pas que les muscles posturaux des enfants ne sont pas complètement développés. Les

enseignants qui décident de l'utiliser devront ainsi procéder à des séances d'exercices d'étirement musculaire durant la journée. L'utilisation du ballon d'exercice ne devrait pas non plus être imposée : certains enfants qui souffrent déjà de désordres neuro-musculo-squelettiques en raison d'une scoliose, d'un port inadéquat du sac à dos, d'une mauvaise posture ou autre, pourraient ressentir des douleurs en utilisant le ballon. Dans ces cas, une évaluation posturale par un chiropraticien est fortement recommandée.

En classe et ailleurs

Utiliser le ballon d'exercice en classe commence à devenir populaire et de plus en plus d'enseignants choisissent d'y avoir recours. Meilleure posture, mais aussi meilleure concentration, plus grande détente musculaire, moins de fatigue et moins de stress, s'entendent-ils tous. Dans son article du 6 avril 2009, la journaliste Isabelle Légaré, du quotidien Le Nouvelliste, avait même interrogé des élèves de sixième année à ce sujet : « Une chaise? Je trouve ça dur et inconfortable. Le ballon, c'est mou et trop hot! », admettait l'un d'entre eux.

Les élèves ne sont pas les seuls à échanger la bonne

vieille chaise droite contre le siège-ballon. De plus en plus de professionnels, assis devant l'écran d'ordinateur pendant la majeure partie de leur journée, l'ont également adopté: moins dispendieux qu'une chaise de qualité supérieure et tout aussi ergonomique. De plus, il nous permet de faire une certaine forme d'activité physique tout en étant au travail, au lieu de rester immobiles durant toutes ces heures. Que demander de mieux?

Ce qu'il faut savoir sur le siège-ballon

1. Choisissez la taille de ballon qui vous convient. Les adultes utilisent généralement des ballons dont le diamètre se situe entre 55 et 65 centimètres. Mesurez votre avant-bras de votre coude jusqu'au bout de vos doigts : cela correspond, en général, au diamètre recommandé.

2. Gonflez le ballon suffisamment et essayez-vous sur le devant de ce dernier. Formez un angle d'environ 110 degrés entre votre tronc et vos cuisses (vos genoux devraient être juste un peu plus bas que vos hanches). C'est ainsi que vous en retirerez le maximum de bénéfices et que, surtout, vous ne risquez pas de vous blesser.

3. Il existe différentes options de ballon d'exercice.

Vous pouvez vous procurer un ballon tout simplement, mais également une chaise-ballon, qui soulève le ballon légèrement et qui est dotée d'un dossier. On retrouve même sur le marché des disques qu'on peut déposer sur une chaise régulière. Ceci permet d'incorporer dans notre milieu de travail un ballon d'exercice plus discrètement.

4. La position assise sur un ballon de gymnastique demande une certaine endurance musculaire. Pour éviter de surcharger les muscles, changez fréquemment de position. Effectuez des transferts de poids d'une jambe à une autre, et n'hésitez pas à vous reposer en utilisant une chaise avec dossier fixe lorsque vous vous sentez fatigué.

Sources : Association des chiropraticiens du Québec : www.chiropratique.com

Le Nouvelliste, Ma classe, mon pupitre et mon...ballon, par Isabelle Légaré, article publié le 6 avril 2009.

Dre. Isabelle Gagnon est une chiropraticienne qui opère deux bureaux dans le Pontiac, donc un à Shawville et un à Mansfield. Elle peut vous donner des conseils sur une variété de sujets reliés à votre santé.

Une médaille de l'assemblée Nationale remise à Madame Anna Bowen

CAMPBELL'S BAY • La députée de Pontiac, Madame Charlotte L'Écuyer, était fière de remettre à Madame Anna Bowen une médaille de l'Assemblée nationale lors d'un souper vendredi le 29 avril dernier en présence de Monsieur Denis Larivière, président de « Les Amis du Manoir Saint-Joseph ».

« Madame Anna Bowen est

une personne attentionnée aux besoins des autres. Depuis plusieurs années, elle se démarque en se dévouant pour l'amélioration de qualité de vie pour les gens en perte d'autonomie au Manoir Saint-Joseph et récemment au Centre Valentin qui sont situés à Campbell's Bay » a déclaré Mme L'Écuyer.

En guise de reconnaissance auprès de la communauté, depuis 2003 Madame L'Écuyer a eu le plaisir de remettre une médaille de l'Assemblée nationale à Monsieur Marc Saumure, agent de la Sûreté du Québec pour son implication dans les opérations de recherches et secours en forêt, Monsieur Jean-Guy Larivière pour son

implication dans la communauté en tant que Député libéral du comté de Pontiac, Monsieur Dennis Foran et Madame Polly Foran pour l'ensemble de leurs oeuvres auprès des jeunes et les personnes âgées et Madame Anna Bowen pour sa persévérance dans le but d'améliorer le quotidien de nos personnes âgées.

Cabaret Pontiac



MONIQUE DEIBER

MANSFIELD

May 7, 2011

L'ARAS du Pontiac est très fière et heureuse d'avoir permis à des jeunes artistes tal-

entueux de monter sur scène dans le Pontiac à l'École Secondaire Sieur de Coulange.

Merci à tous ses artistes d'être venus, parfois même

de très loin comme Karine Guérard de Laval. Notre passion commune : la musique, l'Art de la scène nous a réunis pour une magnifique soirée.

Un gros merci aux specta-

teurs qui se sont déplacés. L'enthousiasme de la foule nous a fait croire qu'ils ont apprécié le spectacle !

Soyez des nôtres au prochain spectacle !

L'assemblée générale annuelle

du Centre d'assistance et d'accompagnement aux plaintes-Outaouais

se tiendra le 8 juin 2011 à 19 h, au 92, boul. St-Raymond, bureau 203, à Gatineau.

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La Municipalité d'Otter Lake est à la recherche d'une personne pour un emploi saisonnier.

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Doit avoir un permis de conduire, peut opérer une scie à chaîne, bilingue, d'expérience avec l'opération de machinerie lourde un atout.

Les demandes seront reçues au bureau municipal, situé au 15, Palmer, C.P. 70, Otter Lake, Québec J0X 2P0 **jusqu'à vendredi, le 20 mai 2011 à 16h00.**

Nous vous remercions pour votre candidature mais seulement les personnes qui rencontrent nos exigences seront appelées pour une entrevue.

Andrea Lafleur
Directrice Générale

JOB OFFER - GENERAL LABOURER

The Municipality of Otter Lake is looking for a seasonal employee.

The work will be 40 hours/week

The salary will be \$13.50/hour

Must be able to operate a chain saw, have a driver's license, bilingual and any heavy equipment experience would be an asset.

Applications must be received at the municipal office, 15 Palmer Avenue, P.O. Box 70, Otter Lake, Quebec J0X 2P0 **by Friday, May 20th, 2011 at 4:00 PM.**

We thank all candidates for applying, however, only those who meet our requirements will be contacted for an interview.

Andrea Lafleur
Director General

Commission scolaire des Hauts-Bois-de-l'Outaouais

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Téléphone : (819) 449-7866 poste 16247
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APPEL D'OFFRES DE SERVICES TRAVAUX D'ENTRETIEN MÉNAGER (SANITAIRE)

LA COMMISSION SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUIS demande des offres de services pour les travaux d'entretien ménager (sanitaire) pour les écoles suivantes pour l'année 2011-2012, contrat renouvelable pour 2 années supplémentaires :

SECTEUR PONTIAC	SECTEUR VALLÉE-DE-LA-GATINEAU
Centre Multiservices	Collège Christ-Roi
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La séance d'information obligatoire et visite des lieux aura lieu aux **dates suivantes** :

Centre Multiservices.....13 mai à 9h
Collège Christ-roi13 mai à 11h30

Le devis et les documents contractuels seront disponibles à compter du 4 mai 2011 au secrétariat des ressources matérielles moyennant un dépôt non remboursable de dix dollars (10,00 \$).

L'offre de service (copie originale) sera remise (ou postée) dans une enveloppe cachetée au secrétariat des ressources matérielles au 331, rue Couvent (local 124), Maniwaki (Québec) J9E 1H5 et **reçue au plus tard le 18 mai 2011 à 14 h00**, heure limite de dépôt des offres de services. Celles-ci seront ouvertes publiquement au même endroit, le même jour et à la même heure.

LA COMMISSION SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUAIS ne s'engage à accepter ni la plus basse, ni aucune des offres de services reçues.

Pour de plus amples renseignements, veuillez communiquer avec Monsieur Charles Pétrin, coordonnateur des ressources matérielle, au 819-449-7866, poste 16247.

Harold Sylvain, Directeur général Maniwaki, le 4 mai 2011.

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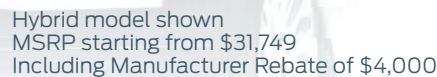
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Shawville history recounts for more than 16 years in walking tour



A flashback in time. Here is a picture of Main Street. The year is unknown, but the first building on the left still stands today and is occupied by Stedman's.

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In the fall of 1994, former Shawville mayor Randy Beattie gave life to the idea of the Historical Walking Tour. "When I was elected I wanted to create projects to bring more tourists to Shawville," said Beattie. "I still believe in it. We live in a beautiful place."

Sandra Carson, Normand Pilon and Gordon Graham were hired to put together the walking tour. After a few months of planning, the project was ready for the public in 1995.

Graham graduated with a Masters in Canadian History, while focusing more locally in the Pontiac and the Pontiac Pacific Junction. "My job for the tour was researching the documents and finding the right people to talk to for the history," said Graham, now a teacher at Pontiac High School

"It was a partnership with Sandra and Normand. They were both really fun to work with," he added. Pilon's job entitled him to work on the graphics included in the booklet to aid the walkers on their own self-guided tour.

"The most interesting aspect of working on the project was just getting to know the details of the area," said Pilon. "There really is a lot of history here."

There are a total of 10 stops throughout the town that are included on the tour. Each location's information is emphasized with a plaque highlighting the details.

"At the time, we decided what locations were unique to the town and still are today," explained Graham. "We focused on the churches, the agriculture, the architecture, the bricks of houses and of course, the railway."

Anybody who does the tour can make their own decision about what stops to make, what order to take and how many sites to see.

Following the map featured in the booklet that can be picked up at Shawville town hall, the first location mark is where the railroad station used to be located.

Located on the bike path, just below Hardy Plants and off Centre Street, is where the station use to be situated. Evidence of where the structure once stood is present among the grass.

Although the area is now completely empty, at one time it was one of the busiest sections of Shawville. "The town actually helped pay, to make sure the railway was placed in this part of town and not further down the road," said Graham.

In the same area, there were other buildings such as warehouses and grain silos. The train took the mail and cream into the city. "It would make a trip that usually lasted a couple days, down to a few hours," Graham said.

By 1984, the rail line that had been so eagerly anticipated by the town was torn up.

The station that used to be the site of so much activity was threatened with destruction. Local town's people eventually saved the station and it is now the Pontiac Museum. The building now stands just outside the Shawville Fairgrounds.

The tour turns onto Victoria Avenue, where the seniors home used to be the school and a few houses used to be hospitals.

"Names are important," said Graham. "You can figure out who the people were thinking of when they named the road. It is after Queen Victoria."

The path leads towards the Shawville fairgrounds, focusing on the agricultural background of the area.

"The fair was the place for farmers to sell their stuff and show off to the area," added Graham.

The war memorial is next in the booklet as a designated stop on the walking tour. "The military history is a big part of the community," explained Graham. "The support that was given by such small communities was just unreal."

A notable aspect in this area of town are the houses that are predominantly made out of brick.

The homes tell the story of how Shawville was prosperous at the turn of the century, said Graham. If someone was to build a house in brick today, it just couldn't work in terms of money, he added.

Mill Dam Park is the next stop on the map in the booklet.

"I've taken students here a few times and then told them to say the name 'Mill Dam' and they asked why is it called that?" said Graham.

The answer he says, is a sawmill was built on the

grounds of the park in 1858 by James Hodgins. A dam created a wide pond but eventually gave way to the brook that be found today.

Local lore tells of Thomas Hodgins, John Dale and his wife Elizabeth who searched for new land to settle on in 1821. It is believed they paddled up the Ottawa river, battling bush, insects and swamps.

Eventually, they discovered a spring, deciding that this was where they would begin their new farms.

"How much truth there is to it, I don't know," said Graham, as he re-told the story, gesturing down the brook at Mill Dam Park. "It is believed though, the springs the town now uses for the water is the very one the first settlers found."

The road eventually takes the walker into downtown

Shawville on Main Street. Flashing back in time, taverns, blacksmiths, tailors and general stores had set up their shops along here.

W.A Hodgins store has been in the same family for more than 150 years, the building itself has taken on many different looks as well.

Town Hall's present building was built in 1927 as a post office and federal building. This particular fact is quickly evident with the words 'Post Office' still etched above the door.

Two grand Victorian Hotels held a fierce competition on Main Street. One of them was Pontiac House which was built in the 1920s. It eventually succumbed to fire in the 1970s. Hursty's restaurant is now situated where Pontiac House once stood.

Stedman's was a store run

by G.F Hodgins, who's name is still visible on the second storey.

The tour begins to wind down with a focus on the churches. The United Church, St. Paul's Anglican Church and New Hope Christian Fellowship Church.

"The churches are the most integral part of the town," said Graham. "People here lived religion. Churches were their outlets for charitable functions and it was a social outing too."

Graham said as far as he knew, Shawville is the largest town without a Catholic Church. All churches are Protestant.

The United Church was built in 1840, but a terrible fire in 1906 only left the church walls standing.

"Can you imagine how much to re-build the church would have cost?" pondered Graham.

While at the United Church, Graham made another observation when looking down Main Street towards the town itself.

"There's a curve in the road. Why is there a curve and the street so cramped and narrow?" he asked.

"There are places like Renfrew and Almonte that were settled by the same group of people and their main streets are wider and straighter," he added.

A variety of answers could be possible. The reason why though remains unanswered.

"I think history can raise more questions than answers," commented Graham.

"Overall, it was a fun project to do and fun to envision it," he said. "Just to see the

changes from what was there and what is here now," he concluded.

Pilon added that 16 years later, the project could be improved upon.

"I think the tour could have new things worth mentioning and be extended too," Pilon said, making reference to Armstrong Heritage Farm.

"There could be more focus on the architecture like Hayes Funeral Home would be a great example. The booklet itself could be replaced along with the quality of photos featured. With the technology we have today, a lot more things are do-able then it was back in 1994," said Pilon.

Whatever happens, the stories continue to live-on in Shawville as long as people are willing to tell them.



The Equity building 'back in the day.' Although the specific year is not known - David and Rosaleen Dickson were the owners at the time.



The first stop of the walking tour is where the train station and railway once stood. The markings in the grass below are believed to be where the structure of the station was situated.



Though the Post Office sign still hangs above the door, and the structure has not changed through the years, the building is now home to the Shawville Town Hall.

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