

THE EQUITY

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SNOWMOBILE RACES DASH BACK TO FORT-COULONGE



Connor Lalande THE EQUITY

LOCALS AND TOURISTS ALIKE WERE ABLE TO WITNESS DAZZLING DISPLAYS OF SKILL, SPEED AND THE RETURN AFTER A TWO-YEAR ABSENCE OF THE 25TH EDITION OF THE SNOWMOBILE RACES THIS PAST SATURDAY. SEE PAGE TWO FOR MORE ON THIS STORY.

Hydro-Québec explains upper Pontiac power outage

BRETT THOMS
PONTIAC March 1, 2023

Hydro-Québec (HQ) presented its preliminary analysis of the causes of the outage that occurred on Feb 4-5, 2023, to several local representatives last week. The Mayor of Lesle-aux-Allumettes Corey Spence, the Mayor of Chichester Donald Gagnon, the Mayor of Sheenboro Doris Ranger, the Mayor of Mansfield-et-Pontefiac Sandra Armstrong, the Mayor of Waltham Odette Godin, MRC Pontiac Warden Jane Toller and Pontiac MNA André Fortin received a debrief in a private meeting with representatives from HQ on what caused the outage and what is being done to prevent the situation from happening again.

In the press release regarding the meeting, it was explained that the upper Pontiac receives much of its electricity from the Waltham and Chutes-Coulonge generating stations, which are both owned by Evolgen, a private company contracted by Hydro-Québec.

Alain Paquette, an HQ communications person for the region also explained to THE EQUITY that the upper Pontiac grid is synchronized with the Ontario system under normal conditions, meaning that due to the way the infrastructure is set up in the region it's easier to use the Ontario grid as a "reference point" as opposed to the Quebec grid.

"The Waltham Station is synchronized with Ontario, meaning that every time

there are disruptions on the Ontario grid, it has an impact on the distribution of electricity to our customers," Paquette said, comparing failure in one part of the system to a game of dominos in the way it impacts the rest of the system.

The official HQ story as outlined in the press release is as follows: The Feb. 4 outage that caused some residents in the upper Pontiac to go 30 hours without power originated in the Ontario system. HQ's attempts to restore power using the Waltham Generating Station failed which was followed by similarly unsuccessful attempts to use the capacity from Chutes-Coulonge Generating Station and the Cadieux Substation in Bryson to off-set the problem stemming from Ontario's

system.

HQ then asked residents in the area to limit their energy consumption by only heating one room until full service could be restored on Feb 5.

The details of what caused the failure on the Ontario side are not known, according to Paquette. He said that there were no known equipment failures in the Waltham Generating Station, despite previous comments from HQ representatives that said otherwise.

Paquette said the HQ had various meetings set up with Evolgen where further details on the cause of the outage will be identified.

CONTINUED ON PAGE TWO

Sûreté du Québec asks for public vigilance in fraud prevention

CONNOR LALANDE
PONTIAC March 1, 2023

The Sûreté du Québec (SQ) announced the beginning of Fraud Prevention Month in a press release distributed on March 1. In partnership with the Bank of Canada, the Autorité des marchés financiers and partners from the Fraud Prevention Forum, the SQ is looking to better educate the public on the types of fraudulent schemes being perpetrated on Canadians and how individuals can better protect themselves.

The release, quoting statistics gathered by the Canadian Anti-Fraud Centre, says that Québec ranked first within Canada for several identity frauds over the course of 2022. Fraud, the release continued, is a growing problem within Québec, as it caused over \$42 million dollars in financial losses within the province throughout 2022, up from \$30 million dollars in 2021.

The SQ and its partners are asking the public to be vigilant and to inform themselves of the ever-evolving nature of fraud within the province. "Citizens must be skeptical of offers that are too attractive, validate the information and question the lure of an easy payoff. These simple actions can save them a lot of trouble. Fraudsters generally rely on ignorance, the vulnerability of victims, a sense of urgency, authority or speed to achieve their goals," the release, translated into English, reads.

More information on fraud prevention can be found on the SQ website.



CHILDCARE WOES Public meeting details the current state of childcare in MRC Pontiac

BRETT THOMS
CAMPBELL'S BAY February 28, 2023

The MRC Pontiac held a public meeting on Feb. 26 to discuss the state of daycare services in the area after several parents expressed concerns about difficulties finding their children day spots.

The meeting was held in person at the MRC office in Campbell's Bay and over Zoom and was presided over by Warden Jane Toller and Pontiac MNA André Fortin.

Fortin started off the meeting by explaining the current situation with childcare in the Pontiac.

"As of Dec. 31 2022 there are 327 daycare spots; 171 are in home daycares and 156 that are CPES (public providers)," Fortin said. "There are also 71 spots that are being developed right now."

Fortin explained that of these 71 new daycare spots, 60 would be allocated to Shawville, 6 would be added to Mansfield-Et-Pontefiac and 5 would be added to Campbell's Bay.

The new spots in Campbell's Bay and Mansfield will be extensions on their preexisting capacities and are in the process of being approved and built, while the 60 in Shawville will be in the form of a new prefab building expected to be completed in the fall, according to Fortin.

Fortin explained that if parents wanted to signal to the government that the 71 new spots in addition to the 327 preexisting spots for the MRC isn't enough, they need to sign their kids up to the waitlist to show that the demand is there, regardless if they have help from their family or personal network.

"The problem is not the capacity, the problem is the employees. I don't have the manpower"

Luskville and Shawville Bambinos Universe Early Childhood Centers general manager Mona Donnelly

"I'm sure some people just A: give up or B: find alternative plans and stick with them," Fortin said. "But if they don't see actual children on the waiting list they're not going to allocate spots here."

Fortin added that another issue with daycare in the region is that Quyon and Luskville are also under-served and therefore parents there will be looking to send their kids to the new spots in Shawville despite being in the MRC des Collines.

"The government looks at MRCs as closed-in spaces but it doesn't always work that way," Fortin said.

Lack of childcare within a reasonable distance of where parents live and work was a concern echoed multiple times in the meeting.

"I just know from personal experience, it's badly needed because, with even my own grandson, it's a 25-minute drive in the morning to take him where he goes," said Mayor Bill McCleary of Shawville, who was attending the meeting.

Meeting attendees also expressed the need to expand daycare services to parents who don't work traditional nine-to-five hours, like healthcare workers.

Toller responded by suggesting public spaces like the Pontiac Hospital, ESSC, and CAP could host an on site daycare for employers and the broader public with flexible hours.

Fortin agreed that while something like that needs to happen, it is not on the government's radar, and as of now, they are just focusing on filling a 30,000 daycare spot gap that exists in the province.

CONTINUED ON PAGE TWO



Connor Lalande THE EQUITY

The downtown location of the Shawville National branch has been there since 2001.

Shawville National Bank branch to be relocated to highway

CONNOR LALANDE
SHAWVILLE March 4, 2023

The Shawville branch of the National Bank will be moving from its current location at the intersection of Main Street and Centre Street sometime over the course of 2023, THE EQUITY has learned.

While a specific date for the move has yet to be announced by the bank, the branch will be relocated within the shopping plaza at the corner of Highway 148 and Clarendon Street.

According to National Bank spokesperson, Alexandre Guay, the branch is being moved, "to offer a new distinctive experience focused on client support and advisory services."

Guay said over one million dollars will be invested in the new location and that bank clients will be notified of the moving date months beforehand.

The Shawville branch of the National Bank has been at its current location since 2001.

Shawville Mayor, Bill McCleary, stated that while Shawville has been fortunate to retain many of the businesses with its downtown core, the town is not immune to the economic challenges facing small communities.

"The trend in all small towns is to move everything to the highway in this day and age," McCleary said. "But we're rather lucky in Shawville in that we don't have many vacancies on our Main Street."



Connor Lalande THE EQUITY

Large crowds gathered to watch the day's races despite sporadic heavy snowfall.



Connor Lalande THE EQUITY

Race participant, Jean-Nicolas Larocque, posing with his sleds.

Snowmobile Races dash back to Fort-Coulonge

CONNOR LALANDE

FORT-COULONGE March 4, 2023

The smell of exhaust and the roar of engines filled the air at the 25th edition of the Snowmobile Races in Fort-Coulonge this past Saturday.

Taking place at the Centre de Loisirs des Draveurs Century 21 Elite, the race was billed as a fundraiser for the arena and saw snowmobilers and spectators attend from throughout the Pontiac and beyond.

For a \$15 fee (or free for those under 12), spectators could watch snowmobiles race in sprint heats. Competitors were organized into different race categories based upon their age and snowmobile characteristics. Snowmobile engine size categories ranged from 120 cc (cubic centimeters) to 1000cc.

Registration went from 8:30 until 11 a.m. and cost \$20 per participant. As the first races, the kids class 120cc, started just after 12, crowds flocked to spectator areas on either side of the race track. Here they stayed to socialize and watch as snowmobiles dashed down the racetrack.

Event volunteer, Nathalie Lévesque from Mansfield, said that while it was her first time at the event, she was glad to see people outside enjoying themselves.

"It's great for the region and its businesses as it brings in tourism," Lévesque said.

Race participant, Jean-Nicolas Larocque from Val-des Monts, said the Snowmobile Races, like all sporting events, were a great way to get people together to bond over a shared interest. Larocque, who was racing in a number of different categories throughout the day, stated he was confident that he would be walking away with some first-place trophies.

"I'm feeling good, I think I'm gonna win it," Larocque said confidently as a sly grin overtook his face.

A triumphant return for an event that was put on hiatus since 2020 due to the pandemic, the Snowmobile Races had over 500 people in attendance according to a Centre de Loisirs des Draveurs Century 21 Elite Facebook post.

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Meeting on childcare

CONTINUED FROM PAGE ONE

Lack of childcare providers for CPEs

Mona Donnelly, general manager of the Bambinos Universe Early Childhood Centers in Luskville and Shawville, which are CPEs in the region, was also in attendance at the meeting. She explained the difficulties faced by these quasi-government daycares.

"The problem is not the capacity, the problem is the employees. I don't have the manpower," Donnelly said. "It's unfortunate because we have the facility, we have the space to have more spots, you don't have to do any architectural work or any changes, but we just don't have the manpower."

Both Donnelly and Fortin said most trained childcare workers are going into the school system due to better salaries and conditions, leaving a lack of qualified people to work in the CPEs.

Aside from improving working conditions at CPEs, Donnelly also suggested that Heritage College should be encouraged to offer an early childhood education program again to increase the number of potential recruits.

Fortin responded that he could see Heritage reoffering the program if the demand from students became apparent.

"What we're learning tonight is that we need to be really proactive with this," Toller said. "Not only with figuring out where the daycares are needed but also have people who will be employed in the daycares. And I think the government would be very happy to see that we're mobilizing ourselves, making a plan and deciding to get this course back in Heritage College because then we would have a made-in-the-Pontiac solution."

Toller promised to host another, better-publicized meeting in the coming months in hopes of adding to the proposals coming from the MRC.

Hydro-Québec power outages

CONTINUED FROM PAGE ONE

"One month later it's easier for us to point to the exact problem and there are mainly two causes of the outages. The first was the disruption on the Ontario grid and then the historic record of electricity consumption due to extreme cold. So the high demand for electricity," said Paquette. "We're talking about a historic record of power usage everywhere in Quebec, including the Pontiac area, which made the recovery more difficult."

The release then details "a three-pronged approach" HQ has taken in response to the outage. For the first prong, Paquette said that a procedure was put in place to ensure that the region remains supplied through Quebec-based sources should something go wrong on the Ontario side shortly after the Feb. 4 outage.

"What is reassuring is that we experienced a problem with the Ontario network on the Thursday following the major outage, also in a cold weather situation. And we immediately switched to the Quebec network and the results were conclusive. So that's good news," Paquette said about the first prong.

Second, the HQ press release said that connecting links have been installed on nodes in the region's infrastructure to ensure generators can be plugged into the grid if needed. And third, improvements were made to the lines coming from the Cadieux Substation, meaning more electricity can be transported on that power line.

HQ also said crews are patrolling infrastructure in the

affected sector to see if any further repairs are required.

"Over the past few years, considerable efforts have been invested to improve the quality of the service in the upper Pontiac, including extensive vegetation control and technical upgrades. We understand the community's concerns following the recent major outage. We remain steadfast in our commitment to continue our efforts to improve service reliability with the same energy and determination," wrote Paquette in the release.

"I would describe the meeting with the Mayors, the Warden in the MNA as very constructive and productive," Paquette said about the meeting in general. "We first wanted to have to share a common vision of what had happened and quickly identify concrete solutions together. They also made us feel the distress of the citizens during this major outage."

Paquette concluded by saying HQ would participate in a public meeting planned in the upper Pontiac on the outages, though said the exact date and terms of the meeting have not yet been worked out.

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 To view the meeting notice, visit www.promutuelassurance.ca/en/valleeloutaouais.

PROMUTUEL INSURANCE OUTAOUAIS VALLEY

At last, a local buyer for the Maison Carlson in Fort-Coulonge



Dany Ladouceur standing in front of his truck, purchased the Carlson House/Leguerrier House.



Pierre Cyr THE EQUITY

Maison Leguerrier, formerly Maison Carlson (1900) as it looks today.

PIERRE CYR

Fort-Coulonge March 3, 2023

Dany Ladouceur, a young building contractor from Fort-Coulonge, purchased the house located at 189 rue Principale in the heart of the village in early 2023. The residence, originally called the Carlson House, was built in 1900. The previous owners were in arrears on paying their taxes and the property was sold to the highest bidder by the town of Fort-Coulonge. The house had been uninhabited for about 10 years. It is also known as the Leguerrier House since 1943 in honour of its purchaser at the time Donat Leguerrier.

Ladouceur is very happy with his acquisition, as the house had previously belonged to his parents. He plans to invest approximately \$275,000 to convert it into a five-unit building. Ladouceur will make three apartments that will be adapted for seniors on the first level. Two large three-bedroom apartments will be built on the two upper floors. The renovation of the first floor should be completed by the fall of 2023 and the upper levels by the spring of 2024.

Ladouceur is very proud to save this building, which has been part of the village's heritage for over a century. He intends to respect the heritage character of the residence inside and out and is already looking forward to the final product.



submitted

Picture of the house from 1981 in Benoit Paré's book : Fort-Coulonge, Pour mieux connaître son histoire.

We Love Our Pets
 THE EQUITY is featuring a **LOVABLE PET PAGE** in the April 26th issue.

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Four of the members of Transistor Media in their control room (left to right): François Larivière, Julien Morissette, Alexis Elina and Amélie Rondeau.

Calling all paranormals

GLEN HARTLE
PONTIAC March 8, 2023

Julien Morissette knows a thing or two about the merit of sound.

As a young man of 19, he toured Canada as a musician in a band, his upright bass safely stowed with the other instruments on board. With his father's blessing, himself a doctor as was his father before him, Morissette chased his dreams of performing on stage with audiences and with sound as his calling card.

While on the road, he took his turn at the wheel, as did they all, and often found himself on the night shift listening to the radio to keep himself alert and entertained. CBC radio offered Stuart McLean & Jonathan Goldstein and he fell in love. He fell in love with voices over air.



Glen Hartle THE EQUITY

Morissette's father encouraged him to follow his own dreams and he keeps the upright bass he played nearby to keep things real.

McLean's Vinyl Cafe brought essays, short stories and music while Goldstein featured storytelling. Both captivated the young Morissette's imagination and thus began the path upon which we find him today.

Morissette first studied at the Cégep de l'Outaouais and followed this up with a bachelor degree from the University of Montreal and a Master of Communication from the University of Ottawa. All the while, he was working with Radio-Canada as both a producer and an on-air personality.

While studying, he became fascinated with an investigative journalism podcast coming out of Chicago called "Serial". While podcasts weren't new in 2014, the narrative & dramatic format over radio did not yet have a foothold in Québec where airwaves were mostly made up of talk shows and interviews. Morissette envisioned a void and set about to fix that.

He left Radio-Canada in 2016 and started Transistor Media whose mandate set out "to create, produce and distribute digital audio works, with a focus on sound creation, radio art and podcasting as means of expression in order to promote this discipline and contribute to public appreciation of the arts." Or in other words, fill the void.

In the ensuing years, he has established Transistor as a powerhouse in the realm of French language podcasts, even winning an international award in Paris last year for the third season of their very popular Synthèse series – a pseudo-journalistic reconstruction of real-life crimes, very much in the format of the *Serial* podcasts which so inspired Morissette years earlier.

This blurring of the lines between fiction and reality characterizes most of Transistor's work and it has proven successful. Morissette beams while sharing that he is often asked about the veracity of various elements of his productions, and this he considers a sign of success. He and his team are happy to clarify these terms in person while letting the podcasts remain delightfully nuanced.

Morissette's love of and for the Pontiac has always been there. One of his first creative efforts at the helm of Transistor delivered "Direct From", a series of 9 podcasts for Radio-Canada and the very first stop was at Isle-aux-Allumettes. Emboldened by the success, Morissette worked on a new version of a work penned by no less than the celebrated Gabriel García Márquez, changing the script from Colombia to the Pontiac.

More recently, Transistor has received a grant from the Conseil des arts et des lettres du Québec (CALQ) to extend their latest podcast success – *Hantées* (Haunted) – into the Pontiac. And with that, Morissette is sounding notice that he is on the hunt for stories of ghosts and spirits and the paranormal from anywhere in the Pontiac. Were you rescued on Ghost Hill? Did you hear whispers in an empty Coronation Hall? Perhaps there were unexplained footsteps at the old grist mill?

Gather your stories and contact Transistor. They'd love to hear more and you never know, your story may feature prominently in season two of *Hantées*, premiering appropriately on All Hallows' Eve.

All podcasts and contact information are available on their website at <https://transistor.media>

Bristol area farm doing things differently

CONNOR LALANDE
BRISTOL March 8, 2023

Nestled along Highway 148, just west of Bristol, there is a farm unlike any other within the Pontiac. After pulling off the highway and driving a short distance up the meandering driveway, a charming wooden farmhouse marks your entrance as a large white livestock guardian dog awakes from its lazy slumber to cheerfully celebrate your arrival. Once past the house, you are met with a vividly red farmhouse in the foreground. Here, circled around a large pile of hay, are dozens of alpacas munching away contently. You've arrived at Willow Lane Alpacas.

Gayle and Laird Graham, the owners and operators of Willow Lane Alpacas, walk out to meet you with a welcoming smile. Since 2007 they have built a successful farm employing the alpaca, a large mammal from South America, as their primary livestock. Although relatively uncommon within North America, the alpaca has long been valued for their soft, comfortable and warm fleece. Charming animals with long necks, slender bodies and radiant eyes, the Grahams warn that "alpacas will steal your heart."

According to the Grahams, what was once a subsistence farm with pigs, cows, chickens and a sprawling garden changed dramatically the day 11 alpacas arrived from Stienbach, Manitoba. After exhaustive research, Gayle and Laird decided alpacas were ideal for their farm as they are quiet, intelligent animals who also produce eco-friendly fertilizer.

"I've chased everything down the highway - pigs, cows, horses" Gayle said with a laugh. "Alpacas are so smart though that we have them trained. We click our fingers and they just come back through the gate."

From the initial herd of 11, Willow Lane Alpacas has flourished, and now boasts 34 alpacas. Once a year, during the second weekend of May, the Grahams have their alpacas sheared. An arduous process

in itself, the shearing is just the beginning. Once the fleece is removed, it must be prepared for the mills that turn it into fabric. This stage, known as skirting, involves picking out all the dirt, straw, hay or any other debris from the fleece as the mill will not accept uncleaned fleece. According to Gayle, this process can take months.

"That's the work of alpaca farming," said Gayle. "It's actually preparing the fibre to go off to the mills." With the taxing work of skirting completed, the fleece is shipped to a mill in New Brunswick where it is converted into yarn. From here it is reshipped to various locations to be fabricated into socks, mittens, insoles and all manner of alpaca products.

Gayle insists the benefits of alpaca products are extensive. According to Gayle, not only is alpaca fabric warmer and more durable than say cotton or sheep's wool, but is also extremely comfortable. "Being in our area, people are outside in the winter a lot," said Gayle. "Many people in the region, whether hunters or other farmers, wear our products to keep warm and comfortable."

In addition to alpaca products, the farm sells honey, eggs and offers guided tours to the public. During the tours, participants are walked through the process of alpaca farming and are afforded the opportunity to have an up close and personal experience with the animals. According to the Grahams, the alpacas' gentle nature, intelligence and cleanliness make it an ideal animal to introduce young families and the general public to animal husbandry.

"If they don't want to be touched, they just walk away," said Gayle. "They are quiet and make a soft humming sound to speak with each other."

"Agritourism is really important for the region," explained Laird. "All of these small farming businesses are bringing people into the area, which is really good for the regional economy."



Connor Lalonde THE EQUITY

Gayle and Laird Graham, the owners and operators of Willow Lane Alpacas, and one of the younger animals in their herd.



Connor Lalonde THE EQUITY

More than just beautiful animals, alpacas have long been valued for their fleece.



Connor Lalonde THE EQUITY

A group of alpacas enjoying a lunchtime meal as the farm's beautiful barn sits in the background.

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Please join us in welcoming Megan Alexander to The Equity's advertising sales team.

A lifelong Pontiacer, mother of two young children, and an Algonquin graduate with a background in law firm administration, Megan now works alongside Bonnie Chevrier, working with our clients to develop compelling, effective messages for placement in The Equity.

Founded in 1883, The Equity has been a welcome weekly guest at kitchen tables across the Pontiac for generations. Throughout its 140-year history, businesses, municipalities, service clubs, community groups and other organizations that are making things happen in the Pontiac have relied on The Equity to let people know about it.

As subscribers to Pontiac's only weekly newspaper, Equity readers have shown they are serious about staying well-informed and are willing to pay for it. If you need your message to be read by the people most tuned-in to what is going on in the Pontiac, Equity readers are the people you need to reach.

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THE EQUITY

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THE EQUITY



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Editorial

What's in a name

The recent name change of the federal riding from Pontiac to Pontiac-Kitigan Zibi is all about symbolism. Not that that's a bad thing. Recognizing the presence of the Kitigan Zibi reservation, home to descendants of the original inhabitants of what we today call the Pontiac, is a good thing. Anything that reminds us of the history and the continued presence of Indigenous peoples is worthwhile.

At the same time, it's just a name change. Like many other moves taken by the Government of Canada in the name of reconciliation with Indigenous peoples, it falls short of doing anything substantive. It does nothing to alleviate the economic disparities between Indigenous and non-Indigenous people.

Nor does it empower the Indigenous population politically. In fact, it papers over their continuing disempowerment. In 2021, the population of Kitigan-Zibi was 1,204 of a total riding population of 111,138. Of course, many people in the riding who identify as Indigenous live outside Kitigan-Zibi, but even so, the votes of Indigenous people are unlikely to have a significant effect on electoral outcomes in the riding due to their lack of relative demographic weight.

Ironically, the name change comes at the same time that Atomic Energy of Canada Limited (AECL), a federal crown cooperation, has made it explicit that their consultations with the Anishinabeg nations over CNLs proposed Near Surface Disposal Facility (NSDF) for radioactive waste at Chalk River does not include giving them a veto. Effectively, the government, through AECL, is asking Indigenous people for consent to the project while telling them they can't say no.

This is just one example of how the relationship between the Government of Canada and Indigenous Nations is still defined by paternalism and hypocrisy, regardless of the rhetorical shift towards "reconciliation".

Change beyond symbolism would mean doing things that give real power to Indigenous communities to exert agency in meaningful ways, as they see fit. For example, it would mean actually abiding by their wishes on a project like the NSDF instead of engaging in the political theatre of consulting with them while simultaneously denying them the ability to change anything.

Back on the topic of electoral ridings, reconciliation could also mean giving Indigenous people genuine and consistent representation in Parliament. New Zealand, a country with both institutions and a settler colonial past similar to Canada's, has guaranteed representation for its Indigenous Maori population. This takes the form of geographically defined Maori electorates, which overlap with other conventional ridings. These electorates give Maori peoples guaranteed representation in New Zealand's parliament by giving Maori voters the option to vote in ridings where they are the demographic majority.

Whether a similar arrangement here would be to the liking of Indigenous people living in Canada, that's their call. But the concept of Maori electorates does at least serve to show that there is more that governments could do if they were really interested in meaningful reconciliation.

Coming to grips with the dark side of both Canada's past and present demands more than just a name change, especially in an area already named after the historical Chief Pontiac, an Indigenous figure who resisted colonialism more than 250 years ago.

Brett Thoms

The Parents' Voice

By Shelley Heaphy

Time Change

Some would say that this coming weekend, on March 11, when time springs forward is one of the most dreaded weekends of the year for parents. When I had little ones I dreaded this weekend like the plague. Everyone was so grumpy and tired after the time change I remember it usually taking a week or two for everyone to resume normal sleeping patterns. I don't know how you feel about it, but I really hate losing an hour of sleep. Why do we do this every year again? I dug up some tips to help parents survive this time change, read on for more information.

- 1) Have darkened curtains or blinds to keep the room dark. With this time change the outdoors is brighter when little ones go to bed, it's important to be able to keep their sleep routine consistent so darkening the room can be a good option.
 - 2) Some experts suggest putting kids to bed 15-30 minutes earlier a few days leading up to the change and waking them up 15-30 minutes earlier, this way when the time changes they won't feel as much of a change.
 - 3) Maintain their normal sleep routine; bath time, storytime, snuggles etc.
 - 4) Perhaps try and be more active leading up to bed time so that they are tired a few minutes earlier – go for a spring walk before bed or have a game of hide and seek or hey, have them run around the house ten times (just kidding if your kids are like mine this last option might rile them up).
 - 5) Have patience. It may not be easy getting your toddler to bed 15 minutes earlier, they may not adjust quickly but the time change really is only 1 hour and eventually things will get back to normal – remind yourself of that.
 - 6) Remember the days are getting longer and that is something to look forward to.
- Enjoy some later hours of sunshine. At the end of the day, as inconvenient as this change is more hours of daylight can bring about some happiness, I'm anxious to get out for evening walks again.
- Until next week enjoy some family time!

Corrections

An article titled *Big Change for Ski Pontiac* (THE EQUITY, March 1), made reference to the ski club's decision to discontinue operating trails at Pine Lodge but did not indicate that this was due to the failure of the club and the resort to reach an agreement over the matter of liability protection. We are informed by Pine Lodge that its insurers required Ski Pontiac to sign a 'hold harmless' agreement removing Pine Lodge from liability, and by Ski Pontiac that its board members were unwilling to sign such an agreement that they believed would put them in personal jeopardy. THE EQUITY regrets the omission of this information and apologizes for any misunderstanding this may have caused.

In the article *Centuries-old white pines felled in Fort Coulonge* (THE EQUITY, March 1) we should have identified the historical house associated with the cut down trees as the Rabb House (Maison Rabb), named after Dr. Haddon Rabb. THE EQUITY apologizes for this error.



Dave Moore THE EQUITY

Frosted tops

Out standing in his field

by Chris Judd

Your life is number one

I don't often scare you, but next week (March 13-19) is Canadian farm safety week, and we have lost too many local farmers (over 100) to farm related deaths.

Farming is a more dangerous occupation than policing or being in the armed forces. We think of farming with cows peacefully grazing in a lush green pasture with a red barn in the background.

I only was close to death once when I was about three years old, I lost my grip on the fender of a tractor that dad was loading manure with and fell off behind it. Dad noticed immediately and stopped immediately before backing over me. Dad was always equipped and spread an old tarp on the grass nearby where dad could watch me all the time that he was working in that field, with a few wrenches on the tarp for me to play with, and that's where I stayed playing and sleeping till dinner time.

I was with dad most every day and learned the dangers of life on the farm from a very young age. Many farm kids are raised that way and learn how dangerous farming is. I have had the opportunity to visit school classrooms and expose children to some of the hazards of being on a farm. On one of these days I was surprised when I asked "how many of you live on a farm?" In three classrooms there were only two children total out of sixty kids who lived on a farm.

This is a very rural farming community. Many

farms in our area accept school visits to a real working farm and often the teachers have never visited a farm before either. These encounters with children are most effective when a farmer who has lost a leg, arm, finger, or had some other serious injury on a farm, is the one speaking to the group of kids.

Most of us think we are careful, and nothing will happen on our farm. Farm safety days are one of the least attended information days that anyone tries to put on. If you as a farmer, farm spouse, or farm child have a few minutes, please google CASA which is the Canadian Farm Safety Association. Although about 15 years ago the federal government took away all their funding, CASA is still supported by several provincial governments. They rely heavily on volunteers.

Even before the stresses associated with covid played havoc with our mental health, it was a major health problem in every corner of our world. When I was a kid, it was thought that only crazy people had mental health problems. Even before the covid pressure came on, one person in five experienced some form of a mental health problem and one in 20 have or will contemplate suicide sometime in their life.

The stresses that covid had on our lives doubled the cases of mental health problems even though many of them went undetected and were never treated.

There are many stages of mental health problems that range from mild anxiety to suicide. The fact that people interact much less than our parents or grandparents did has had a huge impact on our mental health. The fact that we are more isolated than before has had a drastic effect on us, but because we visit and interact less there is a greatly reduced number

of people silently watching each other for small signs of change. Because of covid restrictions on gatherings, there have been fewer information days to teach people about the different stages of mental strain and how to help.

There have been several one or two-day training sessions to familiarize attendees about mental health. Again, men are very poor at attending these very informative courses even though they are usually offered free of charge. It could be a "macho" thing or maybe the guys are just too busy working. Actually, it is the wife and kids who are the first to notice a change in dad's behavior.

Although the new suicide prevention hotline will not be operational until November 2023, there are several trained professionals who you can confide in. Call 911 now, or after November 2023 call 988.

There will be information days dealing with farm safety and mental health this spring in the Pontiac area. Please make time to attend and or get someone that you can rely on to attend. Both these sessions can be made available in English or French, as asked for.

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



The Way We Were

Compiled by Bonnie Chevrier

Mar. 4, 1998

25 Years Ago

Quebec's first female welders to graduate:

Two local women are poised to become the first female welders in Quebec.

After one and a half years of welding theory and practice at the Centre de Formation Professionnelle de l'Outaouais in Hull, Fort Coulonge's Nathalie Gervais, 20 and Calumet Island's Jaime Ryan, 21, will finish the course in the first week of April.

"I wanted to work with my hands," Gervais says. "I went to CEGEP but didn't like it."

"My uncles and grandfather are welders," Ryan says, "I was used to seeing them weld."

The women are looking forward to entering the work force and have plans made for their paychecks when the bills are paid. Plans for the future include possible employment on a pipeline in Alberta, as well, there is the remote possibility they may try underwater welding.

Desjardinsville carnival a success: The ninth annual Desjardinsville Winter Carnival Sunday was a hit once again despite the rainy weather.

Carnival organizer Lucien Chartrand says everyone had a good time indoors. Chief cook Leo Lamarche and helper Jack Demers served more than 100 plates at the pancake breakfast and another 100 plates at the bean supper. The profits from the \$3 per plate went towards the church for repairs and landscaping.

A euchre tournament was held in the afternoon with 48 players vying for top spot. The winners are as follows: Leo Chartrand, 93 points, \$45; second (tie) Art Landry and Julie Godin, 90 points, \$17.50 ea; third (tie) Johnny Montgomery and Gerald Spence, 89 points, \$12.50 ea; and fourth, Jeannette Gaudette, 88 points, \$15.

A draw for cash prizes was held with the winnings donated by local businesses.

Mar. 7, 1973

50 Years Ago

Bryson Proclamation Day: The re-enacting of

the first council meeting in Bryson, with mayors from other Pontiac municipalities seated on the stage was part of the great Proclamation Day at Bryson February 24.

All events of the day were well attended and immensely successful, much to the satisfaction of the many people involved in preparations.

Mayor Leo Piché, was surrounded by his councillors, all of them dressed for the part of Bryson in 1873.

Pontiac old timers basketball team beat Rough Riders: The Pontiac Old Timers finally succeeded in defeating the Ottawa Rough Riders 72-66. This was the first year that the Rough Riders had visited PPHS.

There was a good crowd on hand to see the see-saw battle. It was only in the last minute that the Old Timers pulled ahead and stayed until the final buzzer.

Top scorers for Ottawa were Rod Woodward 27 and Rich Cassata 20; for the Old Timers, Junior Woodland scored 14 and Hugh Hodgins scored 14.

Mar. 18, 1948

75 Years Ago

Local news: In the second exhibition game played here on Friday night, Shawville Seniors easily defeated Creighton Stars, by the wide margin of 12 to 4.

The final game for the Lawn Trophy between Pontiac All Stars and Shawville Juniors at the Shawville arena last Tuesday night ended unsatisfactorily and in somewhat of a fracas or brawl at the score of one all. After several minutes of overtime play the trouble began when fights broke out in the aisles, which caused such a disturbance that the game had to be called.

A good attendance of members and four visitors from Ottawa club were present at the Shawville Rotary Club luncheon held at the Pontiac House Friday evening.

The first notable break-up of wintry weather in this district occurred during the past weekend when the mercury hovered between 35 and 40 degrees. Rain fell Monday and Tuesday causing

terrible driving conditions on Shawville streets and many cellars in different part of the town are reported to be flooded.

The first meteorological station for north western Quebec will probably be set up in the near future, it was disclosed today by J.D. Descarie, director of the Rouyn Arts and Crafts School.

Lead has been discovered under some of the farmlands of Fitzroy Township near Galetta and at least one farmer, a young veteran has hit the jackpot.

Mar. 1, 1923

100 Years Ago

Local new: Skates sharpened by an experienced hand at the Power House, Shawville. A good job at a moderate price.

The masquerade carnival held under the auspices of the Rink Company last Friday evening is said to have out-classed any similar event ever staged in the county, although the weather could not be regarded as strictly ideal for such an event, being much too cold for those whose costumes were of a light and flimsy nature. There was a large number of costumed skaters and the garbs worn embraced nearly every conceivable make-up, from the sublime to the ultra-ridiculous and many gave evidence of good taste and elaborate preparation.

A new oil lamp that gives an amazing brilliant soft, white light even better than gas or electricity has been tested by 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor or smoke or noise, no pumping up, is simple, clear and safe. It burns 94 per cent air and 6 per cent coal oil.

The reason for the recent sharp advance in the price of teas is credited to a shortage in the crop of eighty million pounds, more than sufficient to supply Canadian tea drinkers for two years. The advance in the price of sugar, and at a time of year, too, when sugar is in less demand than at any other season, is not so easily explained.

At a meeting of the Pontiac Rural Telephone Co. last Thursday, Mr. Frank Finnigan was re-engaged as line man for the current year.

Letters

Complaint

Dear Editor,

I'd like to complain* - imagine that - about the weather. Over this past winter, we've had warnings of huge fierce storms, which often turned out to be piddly little snow squalls; inconvenient enough, but not the world-stopping blizzards predicted by weather pundits. It's as if we are somehow parked on the lucky side of the river, as this year's snow falls clung to the south shore, and dumped big time on Ottawa.

But the complaint I wish to register deals with the nature of the snow we've received. We were told, in grade school science classes, that every snowflake is unique in its structure. I choose to disagree - I feel certain that we are receiving second-hand duplicate snowflakes, left over from the snowstorms across the River. In hand-shovelling my driveway, I broke a shovel that had successfully moved mountains of snow for well over twenty years. Of all the unique snowflakes I've moved and piled over that time, I strained my back, but not that reliable shovel. My indubitable conclusion is that my revered antique shovel has fallen victim to duplicate snowflakes which pack down into ice, thwarting my efforts to quickly and efficiently move them out of the way, until spring thaw turns them to liquid again.

I'd like to know what weather pundits and elected government officials intend to do about this problem, which threatens to embarrass our tourist industry, and injures old tools, such as myself? (*satire)

Robert Wills, Thorne and Shawville, Que.

Sad, angry and anxious

Dear Editor,

It makes me so sad, angry and anxious when I read about Boutique Shawville Shooz being harassed and threatened by the Quebec government about using English on Facebook promoting her business.

About 15 years ago when I was developing Clarendon Point, I was called by an official from Quebec City stating that I must change my English sign at the entrance to my development immediately or I would be fined. I asked what would happen if I did not respect his request and would not pay the fine. He said that I would be jailed...I said come and get me as I would not be hard to find as I would be at the Shawville Fair all weekend. I then slammed the phone so hard it broke. Thankfully for him, the separatist never did show his cowardly face and I never changed my sign.

My family came from Ireland to Dunrobin, Ontario and Onslow, Quebec almost 200 years ago in 1837. My family and I lived in Shawville for almost 20 years from 1951 to 1971 and I attended school there and my father was the only veterinarian from Fort Coulonge to Aylmer. Even he could not practice there now due to the language laws at this time. What are farmers supposed to do now...sell their livestock because their veterinarian cannot speak French? The horses, cattle and farmers don't care.

Mr. Fortin, please stand up for all Canadians, even the English, and get this law off the books. Let me know if you need any help.

God bless Canada, Quebec included, and all the rights that we Canadians have fought for over the past 200 years.

Mick Armitage, Ottawa, Ont.

This province has suffered severely from the epidemic of la grippe which has been widespread throughout the country but happily is now reported to be subsiding.

A woman appeared as an attorney for the first time in the history of German criminal courts a few days ago, when Fraulein Dr. Munk of Berlin acted as defendant counsel for a man accused of a street robbery.

Mar. 10, 1898

125 Years Ago

Local news: Mr. A. Johnston of Bonnechere Point was in town on Thursday last in search of a good horse, to match one he has. Alex always keeps the best samples of the equine species he can get a hold of and in fact, doesn't want anything else.

Mr. David R. McFarlane, formerly of Bryson, who for a number of years past has been agent for the Moore Bros. Lumber concern, started for the Klondike gold fields with a small party of friends on Wednesday last.

Mr. A. Holland of Ottawa was here again on Thursday evening last in connection with the acetylene gas business, to which he is now devoting considerable of his time. Last week he removed from the P.R.J. cars the large generator, which was put in merely as an experiment and installed a small plant in the first class car which has been made to work most satisfactorily. It is expected the company will have similar plants installed in the second class and mail car before long. The Pontiac train is the first train on the continent that has adopted this system of lighting.

A sleigh load of our young people took in the carnival at Bryson on Friday evening. For the first time this winter, the county town people were favoured with a beautiful night for their carnival.

Mr. A.S. Smart, agent, received a carload of machinery and implements from the Massey Harris Company on Saturday for coming spring's trade.

CONTINUED ON PAGE FIVE

Lorne Daley hasn't missed a Saint Patrick's Day in 75 years

And his childhood in Quyon is entirely to blame

by Sophie Kuijper Dickson

On a Saturday afternoon in February, Lorne Daley poured himself a tall glass of water. He asked his Alexa speaker to shut off the country music playlist that had been playing all morning, slung his acoustic guitar over his shoulder and made his way to his home office on his second floor. At his computer, he logged himself into his Skype account, positioned himself roughly in front of where he knew the camera to be, and waited for his vocal coach to join the call.

Daley is a musician and an entertainer. He has spent almost 75 years either sitting at a piano, or with a guitar under his arm, singing covers of all the crowd pleasers to adoring crowds. He's released three CDs, each with a mix of classic hits and originals, and was even invited to play a show for the Ottawa Valley Country Music Hall of Fame, where he one day hopes to be inducted. His goal, he says, is to be a "good time, down to earth rock 'n' country" band. He wants his audiences to feel at home, and also to be moved to get out of their seats.

March is his busiest time of year. For a few precious weeks, when most are patiently, begrudgingly, bearing the last legs of winter, Daley gets to do what he loves most – belting out classic Irish jigs and country tunes in bars, legions, church basements, and Lions Clubs across the city of Ottawa, and sometimes beyond.

When Mackenzie Salhany logged onto the Skype call, she got Daley to shake out his neck and loosen his jaw. For Daley, this meant sticking out his tongue (think Gene Simmons), wagging his head frantically and, after catching his breath, saying with a laugh and a holler, "Sh-sh-shake it out baby!" He was ready.

After working through some warm-up exercises, Daley moved to some of his favourite traditional Irish songs, like *Whiskey in the Jar* and *Danny Boy*. Salhany complimented the ease with which he pronounced the Irish words. "That's my ancestors coming to help me, I guess!"

Daley has been meeting with Salhany for 12 years. Their lessons started in person when he decided, heading into retirement, that after a lifetime of intuitively feeling his way through lyrics, he was ready for some professional guidance. When Salhany moved to Toronto, Daley, who'd grown to calling her his second daughter, insisted they continue their lessons over Skype.

"I believe I can always get better," he told me on a separate afternoon. We were sitting at his kitchen table at his home in Kanata. He said since starting vocal lessons, he's learned how to express a feeling in a song. He thinks this is important for his audiences, "so they can feel too."

Daley is turning 75 in May, and has partaken in some version of this Saint Patrick's Day musical tradition for most of these 75 years. From his early days chording along to his father's fiddle tunes at his family home in Quyon, to decades later on the stages of Nashville, Tennessee, Daley has turned to music as a means of connecting with other people, and with himself.

He is a self-described joker. His voice, and words, are often carried by a wink, and punctuated by a laugh. He is committed to approaching the world with lightness. This is how he cares for it. Music, for him, is lightness embodied. He's written many of his own songs, which can be found scattered across his three CDs. Most are odes to his childhood home in the Pontiac, or to his parents whom he credits with having gifted him the musical bug, and many of the other values that have moved him through his life.

But the songs he most loves to perform are not his originals. They are the classic rock and roll tunes, or Irish jigs, or country ballads that for decades have made themselves available for revisiting. Daley enjoys this work of interpreting and representing relatable experience – songs about love, loss, heartache, and missing home. It's these songs, he finds, that allow the greatest connection with his audience – an audience he never gets to see.

At the age of 19, Daley was blinded in an industrial accident. But this is not his story, and he is quick to say so. "Who I am is who I am. The sight impairment is just a physical limitation. Everybody has various limitations, whether emotional, physical, or social, or mental," Daley said.

"Mine's maybe a little more obvious. I have specific needs. I don't pretend I don't have them. I accept my blindness. I'm a happy guy. Music has contributed to that."

What is his story is how he learned to play guitar as a way of building a path back into a world he had suddenly, unfairly, lost; how he continued to write and share his music as a way of connecting with every new community in which he found himself; and how he did all of this with a smile and a joke. Beyond all of this, his is a story of a boy from a small town who grew up, moved away to the big city, and later returned to show gratitude for what he realized his community had given to him, something that had become integral to who he was.

Daley was born into a large Irish family in 1948. They lived in a brick house atop a hill in Quyon. His father, Francis Daley, worked on the railroad and his mother, Ada Muldoon, was a schoolteacher and raised their 11 children. As Daley remembered it, they were surviving, but only because his parents worked hard.

Their day-by-day getting by was not without joy. At the time, a handful of families, including the McCanns, the Gavans, the Forans and the Curleys, would rotate through each other's kitchens and the stage at Gavan's Hotel with fiddles, guitars, spoons and step dancers in tow.

"There was a heck of a lot of good musicians, and caring people too. Whether that's the water, or the people or the music..." Daley trailed off. These people were bound by music. The traditional Irish folk songs they played connected them to their pasts, and offered themselves as tools in connecting with each other in building a shared present.

"There'd be all their family, kids, grandkids, boyfriends, girlfriends, husbands, wives. And a whole whack of people from around the village that played music or just wanted to go listen to it," Gail Gavan remembered. She was best friends with Daley's sister as a child so spent a lot of time in the Daley household.

"There'd be just lawn chairs and people chatting and they'd put out a couple of pieces of plywood for anybody that wanted to step dance or square dance. And Francis would play the fiddle. And Ada would just smile and laugh."

Gavan credits the warmth and generosity of the family with having drawn her out from the shyness that trapped her as a child. "It was an opportunity to enjoy music and also to try out the music and to try to play spoons and to try playing guitar and try step dancing without an audience." Gavan went on to become very comfortable with an audience, singing country music on stages across the valley. She said the Daleys' home was what first gave her



Lorne Daley, born to Quyon's Francis and Ada Daley, plays a cover of Eagles hit, *Tequila Sunrise*, in his Kanata home. Daley is gearing up for another year of Saint Patrick's Day performances, beginning March 11.

the space to perform without fear of being judged.

It was in this context that Daley learned to play the piano so he could chord along to his father's fiddle. Eventually he began singing, and would piece together the lyrics of his favourite songs whenever he was lucky enough to catch them on the radio.

After his accident, Daley's appreciation and need for music became more profound.

"When I came home from the hospital, the very first thing I did I went in the house, and I went to the piano, and I sat down, and I played a tune, and sang a song and I said, 'Good, I can do that.'"

One month later, Daley had learned the G-chord on the guitar and was quickly on his way to Ottawa to buy his own six-string Yamaha. From there he moved to the D-chord, and then the C-chord, and practiced switching between them. Because he could no longer read music, he traced his hand over the neck of his guitar, over and over again, between destinations, trodding pathways he hoped his hand would later remember intuitively.

Daley credits his friend Jack McRae with showing him how to strum on stage, and play with a band. "You have to get to a point where you can just feel the beats," Daley said. He had stood up to make me a coffee, and was talking to me from inside his fridge, where he was fishing out one of several 250-milliliter cartons of milk he keeps for guests. He doesn't take milk in his coffee.

Daley wore dark blue jeans and a buttoned plaid shirt in light greys and blues, with a twisted brown paisley design that crawled over his shoulders and down towards his chest in a declarative but not traditional Western style. On his head he wore his signature waxed cotton Australian outback hat.

A handwritten note taped to his fridge door requested visitors (most often family) not to touch anything inside, with the kind explanation that this would make it impossible for him ever to find anything back. Every item had its place, and if removed, was always returned to that place. Music, like his well-organized fridge, has offered his life a structure through which it could flow. It has set the beat in every new place he's lived, and brought him back to the community where he was born.

In his first years away from home, Daley enrolled to finish his high school diploma at a Brantford school for children with visual and auditory impairments. There, he met "some awesome musicians," with skill and creativity he hadn't seen before. "I decided to hang around." He listened for sounds and notes he had not yet made on his guitar, and then asked to be shown how to make them.

It was around this time he met his wife, Patricia Farnden, who was studying to become a nurse. He was at a party in Scarborough when some people convinced him to play a couple of tunes on the guitar. After a few songs most people turned their attention to a euchre game, but Pat, as he called her, stuck around to request a Gordon Lightfoot song. When he ran out of songs to play, he and Pat left the party together, found a spot for a late-night bite to eat, and shared a cab ride back to downtown Toronto. The next weekend, he invited her to an Everly Brothers show, and two years later, they were married.

After completing his degree in kinesiology and leisure studies in Kitchener, Daley moved his family, which had grown to include his eldest, Chris, and the twins Jason and Lisa, to Sudbury, where his youngest, Matthew, was born. Here he began his work in change management, training people in various governments on how to be more inclusive of people living with disabilities.

"How to perceive people as people," Daley explained. "Not just what the book looks like, but what's inside the book. So you know, judging people for individuals and not labeling them. I used to say labels were for jars, or a Coors Lite or something." Daley continued this kind of work for the House of Commons and the National

Capital Commission, until his retirement in 2003.

Daley's musical contributions to the community extended far beyond the individual songs he shared with his audiences throughout the decades. In 1990, Daley organized the inaugural Pontiac Pride, a two-day festival in Quyon that showcased musical talent from across the Pontiac region. He worked with a group of people, including Gail Gavan, to keep the festival going for another five years, raising a total of \$60,000 for the Pontiac Community Hospital.

Daley has also organized many other jamborees in Ottawa, with proceeds going to the Ottawa Heart Institute, CHEO, and the Quyon Community Centre. "Organizing and doing all the work to make it a success is my contribution," Daley said. "I was raised that way. That's the sort of value system we learned growing up in a small town."

Five years ago, when Daley turned 70, his kids organized a family trip to Nashville, Tennessee, the world's country music headquarters.

"We always kind of kicked the idea around," said Jason Daley, one of the twins. "We thought it would be amazing to see my father, who loved country music growing up and introduced us to country music, and take him to the epicenter? It just had to be."

So at Daley's 70th birthday party, they surprised him with a pair of tickets. On the plane ride there they met a man by the name of Craig Curtis. He was also from the Ottawa Valley but had been living in Nashville for many years. Curtis invited the Daley family to join

him for a drink when the plane landed.

"He sees the infectious personality my father is and they just get to chatting," Jason said. It wasn't long before Curtis had invited Daley to play a couple of songs later that week at the Nashville Palace, a famous country venue whose stage has hosted Johnny Cash, Alan Jackson and Daley's king, Waylon Jennings.

Daley agreed, but was unsure about stage etiquette in Nashville. "Up in the Ottawa Valley, you do three songs and then you get off the stage," he explained to Curtis before going up on stage. "Oh no," Curtis said. "Here, you do one. If they like you, you do two."

Daley started with a George Jones tune. "... An empty bottle, a broken heart, and you're still on my mind," he crooned to the small crowd, closing the song. But as he took his guitar off, he was urged to keep going. "It was incredible," Daley said. "It was beautiful."

This wasn't the end of his Nashville tour. The next evening, his family was at Tootsie's, another well known Nashville bar, where the walls are covered in autographs from country stars who'd performed at the venue through the decades, including Dolly Parton, and of course, Waylon Jennings.

Daley's kids slipped his business card to the man coordinating the stage for the evening, and before long he heard his name being called up.

"I took him out on stage and I could just feel nerves turned into an energy, a projection of love," Jason remembered. "Music is a projection of love for my dad, that's for sure."

Throughout his life, Daley's music reminded him of who he was, where he came from, and where he would eventually, in his own way, return. "It connected me with band members and with other people who love music. It enabled me to be confident in myself, to be creative, to meet challenges, even to overcome fears at times."

He paused, seeming to disappear inside his own head, when suddenly: "I was all but devastated..." Daley started, jokingly singing along to *Wrong*, a Waylon Jennings song that was playing through the speaker. While Waylon was singing about another broken heart, Daley borrowed his words for his own life, offering a rare glimpse into the emotional aftermath of his accident.

He was somehow both entirely engaged in conversation with me while also keeping one ear to the music, attuned to the words, ready for them to weave meaning into whatever he was saying. Something inside of him seemed intuitively to fall into step with whatever beat he found.

"There's no point in sulking or going into depressions for things you can't change. What you can't change, you've got to accept. Move forward, and do something with what you've got. The music enabled me to feel fulfilled, and be happy in life. That's where I feel enlightened."

Today, Daley plays with a band called the Ricochet Riders. They've been together since 2005.

They will join him on stage in Richmond on Mar. 11, in Ottawa on Mar. 17, and in Aylmer on Mar. 18. His wife Pat passed away eight years ago, and Daley continues to live in the Kanata home they had shared for more than three decades. His four kids live in the area. Their faces, and their children's faces, sit smiling in picture frames crowded onto the top of his piano. They were important to his wife, and so they remained important to Daley, even though he can't see them. "You've got to keep those things close to your heart."

Before I left him, Daley agreed to play me a few songs. We got up from his table and moved into his piano room, where he sat down at the bench, hovered his hands above the keys, turned to me and said, "...and now here's an original. *This is The Spirit of Home.*"

*"Today they tear the homestead down,
and when rafters hit the ground,
our old home becomes a memory,
of a time and place when we were young,
where we were raised by Dad and Mom.
Home was life with all the family.
It was there we learned to love and pray,
to give our all in work and play.
It's where we learned we always belonged.
And Dad and Mom assured us all,
you can get up after you fall,
teaching us how we can carry on."*

You can watch a video of Daley playing *Country Boy*, another original off his Remembering True Country album at the following link: <https://www.theequity.ca/lorne-daley-plays-country-boy-the-equity/>

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The Way We Were

CONTINUED FROM PAGE FOUR

The directors of Ag. Society No. 1 held a meeting here on Thursday last to deliberate on matters in connection with the present year's operations and particularly to discuss the question of putting up a suitable building for the exhibits. The plan prepared by architect Edey of Ottawa being found to be on too elaborate a scale for adoption, the directors decided to have Mr. Edey make some alteration therein which will materially reduce the cost of the proposed structure.

The Hotel Victoria of Aylmer has been leased by Mr. F.X. St. Jacques of the Russell Ottawa who will take possession on the first of May. Twenty-five additional rooms, a bowling alley, etc. will be provided in the new wing which is now in course of erection. Mr. St. Jacques will spare no pains to make the Victoria popular, and with his many years of popular experience and an intimate knowledge of their requirements of the hotel business in that section, will undoubtedly succeed.

WOMEN IN BUSINESS

THE EQUITY is pleased to profile a number of prominent women as part of our special International Women's day feature. We thank you for all the work you do to contribute to the community, whether through volunteering, being mothers, running businesses, being involved in politics and every other way you enrich everyone's lives. Thank you!

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To all the Pontiac Women in Business
The strength, determination and just plain old hard work you put into running your businesses day after day, providing services to people across the Pontiac, are greatly appreciated. It is a privilege to celebrate at least some of your accomplishments here in this year's feature. As inspirational role models for younger folks coming up, you give us every confidence there will be many more to celebrate in the years to come.
From all of us at **THE EQUITY** and **printshop**
Thank you
Any comments, questions or suggestions regarding the Pontiac Women in Business feature can be emailed to crystal@theequity.ca

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Karri Munn-Venn

What is your business?
I own and operate Fermes Leystone Farms in partnership with my husband Tefor. Leystone is a regenerative wool farm and vineyard that cultivates, creates and curates products and experiences that delight and inspire. Home to more than a dozen varieties of chickens, an adorable - and growing - flock of Southdown Babdoll sheep, and a guardian llama named Loreta, Leystone is a mixed agricultural operation. Not only can you get colourful eggs, raw honey, and luscious yarn at Leystone, we also have rows of grapevines available for rent, offer on-site knitting lessons, and host an annual artist-in-residence program. We're founding members of the Luskville Farm Hop and excited to soon be joining the Aventure Outaouais farm tour.

What motivated you to start your business?
I spent most of my career in the social justice/public policy/climate action space. I've also been an avid knitter for many years. The move to the farm was, in part, about creating a more grounded, deliberate life for our family. Becoming a full-time farmer was an extension of that, and also a way to bring together my passion for sustainability and climate action - all things sheep, wool,

and knitting - and nurturing community. Ultimately, the career I left and the career I'm building are both focused on making a positive difference in the world. And did I mention that I love sheep?!

Why did you start your business in the Pontiac?
It makes our kids roll their eyes when we say this, but the Pontiac found us. When we visited our property for the first time, nestled on the edge of the Gatineau Hills overlooking the Ottawa Valley, we knew we were home. There's something understated and also very special about the Pontiac. Moving here was the best decision we ever made. We're grateful to call the Pontiac home, and so happy to build our business here.

What advice do you have for young women wanting to start their own business?
Go for it! Trust yourself and be clear on your "why." Don't let what society tells you "should" do get in the way of what your heart and spirit call you to do.

What has been the toughest part about starting your business?
Fundamentally, I think it was that "we didn't know what we didn't know." Still, we came to our farm business with a lot of relevant business experience, as well as a profound sense of curiosity and willingness to learn, and we were met by a generous community that was happy to share their knowledge and encouragement, and to help us along the way.

What advice do you have for young women wanting to start their own business?
Go for it! Trust yourself and be clear on your "why." Don't let what society tells you "should" do get in the way of what your heart and spirit call you to do.

What are your goals for your business?
We have a number of plans in the works: to produce vinegar, to process wool pellets, to host honey tastings and ultimately, to create a fibre arts destination. In many ways, however, these plans are secondary. This is because, at Leystone, we are guided by a desire to nurture. We seek to nurture the soil, the plants, the animals, the community, our family, and ourselves. And, it is our hope that through this nurturing, we will create an environment (and build a business) that attracts people seeking the same kind of simplicity and groundedness that first drew us here.

What has been the most fulfilling aspect?
It is all so good! I think the biggest thing, though, is being outside. It is being

Jodi Armstrong

What is your business?
I am a Marketing Executive in the high-tech industry and co-owner and operator of Astra Estates in Bristol, Quebec.

What motivated you to start your business?
I wanted to create something that made me feel fulfilled while bringing joy to people around me. I have been marketing and promoting products and services in the tech industry for 25 years and am now fortunate enough to apply my expertise in my own business. I also have been fortunate to have a wonderful female role model and mentor in my mom, who owned and operated multiple businesses in the Pontiac throughout her life.

Why did you start your business/career in the Pontiac?
My partner and I have always been entre-

preneurial. When we saw an opportunity to revitalize a historic golf course in this beautiful area we jumped at it.

What has been the most fulfilling aspect?
This is a long list! Reconnecting with people from my childhood and meeting new people along the way has made this journey very fulfilling. In addition, having the opportunity to experience the thrill of accomplishments, both big and small. There have been so many "firsts" for me; Opening and operating a restaurant, events centre, golf course and convenience store! I have learned that I am strong, adaptable and I can actually survive on very little sleep.

What has been the toughest part about starting your business?
The toughest part about starting a business is navigating through the multitude of rules and regulations that surround owning and operating a business.

What advice do you have for young women wanting to start their own business?
Go for it! It is not easy, but nothing worth having is easy! Do your research, you will require both a great product and demand for that product in order to be successful. Hard work, having a good support system, being willing to listen, learn, and pivot (and then pivot again). Savour your success (even the smallest wins), learn from mistakes and don't be too hard on yourself. Do everything you can to make your customers happy! And most of all, laugh, sing, dance... Take time to enjoy the ride.

What are your goals for your business?
My goal is to remain customer focussed, and to keep learning and improving. It is also very important to me to inspire young women, like my two amazing daughters, to pave their own path and to know that they are capable of anything. Astra Estates and the Norway Bay Golf Course offer many future business opportunities... Stay tuned for what the future holds!



Natalie Thompson

What is your business?
We are a home based gardener florist business. At Les Fleurs Thompson we create beautiful unique arrangements from flowers that are mainly grown in our gardens and on our property. More than 80 per cent of what we grow is started from seed here at home.

What motivated you to start your business?
A few years ago I started having health problems and I decided it was time for a change in my life and in my career. I have always been a driven person and I wanted to see what would happen if I invested all of my hard work and energy into something I was passionate about.

Why did you start your business in the Pontiac?
I have moved many times in my life and have always seemed to make my way back to the Pontiac. The Pontiac has always felt like home to me no matter where I was living. I started my business here because I felt that there was an opportunity to create a successful business here at home.

What has been the most fulfilling aspect?
The most fulfilling aspect would be hearing people tell me how beautiful my flowers are. I work very hard to grow and harvest

my flowers and I take great pride in delivering a quality product so it is definitely very satisfying to get that positive feedback from my customers.

What has been the toughest part about starting your business?
I had to really think about this one. I face many challenges in my business and if I had to pick one that really stands out for me it would have to be learning how to set boundaries between my work and my personal life. There just never seems to be enough hours in the day to be both a good boss and a good mother. Mom guilt is real y'all!

What advice do you have for young women wanting to start their own business?
I think the best advice for young women wanting to start their own business is best said by Michelle Obama: "There is no magic to achievement. It's really about hard work, choices and persistence."

And I think I would add consistency. Show up on the good days, show up on the bad days, just be consistent in showing up for yourself and your business and you will see results.

What are your goals for your business?
My goal is to make a living off doing what I love. I feel like we are meant to do more than just work and pay bills. If I could work at something over the years that pays the bills and brings me joy then that would be the ultimate goal for my business.

Chelsea Stevens

What is your business?
I am a Registered Nurse who specializes in Advanced and Diabetic Foot Care, I am the proud owner of a Foot Care business called "Happy Feet" located in the Pontiac.

What motivated you to start your business?

My passion lies strong within helping others and taking initiative to promote good health, provide comfort and wellbeing all while prioritizing important health education. After working at the Shawville Hospital for two years, it was evident that Foot Care was much needed within the Pontiac. Considering the Pontiac is an aging community, my goal was to provide an accessible service

within the region, especially to those battling diabetes, to avoid travelling to surrounding areas, such as Gatineau.

Why did you start your business in the Pontiac?
When I was a student at Heritage College, my community provided me with helpful resources and support to ensure my success in the Nursing program. My goal was to return to the Pontiac and work as a Nurse and provide an essential health care service to assist in the health care shortage, to express my sincere gratitude.

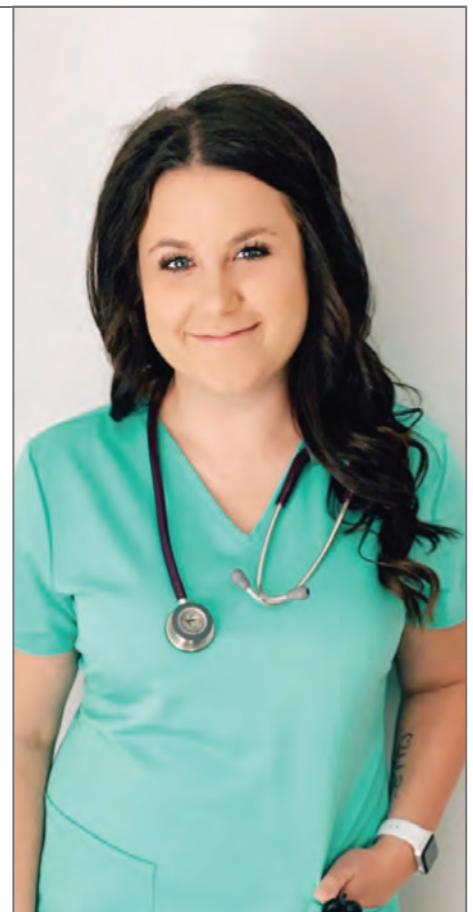
What has been the most fulfilling aspect?
The most fulfilling aspect has been experiencing the overwhelming support from my community and receiving the abundance of positive feedback and testimonies that I have received over the past eight months since the opening of my business. No amount of success can compare to their gratefulness, happiness and satisfaction of being able to provide this much needed service to them.

What has been the toughest part about starting your business?
The toughest part about starting my business was the fear of the unknown. As much as Diabetic Foot Care was needed in our community, the fear of failing or being

unable to gain trust in the quality of my service always drifted through my mind. With strong motivational skills, devotion, dedication and numerous efforts made, I could not be more satisfied with where I am in my business today and the trust that I have gained from the community.

What advice do you have for young women wanting to start their own business?
The thought of becoming a business woman in a small rural town can seem overwhelming, however, the support within a small community is astonishing. Take the leap, follow your dreams and remember your community will always provide support. Despite the fear of the unknown, your hard work and dedication will create a rewarding outcome. Remember to get caught up in thought of the finish line, but to focus on the journey itself and take it one day at a time.

What are your goals for your business/career?
My career goal is to continue to learn and excel in advanced and diabetic education and to continue to provide stellar foot care within my community. My goal as a business woman is to continue to express my caring, outgoing, positive, respectful and compassionate personality and ensure that both you and your loved ones will receive desirable care.



Christine Francouer

Christine Francouer is the mayor of Fort-Coulonge. She was elected in 2021 after serving as a councillor. She is the first elected female Mayor of Fort-Coulonge.

What motivated you to run for mayor?
I was a councillor for one term and then our mayor decided not to run for reelection... It was really it was a tough decision. It's something that my husband was encouraging me with my whole family everybody was encouraging me to go into it. And I just decided at the last minute, the last day I said, Yes, I'm going to try this. I'm going to do this. I can do this.

What has been the most fulfilling aspect of being mayor?
It's just working from my own town. I find it so important. I find people should get involved so much more with their own town. We live here every single day. So I mean, if people started working together to get this town going, we could have such a great town. And that's really what is fulfilling because I do meet people that will tell me, "you know, what, maybe have you ever thought of doing this?" And I'll say, "oh, you know what? No, I never did. This is a good idea." So I'll bring this up to council.

It's fulfilling, it's being able to help the people of Fort-Coulonge bringing back to town back to life.

What has been the toughest part about being mayor?
The toughest part is not being able to please everybody. Unfortunately, Yes, we do get a lot of complaints. I wish I could resolve everybody's problem. But unfortunately, it's not always possible. I do listen, to what the people are telling me. Then I go and I inquire, what can be done about this? Why is this not done this way? Why do we have to do it this way? And sometimes, unfortunately, it just can't be done any other way. So I find that's the hardest part not being able to satisfy everybody.

What advice would you have for a young woman who wants to get involved in politics?
Become a candidate for a councillor. Because when you're a councillor, that's when you learn about the politics. Because when I started out, I had grand ideas. This is not working in town. I'm going to be able to do this. I'll be able to do that. "You think that you can solve everybody's problems and but there is a reality to that. There are so many rules and politics to follow and it's a rude awakening at the beginning. But as you stay in the councillor's position, that's when you realize, 'okay, so this can't be done this way. But this can be done that way. So let's try it this way.' And you do have to realize that being in municipal politics, it doesn't move quite as quickly as we all think that it does.

What some of the unique challenges of being a female mayor?
There still is people that think, well, you know, what does she know about fixing roads? What does she know about the water system? What did she know? We still have people asking questions like that, a lot less than 20 years ago, but there are still people that are asking questions like that.

What are your future goals as mayor?
To continue to do the best that I can. I will continue to learn I will continue to try and help the people as best as I can. I am a people person. So I like to speak to everybody. Even if you're coming to me with problems, there is no difference. I just want to keep on helping my town to grow. I know we need to do this and I think I'm the person to do this right now.



Patricia Pringle-Moffatt

What is your business?
Patricia Pringle-Moffatt Bookkeeping and Payroll Services.

What motivated you to start your business?
I had been a bookkeeper for other people for 20 years and I didn't want to commute to my old job after my daughter was born. So I decided to take the chance and hang out my own shingle.

Why did you start your business/career in the Pontiac?
Primarily because that's where I lived and I wanted to help the people around me.

What has been the most fulfilling aspect?
I love being able to set my own rules, set my own hours, do my own thing, not answer to other people, not work for somebody else. It's been great with a young child, being able to work around her schedule.

Lorraine Harris

What is your business?
Our business is K & L Dairy dairy products. We have two trucks on the road and we sell here. We also have our deli, St. Albert's cheese and frozen vegetables. Quite a variety.

What motivated you to start your business?
My husband wanted to start it and I really didn't want to and now you can't get me out of it. I love it. We really enjoy serving each and every one of our customers is a valued customer. We started in 1978.

What has been the most fulfilling aspect?
We enjoy working with our customers.

What has been the toughest part about starting your business/career?
I missed the regular paycheck. When you're an entrepreneur or working for yourself, sometimes especially in the beginning, the pay isn't regular. And you're also obligated to tax wise pay your own QPP your own QPIP. So you are hard hit at tax time and you miss the regular paycheck.

What advice do you have for young women wanting to start their own business/career?
I would say, research. Make sure you know what you're getting into before you jump in. But if it's your passion, if it's what you love, do it. And there's always people out there willing to help to give advice and support. Surround yourself with supportive people.

What are your goals for your business/career?
My goal is going forward to continue to provide a good service to the clients I have and any future ones as well.

What has been the toughest part about starting your business?
When the prices go up, it's hard to put it across to our customers, but that's the worst part of it is things changes every year and whatnot. So you just have to go with the flow and hang in there.

What advice do you have for young women wanting to start their own business?
She has to be very motivated and long hours hours dealing with the public.

What are your goals for your business?
Just keep on going and our grandson Kyle is going to be taking over and we are soon going to be slacking down a little bit in the hours. Keith already has and I don't know what it will take to get out of here because I love it.

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Un déficit de 18 000 immigrants pour combler les besoins régionaux de main-d'œuvre au Québec, selon une nouvelle étude de la FCEI

FÉDÉRATION CANADIENNE DE L'ENTREPRISE INDÉPENDANTE

QUÉBEC 6 mars 2023
Selon une étude de la Fédération canadienne de l'entreprise indépendante (FCEI), à moins d'un important changement concernant la régionalisation de l'immigration, le déficit annuel prévisible pour combler les besoins régionaux de main-d'œuvre atteindra près de 18 000 immigrants au Québec. La régionalisation de l'immigration est un enjeu économique crucial et le gouvernement du Québec doit poursuivre sa priorisation pour aider les PME aux prises avec la pénurie de main-d'œuvre.

Le manque d'employés touche l'ensemble du Québec, mais s'avère particulièrement plus aigu dans les régions se situant en dehors de celle de Montréal, notamment en raison du déficit d'accueil de nouveaux arrivants. Depuis des décennies on parle de régionalisation de l'immigration, et plusieurs stratégies et plans d'action ont été mis en

place pour tenter de corriger cette tendance. Les résultats de l'étude de la FCEI illustrent que la répartition de l'immigration n'évolue pas. En effet, pour la période 2015-2019, en moyenne 75 % des immigrants ont choisi de s'établir dans la région de Montréal.

« Près de 37 000 immigrants choisissent Montréal, mais ça ne veut pas dire que la pénurie de main-d'œuvre y est réglée, au contraire. La métropole présente près de 80 000 postes vacants, mettant une pression énorme sur ses PME. Par ailleurs, le déficit en régions de 18 000 immigrants annuellement est inquiétant pour notre économie, surtout quand on considère les nombreux départs à la retraite qui s'en viennent », commente François Vincent, vice-président pour le Québec à la FCEI.

Selon les estimations d'Emploi Québec, environ un poste vacant sur cinq doit être pourvu par un nouvel immigrant pour combler les besoins de main-d'œuvre au Québec au

cours des prochaines années. L'étude de la FCEI reprend cette évaluation du gouvernement du Québec et la met en relation avec la moyenne d'immigrants reçus dans les régions entre 2015 et 2019. Avec ces moyennes, elle arrive avec un constat sur les besoins d'immigration à combler pour chaque région en déficit.

« Il est évident qu'avec la moyenne des immigrants reçus actuellement dans la plupart des régions, pourvoir 1 poste sur 5 par cette voie est utopique à moins d'un virage important en faveur de la régionalisation de l'immigration. Nos régions sont celles qui vont encaisser le plus durement les effets de la pénurie de main-d'œuvre au cours des prochaines années si rien ne change », ajoute Francis Bérubé, directeur des affaires provinciales et auteur de l'étude.

Régionaliser l'immigration : les PME en font une priorité et offrent des pistes d'action

L'étude fait également ressortir un constat frappant : pour les

dirigeants de PME du Québec, il est urgent d'agir en faveur de la régionalisation de l'immigration. En effet, en janvier 2021, 59 % d'entre eux ciblaient cet enjeu comme étant une priorité pour assurer le développement économique des régions, tandis qu'en octobre 2022 la proportion s'établissait à 80 %. Ces données parlent d'elles-mêmes et offrent un signal fort au gouvernement du Québec pour redoubler d'efforts sur ce dossier et répondre aux besoins de nos entreprises de toutes les régions.

La FCEI relève également les principaux défis liés à la régionalisation de l'immigration, que perçoivent les entrepreneurs québécois. Ceux-ci mentionnent les formalités administratives et les délais de traitement des demandes (43 %), la disponibilité de logements et d'habitations (38 %), les coûts financiers associés à l'embauche de travailleurs étranger (27 %), et l'accès à des organisations pour les aider à trouver les travailleurs étrangers répondant à leurs be-

soins (23 %).

Quant aux mesures privilégiées pour assurer le succès de la régionalisation de l'immigration, les dirigeants de PME citent l'accélération de l'accès à la citoyenneté pour les immigrants s'installant durablement en région et répondant à un besoin du marché du travail (44 %), la réduction de la paperasserie et les délais au sein du ministère de l'Immigration (39 %), et l'augmentation des seuils d'immigration pour répondre aux besoins du marché de l'emploi local et régional (35 %).

« La régionalisation de l'immigration est un dossier névralgique et indispensable pour assurer un avenir économique prospère pour toutes nos régions. Le gouvernement du Québec doit le prioriser. Dans ce cadre, il faut d'un côté réduire les barrières à l'établissement des immigrants en régions, notamment en stimulant la construction de logements et en facilitant le maillage entre les immigrants et les entreprises. De l'autre côté, il est nécessaire

de réduire la paperasserie, accélérer les délais et augmenter le seuil pour répondre aux besoins de nos régions. Nous offrons notre pleine collaboration à la ministre de l'Immigration et au gouvernement pour faire de la régionalisation de l'immigration une priorité et, surtout, une réalité », conclut François Vincent.

Pour consulter l'étude : www.cfib-fcei.ca/fr/rapports-de-recherche/regionalisation-de-l-immigration-au-quebec

À propos de la FCEI
La FCEI (Fédération canadienne de l'entreprise indépendante) est le plus grand regroupement de PME au pays, comptant 95 000 membres dans tous les secteurs d'activité et toutes les régions. Elle vise à augmenter les chances de succès des PME en défendant leurs intérêts auprès des gouvernements, en leur fournissant des ressources personnalisées et en leur offrant des économies exclusives. Visitez feci.ca pour en savoir plus.

Le NPD se tient debout pour les droits linguistiques des travailleuses et travailleurs

CENTRE DES MÉDIAS DU NPD
QUÉBEC 6 mars 2023

En réaction aux atteintes inacceptables aux droits linguistiques de fonctionnaires fédéraux représentés par le syndicat UCCO-SACC-CSN à la table de négociations, le porte-parole néo-démocrate en matière de travail, Alexandre Boulerice (Rosemont—LaPetite—Patrie), a émis la déclaration suivante : « Cette violation flagrante de la Loi sur les langues officielles est complètement inacceptable. Les travailleuses et travailleurs en train de négocier de bonne foi leurs conditions de travail avec le gouvernement fédéral doivent être en mesure de le faire dans la langue de leur choix, sans contrainte. Assurer une traduction simultanée à la table de négociations n'est pas un obstacle à surmonter comme le considèrent les libéraux. L'interprétation dans les deux langues officielles assure un processus juste et une

représentation entière des travailleuses et travailleurs à la table de négociations. L'accès à l'interprétation simultanée devrait être normalisé dans tous nos espaces de travail au fédéral.

De plus, les libéraux font semblant de se soucier du déclin du français au Québec et partout au pays, mais leurs actions démontrent tout à fait le contraire. Voici devant nous un autre exemple de mépris auprès des travailleuses et travailleurs francophones au sein de notre fonction publique, c'est intolérable.

Les néo-démocrates demandent au Conseil du Trésor de corriger cette erreur flagrante et d'investir toutes les ressources nécessaires pour assurer l'interprétation simultanée au cours de ces négociations collectives pour assurer une représentation juste et équitable pour les travailleuses et travailleurs de la fonction publique. »

Attestation de fin d'études - École Nationale de Police du Québec



De gauche à droite, MRC des Collines lieutenant Josée Forest avec sa fille, Jade Legros, et Martial Mallette, directeur du Service de la sécurité publique MRC des Collines-de-l'Outaouais.

MRC DES COLLINES
LA PECHE 6 mars 2023

Les aspirants policiers de la 239e promotion sont maintenant diplômés depuis le 24 février dernier. Pour l'événement, la cérémonie était présidée par M. Martial Mallette, directeur du Service de la sécurité publique MRC des Collines-de-l'Outaouais.

La présence de notre directeur à présider un tel événement avait, non seulement, un aspect particulier et flatteur mais l'occasion se prêtait aussi à une autre tradition de l'École nationale de police où des parents policiers remettaient en main propre, à leur progéniture, leur attestation de fin d'études leur permettant ainsi d'exercer la profession policière.

Lors de cette cérémonie protocolaire, la lieutenant Josée Forest, du Service de la Sécurité publique de la MRC des Collines-de-l'Outaouais a eu le plaisir de remettre à sa fille, Jade Legros, son attestation de fin d'études. Jade qui était déjà à l'emploi du SPMDC depuis 2020 à titre de répartitrice au Centre d'appels d'urgence devient du même coup policière et travaillera peut-être même sur la même équipe que sa mère. Il n'est pas rare que des pères ou des mères remettent une attestation à leur fils, mais qu'une mère remette le tout à sa fille est beaucoup plus rare.

Josée Forest mère de Jade : « Je suis très fière d'avoir transmis ma passion à ma fille. Jade à la bienveillance imprégnée au cœur. Je ne suis pas inquiète du tout de l'impact positif qu'elle saura apporter aux citoyens de la MRC des Collines. »

Enfin un acquéreur local pour la Maison Carlson à Fort-Coulonge

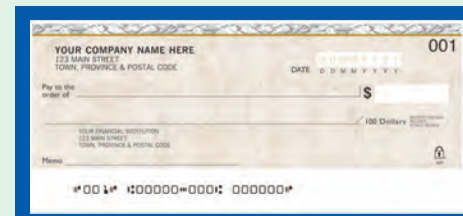
PIERRE CYR
FORT-COULONGE March 4, 2023

Dany Ladouceur, un jeune entrepreneur en construction de Fort-Coulonge, a fait l'acquisition en début de 2023 de la maison située au 189 rue Principale au cœur du village. Cette résidence, appelée initialement la Maison Carlson, fut bâtie en 1900, Les derniers propriétaires étant en défaut de paiement de taxes et la propriété fut vendue au plus offrant par la ville de Fort-Coulonge. La maison était inhabitée depuis une dizaine d'années. Elle est aussi connue sous le nom de Maison Leguerrier depuis 1943 en l'honneur de son acquéreur de l'époque Donat Leguerrier selon les archives consultées.

Ladouceur est très heureux de son acquisition, la maison ayant déjà appartenu à ses parents. Il prévoit y investir environ \$275,000 pour sa conversion en un immeuble de cinq logements. Ladouceur fera trois appartements qui seront adaptés pour des aînés au premier niveau. Deux grands appartements avec trois chambres seront construits aux étages supérieurs. La rénovation du rez-de-chaussée devrait être complétée pour l'automne 2023 et celle des niveaux supérieurs au printemps 2024.

Ladouceur est très fier de sauvegarder cet immeuble qui fait partie du patrimoine du village depuis plus d'un siècle. Il a déjà hâte de voir le produit final. Il a l'intention de respecter au maximum le caractère patrimonial de la résidence à l'intérieur comme à l'extérieur.

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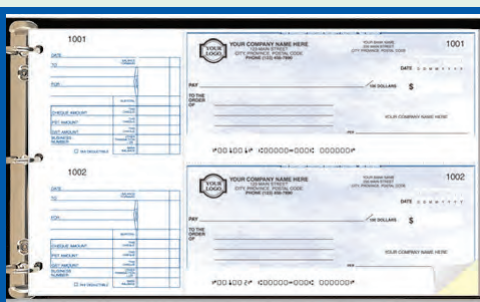
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INVITATION

Crue printanière : Hydro-Québec répond à vos questions

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- Le niveau d'eau de la rivière monte au printemps : qui en est responsable ?
- Est-ce qu'Hydro-Québec peut empêcher les inondations ?
- Les changements climatiques vont-ils avoir un impact sur les niveaux d'eau près de chez moi ?

Notre webinaire vous aidera à mieux comprendre le rôle que joue Hydro-Québec lors de la crue et l'impact des conditions météorologiques sur ce phénomène saisonnier. Une période de questions suivra.

Inscrivez-vous à nos webinaires ici : www.hydroquebec.com/printemps



OFFICE DES PRODUCTEURS DE BOIS DE PONTIAC

Information : Programme d'aménagement durable des forêts (PADF) du ministère de ressources naturelles et des forêts (MRNF)

Dans le but de soutenir la participation des intervenants locaux dans l'aménagement du territoire forestier des régions, le ministère des ressources naturelles et des forêts (MRNF) met en œuvre le programme d'aménagement durable des forêts (PADF) 2021-2024 à travers la MRC du Pontiac.

Dans le cadre de cette convention, la MRC travaille en partenariat avec l'Office des producteurs de bois du Pontiac (OPBP) pour faire la promotion de l'aménagement et du développement des forêts privées en respectant les règlements régissant l'abattage d'arbres sur le territoire de la MRC.

L'objectif du PADF est d'augmenter le nombre des forêts privées ayant un plan d'aménagement valide afin de pouvoir bénéficier des avantages que procure le statut de producteur forestier, notamment, l'accès aux programmes d'aides, ainsi que d'autres opportunités telles :

- ✓ Réduire l'impôt à payer lors du transfert du boisé à vos enfants;
- ✓ Devenir admissible au financement forestier de la Financière agricole du Québec;
- ✓ Bénéficier du programme de lutte contre la tordeuse des bourgeons de l'épinette ou autre catastrophe naturelle;
- ✓ Profiter d'un taux de taxation distinct inférieur au taux de base selon la décision de votre municipalité de concéder le statut d'immeuble forestier au producteur.

Compte tenu de l'importance du plan d'aménagement des forêts privées dont la validité est de dix (10) ans, le directeur de l'Office des producteurs de Bois du Pontiac (OPBP) invite les producteurs forestiers (propriétaires de lots boisés) à vérifier la validité de leur plan d'aménagement.

Il recommande par conséquent à tous ceux dont les plans d'aménagement sont expirés de se rapprocher de leurs conseillers forestiers, de l'Agence de mise en valeur des forêts privées de l'Outaouais, pour la mise à jour de leurs plans d'aménagement.

Des informations additionnelles sont disponibles sur le site web de l'Agence des forêts privées de l'Outaouais, en suivant ce lien : www.afpo.ca

Elie Ngoa, ING. F., Directeur Général OPBP

From civil engineer to director general

A conversation with Kim Lesage

CHARLES DICKSON

CAMPBELL'S BAY February 27, 2023

Kim Lesage had been MRC Pontiac's Director of Engineering and Infrastructure for just over four years when she heard that her boss, Bernard Roy, was leaving the Director General position.

That was in November. After a three-month recruitment process involving a short list of four candidates, of which she was one, the Council of Mayors voted unanimously to appoint her to the position of Director General.

Last week, Kim agreed to sit down for a chat about her background and her path to this position. We started at the beginning, with Kim telling me she was born in Hull and raised in Otter Lake.



Kim Lesage, MRC Pontiac's new Director General, in her office in Campbell's Bay.

Charles Dickson THE EQUITY

CD: What brought you to the Pontiac?

KL: We were living in Hull. My dad was a notary, Guy Lesage. He built a cottage in Otter Lake in the '70s, and we ended up moving there when I was two.

As a notary, he would have been well known . . . He worked locally for many, many years. He was also a president of the CLD for a time. He was a commissaire for the school board. Same with my mom, Hélène Boulet. She worked for the schools. She's retired now but she was on the health board in Shawville. My father passed away. My mother still lives in Otter Lake.

Where did you go to school?

I went to high school at ESSC (École secondaire Sieur-de-Coulonge) in Fort Coulonge, and then I went to CEGEP in Hull. I tried university in Quebec City in geomatics. It's like GIS, software programming, mapping. I didn't really like it. I did one term.

What got you interested in engineering?

I always liked science and was very high in math and things like that. So, I tried to find something I could use my talents in. I looked in 'the big book of possibilities' at the university, and thought engineering looked really interesting. And I loved it.

Which university?

University of Ottawa. I worked three summer terms at Golder Associates, a large consulting firm in Ottawa, 4,000 employees worldwide. So, I knew I would have an opening there. They encouraged me to do my Masters of Civil Engineering, so I did that at Ottawa U. and Carleton, combined. Then I went back to Golder Associates where I worked for 12 years.

You were commuting to work in Ottawa . . .

I got married to Chris Sauriol from Vinton. We had three kids and built a house in Vinton. I commuted to the city to work for about ten years.

So, whenever the MRC Council of Mayors decided to open up an engineering position here, of course, we saw that in the paper and I said, 'Oh, I'll apply.'

It wasn't my original career goal. I thought I'd be a consultant, and I was about to become an associate with Golder. But I love the Pontiac. My roots are here. I'm raising my children here. I was getting home late at night, so the possibility of a bit more home life and being able to see my family – it was a great decision.

Now your whole universe is practically within sight . . .

My kids go to school just across the street. My home is seven kilometres down the road. My mother is close by. Plus, I got to mold the position how I wanted it – I created it.

What did you mold the job into?

I had a lot of experience working with MTO (Ministry of Transport of Ontario) doing foundation design for culverts and bridges on highways, so I was able to bring that experience back here and help municipalities – changing culverts, roadway projects, doing the tender documents, applying for grants. This was really economical for the municipalities because I could do the engineering work. Then whenever a construction project was happening, I could supervise it, approve the invoices for them, so it was a win for the municipalities.

While I reported to the DG of the MRC, mostly I worked with the DGs of the municipalities, that's who my clients were. I developed a relationship with every mayor and every municipal DG throughout the Pontiac.

And then your boss left . . .

In November, yes, it happened quite suddenly.

A recruitment process was launched, meanwhile the DG job was vacant . . .

So, I raised my hand. I said I could sit in, even though I was really busy with my engineer work. I didn't want to let our partners down. There were emails coming in. There were meetings to do.

I didn't mind sitting in, at least to fill some kind of a gap.

So, you were now acting DG. Must have been all kinds of different things going on, and quite a learning curve . . .

All kinds of different things. But I had touched a lot of the departments through my engineering role. We deal with water courses for culvert replacements, for example, so it kind of touched a bit of our environmental department. In land use planning, I'd have to check if bylaws were correct. And like our bike path, the PPJ, I managed those employees, so I worked a lot with the tourism department. And with the economic development department

with our waterway service, too. So, I touched a lot of departments, and nothing was really unknown to me, I guess.

Infrastructure seems to be a common thread across a lot of it . . .

Exactly, and maybe that's why it all interests me. Having a curious nature, I kind of like to know what's going on, how all the departments work.

Then in January the mayors voted unanimously to appoint you permanently to the DG job . . .

Before Christmas, I wasn't sure if I was going to apply for

the position. Then I thought, 'You know what? This door is open right now. This is a challenge, and I'm doing it.'

I'm pretty sure I can help. I can make things better. I can improve things that I saw maybe could be improved, improve relationships with some of our partners. My goal is to help any way I can. My heart's in it.

That says something about who you are . . .

I knew when I came back here, I wanted to try to do more for my community, so I joined the Conseil d'administration for the school board. I like to volunteer, I like to help with town functions, things like that. My parents were always very involved in the Pontiac as well. I think we learn that from what we see growing up, we kind of aspire to be like that.

And the work so far?

As you know, it's all quite new. I'm trying to wrap my head around a lot of files. And trying to meet as many people as I can, to start off the year on the right foot. I think we have a good team, a young team with a positive energy, and I think we can all work well together.

I'm reading a book called Emotional Intelligence and it's about being happy at work. It's like a Harvard Business thing. If you can show you are making progress, it kind of motivates everybody. And I am excited and motivated to bring some positivity. I'm a very positive person.

Too soon to say you have any regrets?

Right now, my only regret I can say is that I am still doing my two jobs – regional engineer and DG.

How can that possibly work?

We have some construction projects that are out to tender right now for paving and culvert replacements, and things like that, and ditching, so I am still assisting municipalities with that work. I'm not taking on anything new right now.

At the next Council of Mayors, we'll have a discussion about posting the engineer position. There'll be some reorganization in our structure because of the fact that I took the DG position.

But you'll be keeping a close watch on the engineering file . . .

Yes exactly, and that will be fun for me, because I can still dabble in it, because I do love engineering.

“I think we have a good team, a young team with a positive energy, and I think we can all work well together.”

“My parents were always very involved in the Pontiac as well. I think we learn that from what we see growing up, we kind of aspire to be like that.”



PONTIAC FOREST PRODUCTS PRODUCERS BOARD

Information: Sustainable Forest Management Program (SFMP) of the Ministry of Natural Resources and Forests (MRNF)

In order to support the participation of local stakeholders in regional forest land use planning, the Ministry of Natural Resources and Forests (MRNF) is implementing the 2021-2024 Sustainable Forest Management Program (SFMP) across the MRC Pontiac.

As part of this agreement, the MRC works in partnership with the Pontiac Forest Products Producers Board (PFPBB) to promote the management and development of private forests by respecting the regulations governing the felling of trees on the territory of the MRC.

The objective of the PADF is to increase the number of private forests with a valid management plan in order to benefit from the advantages of forest producer status, in particular, access to assistance programs, as well as other opportunities such as:

- ✓ Reduce the tax payable when transferring the woodlot to your children;
- ✓ Become eligible for forestry financing from La Financière agricole du Québec;
- ✓ Benefit from the spruce budworm control program or other natural disaster;
- ✓ Take advantage of a separate tax rate lower than the basic rate depending on your municipality's decision to grant forest immovable status to the producer.

Given the importance of the private forest management plan, which is valid for ten (10) years, the director of the Pontiac Forest Products Producers Board (PFPBB) invites forest producers (owners of woodlots) to verify the validity of their management plan.

He, therefore, recommends that all those whose management plans have expired to contact their forestry advisors, the Private Forest Development Agency, to update their management plans.

Additional information is available on the website of the Agence des forêts privées de l'Outaouais, by following this link: www.afpo.ca

Elie Ngoa, ING. F., General Manager, PFPBB



PUBLIC NOTICE PUBLIC CONSULTATION FOR DRAFT BY-LAW # 318

Public Notice is hereby given as follows:

1. During a Council Meeting held on March 6th, 2023, Council adopted Draft By-Law # 318 pertaining to the Demolition and Protection of Heritage Buildings.
2. This draft by-law will be presented at a public consultation meeting to be held on **Wednesday March 22nd from 6:00 p.m. to 8:00 p.m.** at the Town Hall located at 32 Aylmer Road, Bristol, Quebec.
3. A copy of the draft by-law may be consulted at the municipal office, located at 32 Aylmer Road, Bristol, during regular office hours.

Christina Peck, Director General
March 8th, 2023.

AVIS PUBLIC CONSULTATION PUBLIQUE POUR LE PROJET DE RÈGLEMENT N° 318

Un avis public est par la présente donné comme suit:

1. Lors d'une séance tenue le 6 mars 2023, le conseil municipal a adopté le projet de règlement N° 318 relatif à la démolition et à la protection des bâtiments patrimoniaux.
2. Ce projet de règlement sera présenté lors d'une assemblée de consultation publique qui aura lieu le **mercredi 22 mars de 18 h à 20 h** à l'hôtel de ville situé au 32, chemin Aylmer, Bristol, Québec.
3. Une copie du projet de règlement peut être consultée au bureau municipal, situé au 32, chemin Aylmer, Bristol, pendant les heures normales de bureau.

Christina Peck, Directrice Générale
8 mars 2023.

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INVITATION

Spring flooding: Hydro-Québec answers your questions

Year after year, our team is actively involved in optimizing the operations at generating stations and reservoirs in order to limit the impacts of spring runoff on the public.

Are you interested in this topic?

- Who or what is responsible when the water levels rise in spring?
- Can Hydro-Québec stop the flooding from happening?
- Will climate change impact the water levels in my area?

Our webinar will help you better understand Hydro-Québec's role when spring flooding occurs and the impact of weather conditions. A question period will follow.

To register, fill out the online form:
www.hydroquebec.com/spring



Fresh snow, good company make perfect outing for cross-country skiing and snowshoeing enthusiasts

CONNOR LALANDE

PONTIAC March 4, 2023

With the ground veiled in freshly fallen snow, Ski Pontiac hosted a cross-country skiing and snowshoeing clinic at Astra Estates on Saturday and Sunday of this past weekend. Organized in conjunction with Ski à l'école Outaouais, event attendees were invited to borrow equipment and receive basic instruction free of charge.

Ski Pontiac volunteer and cross-country skiing enthusiast, Deb Powell, said that while the organization's events have an instructional component, they are by

no means only for beginners. Rather, Powell explained, Ski Pontiac also hopes to foster a setting for participants to meet others and always have a group to enjoy the trails with.

"The whole idea of these events is that you know at least one person will be there," Powell said. "So if you're not entirely comfortable going out on the trails yourself, then there's somebody to go out with you."

Alongside Ski Pontiac volunteers, Katelyn Bertrand, an ambassador from Ski à l'école Outaouais was also present.

Ski à l'école Outaouais's stated mission is to "create more opportunity, fairness and fun among young people," Bertrand explained that snowshoeing and cross-country skiing clinics are an indispensable experience for getting kids and adults alike into the outdoors.

"The Pontiac is so rich in natural resources," Bertrand said. "We are lucky that we can just go into the bush and go snowshoeing and cross-country skiing."

Ski Pontiac hosts weekly cross-country ski meetups every Thursday morning at 11.



Connor Lalonde THE EQUITY

Fresh snow and mild weather conditions made the weekend a great one for being outside.



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NATIONAL FARM SAFETY & HEALTH WEEK

Écoute Agricole talks farmer mental health

BRETT THOMS

PONTIAC March 3, 2023

For Agricultural Safety Week THE EQUITY interviewed Audrey Arcand of Écoute Agricole on the intersection between agricultural safety and mental health.

Écoute Agricole is a non-profit organization devoted to providing the frontline of mental health support for people involved in the agricultural industry. The organization operates in the Outaouais and the Laurentides.

"I think mental health is important in any field really, but in the agricultural community, it's been left out a little bit," said Arcand, one of two representatives of Écoute Agricole in the Outaouais region. "Farmers are used to taking care of the farm, the animals and all the stuff that they have to do before taking care of themselves and their mental health."

According to the Mental Health Commission of Canada, farmers are particularly vulnerable to mental health afflictions like depression, anxiety and high stress, which leads to higher suicide rates than the average profession.

Factors that contribute to this in the agricultural sector include financial uncertainty, isolation, a blurred distinction between work and home life, easy access to firearms and barriers to access to mental health services, according to the Mental Health Commission of Canada.

Écoute Agricole was founded in order to reduce those barriers. The organization provides agricultural workers access to bilingual frontline workers like Arcand to talk about mental health issues.

"There's still that culture where when you're a farmer, you're used to working by yourself and resolving your own problems," said Arcand. "People are not necessarily used to asking for help. Mental health can be really stigmatized still."

The job requires an appreci-

ation for old attitudes and the exceptionally difficult conditions farmers work under.

"You can't just take sick leave when you're a farmer, you still have to take care of the animals and the day-to-day stuff," Arcand said.

Arcand also added that the organization puts a lot of work into encouraging and helping agricultural workers prevent mental health problems from spiraling out of control and becoming unmanageable in the first place. This often just requires trying to change perspectives on when people should reach out and encouraging them to open up about what they are going through.

As a part of its mission, Écoute Agricole attends various agricultural events to spread awareness and help the agricultural community come together to support one another, despite its limited resources.

Arcand also mentioned the importance of the mind-body connection, explaining how common physical ailments are in many ways linked to not acknowledging the importance of mental healthcare.

"A lot of people are coming to us with physical problems, like headaches, pain, fatigue, and all those physical symptoms, but they're really a result of them not taking care of their mental health and not taking care of themselves for years," Arcand said.

Arcand encourages anyone in the agricultural field to reach out to them if they need help. "We offer support and listening services. People can reach out to us via Facebook, our phones or our website, email, there are really a lot of different ways to get in contact with us," Arcand said.

She also added that people can also let them know about anyone in the agricultural community who may be going through a rough time and they can check in to see if they can

be of assistance.

Écoute Agricole deals with everything from anxiety, depression, stress, substance abuse, family stressors and more, anything that some in the agricultural community can potentially be going through. If they aren't the best people to deal with a certain situation they can act as a first reference point for services that are better suited to the circumstance.

All of Écoute Agricole's services are free and confidential.

"I think sometimes people don't think that their mental health is part of the safety at the farm. But at the end of the line, when you're not taking care of yourself, it can and it gets worse and worse. If you want an agriculture system that is healthy, well we need to take care of the health of our farmers first," Arcand concluded.

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Community Calendar 2023

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11		2	3	4	5	6	7
12	13	14	15	16	17	18		9	10	11	12	13	14
19	20	21	22	23	24	25		16	17	18	19	20	21
26	27	28	29	30	31			23	24	25	26	27	28
								30					

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Now until March 31 - Shawville Logo Contest. For details visit www.facebook.com/shawville.

Now until March 31 - Free Income Tax Clinic, 54 Rue de l'Église, Rapides des Joachims. Monday to Thursday from 9 a.m. - 5 p.m. Details found at www.facebook.com/profile.php?id=100072253874328.

Every Friday from Jan. 13 to Apr. 28 - Shawville Shenanigans Playgroup for ages 0 - 5 years and caregivers. 9:30-11:30 a.m. 586 Main Street in Shawville. Free.

Every Monday - Learn to play Pickleball at Shawville United Church Hall. 10:30 a.m. - 12 p.m. Cost \$3. White soled shoes required. Contact Mary Ann at mabrams55@hotmail.com for more info.

Every Mon. and Wed. - Pickleball at Shawville United Church Hall. 1:30 - 3:30 p.m. Cost \$3. White soled shoes required. Contact Mary Ann at mabrams55@hotmail.com for more info.

Every Tuesday - 4:30-5:30 p.m. Saturday 6-7 p.m. and Sunday 2:30-3:30 p.m. Public skating at the Shawville Arena. Senior skate Tuesdays 2:30-3:30 p.m.

Every Tuesday - Bridge at St. Paul's Anglican Church Hall. 10 a.m to 12 p.m. Cost \$3.

Every Tues. and Fri. - Pickleball at Shawville United Church Hall. 6:30 - 9 p.m. Cost \$3. White soled shoes required. Contact Mary Ann at mabrams55@hotmail.com for more info.

First Thursday of each month. Luskville Knit & Craft Night at Leystone Farms. 7:30 to 9:30 p.m. Opportunity to meet your neighbours and share your passion for craft.

Every third Sat. Feb. 18 - June 17 - Hand Drumming Workshop. Town Hall in Rapides-des-Joachims. 10:30 a.m. to 12 p.m. For more info visit www.facebook.com/djembefoley

Every Mon. Feb. 20 to March 27 - Nobody's Perfect sessions. Quyon Family Centre. Meet, Share, Learn with other parents of kids 0-5 years. Register at 819-458-2808. Daycare available.

Every Wed. Feb. 22 - Mar. 29 - Learn to Knit, Leystone Farms, Luskville. For more info visit www.facebook.com/LeystoneFarms

Every Thurs. Mar. 9 - 30 - Art for Wellness Series, 55+ Community. Connexions Resource, Shawville Office, 530 Main St. 10 a.m. - 12 p.m. Complete registration at <https://bit.ly/3STnrLI>

Thurs. Mar. 9 - Poutine Day at The Waltham Station, 512 Boul. de Waltham. 11 a.m. - 8 p.m. For more details visit www.facebook.com/profile.php?id=100063764597184

Fri., Mar. 10 - Hooley in the Hall, Anglican Church Hall, 530 Main, Shawville. Enjoy an evening of live music. 7-9:30 p.m. Free admission.

Fri. Mar. 10 - March Breaking Barriers Camp. Painted Hilltop Farm, Otter Lake. 9 a.m. - 2:30 p.m. No horse experience necessary. Cost \$100. More info at www.paintedhilltop.ca or call 819-647-8945.

Fri. Mar. 10 - Karaoke Night at Café Downtown, Fort-Coulonge. 6-11 p.m. No cover charge. All ages welcome.

Sat. Mar. 11 - Quyon Pastoral Charge Irish Tea, 11 a.m. to 1 p.m. \$10 each, children under 12 \$5. Quyon United Church basement, 1098 Rue Clarendon, Quyon.

Sat. Mar. 11 - Kitchen Party at Campbell's Bay Legion. Starts at 2 p.m. Everyone Welcome. More info at www.facebook.com/profile.php?id=100088426673912

Sat. Mar. 11 - Quyon Legion's Annual St. Patrick's Day Kitchen Party. Starts at 2 p.m. Free entry. 26 Rue St. John, Quyon. Everyone welcome.

Sun. Mar. 12 - Bottle Drive for Splashpad by The Bumblebee Committee. Leave bags at end of driveway in Otter Lake area to be picked up from 9 a.m. to 12 p.m.

Tues. Mar. 14 - Twilight Snowshoe. Chapeau R. A. 6-7 p.m. Free.

Fri. Mar. 17 - Celebrate St. Patrick's Day with us, Campbell's Bay R.A. Starts at 1 p.m. \$5 cover charge. More info at www.facebook.com/profile.php?id=100088426673912

Fri. Mar. 17 - Rene Bertrand at Café Downtown, Fort-Coulonge. \$5 per person. Starts at 8 p.m.

Fri. Mar. 17 - Drink and Be Irish, St. Patrick's Day Party, Killamey's Bar, Shawville. Starts at 3 p.m. No cover charge.

Sat. Mar. 18 - Driving for Success Program presents Disco Skate Party. Upper Canada Sports Complex, Chapeau. 6-8 p.m. Free. For more info visit www.facebook.com/profile.php?id=100076154328105

Sat. Mar. 18 - Adam's Buoy at Café Downtown, Fort-Coulonge. \$10 per person. Starts at 8 p.m.

Sat. Mar. 18 - St. Patrick's Day Irish Stew Supper at Ladies Agricultural Hall, Fair Grounds, Shawville. \$20 per person. Under 12 \$5. Sleigh rides 3 p.m. Skating 6-7 p.m. Pre order tickets 819-775-5955, 819-635-6994, 819-647-8094.

Sat. Mar. 18 - Traditional Fare & Scott Judd at Little Red Wagon Winery, Shawville. Starts at 7:30 p.m. Tickets available at www.littleredwagonwinery.com/events-tickets

Sat. Mar. 18 - Pieces of Bristol Jigsaw Puzzle Tournament, Jack Graham Community Centre, Bristol. \$40 per team. More info at www.facebook.com/profile.php?id=100082079709490

Mon. Mar. 20 - MRC des Collines-de-L'Outaouais Public Information Session. Starts at 6 p.m. Luskville Community Centre 2024, route 148, Pontiac, Quebec.

Wed. Mar. 22 - Information Meeting for interested vendors. Ladies Homecraft Building, 215 Rue Lang, Shawville. Starts at 7 p.m. For more info contact Cathy at 819-580-6421.

Wed. Mar. 22 - Extraordinary General Meeting and Annual General Meeting. Table autonome des Aines des Collines. 74 Chemin du Pont, Val-des-Monts.

Wed. Mar. 22 - Shawville at the Beginning: places, people and politics with Nancy Dale Conroy. Starts 10:30 a.m. Pontiac Archives, 358 Main St. Shawville. 3xtcm15

Fri. Mar. 24 - Seniors Fair. Hosted by T.A.R.P. Pontiac High School. 9:30 a.m. to 1:30 p.m. Doors open at 9 a.m. Register for free at coordination@tdspontiac.org

Fri. Mar. 24 - Bus transportation for Seniors Fair at Pontiac High School. Visit www.facebook.com/WalthamRA for times and locations. Register with Natalie Thompson 819-689-2878.

Sun. Mar. 26 - Bingo at Otter Lake R.A. Hall. Doors open noon. Starts at 1 p.m. Proceeds go to Splashpad. More info on Otter Lake Bumblebee Committee Facebook group.

Tues. Mar. 28 - Pysanky Eggs with Ann Mykolyshyn. 10 a.m. to 12 p.m. 54 Rue de l'Église, Rapides des Joachims. Register with Kelsey 819-360-0092 or kdaly.mdjontiac@outlook.com

Wed. Mar. 29 - Bingo Night fundraiser for Quyon Legion. \$30 per person, includes playing cards. Centre Aydelu, 94 Rue du Patrimoine, Aylmer. More info and tickets Contact Vikki 819-458-2224.

Thurs. Mar. 30 - Cooking Class with Erica. Parent and Child Activity. 54 Rue L'Église, Rapides des Joachims. Starts at 5 p.m. Register with Kelsey at 819-360-0092 or kdaly.mdjontiac@outlook.com

Sat. Apr. 1 - Leeny Jones and The Boys. Café Downtown, Fort-Coulonge. Starts at 8 p.m. \$10 per person.

Sun. Apr. 2 - Easter Egg Hunt at Bryson R.A., 670 rue Principale. Starts at 10 a.m. For more info visit <https://www.facebook.com/BrysonRA>

Sat. Apr. 8 - Easter Duck Race at the Creek, Campbell's Bay Front Street Bridge. More info visit www.facebook.com/PontiacLions

Fri. Apr. 14 - Downtown Drag Events presents: un Soiree d'Humour au Café Downtown, Fort-Coulonge. Doors open 6:30. Show 7:30-10 p.m. Tickets available at <https://frontdoor.plus/store/?%e=151>

Sat. Apr. 15 - Dart Tournament, Gavan's Hotel, Quyon. Mixed Triples. \$45 per team. Pre-register, Contact Elizabeth for info at 819-458-2354.

Sat. Apr. 15 - J.R. and the Gator at Café Downtown, Fort-Coulonge. Starts at 8 p.m. \$5

Fri. Apr. 21 - The Small Glories Concert at Little Red Wagon Winery, Shawville. Dinner 6 p.m. Show at 7:30 p.m. \$40 for show. Tickets at www.littleredwagonwinery.com/events-tickets

Sat. Apr. 29 - Garage sale fundraiser for Splashpad by The Bumblebee Committee. More details to come.

MISCELLANEOUS

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OBITUARY



Tubman, Marilyn -1955-2023 Born on Wednesday, July 13, 1955 and passed away on Friday, February 24, 2023 in hospital, Shawville, Quebec at the age of 67. Marilyn Mary Eva Tubman, daughter of the late Erwin and Edith Tubman (McGillis). Mother of Travis Gagnon, sister of Bonnie (Doug Zimmerling) and Randy (Kyle Geon Soo Jeon), aunt of Alex, Ben and Sarah Zimmerling. A special goodbye to Jan and Tony. Marilyn was born in Shawville and lived her life in and around the area. Her childhood was in Wyman. Thank-you to the CLSC caregivers Ashley and Sally, Dr. Mikhail, Dr. Smith, all the nurses and caregivers in the Shawville hospital, Anick, friends and family. A special thanks to Tara Taylor, Joanne Dubeau, Pat and Tony Ahearn, Wendy Erfle, Brandon Smith, and Travis. Also, thanks to Mom for endless hours of care throughout her illness and up to the end of this life. What a wonderful gift; to hold the hand of the person who gave you life as you pass over to God. A graveside service in Norway Bay United Cemetery will take place at a later date. www.hayesfuneralhome.ca

CELEBRATION OF LIFE



Mousseau, Jason 1979-2022 A Celebration of Life for Jason Mousseau will be held at Tubman Funeral Home at 3440 Richmond Road, Ottawa on Sunday April 16, 2023 from 1 to 4 pm. Come and share your memories of Jason. Une célébration de la vie de Jason Mousseau aura lieu dimanche le 16 avril 2023 de 13:00 à 16:00 au salon funéraire Tubman situé au 3440 chemin Richmond à Ottawa. Venez partager vos souvenirs de Jason.

IN MEMORY



Hodgins, Wade In loving memory of a dear son, brother, father and grandfather who passed away March 1, 1987. We share so many memories, Of which we had to part. And we will keep them always, Treasured in our hearts. Living the sadness of missing you. Lovingly remembered, Your mom and family.

McGuire, Ronald Departed March 11, 2008 You left a place no one can fill We miss you Dad, and always will. Dearly remembered by Your Family

Waltham



HELEN PERRY 819-689-2652 garden101070@gmail.com



Quyon

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

There was excitement in town last Thursday evening, as Joel Haslam of CTV News Ottawa was in Quyon to do a story on the new ownership of Gavan's Hotel. Gail Gavan was there to provide entertainment and lead the sing-alongs, and everyone had a fantastic night of music, food, and fun. We are looking forward to seeing the feature on the news, and wishing new owner Jim Cain and his family all the best as they take the reins of this legendary local business.

Happy March Break to our local students, teachers, and school staff. I hope they are all enjoying their week off. March Break kicked off in Quyon on Friday evening, as the Quyon Lions Club and councillor Caryl McCann hosted an evening of fun at the Quyon Rink to mark the end of the skating season. Hot dogs, hot chocolate, and juice was served, and there was a draw held for a hockey stick, which was won by Grace Cote. Such a fun way to celebrate the start of the March Break.

Meanwhile, the Beechgrove gang was also kicking off March Break Friday evening with a

Rokincurl tournament at the Beechgrove rink, organized by Stephen Rusenstrom. It was a fun night for young and old, everyone out enjoying the fresh air and friendly competition.

On Saturday, the Quyon Lions Club hosted their annual Curling Bonselpi at the curling rink in Shawville. There was a great turnout of teams to support their fundraiser, with everyone enjoying a return to these beloved community events after the pandemic paused them for the past few years. The big winners of the day were Terry, Kaylee and Jessica Hamilton and Julia Bernier. Kudos to Lion Glen Leach and his volunteers for organizing, and to all for supporting the Lions Bonselpi.

Happy 40th Birthday to Hollie Leach, as she celebrates on March 10. Birthday wishes are also going out to Mackenzie Barr and Bill Young, both on March 10, to Faith Hamilton on March 12, and to Maddox and Zayden Alexander and Donna Provost, all celebrating on the 13th. Best wishes to everyone marking special occasions this week.

After the past few years of quiet St. Paddy's Days, Quyon is ready to once again open the doors and welcome St. Pat's revelers from all around. On Saturday March 11, the young women of the Quyon Pastoral Charge are looking forward to hosting their Irish Tea in person. Put on your best green and join us for tea from 11 a.m. to 1 p.m. in the Quyon United Church basement.

After the tea, get ready to "shake your shamrocks" and head on over to the Quyon Legion for their St. Patrick's Day Kitchen Party, starting at 2 p.m. Bring your instruments and join in the fun. It is always a blast.

Of course, the grand-daddy St. Pat's party of them all will be held at Gavan's Hotel on Sunday March 12, with Gail Gavan hosting the festivities featuring a full slate of Irish music and performers starting early in the afternoon. You won't want to miss it. Quyon has always been the best place to be for St. Patrick's Day, and this post-pandemic return to traditional festivities won't disappoint. Get ready to paint the town green!



Shawville

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

This week for our primary and secondary school children it is March Break. Have a great week.

Our deepest condolences to the Badneau family on the loss of Patricia on February 25. She was the mother of Terry. Patricia was the sister of Maureen (late Ken), Gail (Gilbert), Allan (Sally) and Debbie (Mike).

Our thoughts and prayers for the Tubman family on the loss of Marilyn on February 24, at the age of 67. Marilyn was the daughter of late Erwin and Edith. Marilyn was the mother of Travis. She was the sister of Bonnie (Doug) and Randy (Kyle).

Allison Corrigan reported last week that the nighttime temperatures were between -22.77 degrees Celsius and .55 degrees Celsius. The daytime temperatures ranged from -16.66 degrees Celsius and 6.66 degrees Celsius.

This upcoming Sunday is the Third Sunday of Lent. It is called Laetare Sunday. It is used by most Roman Catholic, Lutheran, and Anglican Churches. The word Laetare comes from Latin and means "to rejoice".

Happy belated 64th birthday to Colleen Erwin Powell who celebrated her birthday on March 5. Family and friends wish her a great day and year.

Happy birthday to Addison Lacourse who will be celebrating his birthday on March 10.

Happy 65th birthday to my husband Robert who will celebrate his birthday on March 11. He is also retiring.

Happy 65th birthday to my editor Janey MacDougall who will be celebrating her birthday on Saturday, March 11.

Allison Corrigan reported this week that from February 27-March 5, 2022 the nighttime temperatures ranged from -22.22 degrees Celsius to -2.77 degrees Celsius. The daytime temperatures ranged from -6.11 degrees Celsius to 7.22 degrees Celsius. On March 1, 2022 there were 3 inches of snow.

From February 26-March 4, 2023 the nighttime temperatures ranged from -15 degrees Celsius to -1.11 degrees Celsius. The daytime temperatures ranged from -5.55 degrees Celsius to -1.11 degrees Celsius. There was a heavy snowfall on March 4, 2023.

We were saddened to hear of the passing of Theresa Cindy (nee Landry) of Pembroke. She was the beloved wife of the late Thomas Denault. Cindy and Tommy had raised their family years ago, here in Waltham. Our heartfelt sympathy, thoughts and prayers are with her family and friends at this difficult time.

Our heartfelt sympathy, thoughts and prayers are with the Brisard / Mercier families of Chapeau in the recent passing of Elizabeth "Bessie" Brisard (nee Mercier). She was the beloved wife of the late Arnold Brisard.

John Roman is celebrating a birthday on March 9. We hope it is a good one John.

Don't forget to set your clocks ahead one hour before going to bed this Saturday night, as we spring one hour ahead. It will be so nice to have the longer daylight.

An afternoon of painting with equestrians

BRETT THOMS LUSKVILLE March 5, 2023

The Association équestre du Pontiac held a paint afternoon last Sunday in the Luskville Community Centre in order to fundraise.

The event took the form of a tutorial hosted by local artist Jeanette Schever. Using acrylic paint, Schever walked participants through the finer details of painting a picture of a red barn during winter.

This included techniques on how to portray

shadows, how trees in the background contrasted against the horizon, how to paint tree branches, the off-white colour of snow, how to write letters using a paintbrush, how to best mix paint and much more over the two-hour-plus event.

The Association équestre du Pontiac plans to host two more events in the spring, including a horse day and tack sale on April 29 and a cowboy racing clinic on May 13.

You can follow The Association équestre du Pontiac on Facebook for more details.



Brett Thoms THE EQUITY (Left) Madison Greer dips her brush onto the paint palette during the Association équestre du Pontiac paint afternoon.

The participants of the Association équestre du Pontiac paint afternoon showing off their finished paintings. Pictured: Alexa Seguin, Pam Murray Cathy Hetherington, Vienna Hetherington, Mila Hetherington, Kenna Hetherington, Elena Holt, Isabel Holt. Noelle Davies, Kim Closs, Pam Johnston, Ghislaine Parent, Renée Savoie, Vic Toria, Madison Greer, and Jennette Schever.

Spiritual Growth

By Esther Colpitts

It's finally done

The last piece of my 1,000 word puzzle went in yesterday. I found it tedious, so I had no feelings of sadness when I finished working on it. A simple task, it had very little significance in the scheme of things. And, thankfully I had help or it would have taken a lot longer. But as I spoke the words, "it's done," out loud, to myself, I began to recall a far more serious work accomplished 2,000 years ago, in which the most important event in all history was completed.

"It is finished." Jesus said on the cross and then He gave up His Spirit, paving the way for all who would believe, to bridge the immense chasm between God and us.

As Easter draws closer, I am reminded of what has been done for humanity. Forgiveness, a way out of brokenness, hope for the future, a constant help in time of need, a friend who sticks closer than a brother, freedom from guilt and so much more.

The completion of that task has changed our world forever.



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Art: a cultural universality



Guest art instructor Sally Sheeks sits with local teacher Jacob Fortin and students.

GLEN HARTLE
PONTIAC March 8, 2023

The Ministry of Education's Culture in the Schools program is designed to offer meaningful experiences to students at all levels and three regional primary schools benefited from the program starting February 27 and running through to March 3.

For this purpose, the Ministry maintains a Culture and Education Directory of approved resources available to visit classrooms and present their creative processes to students in short workshops. In the summer of 2022, the local school board accessed the directory and made arrangements to have one such resource come to the area and they chose well.

Sally Sheeks is an installation artist residing in Poltimore, just north of Buckingham. Her post-secondary schooling started in Sainte-Anne-de-Bellevue on the extreme West end of the Island of Montreal and moved from there to downtown to Concor-

dia before heading overseas to the University of Mainz, in Germany. Her art generally manifests in public installations, sculptures and drawings.

That's the official biography. Her unofficial profile is the one likely more in keeping with the motivation behind the program in the first place: offer meaningful experiences to students. Sheeks radiates goodness and you want to sit at her table without even knowing her name or why she's there, although you have a sense she might have been used as a character reference for casting in "The Sound of Music" and might drop into *Do-Re-Mi* at any moment.

For her week in the area, arrangements had been made for sessions at L'École primaire Ste-Anne on the Île-du-Grand-Calumet, L'École L'envolée in Campbell's Bay and lastly at L'École primaire Ste-Marie in Otter Lake, which is where we caught up with her while she was teaching her second session

of the day to the students in grades one to three.

Ste-Marie is a small school and it is seemingly a microcosm of that which the education system as a whole aspires to: impactful education in a culturally diverse community. Otter Lake bridges the geographic and linguistic communities of francophones to the North and East and anglophones to the South and West. It also now serves as host to several Ukrainian speaking families.

Thus, this wee classroom of 17 English-speaking, French-speaking and Ukrainian-speaking students ranging in age from five to eight had an abundance of diversity and Sheeks' kindness and patience soon had pencils scratching, scissors snipping and glue sticks gobbling. Excited chatter was met with praise and encouragement and quizzical demands, with nurturing returns.

Art, it seems, is universal, and Sheeks, a worthy ambassador.



Sally Sheeks brought art workshops to three local school.

Remembering the old Ottawa Valley

BRETT THOMS
SHAWVILLE March 4, 2023

Forgotten Memories of the Ottawa Valley, a folk music show about the history of the Ottawa Valley by local performer Marc Audet, came to The Little Red Wagon Winery last Saturday night.

Songs performed focused on a variety of subjects; from early years of river travels to immigration, logging, farming, frontier life and the effects of industrialization.

"I've become a historic songwriter over the last five years or so but in so just recently ended up accumulating enough songs to be able to do a full two set two-hour show," Audet said.

Audet, who hails from Renfrew County, said he has gathered these songs through exploring sites in the bush, like old farms, lumber camps, and wagon trails, then researching them, and sometimes even reaching out to descendants of those involved. He's explored both sides of the Ottawa River and is fascinated by the diversity the greater Ottawa Valley Region has to offer.

"It's been really neat kind of exploring his old sites, investigating the history and then and then with a bit of luck a song will come out of it in with a bit more luck, it'll be a good song," Audet said.

As a historical folk singer, Audet said all his songs are researched and based on true events. He said while he makes some concessions to artistic interpretation where he has to, he tries his best to be as accurate as possible.

"The songs are like storytelling songs and so there's no fiction involved at all, although that being said, you know, you never

have all the facts, so sometimes you have to make assumptions," Audet said about his method for turning history into song.

During his performances, Audet said his songs touched the history of both sides of the river.

"I grew up in Deep River and right on the Quebec-Ontario border, and I spent as much time on the Quebec side as I did the Ontario side. The Ottawa Valley is independent of the border. It's all the same," Audet said.

Audet also said that he was grateful for the concert venue the winery offers.

"It's a pleasure to come and play in a place like this with a listening audience. That's why I'm thrilled to come here. Because when you play in restaurants and pubs, it's people are just there to have a drink and chat with their friends. There, I'm just sort of background music."

Over the two-hour set, Audet played songs ranging from an ode to the log drivers on the Ottawa River, stories about old lumber camps along the Dumoine River, a prison break at a POW camp in Algonquin Park during World War II and much more.

Audet also made a special plea to encourage people who have lived history to record their experiences so the history of the Ottawa Valley continues to be remembered in as much detail as possible.

He lamented how much has been lost forever by people passing without leaving any record of their lives and activity.

He hopes to continue to learn about and perform Ottawa Valley's history.



Marc Audet performing a folk song about the Ottawa River during his concert at The Little Red Wagon Winery on Saturday Night.

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INTERNATIONAL WOMEN'S DAY

Celebrating the achievements of women entrepreneurs should be an everyday event, but International Women's Day is certainly the perfect time to celebrate women in business.

Whether you are a business owner, or an aspiring entrepreneur with a dream of becoming your own boss, the SADC Pontiac recognizes the tremendous contribution you make to our local economy and is always here with personalised support to help you reach your goals.

 <small>Vicki & Dominique</small> ♡ Ferme Mouflon	 <small>Lindsay Hamilton</small> ♡ Homegrown Garden Centre	 <small>Caroline Desrosiers</small> ♡ La Vallée des Rosiers	
 <small>Danielle Marchand</small> ♡ Pourvoirie Lac à L'Indienne	 <small>Gulliana Albanese</small> ♡ White Buffalo Vintage	 <small>Natalie Thompson</small> ♡ Les Fleurs Thompson	
 <small>Gema Villavicencio</small> ♡ Ferme Pure Conscience	 <small>Cindy Lottes</small> ♡ Cindy Lottes Photography	 <small>Mariane Desjardins-Ray</small> ♡ La Fée des Bois	
 <small>Vickie Chatelain</small> ♡ Massothérapeute	 <small>Jennifer Russell Judd</small> ♡ Starbarn Farms	 <small>Rhonda Meisner</small> ♡ Stedman's V&S	