

# THE EQUITY

126th Year, Issue No. 9

Wednesday, March 4, 2009

88 cents

## 'Extremely loved' young man dies in farming accident

LEAH IVERSON  
WILBUR MCLEAN

**Equity Staff**  
CLARENDON • A 19-year-old Shawville man has died as the result of a farming accident last week.

Shawn Campbell was pronounced dead on Tuesday, Feb. 24 after an incident involving a feed mixer.

Campbell, a farmhand, was working on a farm on the Eighth Line in Clarendon when he fell into a feed mixer at about 3 p.m., according to the Sûreté du Québec Pontiac detachment.

Emergency services attended to Campbell at the scene before transporting him to hospital in Shawville and then later to hospital in Hull.

He died between 7 and 8 p.m. the same day.

The incident will be further investigated. It was ruled accidental by police.

**Shawn remembered for smile, humour and heart of gold**

Within days of the tragic passing of Shawn Campbell, hundreds of friends, neighbours and former classmates of the young man expressed their grief

and memories on an online tribute page.

Entitled "R.I.P Shawn", the number of members on the Facebook memorial page has nearly hit 400 as of Monday morning, with almost 70 people posting comments and a number of memorable photos of Campbell.

With each message, members reflected on the boy with the great sense of humour, who would go out of his way to help others and make sure everyone was happy.

The dedication page proved that Campbell left a lasting impression on everyone he came across, with many members claiming they didn't know him personally but remembered his warm smile.

Many wrote of their sympathy for the Campbell family, and vowed to keep Campbell's fun spirit alive in their hearts.

In email messages to THE EQUITY, a few members shared their memories of the boy who was loved so much.

One former classmate of Campbell's said she'll never forget how helpful and

caring he was at all times.

"Shawn always had a smile to share at school and he always helped whenever he could," wrote Jamie Leclaire. "If you dropped something and he was nearby, he would pick it up for you. He was a nice lad."

Courtney Stanley knew Campbell through her brother, and remembered how he was always there to lend a listening ear.

"He was there if you needed someone to talk to, that's what I miss the most," she wrote.

"He was a great person and extremely loved."

Although not close friends, Campbell touched Savannah Moreau's life, and she wrote how she'll never forget his humour and optimism.

"He was a great guy who wouldn't do anything to hurt anyone," she wrote.

"He would always try to make you laugh and would just want you to have the time of your life."

To view or join the Facebook group, enter 'R.I.P Shawn!!!' in the search bar at www.facebook.com.

## A golden turn



Vikki Twolan of the Shawville Figure Skating Club competed in the Junior Bronze Dames Group 2 event at the Winter Invitational on Saturday, winning the gold medal in a difficult group.

## Frozen pond? Frigid fun

### Hockey players flock to second annual pond hockey tournament in Fort Coulonge

WILBUR MCLEAN

**Equity Editor**  
FORT COULONGE • The temperature may have dropped to -18C on Saturday, but dozens of Pontiac hockey players thought only one thing of the weather: this is perfect.

"It's a great day. It's a little cold but at least the sun's out," said Paul Boisvert, who organized the second annual pond hockey tournament in Fort Coulonge.

Ten teams of players from all over Pontiac, many of whom play in the recreational Les Boyz hockey league in Fort Coulonge, participated in the all-day, outdoor tournament that featured traditional pond hockey rules.

In lieu of a goalie, wooden nets that were three feet wide and 10 inches tall were used.

Each team played four games of two, 10-minute running periods.

"It was something I saw on TV," said Boisvert, on where he got the idea. "They have a huge pond hockey tournament in Quebec City every year so I thought that would be something we could do here."

Pond hockey is a Canadian tradition as old as ice itself seemingly.

In late January, more than 150 teams converged on Huntsville, Ont. for Canadian National Pond Hockey Championships.

With nearly 2,000 players, that tournament grew to the world's largest in only four years.

"I thought, hey, we're all hockey players so I thought we could do it," said Boisvert. "I knew we could. I knew a lot of the guys would help me."

Of course, the elements play a critical role in the success of a pond and for a while it looked like Mother Nature may have conspired against the pond hockey tournament.

Rain and frozen rain on Friday wreaked havoc with the ice behind the Golden Age Club on Baume Street in Fort Coulonge.

Boisvert and helpers had been grooming the ice for the tournament since early in the new year, however things looked so bad that the tournament was actually called off the night before.

"We said it was cancelled because of the weather at about 7 p.m. (Friday)," said Boisvert.

But after working late into the night, two of the three sheets of ice were repaired well enough to be able to play the following day.

Two teams backed out after being told of the cancellation and were not able to re-enter the tournament, but 10 teams still were able to enjoy the day. In its first year, nine teams took part.

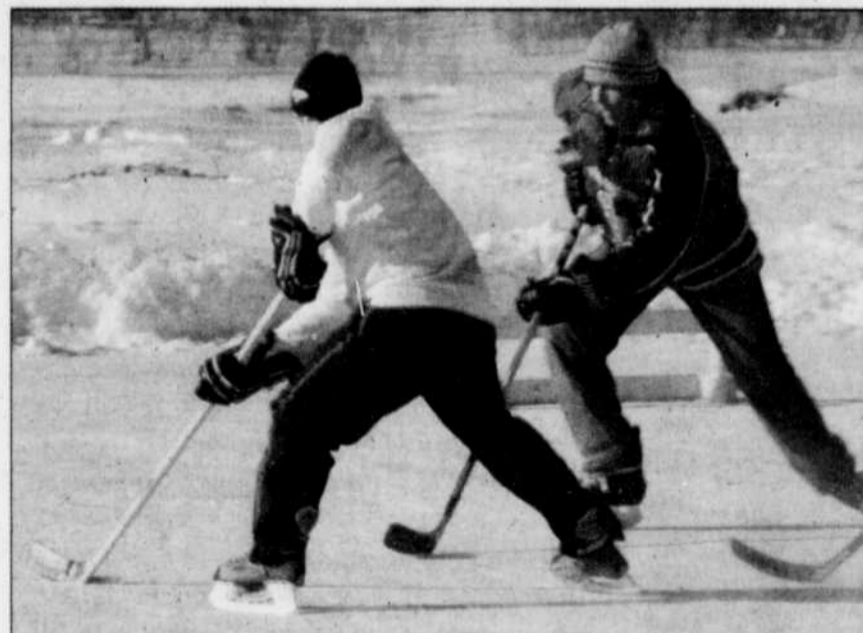
The eventual winner was Groupement Forestiers.

"The more people that hear about it the bigger we can get," said Boisvert, who noted that he's already considering moving the tournament in Fort Coulonge next year to accommodate more teams.

"It's just for the fun. Everybody enjoys it. I wanted to do it because nobody else has done it."

A heated armed forces was also on site, and dozens of onlookers enjoyed the competitions throughout the day. Beer sales were conducted but all profits went to Les Boyz Hockey League.

A 50/50 draw was held, with the proceeds going to the Pontiac Hospital Foundation's dialysis fundraiser. The winner was Garry Pearson.



Sandy Dubeau, left, does his best to keep the puck away from Serge Duval during Saturday's pond hockey tournament in Fort Coulonge.

## Skating invitational scores top marks

WILBUR MCLEAN

**Equity Editor**  
SHAWVILLE • The Shawville Figure Skating Club's Winter Invitational landed another triple axel on the Saturday, with the successful completion of another iteration of the annual event.

This year, 13 figure skating clubs from Eastern Ontario and Western Quebec participated in the invitational, which was pared down to one day from two, which had been the norm over the past few years.

According to organizers, the primary reason for the one-day event was a change in format from Skate Canada, which no longer includes Individual Elements as part of their program.

That was an event that had 84 skaters registered in the 2008 Winter Invitational.

"The economy was also a factor. There were the same number of clubs but fewer skaters participating," said Andrew Simms, treasurer for the event.

Eight skaters from the Shawville club participated with the greatest success coming in the team events.

The Silver Blades of Shawville won

the Team Étape 6 event, with the Twizzlers from Shawville placing second in the same category.

In the Team Senior Bronze event, Team Sarah won gold in a dramatic three-way tie with teams from Gatineau Valley and Pembroke.

The Junior Bronze Dames Group 2 event was a strong one for Shawville as well.

Vikki Twolan won gold for the host club while Gwendolyn Simms won silver in the same event.

"We did very well considering we only had eight skaters," said Tara Peck, registrar for the event.

Other skaters from Pontiac were also successful skating for the Gatineau Valley club.

Melissa Lafleur of Otter Lake and Rebecca Graveline of Danford Lake won gold in the Team Senior Bronze event together.

Lafleur also won a pair of bronze medals, in the Team Elements Stage 6 event and the Solo Stage 5 event.

Graveline won bronze in the Introductory Interpretation event.

This year's Winter Invitational featured a total of 16 events.

The invitational overall ran smoothly and on schedule with no

significant problems throughout the day at the Shawville Arena.

In the competition for overall club points, Hull won with 44 points, Gatineau Valley finished second with 31 points and Asticou was third with 30 points. Shawville finished fourth with 24 points.

For its win, Hull was presented with the Catherine Lapointe Memorial Trophy in honour of the woman who started the Winter Invitational as a major fundraiser for the club at a time when it looked as though the Shawville Figure Skating Club could fold due to a lack of funding.

Lapointe died two years ago but the Winter Invitational remains the club's biggest fundraiser each year.

"I was really pleased with the support of the local businesses. They really support this event," said Simms after the competition's conclusion.

This year was the first for new competition chairperson, Martine Bertrand, who said she learned a lot from running the event with the assistance of her committee. She took over from longtime chairperson, Lyse Lacourse.

**RE/MAX DIRECT INC.** Courtier immobilier agréé / Real estate agent

Carlen 759-0699  
James 719-4729  
Terence 274-9357

*Lafleurs*

Shawville: Superior quality family home, 2 storey, 3+1 bedrooms, 4 baths, double garage, large deck above ground pool. \$254,900.

Otter Lake: Excellent bungalow 2+1 bedrooms many upgrades, finished basement. Mun. water, large lot, carport, worth a visit. \$105,000.

Bristol: Private 2 bedroom home with lots of potential. Many out-buildings and large lot. Possibility of purchasing extra lot as well. \$59,000.

Shawville: Completely renovated 2 storey, 2+2 bedroom, 2 bathrooms, large lot, centre of town, walking distance to all amenities. \$124,900.

Portage du Fort: Recent construction, 3 bedroom 2 storey family home with 15,000 sq ft lot and access to the Outaouais River. \$129,900.

Shawville: All brick 2 bedroom bungalow with nicely landscaped lot and single detached garage. Great starter home only. \$94,900.

181, rue Principale, Aylmer, Québec 819-684-9054 E-mail: tlafleur@magma.ca 320 Main Street, Shawville, Québec 819-647-6996



Carole St-Aubin, THE EQUITY

Paulette Gauthier's student, Erika-Joy Ellison, step dances for patients at the Pontiac Hospital Centre's long term care unit in a special St-Patrick's Day celebration on Tuesday.

# A century-old tradition lives on throughout the Pontiac

CAROLE ST-AUBIN

Equity Reporter

PONTIAC • From its modest beginnings in lumber camps of the Ottawa Valley more than a century ago, its present-day evolution, step dancing is still very much a part of Pontiac culture.

"It all began from the heart," said step dancing icon, Buster Brown of Ottawa.

Lumberjacks would take out their fiddles, throw a board on the ground and tap away to the rhythm of the music.

"They felt the music and wanted to express, so they began to dance in their gum rubber boots to the rhythm of the music."

That's all there was to step dancing in its earliest form, until about 30 years ago when it became choreographed and refined by dancers like Buster Brown.

It quickly became a tradition for fiddlers and step dancers to clear the floor of a barn dance or at a local tavern to express the rhythm of a jig, a reel, or a log.

"It was a mix of Irish, French Canadian, European, and the east coast of Cape Breton to create a rather

unique style of dancing," said Brown.

At the age of seven Brown learned his first steps from Donnie Gilchrist, who was originally from Campbell's Bay, and was known as the grand daddy of step dancing.

Gilchrist was credited with keeping the lumberjack's jig alive.

"My father met Donnie in a lumber camp and brought me to take about 30 lessons from him," said Brown.

Brown then went on to teach many including Larry Proulx of Renfrew who then taught for many years throughout the Pontiac.

Proulx taught Eldon Ostrom from Bryson and the Schwartz brothers, Ward and Wade from Ladysmith, a couple of well known names in Pontiac's step dancing circles.

Meanwhile, Paulette Gauthier from Clarendon, who took one eight-week dancing session as a child, did not return to it until she was married with three kids of her own. When her children expressed an interest in learning, Gauthier's interest was also rekindled.

Her youngest daughter Jennifer and son Scott took

classes from the Schwartz brothers.

She started going to her children's lessons and picked up the steps.

Together they performed in shows across the Pontiac, and took part in different competitions across the Ottawa Valley.

Though her children's interest in dancing waned in their teenage years, Gauthier's did not.

"My love of dancing kept growing," said Gauthier.

Gauthier also took lessons from the Schwartz brothers, from Ostrom and eventually directly from Brown.

By then she had gained a full repertoire of steps that everyone brought their own flavour to.

At the age of 35 she started teaching from one end of the Pontiac to the other, giving

classes in different towns from Fort Coulonge to Luskville. About five years after she began stepdancing, her daughter began taking fiddling lessons in an Ottawa school.

Once again Gauthier followed along with her daughter for about four to five years then proceeded to find a different teacher and continued to take lessons for about two years before she began giving fiddling lessons as well.

"Stepdancing for me is keeping the old time fiddling and dancing traditions alive, it's making a connection between the clicks of your feet and the fiddle music. The sound the dancing and the music are so lively, they go hand in hand."

Gauthier says it is particularly rewarding to perform for the elderly, which she makes

a point to do least a couple of times a year, especially during the holidays.

"I love to see the brightness of their faces, to see some of them making a connection to their past."

Gauthier, still teaches from her home five days a week, in Clarendon.

She organizes a yearly recital where her students can display the talents they worked hard to acquire and develop throughout the year.

Brown, 57, also teaches five days a week, giving classes in Pembroke, Cobden, Eganville, Renfrew and Ottawa.

He says he has a lifetime of step dancing memories to share with his students, as with his three-year-old daughter, for whom he hand made the taps for her first pair of shoes.

## Quyon Flyers prepare for season

WILBUR MCLEAN

Equity Editor

QUYON • It may be 10C outside but the Quyon Flyers are thinking only one thing: summer.

The Quyon Flyers fastball club is in the middle of preparations for the upcoming season, a year after the team finished within one run of defeating the eventual Greater Ottawa Fastball League champions, the Stittsville 56ers.

The 12-man team consisting almost entirely of players who live in or are natives of Pontiac, have begun indoor winter workouts for the second consecutive sea-

son inside the Pontiac High School gym once per week.

"It's a lot of general things we've been working on, but we'll be focusing on bunting — we really need to work on that — and also our defense," said Joe McCleary, the team's catcher.

For the first time in a few seasons, the Flyers will not be making any additions to their roster, believing their current team is strong enough to compete for the league championship.

It will be the Flyers' third season in the GOFL.

"We should be right there with the top teams," said McCleary. "We expect to win

it all this season."

McCleary said the team will increase the number of tournaments they enter this year. In the past, tournaments were generally not a priority for the club.

"We have some good depth to our team now and we can always pick up a pitcher or two if we need to," said McCleary, on the reasons for the greater emphasis on tournaments for the 2009 season.

The Flyers will also seek a berth in the 2009 Tournament of Champions, the North American tier two fastball championships, by entering a qualification

tournament in Fitzroy Harbour in June.

The tournament will be held in Illinois and Iowa from August 18-22.

The Flyers qualified for the Tournament of Champions in 2007 but were eliminated without a win.

McCleary is confident the Flyers would have more success in 2009.

"It was a good learning experience and we've improved a lot since then. We still haven't even hit our prime years," said McCleary.

The Flyers remain one of the youngest teams in the nine-team GOFL, with an

average age in the early 20s.

The team's oldest player is Hathway, who is just 27.

Also important for next year is fundraising, and the team is organizing an NHL playoff pool, with some of the proceeds going towards team expenses.

The pool is a popular fundraiser for the team and entries are available from any Flyers member.

The Quyon Flyers are McCleary, Dennis McCleary, Matt Greer, Drew Hathway, Steve McCord, Shawn Laframboise, Kenny Fleck, Ben Younge, Jordan Kearns, Joran Graham, Nick Armitage and Luke Young.

## Sheenboro

Myrtle Sullivan 689-2236

Welcome home to Heather and Norm Lemke who have returned from a vacation in Florida. They had a great time. Thanks for the nice gift Heather.

I'm glad to hear Donald Retty is home from hospital. Hopefully he'll be out calling squares for our St.

Pat's Dance on March 14.

Some of the Sheeners have been enjoying the adult skating at the Chapeau arena every Thursday evening.

Belated birthday wishes to Alanah Downey, my grandchildren Allison Clyde and Emmett Sullivan and also my great grandchildren Liam and Jake who turned five.

I'm glad to see my good friend Margaret Maloney is home from Florida. I miss her calls when she is away.

My daughter Betty and I were down to see my brother Hubert this week and he is feeling much better.

I was sorry to hear Gerry Lavigne from Ottawa passed away. Gerry and Liz were often up to Sheen and Fort William with my daughter Arlene.

My deepest sympathy to his family.

Donat Ranger is enjoying a few ski doo trips with his friends before the snow is all gone.

I think the snow will be here for awhile yet. The Quebec students are off this week on their winter break. I hope they have a great time.

Dr. Wilbert Keon School had a great carnival week with lots of activities and events for the children every day.

Some of the high school

students went bowling in Petawawa and then swimming. I heard they had lots of fun.

I was sorry to hear Cletus Sullivan passed away. My deepest sympathy to his family.

I had a phone call from Joe McParland in Perth inquiring about all his friends in Sheen. Martin Berrigan's daughter comes to check on him down there. He hopes to get up to Sheen this summer.

Happy 1st Birthday to our "Baby Girl" Kaleigh Julia Milford on March 8, 2009.



On l'aime gros comme le ciel! De Maman, Dad, et Hunter. XX00

It took him 50 years to look this good! Paul-Emile Ladouceur March 9, 2009 Love and best wishes from your family.

710EXCURSIONS.COM  
- Sleigh & Wagon Rides  
- Wedding Carriage  
- Logging Excursions  
Booking now for March Break  
**SHAWN PULLEY**  
Ladysmith, Quebec 819-647-2724

Visit the Best Home Decor Store in the Ottawa Valley,  
*Custom Draperies & Home Decor*  
in Downtown Pembroke.  
Meet the most knowledgeable, dependable, friendly Interior Designers, they will help you choose paint, furniture, home decor and customized window coverings in the comfort of your own home.  
Trust the Best ... Call  
*Custom Draperies & Home Decor*  
Today at 613-735-0370. They'll put a smile on your face!  
76 Pembroke St. W., Downtown Pembroke 613-735-0370 • www.customdraperies.ca

**LYNN'S ACCOUNTING SERVICE**  
Income Tax Returns  
*Can't come to me? I'll come to you!*  
(in Shawville-Clarendon area)  
Bookkeeping - Medical Billing - GMFs  
Competitive Rates - 20 years experience  
Prop.: Lynn Pirie #1-272 Main St.  
Office: 819-647-6199 Shawville, Quebec  
Res.: 819-647-5899 (formerly Dr. Martin's office)

**Spic-and-Span, Showroom-Quality Clean!**  
Get that showroom-fresh look with a professional, soft-touch clean!  
Complete Car Cleaning  
Interior - Exterior  
ALL VEHICLES  
For appointment and information  
819-647-2721, 2722  
Snow tires still available!  
SHAWVILLE FORD INC.   
Hwy. 148, Shawville  
Phone: 819-647-2721

**Bea's Wings**  
Beatrice Hooper  
Certified Reflexologist and Reiki Master  
2 - 351 Main Street, Box 281 Shawville, QC J0X 2Y0  
Bea's Wings 819-647-2028

**All natural Solutions**  
Natural health products  
Far North Infra-Red Saunas  
Tammy Jean-Marie Alexander  
202 SunnySide ave  
Shawville Qc  
tel: (819) 647-2027 Getting back to nature email: rtalex@272

**Spa Tique**  
Esthetics, Hot Stone Massage, Unique Gifts & Tanning Salon  
Betty Walls  
164 Clarendon Street  
Shawville, Quebec J0X 2Y0  
By Appointment: 819-647-5099  
Cash Only  
spatique1@hotmail.com

**CHAUSSURES SHAWVILLE SHOES**  
• Aeroboles • Naturalizer  
• Birkenstock • Propet  
• Hush Puppies • Rieker Antistress  
• Crocs • Samson de France  
QUALITY ORTHOTIC FRIENDLY FOOTWEAR  
ACCESSORIES AND HANDBAGS  
387 Main Street  
Shawville QC J0X 2Y0 MARJORIE (MAGGIE) HONER 819-647-5711

**JOURNÉE D'INFORMATION SUR LA SANTÉ DES PIEDS**  
**FOOT CARE INFORMATION DAY**  
Plus de 500 \$ en prix de présence  
OVER \$500 IN DOOR PRIZES  
March 23 mars  
11h00 à 17h00 11 am to 5 pm  
**CLINIQUE CHIROPATIQUE DU PONTIAC**  
**PONTIAC CHIROPRACTIC CLINIC**  
379, route 148, Shawville, QC  
(Centre d'achat à côté de la station de service Beans)  
(mall next to Bean's Service Station)  
819-647-5155

**EDITH CAMPBELL FOOT CARE**  
Edith Campbell, RNA  
Medical foot care in the comfort of your own home  
819-647-6379

**Coach / Consultant**  
Learn to take care of yourself and change your life habits  
Goal Setting, Time Management  
Physical Activity, Nutrition  
Mental Imagery  
Diane Oligny M.Sc. Kinesiologist  
819-458-3734 diane-oligny@yahoo.com  
Receipt for insurances available  
**Entraîneuse / Consultante**  
Apprendre à prendre soin de soi et changer ses habitudes de vie grâce à l'établissement d'objectifs, la gestion de son temps, l'activité physique, une nutrition saine et de l'imagerie mentale.  
Diane Oligny M.Sc. Kinésiologue  
819-458-3734 diane-oligny@yahoo.com  
Reçu pour assurance disponible

**Clinique chiropratique du Pontiac**  
Dre Isabelle Gagnon, DC  
Soins pour toute la famille  
175C Chemin de la Chute Mansfield, Qué. J0X 1V0 819-683-3690  
383 Route 148 Shawville, Qué. J0X 2Y0 819-647-5155

**Beth Gerow**  
819-647-2268 or cell 613-794-5738  
Service bilingue / Bilingual service  
Shawville, Wakeham, Clarendon, O.  
Home visits aux clients.  
Visites à domicile disponibles.  
**Jin Shin Do**  
Bodymind-Acupressure™  
Reçu d'assurance fournis / Insurance receipts provided

# Novice 'A' Lions advance

LEAH IVERSON  
Equity Reporter

**PONTIAC** • The Pontiac Novice 'A' Lions had an impressive performance at a recent tournament in Gatineau and as a result, will be participating in the finals this Sunday.

With hard work, the team won their first three games.

In the first game, the team landed a 5-3 victory against the HRS Huskies from Vaudreuil.

Connor Romain led the way with three goals, with Tyler Marion and Vance Olmstead landing one each.

C. Romain, Troy Romain and Zakary Béchamp each got one assist and Connor Walsh had two assists.

The winning continued in game two, with the Lions winning 8-6 against another Vaudreuil team called the Vikings.

C. Romain landed an impressive five goals, with Marion scoring two and Jean-Luc Fortin with one.

Assists went to T. Romain,

Marion and Zakary Béchamp.

To end the tournament, the Lions won 5-3 in their last game against les Marquis de Pierrefonds.

Marion and C. Romain each got two goals and Fortin had one.

Single assists went to Walsh, Jake Pilon and Marion, while C. Romain helped with two.

Young goalie Cedrik Durocher played great in net.

### Playoff victory for Bantam 'CC' Lions

The Pontiac Bantam CC Lions had their third playoff game Feb. 24 and came away with a 6-1 victory against the Voiliers Aylmer.

Goal scorers for the Lions were Branden Alexander with one off his skate and another from a few fakes around several of the Aylmer players including the goalie.

Justin McGuire scored the next goal with a blistering shot from just inside the blue line and Maxime

Fournier landing two after several fakes.

Stephane Pare scored the last goal. Assists went to Brett Nugent, Jack Kelly and Zachary Trudeau.

### Exhibition game ends in win for Novice 'B' team

The Pontiac Novice 'B' Lions beat the Gladiateurs d'Aylmer 3-1 in an exhibition game Sunday.

Goalie Jean-Pascal Parise was called up from the Novice 'C' Lions and amazed the crowd by his numerous saves to give the Lions a chance to win after falling behind 1-0 in the first period.

The Lions also got a big defensive boost from Emily Desnoyers who played well after being called up for the game.

Mackie Ellison, Ben Barr and Roy Duggan scored for the Lions.

Assists went to Barr, William Hayes, Rori Richardson and Ellison.

The Lions hit the ice at 2 p.m. this Saturday against

the Atom 'C' Lions at Scotiabank Place.

### A win to start playoffs for PeeWee 'CC' Lions

The Pontiac PeeWee 'CC' Lions played their first two games of the playoffs over the weekend, landing a win and a loss.

The Lions won the first game 4-0 against Les Voisins de Papineau.

Goals went to Alexis Gauthier, Nicholas Graveline, Michel Boisvert and Justin Graveline. Assists went to Danny Pasch, Camille Dagenais and Daniel Boivin.

The second game, the Lions went up against Gatineau A's and after a tight battle, were defeated 5-3.

The first goal went to Simon Corriveau assisted by Boisvert and Bradley Pearson.

Boisvert landed the second goal with the help of Cris Hearty and Graveline.

Dagenais scored the third goal unassisted.

# PHS basketball set for playoffs

WILBUR MCLEAN  
Equity Editor

**PONTIAC** • The Panthers are sharpening their claws ahead of the high school basketball playoffs.

Both the boys and girls Pontiac High School basketball teams qualified for the playoffs in their leagues.

The boys used a late season rally to lock up a playoff spot while the girls, among the favourites throughout the season finished the season strongly in second place.

The girls will play Le Carrefour in a semi-final matchup at home sometime between March 20 and 27.

The winner of the game

will advance to the championship contest on Saturday, March 28 at the Outaouais CEGEP in Hull.

In their only game against Le Carrefour this season, PHS won a close contest, 42-40. The boys, meanwhile, will play a quarter-final game at Du Versant sometime between March 16 and 19.

The winner of that contest faces the unenviable task of trying to unseat Le Carrefour in the semi-finals, a team that finished the season with a 16-0 record.

In two games against Du Versant this season, Pontiac lost 40-39 and 46-30.

The boys team needed strong results to close out the season in order to secure a playoff spot and they did.

The Panthers defeated D'Arcy McGee convincingly, 66-46 on Monday, Feb. 23 and then won 52-46 over De L'île the following night in a game that counted as two matchups in order to make up for a postponed game from earlier in the season.

The girls, meanwhile, concluded their season with a pair of wins over Erablière.

The first was a 39-28 win at home on Feb. 17 and the second was a 37-25 road win on Wednesday night.

### High school basketball - girls

	W	L
Hormisdas-Gam.1	12	0
Pontiac	8	4
Le Carrefour	6	6
Erablière	5	7
D'Arcy McGee	4	8
Grande Rivière	4	8
Hormisdas-Gam.2	3	9

### High school basketball - boys

	W	L
Le Carrefour	16	0
St-Alexandre	13	3
Des Lacs 2	11	5
Du Versant	9	7
Pontiac	8	8
Des Lacs 1	5	10
D'Arcy McGee	4	11
Île	3	12
Nicolas-Gatineau	1	14

## Wood you like to make a donation?



Teacher Tom McCann and Pontiac High School Vice Principal Debra Stephens give the thumbs up to a load of wood that was collected as part of the PHS Woodworking class material drive on Saturday. The drive was organized by the Pontiac Chamber of Commerce and aimed to increase the amount of materials available to the program.

## OVERTIME | LUKE MURPHY

# Toronto Maple Leafs should take a hike with ticket hike



Have the people running the Toronto Maple Leafs gone completely insane?

A recession isn't usually the best time to raise prices. Nor is the timing exquisite when the product — in this case the Toronto Maple Leafs — is less than peak market value.

But that's what Maple Leaf Sports and Entertainment is doing by asking season ticket holders for an extra 3.5 per cent next season. Can you believe that the price for a Maple Leafs game has gone up?

This is what the organization is saying about the move — the time is never right to raise prices, but rising costs and a falling dollar have left the league's most profitable franchise with no choice.

Do they realize that the team is horrible, and that they're on the brink of miss-

ing the postseason for a club-record fourth year in a row? And maybe they should open a newspaper or watch a news broadcast and find out about the current country, and world, situation, an economic crisis.

Why the Leafs? Like I said, they stink, and they have one of the lowest payrolls in the league. This year, the Leafs are more than \$7-million under the \$56.7-million maximum limit salary cap. They sell out every game (only God knows how), so there is no reason for this ticket hike.

Do you think this has anything to do with the Leafs now having one of the highest-paid executives in general manager Brian Burke, and the size of the team's front office has increased? So has the coaching staff. The Leafs also have to pay into the league's revenue-sharing pool, a cost that didn't exist prior to the lockout. And the value of the Canadian dollar has dropped.

The Leafs franchise, which Forbes Magazine estimated last fall to be worth \$440-million, already has the most expensive tickets in the 30-team NHL. The Leafs have the luxury of having corporations making up a large part of their season-ticket base, and they still have a waiting list of more than 4,000.

The tickets ranged from \$26 to \$401 this season.

Looks like blue collar workers are sitting in the nose bleed section. Already this season, six NHL teams, including the Ottawa Senators, have announced that they have frozen ticket prices for next season. This is a smart move considering the economic crisis, and with the Sens, they too aren't worth paying the full price of admission.

This Maple Leafs announcement has come at an inopportune time. With the state of the economy, will hockey really be on the priority list for many people? I'd say people are more apt to

think about paying bills, feeding their families, and just finding a way to get by until the economy improves.

I say thumbs down to the Toronto Maple Leafs. But let me ask you this. What does this say about the Toronto Maple Leaf organization? And what does it say about Toronto Maple Leaf fans, who are willing to pay these ridiculous prices to watch an inferior product?

It looks to me like they're used to losing, and have accepted it.

That's my two cents. What do you think?

Extra: The Relay for Life-Shawville, is still accepting teams. If you're interested in putting in a team for the event at the Shawville Arena on May 30, contact Jaime Christie at (819-647-3508) or John Petty at (819-647-2402). The deadline is April 6.

Murphy is a former professional hockey player who now resides in Shawville. Contact him at news@the-equity.ca

RURAL ADDRESS PEINTURES PAR/PAINTINGS BY PETER WOOD

vernissage: vendredi, le 6 mars, 2009, 19h-21h  
 opening: Friday, March 6, 2009, 7-9 pm  
 l'exposition aura lieu du 6-30 mars, 2009  
 the exhibition will run March 6-30, 2009

305-r. main, shawville, PQ, J0X 2Y0  
 raymond@sanderegier.com  
 www.sanderegier.com  
 819 503 8004

heures d'ouverture: mardi-jeudi, samedi: 10h-17h, vendredi: 10h-16h  
 hours of operation: Tues-Thurs, Sat: 10 am-5 pm, Fri: 10 am-6 pm

Our Monuments For Spring Cost Less Now

If the monument you want for spring is ordered now, two good things will happen. You'll take advantage of the Winter Discount, and the monument you order will be ready for spring installation.

**Campbell Monument**  
Quality Craftsmanship Since 1909

Renfrew Office & Display  
850 O'Brien Rd. (next to WAL-MART)  
Veronica Windle  
Tel: 613-433-9616 or 1-800-567-7799  
Home appointments available day or evening  
www.campbellmonument.com  
— In the Pontiac —  
John Maheral 819-648-2590

Present This Coupon When You Purchase Any Vehicle And Receive A

**\$25 Gift Certificate** from **Gord Nephin**

Sales & Leasing Consultant  
New and Used  
Drop In & See Me today!

VALUE - QUALITY  
GREAT SERVICE  
FUEL EFFICIENT  
MADE IN CANADA  
Cell 613-585-1073  
gordnephin@hotmail.com

PETAWAWA TOYOTA

1406 Pembroke St. W., Pembroke, ON K8A 7M3

**Serta**

**YEAR END MATTRESS SALE**

**FLOOR MODELS**

UP TO **40% off**  
IN-STOCK ONLY

12 months  
NO INTEREST  
NO PAYMENT  
See store for details  
OAC

WE MAKE THE WORLD'S BEST MATTRESS™

**HOME FURNITURE PEMBROKE**  
1197 PEMBROKE ST. E. PEMBROKE AUDIO VIDEO

THE HOME OF GREAT INTERIORS

Homecard

Home furniture (613) 732-4090 MON-THUR. 9-5:30. FRI. 9-9. SAT 9-5

The Ottawa Valley Seed Growers present

**THE 82nd EDITION**

**Ottawa Valley Farm Show**  
Lansdowne Park, Ottawa  
March 17, 18, 19, 2009

**330 EXHIBITORS**

**OFFICIAL OPENING**  
Tuesday, March 17  
12 noon  
Tuesday Hours  
9 am - 5 pm

**SEED AWARDS CEREMONY**  
Wednesday, March 18  
12 noon  
Wednesday Hours  
9 am - 8 pm

**PEDIGREED SEED SALE FOR CHEO**  
Thursday, March 19  
12 noon  
Thursday Hours  
9 am - 4 pm

Admission \$8.00  
www.ottawafarmshow.com

# OPINION

819-647-2206 Fax  
prepress@theequity.ca E-mail ads  
news@theequity.ca E-mail news and letters  
www.theequity.ca Website  
Submissions > DEADLINE MONDAY 5 p.m.

Publisher  
Heather Alberti Dickson  
Rosa Dickson  
heather@theequity.ca

Editor  
Wilbur McLean  
wilbur@theequity.ca

Reporter  
Leah Iverson  
leah@theequity.ca

Reporter  
Carole St-Aubin  
carole@theequity.ca

Ad Manager  
Katherine Hynes  
kathy@theequity.ca

Classifieds & circulation  
Janey MacDougall  
janey@theequity.ca

Digital Darkroom  
Dave Moore  
dave@theequity.ca

ADVERTISING  
DEADLINE  
MONDAY 5 p.m.

Publications Mail  
Agreement  
No. 40010387  
PAP Registration  
No. 08560

Return undeliverable  
Canadian addresses to:

Pontiac Printshop Ltd.  
133 Centre St.  
Shawville, ON  
J0X 2Y0  
819-647-2204  
819-647-2206 Fax  
www.theequity.ca

Subscription rates  
(tax included)  
Pontiac - \$29.34  
Quebec - \$40.63  
Canada - \$37.80  
U.S. - \$53.55

Contents copyright 2009  
Legal deposit in the  
National Library of  
Quebec

Member of ABC,  
CCNA, CCNA &  
Heddos Select

"We acknowledge  
the assistance of the  
Government of Canada  
through the Publications  
Assistance Program  
toward our  
mailing costs."



## OUR OPINION | Community comes together online to mourn tragedy

There are few websites more popular nowadays than Facebook.

Now reaching 75 million users worldwide, according to their own numbers, the site was originally designed to be used exclusively by college and university students.

However, it has now grown to the point where it's quite common for people's grandmothers to have a Facebook page where they can keep tabs on friends and relatives.

Facebook is one of a newer wave of websites known as social networking sites. Where people connect with one another, posting messages, photos and videos of oneself and one's contacts.

The site, of course, has its detractors: those who believe putting one's personal information in a public or semi-public forum can only lead to trouble.

There are instances, however, where its benefits are obvious. One such case occurred last week when a friend of the young Shawville man who died in an accident began a Facebook group to mourn his passing.

Hundreds of people, mostly Pontiacers, joined within days and posted photos, tributes and memories. As of Monday, less than a week after the accident, there were 406 members in the group.

It's part of the healing process that may not have been possible for many of the group's members who no longer live in Pontiac.

It's a way to join together and remember somebody who was part of the Pontiac community and in being able to do that, online social networking shows its value.

A similar phenomenon occurred when Chapeau's venerable Fred Meilleur died recently. He was the longtime owner of Fred's Hotel in Chapeau and a stalwart in the community.

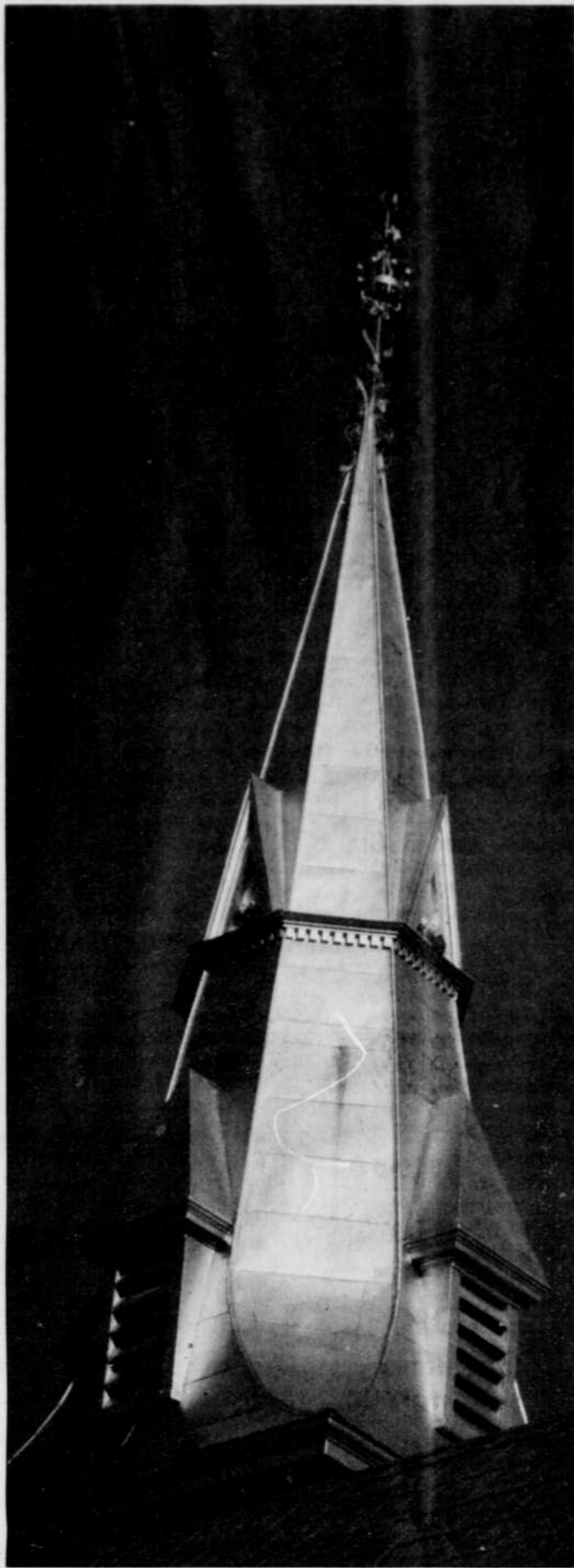
On Facebook, three separate tribute groups have been created in his honour and, so far, about 2,000 members have joined them in total. That's incredible.

Among the many photos and stories posted for him, there is a seven minute long video that was created with photos spliced in of Meilleur and his popular bar.

Yes, there are many dangers to the online world and one's privacy can be sacrificed if care is not taken to ensure one's own safety.

However, these recent deaths in Pontiac show that there is a greater importance to sites like Facebook beyond simply letting your friends know what you ate for lunch today.

Having the chance to express one's grief along with others who feel a similar pain can only be a benefit.



WM Top of the morning

Leah Iverson, THE EQUITY

## Part 2: Mayor McCann: Status of high-temperature incinerator project for Pontiac

Readers of THE EQUITY know the Municipality of Pontiac (MoP) and MRC Pontiac have been researching a proposal to build a high-temperature incinerator for Pontiac region's garbage. However, neither the high-temperature incinerator nor any other new-technology proposal will see the light of day if the province decides not to accept the BAPE recommendation not to go ahead with the also-proposed Danford Lake landfill.

To date, the province's decision remains pending.

Last week's column was the first of a two-part interview with Eddie McCann, Mayor of the Municipality of Pontiac, where we discussed the proposed high-temperature incinerator project — this week, I present part two. **Cost of landfill vs. proposed high-temperature incinerator**

As we might expect, the cost of a landfill vs. an incinerator is the issue affecting the consideration of any alternatives to engineered dumps. Landfills are less expensive — in terms of out-of-pocket dollars and cents.

According to McCann, cost is the single reason why alternatives to Danford Lake's regional landfill haven't gotten off the back-burner "potential" stage. He explained, "The tipping fee for Danford Lake is substantially less for all Pontiac municipalities. Whereas it is projected at \$85/tonne for the incinerator, it's only \$45/tonne for Danford Lake's proposed engineered landfill."

Does this mean a decision in favour of Danford Lake is only a matter of time?

McCann immediately replied, "No, not at all. The decision maker (the province) will not care about the cost. However, local people do. Over the course of a year, the high-temperature incinerator tipping cost might result in an annual increase for garbage disposal per household. An exact cost comparison will depend on the cost variants to transport the garbage to either Danford Lake or Quyon. With either process, the per tonne cost to the municipalities are significant. Cost is the

issue," he emphasized.

### High-temperature incinerator: New technology

And how safe is this new incinerator technology? Mayor McCann insisted I use the adjective "high-temperature" when writing about incineration. That's because advancements in incineration technology during the past 20 or so years have made the process safer. Years ago, building higher stacks (chimneys) for incinerators was said to be an advancement, for instance. However, simply building higher stacks only meant that noxious and toxic emissions were dispersed higher and further into the atmosphere.

Such old-technology incinerators dispersed dioxins, furans, mercury, and other noxious particulate matter into the air people, animals and plants breathe. Not only that, toxins contaminated soil and water, which entered and polluted the food chain.

In contrast, today's high-temperature incinerators are promoted as meeting environmental standards regarding emissions and toxins. McCann explained, "I talked to people from the Ministry of Environment in Gatineau and they assured me emissions are minimal because waste is burned at such a high temperature. Of course, if a high-temperature incinerator is constructed, the Ministry would be involved every step of the way."

### Power generation

In addition, this new technology offers an attractive by-product: power. McCann noted, "I'm very keen on the concept that we can process waste into power which we can sell to the Hydro Quebec grid. This is a huge factor in Quyon's favour regarding the location of a high-temperature incinerator near the hydro towers at the corner of Hwy. 148 and the Proven Line."

### Recycling and incineration — volumes?

I asked whether a high-temperature incinerator would provide a disincentive to continuing (or starting) recycling initiatives. After all, we have been informed that volumes of

waste must remain at a constant baseline in order for either landfill or incinerator projects to be (and remain) cost-efficient.

McCann replied, "This hasn't been fully analyzed, yet. On one hand, we'd have to recognize if recyclables were incinerated using this technology, they would be 'recycled' or 'repurposed' into power."

"There's not been any serious discussion of the impact upon recycling — yet. From a cost perspective, however, looking at recycling right now for MoP is encouraging. It costs us \$25 per tonne for recyclable waste vs. \$85 per tonne for regular household garbage. Therefore, our Municipality saves \$60/tonne when we recycle."

"And I have to tell you, our people (in MoP) are really using the service — which means our municipality is saving money. We are really looking to reduce costs here — and I must compliment our municipality's residents."

### Existing high-temperature incinerators

I asked Mayor McCann what high-temperature incinerators are currently in operation in Canada. Surely, I said, the proposal being considered has precedents. McCann said he will provide a list of a few which are in operation. I look forward to sharing websites and locations with you in an upcoming column.

### Watch this space: public meeting soon

Mayor McCann welcomes your calls: contact him on his cell phone at: 613-862-1563. He tells me he hopes to call a public meeting on this and other pressing environmental issues at the Lion's Hall in Quyon, probably at the end of March or thereabouts. See you there.

Katharine Fletcher is a freelance ecojournalist and author. Contact her at fletcher.katharine@gmail.com.



## ENVIRONMENTAL FORUM

Katharine Fletcher

## YOUR OPINION

### Shocked

Dear Editor,

The lead story in last week's EQUITY left me shocked and dismayed! The lead story was about Provigo being the anchor store in a new proposed mall for Shawville. Many will ask why I am so shocked and dismayed. New business is what's needed, right? Wrong!

Look around folks. Look around at the town you live in — Shawville. There are empty buildings — even on the corner of the main intersection — and the mayor and council want to bring in a mall to drain the village even more? Look at what you have and work with that.

What do you have? You have a beautiful town in a picturesque environment. You have willing workers who enjoy living in the area. Invest money in your village. Clean it up. Fix roads and sidewalks. Get rid of old burned out buildings. Rebuild the ones that just are no longer salvageable. Work with what you have.

Why bother? We in the Pontiac are trying to attract people to visit, be tourists and possibly take up permanent residence. Where are most of these people coming from? The cities of North America. The cities of North America are strip malls. The people who want to leave these places want to leave the strip malls behind. They want to

come to the country and explore the beauty that has been preserved.

Unfortunately, the MRC Pontiac and its municipalities have created light industrial parks in the most populous areas (Mansfield/Fort-Coulonge and Shawville) along the main artery that accesses the Pontiac — Route 148. We have mega stores in the corner of farmers' fields. We have strips of gas stations, auto and rec vehicle sales, and poutine shacks advertising the beauty of our most picturesque villages that are hidden behind these ugly façades. People simply drive right on by! And if they do take a tour through the village, there is little to entice them to stop.

I am not sure if Route 148 can ever be fixed. Mansfield is trying to beautify with the help of Fondation rues principales. But Mansfield and Clarendon (as Mansfield is doing) need to work with their adjoining municipalities (Fort-Coulonge and Shawville). The surrounding municipalities — all the MRC's communities — need to work cooperatively to enhance the "Pontiac experience".

Please, let's look at what we have and let's make it better!

Dave Johnson  
Mansfield/Fort-Coulonge

## Women's Institute Information Day

SHAWVILLE • The Pontiac County Women's Institute held their annual Information Day on Feb. 18, 2009 at the Shawville United Church hall. Each year this event is held to inform and entertain W.I. members as well as ladies interested in the guest speakers or those who have a curiosity about Women's Institute in general. Speakers are arranged to cover topics based upon the four themes of Women's Institute which are agriculture, education and personal development, health and community living, and publicity and awareness. At present Pontiac County Women's Institute consists of branches from Bristol, Clarendon, and Starks Corners.

With approximately 60 ladies in attendance the meeting was opened by the singing of 'O' Canada followed by the Women's Institute Ode and repeating of the Mary Stewart Collect.

First speaker of the day was Kathryn Bossy. Kathryn is from Renfrew where she has a studio where she conducts classes on stained glass, mosaic and beading crafts. She also has a gallery where she exhibits local artisans work. She also teaches a course at Algonquin College, Pembroke Campus, in stained glass and mosaics. Kathryn demonstrated making mosaic window art using many different kinds of papers, and simply tearing and applying to a sheet of glass then accentuating with the stained glass pieces and then beading could make a beautiful piece of art. As Kathryn continued she demonstrated some of the different tools used in cutting glass, the need for eye protection when cutting glass as well as some of the many different papers, beads and glass used in this craft. Kathryn demonstrated with ease and confidence the greatest tools to have are imagination and patience to complete one of these projects.

The second guest speaker was Olive Pfaff, registered nurse from Pembroke Hospital who has written programs entitled A Time For Me, A Time To Grow, Growing Further With Feeling Part I & II. Today her topic was "Choices". Olive began by stating we can choose to look after ourselves or not; "If I had known I was going to live so long, I would have taken better care of myself". And when you make a choice, there are consequences. Not all choices are easy for sure. Feelings are caused by thoughts, if you change your thoughts you can change your feelings. The body never lies, mouth maybe, but the body never lies. Olive then had audience participation with thought provoking questions and went on to say, "If you can't make a choice — do nothing, do not beat yourself up because you have made a choice — you have chosen to not decide." Choices are based on values, our values are developed between the ages of four to 10 and we live by our values. Choices consist of 16 basic desires of which in her handout were well explained along with a test on choices which she urged us all to take to help us better understand, and how much we understood about choices. At the conclusion Olive received an enthusiastic response to her presentation which was obviously thoroughly enjoyed.

A delightful lunch provided by the three Branches of Women's Institute was then served.

First speaker of the afternoon session was Lynn Burritt, representative of Ovarian Cancer Canada. Lynn informed the audience that approximately

2,400 cases of ovarian cancer are diagnosed yearly and that 1,700 women will die from this disease. It is the most fatal gynecologic cancer and there is no screening test for early detection. Therefore we must be aware of signs and symptoms which persist for a two to three week period and then talk to a doctor about these changes.

Persist with your doctor about things such as swelling/bloating of the abdomen, pelvic discomfort, back/abdominal pain, fatigue, gas/nausea/indigestion, change in bowel habits emptying your bladder frequently, menstrual irregularities, and weight loss or weight gain. Lynn went on to explain those who have increased risk of ovarian cancer are those who have a family history of breast, ovarian or colon cancer, never having children, getting older — it is most common after age 50 and never having used oral contraception. However all women are at risk. Lynn also explained what can be done: have a vaginal/rectal (bimanual) pelvic exam yearly, let your doctor know if you have had any of the above symptoms and ask about a vaginal/rectal (bimanual) pelvic exam, a transvaginal ultrasound, a CA-125 blood test. If symptoms still persist, and tests are negative, persevere and ask for a referral to a gynecologic oncologist. Lynn showed a 20 minute video of ladies who have had this diagnosis, their feelings, their trials and their successes. Ovarian Cancer Canada can be contacted by toll free 1-877-413-7970, or at www.ovariancanada.org their website. September has been designated ovarian cancer month, and the sunflower as their sign. A walk is held at Vincent Massey Park in Ottawa in September to aid in raising money for this cause. A grateful audience thanked Lynn who reassured us that early detection is the key.

The final speaker of the day was Greg Graham of Third Line Orchards and Coronation Hall Cider Mill. Greg was born and raised in the Shawville area. One of his first jobs was working at Upper Canada Village on their horticulture team where he learned to love planting and watching things grow. Fast forward to the purchase of George and Betty Russell's farm at Bristol. The 200 acre farm was split between David Rusestrom and the Grahams. On the Grahams' 100 acres they planted apple trees turning it into an orchard. Then brother Sean Graham who dreamed of having his own brewery some day teamed up with the rest of the family and purchased the old dance hall, completed renovations and turned it into what is currently known as Coronation Hall Cider Mill and Tea Room. A further permit is needed to make apple wine. However in the meantime, they are producing apple cider along with a variety of baked goods available April to December. Greg brought with him a press and demonstrated, again with the participation of the audience, how to make apple cider. A taste was provided to all those wishing so along with a sample of the apple cookies. Yum, yum! Truly this is a new industry in the area and we do wish them much success.

Pontiac County President Beverly Murray then thanked the audience for their attendance and participation, which helped to make this a successful Information Day.

Submitted by Joyce Walsh, Secretary Pontiac County Women's Institute.

## A right to privacy

While standing in line at a shopping mall I overheard someone tell her friend that she'd seen his picture on Facebook the previous day.

He was shocked and said that he didn't have a Facebook account, and in fact wasn't even connected to the internet.

I do understand the use, practicalities, interaction and distraction that community networks like Myspace, Blogger, Twitter or Facebook provide in keeping in touch with family members or friends who live far away.

I'm a member to a few of them myself.

While they can certainly be a great means of communication, expression, and a great networking tool, they can also prove a menace to unsuspecting individuals.

It's one thing to breed a certain unwelcome infringement of your private space if you put yourself out there, in fact, you really should expect it at some point, because let's face it some people just have nothing better to do with their time.

But it's quite another to unknowingly, and unwillingly, be subject to unwarranted attention, and outright invasion of your privacy.

Now how surprising is it in today's society that the borders of professional confidentiality intertwine themselves with our basic rights to privacy, only to end up as an ugly display plastered across the pages of a

social internet networking website?

Not very.

People have traded their

moral for a few

extra hits on a webpage it seems.

According to a recent wisn.com/CNN news report, which I originally heard about on the radio during my drive to work on Monday, two Wisconsin nurses allegedly took cell phone pictures in relation to a confidential medical situation, posted them on the internet, and were subsequently fired.

Imagine what would happen if our health care, or other professional care givers suddenly decided to ignore our basic rights to confidentiality?

What would you do if your medical information, your legal or banking information were suddenly posted for all to see?

Some people seemingly have no regards for basic human rights anymore, and freely dismiss their own morals in the end.

Even though they think they're cool and on the cutting edge of all the latest technology, I think these people are selling themselves short and regressing to nothing less than troglodytic attitudes.



Carole St-Aubin

## Pitfalls of being an independent woman

I love being a woman in this day and age.

Not only can a woman marry the love of her life and raise children, but she can also climb the corporate ladder and gain respect as a business person.

With ambition, a woman can achieve goals and gain the strength and courage to choose her own path in life.

One avenue of choice is the independent route, which I've been travelling down my entire adult life.

I've always loved being independent.

It gives me an inner confidence, strength and sense-of-self that I'm so grateful to have discovered.

Unfortunately, it seems having these traits sometimes backfires in the dating world.

My friend and I were discussing (ranting) about how some men mistake how independent women like to be treated.

Perfect example: I went on a date a few years back where a man took the term "independent" a bit too seriously.

During dinner, we spoke about our

lives, and I discussed how I worked two jobs and lived on my own. Shortly after, the cheque arrived and he pushed it to my side.

Yes, I pay my own bills and make money, but if a man asked a woman out for dinner, why would he expect her to pay the bill?

After reluctantly paying the bill, I walked back to his car fuming. As I went towards the passenger side, instead of redeeming himself by opening my door, he got in the driver's seat and made me stand in the rain waiting for him to unlock my

side.

With flattened hair and my make-up starting to run, I had enough. I asked him why he would act so rude on a first date, to which he replied, "I'm just treating you like an independent woman."

I couldn't believe what I was hearing. I always thought my ambition would be a bonus to a spouse, not something that would land me with a hefty visa bill and a soggy outfit.

Call me old fashioned, but I still believe in chivalry. I like the "wooing" part of dating,

where I'm treated with respect and like a lady.

In saying that, since we are equals, I wouldn't mind treating my partner to a dinner every now and then, but the romance has to remain.

My advice to men is simple: Every woman loves to feel appreciated, even the independent ones.

I'm sure even Hillary Clinton still likes to have her chair pulled out for her every now and again.



Leah Iverson

126 years of news from the Pontiac

THE WAY WE WERE

Compiled by Heather Albert-Dickson Publisher

25 Years Ago

February 29, 1984
COMPUTERS COME TO PONTIAC FARMS: The Agricultural Society of Pontiac Division A and the Department of Agriculture sponsored a day concerning computers and the farm, Feb. 21 at the Anglican Church Hall in Shawville.

PUBLIC FORUM ON ROCK MUSIC IN ST. PETER'S PARISH HALL: Over 350 people attended a public meeting at the Parish Hall in Fort Coulonge, Feb. 27 to discuss the topic with a panel of invited guests.

Selections of the meeting will be televised on Radio Canada, Channel 9. The meeting commenced with a one hour presentation by Alain Lamothe of Montreal.

He dealt with the origins of rock music and the backward masking he states he has found in such rock songs as 'Stairway to Heaven' and 'Hotel California'.

Backward masking is a message placed on a record that can only be heard when the disc is played backwards.

50 Years Ago

March 5, 1959
CPR HEARING: A hearing is to take place at the Court House, Campbell's Bay on Tuesday, March 31 when the Board of Transport Commissioners will hear arguments relating to the application by the CPR for an order authorizing discontinuance of passenger train service between Ottawa and Waltham.

HEAVY SENTENCE IMPOSED FOR ATTEMPTED ARMED ROBBERY: An Allumette Island resident was charged last Friday with attempted robbery with violence while masked, appeared before Judge Avila Labelle in Campbell's Bay on Wednesday, was found guilty, and has been sentenced to three years in the penitentiary.

COULONGE CORRESPONDENT PRAISES SNOW REMOVERS: The Ray Bertrand Construction Co. of Fort Coulonge with its equipment of heavy bulldozers, grader-loader and trucks made a good job of clearing our over loaded streets of snow and ice in record time.

In less than three days' operation they cleared up approximately one mile of Main and busy thoroughfare from CPR railway

crossing at north eastern entrance of village on Baume St., to Aubrey's Corner south and from intersection of Baume and Main to CPR Station.

PONTIAC AYRSHIRE'S CAPTURE TOP ALL CANADIAN HONORS: Two Pontiac Ayrshire animals have captured top honour in the 1958 All Canadian contest according to results which have just been announced. Bonnieshade Dainty Girl has been selected as the 1958 All Canadian Ayrshire cow and Bonnieshade Banner Bearer is the All Canadian bull calf.

Both are owned by S. Wyman MacKechnie and Sons.

75 Years Ago



Lavallee-Townsend
Renée (Lavallée) and Doug Townsend are thrilled to announce the arrival of Zoe Lavallée-Townsend born September 30, 2008 at the IWK in Halifax, Nova Scotia. Zoe weighed in at 7 lbs. 11 oz. Proud grandparents are Donald and Louise Lavallée of Shawville and Kathy Townsend of Halifax.

March 1, 1934

LOCAL NEWS: Although defeated in the final game by Shawville on a score of 6 to 4 on Tuesday night of last week Quyon annexed the championship of the Lower Pontiac League, by reason of their substantial margin of goals secured in the first game, taking the round by a score of 11 to 8 and winning the Wills Knight Trophy.

Following a three months' illness from a very painful malignant malady, which was borne with great Christian patience and fortitude, the death occurred on Tuesday evening, Feb. 20 at the Parsonage, Yarm, of Rev. Edwin Darlington, much beloved Pastor of Clarendon United Churches.

Antoine Ladouceur, of

Fort Coulonge, was painfully injured while cutting logs Wednesday, Feb. 21 for Jos. Valiant, in a bush.

A falling tree struck him in the back, crushing him into the snow. Rushed to hospital it was found he was suffering from several fractured ribs, bruises and shock.

100 Years Ago

March 4, 1909
LOCAL NEWS: Death's Lsable messenger has invaded three homes in our midst during the past week, leaving his saddening impress upon the hearts of the inmates, and of the community in general.

The first grim visitation was at the home of Mr. Humphrey Lang, about midnight on Tuesday, when the wife and mother, Mrs. Lang was laid low by the destroyer's icy touch.

Mr. John Alexander Dale, who had been ill since last fall, first with pleurisy, and latterly with lung affection,

INCOME TAX PREPARATION
Serving the region for over 26 years
the taxsmith.com
Peter B. Smith, B.Sc., CGA
Certified General Accountant
SMITH PORTER HÉTU
(An independent member firm of Porter Hétu International)
389 Main St., Shawville, Quebec
- Income Tax Preparation for Individuals, Businesses and Farms
- Bookkeeping, Payroll, GST/QST Reports, Financial Statements
- Free Review of Prior Years' Returns
819-647-2403
Get Prepared by TheTaxSmith.com - It Pays to Use a Professional

819-648-2400
THE JUNCTION
McLellan St., Campbell's Bay
KARAOKE
with John Henry
Saturday, March 7th
9:00 p.m.

Great finds for the whole family at Déjà Vu

LEAH IVERSON
Equity Reporter
SHAWVILLE • With the current state of the economy, many people are feeling the crunch to pay their bills and put food on the table, not to mention clothe their family. Luckily for Pontiacers, there's a clothing store that has something for everyone in the family, at a cost that won't put strain on the budget. Heading into its third year, Déjà Vu second hand clothing store on Centre Street is more stocked than ever, guaranteed to carry a variety of quality clothes and accessories. "We carry clothes, jewellery, some footwear, purses and other accessories," said John Grant, who owns the store with wife Linda Lalonde. "There's items for every member of the family from babies, kids and adults. It's mostly second hand but we also carry some new clothes."

With the slogan of "People helping People", Grant hopes the non-consignment store can ease the financial strain of buying clothes, while offering a quick and easy shopping experience. "Our goal is to help people and give back by having good clothes for a low expense," he said, adding, "Everything is organized by size, so people can come in, take a look around and go straight to what they are looking for without any hassle." Grant is thankful for the ongoing support from locals, whose donations help keep the business afloat year after year. "The support from the public has been great," he said. "People really appreciate the store. We try to offer a nice need and hope people will come in and look around." Donations came be made during store hours or placed in the outside drop-off box in the back of the store.



Owner John Grant displays an array of great clothing and accessories to be found inside Déjà Vu second hand store in Shawville. The store carries shoes, purses, hats, accessories and clothes for the whole family.

Continuing Education Heritage COLLEGE
Bilingual Events and Conference Coordinator (LCL.25)
New program! Starting March 23, 2009
This 9-month program offers a hands-on practical approach to planning and managing special events and conferences.
Take a step in a new direction.
Register today!
For more information, call 819.778.2270 ext. 2804
bpigeon@cegep-heritage.qc.ca
www.cegep-heritage.qc.ca/conted

ENERGY WISE
In the Outaouais, we go with the flow.
Fill out the ENERGY WISE Home Diagnostic questionnaire and get a free personalized recommendations report estimating, in dollars and kilowatthours, how much energy you could be saving. At the same time, you'll be supporting a project in your community.
For each report, Hydro-Québec will contribute!
\$30 to your community + \$5 if it's issued online
ALLEYN-ET-CAWOOD, BRISTOL, BRYSON, CAMPBELL'S BAY, CHICHESTER CLARENDON, FORT-COULONGE, L'ÎLE-DU-GRAND-CALUMET, L'ISLE-AUX-ALLUMETTES, LITCHFIELD, MANSFIELD-ET-PONTEFRAC, OTTER LAKE, PORTAGE-DU-FORT, RAPIDES-DES-JOACHIMS, SHAWVILLE, SHEENBORO, THORNE, WALTHAM: Upgrade the facilities of three areas (Fort-Coulonge, L'Isle-aux-Allumettes and Shawville)
BLUE SEA: Build a tennis court to promote community health
BOILEAU: Build a soccer field in the municipal park
BOIS-FRANC: Implement the waste management plan
BOUCHETTE: Improve the municipal playground
CANTLEY: Refurbish the Parc Mont-Joël barn
CHELSEA: Develop multipurpose trails in various residential areas
CHÉNEVILLE: Purchase an indoor/outdoor audiovisual system
DENHOLM: Create a park in the village centre
DUHAMEL: Fit out "Coin du conte" pavilion and "Allée des mots"
FASSETT: Renovate the community room
GATINEAU: Set up a fleet of free-use bikes and upgrade the cycling infrastructure
GRACEFIELD: Support the community
GRAND-REMOUS: Restore indoor skating rink walls
KAZABAZUA: Install community centre air-conditioning
LAC-DES-PLAGES: Refurbish our community room
LAC-SAINT-MARIE: Fit out a community centre room to be used for recreational, cultural and sports purposes
LAC-SIMON: Purchase an indoor/outdoor audiovisual system
L'ANGE-GARDIEN: Acquire household composters
LOCHABER: Improve the roadside rest area
LOCHABER-PARTIE-OUEST: Improve the tennis court
MANIWAKI: Develop a network of bicycle paths
MAYO: Develop a sewer system
MESSINES: Construct a sports complex, the first phase of which will include skateboarding and baseball facilities
MONTEBELLO: Install better lighting to facilitate recreational activities
MONTPELLIER: Build a soccer field
MULGRAVE-ET-DERRY: Install welcome signs at municipal entrances
NAMUR: Create a municipal Web site
NOTRE-DAME-DE-BONSECOURS: Renovate the community room
NOTRE-DAME-DE-LA-PAIX: Create a children's park
PAPINEAUVILLE: Create a children's park
PLAISANCE: Refurbish signs at the municipality's main entrances
PONTIAC: Upgrade parks and green spaces
RIPON: Replace interpretative panels
SAINT-ANDRÉ-AVELLIN: Acquire a generator to supply all residents with drinking water at any time
SAINT-ÉMILE-DE-SUFFOLK: Launch the "What's Your Favorite Book?" project
SAINT-THÉRÈSE-DE-LA-GATINEAU: Acquire a play structure for children at École Laval
SAINT-SIXTE: Rebuild the outdoor skating rink
THURSO: Fit out a rest area at the municipal dock
VAL-DES-BOIS: Rebuild the municipal skating rink
VAL-DES-MONTS: Build a soccer field
Fill out the questionnaire online at wegowiththeflow.com/35.
Hydro-Québec

# Local poker player qualifies for Atlantic City event

WILBUR MCLEAN

Equity Editor

**CAMPBELL'S BAY** • One Campbell's Bay man has a poker game that's coming up pocket aces.

Tim Ferrigan recently qualified for a World Series of Poker tour event at the Caesar's Palace in Atlantic City.

Ferrigan will depart early next week for the March 10 and 11 event.

In 2008, the event had a total prize pool of \$411,000 with 411 entries in the \$1,000 buy-in tournament.

Ferrigan, who has been playing poker for 2.5 years, said he was prepared for the opportunity to test his game.

"I'm excited, not nervous. I'll do the best I can. I'm excited to test myself against this higher level of competition," he said.

Ferrigan qualified for the all-expenses paid trip, which includes his buy-in, accommodations at the Caesar's Palace and transportation, through the Quebec Poker Tournament League, which now has three sites in Pontiac: Mickey Creek Golf Course in Vinton, Killarney's in Shawville and Lakeside Hotel in Portage du Fort.

The league operates on a free-to-play basis, though only QPTL members are eligible for prizes.

Winners at the weekly

local game qualify for a regional competition. The top players at the regional level qualify for the stage competition in Montreal, which is held once every three months.

The best players at the stage competition then receive major prizes, such as Ferrigan's.

"It's because of this league that I have the chance to win all this money," said Ferrigan.

Ferrigan, who is the director of the QPTL events in Vinton, qualified in Montreal through a special tournament created specifically for directors, who are not allowed to compete at their local club as to avoid conflicts of interest.

He was one of 10 directors who qualified for Atlantic City from a pool of about 180 players.

He said the league has been instrumental in his improvement as a poker player, an activity he takes seriously.

"I have the opportunity to play with very good players in the league and I have the opportunity to learn a lot from them."

Despite playing against what will be a higher calibre of opponent, Ferrigan has set his goal high.

"My goal is to win. I want to make the final table," he said, acknowledging it will be difficult to achieve con-



Wilbur McLean, The Equity

**Tim Ferrigan of Campbell's Bay used his poker skills to qualify for an all-expenses paid trip to Atlantic City next week that will include his buy-in to a \$1,000 Texas hold 'em event.**

sidering many professional poker players will be at the event.

While he has sharpened his game considerably since he began playing, Ferrigan said he's, "Still learning every day" and watches as much poker on television as possible, as well as reading poker books frequently.

"I enjoy the game," he said. "It's a way of competing and I love to compete."

Local QPTL events occur every Tuesday night at Lakeside, Wednesday night in Vinton and Thursday night in Shawville.

The QPTL now operates in 220 bars across Quebec and has 20,000 card-carrying members.

In its first year, the league sent about 170 players, all expenses paid, to major poker events including the World Series of Poker, the Wynn Classic and the World Poker Tour.

## Otter Lake



Elizabeth Hahn  
453-7326

A speedy recovery to Earl Richard who was in the Gatineau Hospital for surgery.

Sincere sympathy to the family, relatives and friends of Louise Beaugard (née Godin) who passed away on Sunday, Feb. 22 in her 76th year at the Manoir Sacre Coeur in Fort Coulonge.

Happy birthday wishes to my granddaughter, Kathryn Thoms, who will be 18 March 15.

Kathryn is leaving for a few weeks on a tour of Europe along with over 100 students from her school, Canterbury High School. Hope you all have a great time.

Golden Age Club euchre results for Feb 24:

First prize, Sandy Robinson and Ellard Robinson. Second prize, Pierrette Graveline and Ray Dubeau. 50/50 winner Sandy Robinson.

Door prize, Bev Dubeau. Dessert was provided by Rita Beaudoin and June Francoeur.

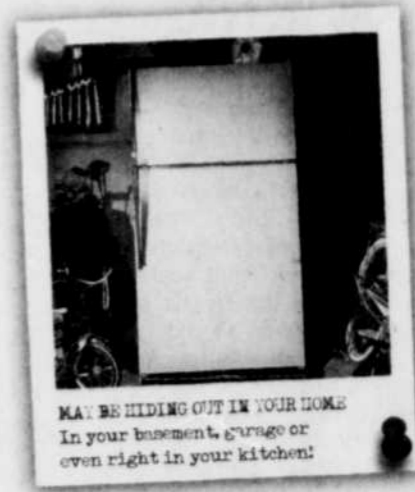
Happy birthday wishes to Denise Dubois on Feb. 23 and Barbara Lafleur on Feb. 27.

Dart league results for Feb. 26:

First high score, Velma Lafleur and Moe Lajoie. Second, Olivette Mason and Jean-Paul Lafleur. High average, Velma Lafleur and Jean-Paul Lafleur.

50/50 winner, Gilberte Bussiere. Door prize, Marguerite St-Aubin.

## WANTED Energy Guzzler \$60 REWARD



### DISTINGUISHING FEATURES:

- x Refrigerator or freezer over 10 years old
- x 10 to 25 cubic feet in volume
- x Still working and plugged in

### YOU'VE SPOTTED ONE OF THESE GUZZLERS IN YOUR HOME?

Did you know that a refrigerator over 10 years old consumes on average three times more energy than a more recent model?

Sign up online at  
[www.recyc-frigo.com](http://www.recyc-frigo.com)  
or Call the RECYC-FRIGO squad at  
**1 877 493-7446 (49FRIGO)**

### Be sure to have your electricity bill handy.

We will quickly come and round up this menace FREE OF CHARGE. Then dispose of it in the proper environmentally friendly manner. You will receive a cheque for \$60 in the mail.



## Waltham



Helen Perry  
689-2652  
jacobg42@hotmail.com

The Waltham Carnival, which was held on Saturday was a huge success. In the morning a fishing derby took place under cold sunny skies.

That did not deter the avid anglers.

At approximately 12:30 p.m. Miss Danielle Amyotte was crowned Waltham's 2009 Carnival Queen. Miss Cara Lynn Germain was crowned princess. Congratulations to you both, and to all the young girls who participated. They all worked so hard and sold \$4,957.00 in tickets.

A euchre tournament took place in the afternoon followed by a well attended spaghetti supper.

Afterwards everyone enjoyed an evening of karaoke. Ian Bertrand was the first prize winner in the fishing derby.

Wayne McGuilvary took first place in the euchre tournament. Carol Lynch was the lucky winner of the beautiful gift basket. Bob Belanger won a \$25 gift certificate from the Waltham Station. Rita Harkins won a \$25 gift certificate from the Waltham Grocery.

The carnival was well organized and many people put a lot of effort and work into it.

A heartfelt thank you is

extended to the following people, who so generously give of their time in preparing food and helping out; Diane McKnight, Fay Leroy, Lynn Dempsey, Lysanne Bechamp, Lorna Turner, Susan Dempsey, Cynthia Belaire, Jean Pilon, Jane Leroy, Wanda Dubeau, Rose Rochon and Vi Pelletier and Ray Cayen. Also thank you is extended to anglers, Jean Pelletier and Pat Ranger.

On Saturday afternoon, little Katie Carmel Rochon, daughter of Megan (Kelly) and Tyler Rochon was baptized at St. Joseph's Church, in St. Joseph's. Father Mitch Beachey officiated the sacrament.

The godparents are Erin Kelly and John Kelly. Family and friends gathered afterwards at Megan and Tyler's for cake and refreshments.

Wendy, Dale, Shayla and Hayley Marion, of Orleans were up on Sunday to celebrate Wendy's mom Diane McKnight's birthday.

I am happy to report that our granddaughter Isabella has completed her 12 week chemo treatment and all seems to be going well.

A check up at CHEO this week will confirm this. Thank so much for the love, support and prayers. It is greatly appreciated.

Birthday wishes are extended to Laurina Dempsey who celebrates March 8. All the best is wished to you Laurina!

## Bryson



Anna Stewart  
648-2351  
Belated birthday greetings to Gerald Stewart. Gerald was born on Feb. 29, so he celebrates Feb. 28.

So, I think he is still a teenager if you go by his birthday every four years! Hope you had a great day Gerald!

Saturday night, Melanie Ostrom had a family and friend get together at the Golf Club in Fort Coulonge where we had a steak dinner. The food was great and so was the visiting! The occasion was her mother, Paquerette's birthday. It came as a total surprise. We had a great evening! Happy Birthday Paque!

Visiting us this past week was Mike O'Brien and his friend Wilf, both from Calgary. We got a surprise when they walked in! It must be eight or nine years since we have seen Mike. They returned to Calgary on Friday!

I hope that the groups

that are trying to put the signs on the busses in the cities which read, "There is probably no God, so don't worry, enjoy life!", don't get their way! They are trying to get to the young people. It's a shame!

Our sympathy to Gordon and Anna Porter and the Campbell family on the death of Gordon's grandson Shawn. Our prayers are with you all during this difficult time!

A special hello to Bert and Mary. Hope to see you soon!

Last week's winners of the Golden Age Euchre are as follows: Door: Anita Stafford, 50/50: Lucien Dumouchel, Men's first: James Stewart (finally!), Men's second: Lucien Dumouchel and Larry Lamadeline, Ladies first: Paulette Lamothe, Ladies second: Julie Maheral, Joan Sicard, Anita Stafford, Lucille Lamadeline and Rose Gutoskie.

Happy birthday to Eric Hodgins!



## IT'S ALL ABOUT THE SERVICE!

Call

**Pontiac Printshop Ltd.**

Home of The Equity  
Pontiac County's  
only weekly newspaper

**819-647-2204**

133 Centre St.  
Shawville, Quebec

Support Local -  
Buy Local

### ADVERTISING AND PROMOTIONAL PRODUCTS

- T-shirts
- Sweatshirts
- Jackets
- Caps
- Pens
- Coffee mugs
- Magnets
- Any item you need!

### STATIONERY AND PRINTING

- 8 1/2" x 11" bond paper
- 8 1/2" x 14" bond paper
- 11" x 17" bond paper
- File folders
- Payroll cheques and books
- Sales order books
- Business cards
- Invoice forms
- Envelopes
- Letterhead
- Driver's handbooks
- Driver's log books
- Local and seasonal books

### SIGNS

- Coroplast
- Banners
- Magnetic
- Metal
- Vinyl lettering
- Spinners

### GREEN PRODUCTS

- Dish detergent
- Laundry detergent
- Multi-purpose cleaner
- Concentrated neutral floor detergent
- Heavy duty degreasing cleaner
- Bathroom cleaner
- Grafatti remover

### JANITORIAL PRODUCTS

- Wax and Stripper
- Neutral floor cleaner
- Glass cleaner
- Toilet cleaner (for stains)
- Bio-treatment (septic tanks)
- Hand soap
- Mop heads and handles
- Pail and wringers
- All purpose cleaner
- Toilet paper
- Kraft towels
- Garbage bags
- Surgical gloves

### RESTAURANT PRODUCTS

- Dish and hand soap
- Antiseptic hand cleaner
- Grill cleaners and Degreaser
- Disinfectant with DIN #
- Quat 10 RTU (ready to use)
- Commercial dishwashers

NO CHARGE DELIVERY • NO MINIMUM ORDER  
**YOUR ONE-STOP-SHOP**  
NO ONE EVER REGRETTED BUYING QUALITY

# Can you say sesquicentennial?

WILBUR MCLEAN

Equity Editor  
WALTHAM • It sure is a mouthful.

Organizers who are helping prepare this summer's celebrations in Waltham are getting used to saying it, but it can be especially difficult for someone without practice.

Sesquicentennial. It's the word for a 150th anniversary, which will be the case in Waltham later this year, as it was in 1859 the municipality was first recognized.

"But don't ask me how to spell it," laughed Jennifer Adam.

Adam was one of the key organizers of a winter carnival in Waltham Saturday, which also acted as a fundraiser and primer for the sesquicentennial event.

The event was put on with the Waltham Anglers Association.

Events included an ice

fishing derby, spaghetti supper, karaoke, face painting for kids, cookie decorating, a euchre tournament, hot dogs and the crowning of the carnival queen and princess.

"It's been wonderful all around," said Adam.

Tickets for the event were sold by entrants for the queen and princess competitions, with the winner being the girl who sold the most.

The Carnival Queen was Danielle Amyotte, who sold an astounding 640 tickets. Carnival Princess was Carol-Lynn Germain.

"I'm really happy," said the 14-year-old Amyotte. "I can't wait to tell the rest of my family."

Amyotte said she won by selling tickets door-to-door, not only in Waltham but as far away as Campbell's Bay and Chichester.

"I knew I sold a lot but I heard that one of the others

had been selling them at the Corral, so I wasn't sure," she said.

In the fishing derby, the biggest fish was caught by Ian Bertrand at a size of two-pounds, six-ounces.

There were 66 entries in all in the fishing derby, which ran from 8 a.m. to 1 p.m. and took place at three sites: Mill Lake, Lily Lake and Creighton's Lake.

First prize was \$160 while second and third prizes took home \$100 each.

In all, it was an exceptionally busy day at the Waltham Carnival.

When asked if he enjoyed himself, eight-year-old Blake Grieve nodded his head vigorously.

His favourite part? "The ice fishing," he said with little thought.

Waltham's sesquicentennial celebration is scheduled for July 4 and 5.

"It's going to be a great event," said Adam.



Six-year-old Hannah Boudens, left, has her painted face applied while Caitlyn Pharand, 5, and Isabella Gale, 4, watch on to see the results during Saturday's Waltham Winter Carnival.

# Bryson resident publishes chronicle in memory of her mother

CAROLE ST-AUBIN

Equity Reporter  
BRYSON • Throughout the pages of Lynette Harris' recently published book titled *I Always Wanted To Please My Mother*, a variety of famous quotes in praise of motherhood can be found, such as French novelist and playwright, Honoré de Balzac's:

*The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.*

The book spans the lifetime of Patricia King, a member of the British Air Force Women's Air Corp, and Iverson Harris who was a Royal Canadian Air Force pilot who met in England during the Second World War.

The couple married in December of 1944 and settled in Starks Corners to farm, raise a family, and run a business.

The 107-page memoir depicts a simple life, but one that is not unmarked with hardships, trials and tribulations of difficult times.

The story outlines the unique relationship of a loving mother who displays the loyalty and dedication in raising her children, devotion to a husband and making the most of a close-knit family's country life.

After she graduated from high school, Lynette Harris went to work as a receptionist in a dentist office. She soon met and fell in love with

a Holland immigrant. At the age of 19 she walked down the aisle, in what seemed at the time, a fairytale wedding.

Thrilled at the opportunity to take on the role as mother herself, in 1969 Harris gave birth to a son, Scott. Three miscarriages later, during her fifth pregnancy, she was able to deliver a healthy daughter, Stephanie.

Her husband's promotion then took the couple to London, Ont. where she was content to live as a supportive wife and fuss over her children.

"When my mother passed away two years ago it was a tremendous loss. I felt empty and lost. I wanted my grandchildren to remember the wonderful woman that my mother was."

—Lynette Harris

author

"One day my husband left and never came back," said Harris, who then moved back to the Shawville area to raise her children as a single mom, and where she worked as a legal secretary for 23 years.

Harris reveled in her children, and though this new life was not without its struggles, the working mom managed to provide her children with hockey and ice

skating lessons, a family vacation to join her parents in Florida visiting Disney World and Sea World with the children.

She was also able to purchase a small house, and felt proud to be moving her family into their own home.

She later re-married and moved to Bryson to be near her husband's work, where she still currently lives.

After her father died in 1987, Harris and her husband took her mother in.

When her mother's health began to decline, Harris then retired and took a year-long course in home care and nursing assistance so she could take care of her mother, until it was eventually decided the best place for her would be in a long-term care facility.

*The willow knows what the storm does not: that the power to endure harm outlives the power to inflict it, is another anonymous quote found in the passages of the book that she identifies with her own strength and courage as she continued to spend every morning with her mother from Monday to Saturday.*

Her brother would visit with his children on Sundays.

"When my mother passed away two years ago it was a tremendous loss. I felt empty and lost," said Harris.

When asked what prompted her to write the book she answered, "I want-



Retired mother and grandmother Lynette Harris of Bryson has a first book published in memory of her mother entitled *I Always Wanted To Please My Mother*.

ed my grandchildren to remember the wonderful woman that my mother was, and I think everyone who's a grandmother should do this as a part of a legacy to leave future generations.

"It was my aunt Laura Harris Stanger, author of *Pastures Green*, who suggested I write a book. I couldn't have done it without her help, and that of my cousin Mary Barber

Montague who helped me sort out what I had to do."

Writing the book has been therapeutic for Harris who says she feels a tremendous sense of accomplishment at having done so.

A 12 p.m. book signing session is scheduled at Shawville's Café 349 on Mar. 14, and Harris plans to attend the April 18th Woman's Wellness gathering in Bristol with her books as well.

# Renovation incentives for homeowners in '09

CAROLE ST-AUBIN

Equity Reporter  
PONTIAC • In a federal incentive announced by the government in January, homeowners planning renovations this year will be eligible to receive a tax credit of up to \$1,350.

That is 15 per cent of amounts of more than \$1,000 and up to \$10,000, therefore 15 per cent of up to \$9,000 for a maximum of \$1,350, for work performed on goods acquired between Jan. 27, 2009 and Feb. 1, 2010.

This can be used for your cottage as well, according to certified accountant Peter Smith of Smith, Porter, Héту in Shawville, who adds that in a case where a cottage is owned jointly by more than one family, each

of the owners would be eligible for the credit.

The Quebec provincial homeowner tax credit can be applied to renovation expenses taking effect after \$7,500, paying 20 per cent of expenses up to a maximum of \$2,500.

Interested homeowners are required to use qualified contractors for this Québec tax credit however, which is available for one year and retroactive to Jan. 1, 2009.

Some of the restrictions for the Quebec tax credit include work that is aimed exclusively at repairs such as repairing a leak, or a door. Interior decoration, and the application of paint solely for appearance is not covered. Nor is the installation of household appliances, swimming pools, hot

tubs, or saunas.

Landscaping and refurbishing of access points such as footpaths and driveways, other than to restore the condition prior to recognized work, is not admissible.

Other exclusions to the Quebec tax credit include the installation of a septic tank and septic field, drilling a well, erecting or repairing a fence or low wall as well as the construction of outdoor play equipment.

Checking with an accountant to make sure the requirements are met in order to benefit from the full potential is advisable.

Rona has announced its own incentive to accompany the announced federal and provincial government tax credit incentives.

In a Feb. 5 press release, the Rona company indicated they wanted to support and help stimulate the Canadian economy by introducing an incentive that will both benefit consumers and the industry by helping to maintain the employment of their 30,000 individuals across the country.

Any purchases of materials from \$1,000 to \$5,000 at Rona will be eligible for five per cent of their expenses in Rona gift cards.

Purchases over \$5,000 will be eligible for a 10 per cent gift card cash back, up to a maximum of \$750.

Customers will have to make the purchases using the Rona, Visa Desjardins card to be eligible.

"I think it's a great incentive that will be beneficial

for everyone. When you tack this on to the federal and provincial tax incentives, it really adds up," said Robert Dale, owner of Dale's Rona in Otter Lake.

Customers will have until the end of this calendar year to make their eligible purchases which include building and finishing materials from paint to windows, doors, and shingles, which will enable them to take advantage of the end of the year gift card cash back.

"These gift cards could then be used to purchase anything they want at any Rona store across the country, and customers wouldn't have to wait until tax time to redeem them, they could use them for their Christmas shopping at the end of the year," said Dale.

## Quyón

Jill McBane  
458-2366  
It is with great sadness that I write this week about the sudden, tragic death of Shawn Campbell.  
Shawn was the son of Debbie (Porter) and John

Campbell. Older brother to MaKayla and Jeremy. Grandparents are Myrna and Bob Campbell and Anna and Gordie Porter. Our thoughts and prayers are with you all at this time. My granddaughter, Mackenzie Barr, has returned home after a big

vacation in Niagara Falls with her best friend Emmy Smith.

They stayed at Fallsview Waterpark Resort.

Brenda Barr and Barbara Harris have retired from Pontiac High School. They were honoured on Thursday evening with a lovely dinner and presentations at the Auberge in Portage. Staff

members, members of the Western Quebec School Board and family and friends were present to help them celebrate.

Happy anniversary to Tootie and John Draper who celebrated on March 3 and Kelly and Will Hajdu who celebrate on March 5.

Friends were out Friday night to help Christine Snider celebrate her 40th

birthday.

Some girls got together at Joanne Clarke's to start the evening off with drinks and munchies and then headed to Gavan's where friends and family were there to help celebrate. A good time was had by all.

Saturday evening was a mixed party at Gavan's for Jason Trudeau and Kristy Elliott.

**FIREWOOD FOR SALE**  
All Hardwood  
Also have Spruce and Poplar great for Outdoor Furnaces  
**WE DELIVER**  
Order now...save on price increase  
819-647-3306

**Qualifications You Can Trust**  
**R. PECK**  
CONSTRUCTION INC  
Factory Built Homes and Cottages  
Custom Kitchen Renovations  
Project Management  
RANDY PECK  
Licenced General Contractor - Since 1980  
819-459-2424  
Fax: 819-459-3098  
E-mail: rpeck@rpeckconstruction.com  
www.rpeckconstruction.com  
135 Hwy. 105, Wakefield, QC J0X 3G0

**ORDER YOUR SPRING NEEDS WITH US! YOU DON'T PAY EXTRA FOR LOCAL SERVICE!**  
• SEED •  
• FERTILIZER •  
• HERBICIDES •  
• WRAPS/TUBES •  
• TWINE •  
**M & R FEEDS**  
QUYON MILL  
819-458-2023  
Dan Proulx  
Christine Clark Snyder  
Brett Coughlin  
John Sutherland

**ST. PADDY'S DAY PARTY**  
Sunday, March 15  
1:30 pm  
**Gavan's Hotel**  
Quyón, Quebec 819-458-2354  
Your hostess for the day  
**Gail Gavan**  
proudly presents  
• Canadian Fiddle Champ - Louis Schryer  
• Chris Last • Mike Ryan  
• Paddy G and Mennie Man • Daley Family  
House Band: Louis Schryer  
Dean Howard  
Cal Cummings & Friends  
plus other entertainers  
See you there for some great Irish Fun!  
Admission \$5.00  
Food Available

**Avis de convocation**  
Assemblée générale annuelle  
**Notice of Meeting**  
Annual general meeting  
Promutuel La Vallée, société mutuelle d'assurance générale invite ses membres-assurés à participer à leur assemblée générale annuelle qui se tiendra le :  
mardi 31 mars 2009 à 20 h  
Salle paroissiale Anglicane  
516, rue Principale, Shawville  
Tuesday, March 31, 2009 at 8:00 p.m.  
Anglican Parish Hall  
516 Main Street, Shawville  
Sièges à combler  
Siège n° 7 : Boyd Brownlee  
Siège n° 8 : Benson Moffatt  
Siège n° 9 : Ron Strutt  
Seats to be filled  
Seat No. 7: Boyd Brownlee  
Seat No. 8: Benson Moffatt  
Seat No. 9: Ron Strutt  
Nomination  
Interested insured-members must forward their nomination form to the Secretary of the mutual insurance association and must be received no later than the tenth (10) day before the general meeting, being March 20, 2009 by 4:30 p.m. The candidate nomination form may be obtained at the Promutuel La Vallée office, 34 Victoria Street, Shawville.  
A lunch will be served. Door prizes.  
Un goûter sera servi. Il y aura tirage de prix de présence.  
Vicky Lance  
Secrétaire du conseil d'administration  
Diffusé le 4 mars 2009  
Tout commence par la confiance  
Everything starts with trust  
**PROMUTUEL LA VALLÉE VALLEY MUTUAL**

## Des élèves de l'ESSC aident Bouffe Pontiac

MANSFIELD • En décembre 2008, à l'école Sieur-de-Coulange (Fort-Coulange), les élèves du groupe « Sensibilisation au monde du travail » et leur enseignant Robert Héroult sont allés

donner un coup de main à l'organisme de bienfaisance Bouffe Pontiac pour la distribution des paniers de Noël.

Les élèves empaquetaient de la nourriture dans les

boîtes et ils apportaient ces dernières à la voiture des usagers de Bouffe Pontiac. C'était la deuxième année qu'un groupe d'élèves de l'école venait faire du bénévolat pour cet organ-

isme qui vient en aide aux personnes en besoin dans la région. Mme Hélène Boucher, de Bouffe Pontiac, a grandement apprécié l'aide et espère revoir les élèves l'an prochain.

### Bonne forme



Tori Patterson de Carleton Place démontre son talent pendant la compétition de style libre à l'invitation du Club de patin artistique de Shawville ce samedi dernier.

## Accueil, intégration et rétention des nouveaux résidents en milieu rural

GATINEAU • La Table jeunesse Outaouais est fière de soutenir financièrement la réalisation de l'action jeunesse structurante Accueil, intégration et rétention des nouveaux résidents en milieu rural via le Fonds régional d'investissement jeunesse (FRIJ) pour un montant de 164 800 \$.

Nous savons que l'emploi est la raison majeure de l'arrivée de nouveaux résidents dans les MRC, par contre un effort supplémentaire doit être déployé pour accueillir, intégrer et retenir ces gens dans la région et plus spécifiquement les jeunes travailleurs de moins de 35 ans.

Plusieurs organismes et entreprises des MRC de l'Outaouais ont un roulement de personnel important dû aux départs hâtifs des nouveaux résidents qui ne restent parfois que quelques mois ou un an.

Une fois l'expérience acquise, ils retournent en milieu urbain ou dans une autre région.

Le programme Place aux jeunes travaille déjà dans les MRC de l'Outaouais afin d'attirer et d'intégrer des nouveaux résidents dans leur milieu professionnel.

Le projet d'accueil, intégration et rétention des nouveaux résidents en milieu rural se veut complémentaire à ce programme en engageant des agents qui permettront une meilleure intégration sociale de ces derniers à leur milieu. Nous avons constaté que le départ des nouveaux résidents n'est pas lié habituellement à leur manque d'intérêt pour leur emploi mais plutôt à la solitude, au manque de liens sociaux et d'activités.

Une meilleure intégration permettra de garder ces nouveaux résidents plus longtemps et ainsi

atténuer l'exode rural, diminuer le roulement de personnel des entreprises et organismes et contribuer au développement des communautés.

Rappelons que le Fonds régional d'investissement jeunesse (FRIJ) est géré en collaboration avec la Conférence régionale des élus de l'Outaouais (CRÉO) et qu'il est soutenu financièrement par le Secrétariat à la jeunesse (SAJ) dans le cadre de la Stratégie d'action jeunesse 2006-

2009.

Ce projet peut également être réalisé grâce à la participation du Carrefour jeunesse emploi de la Vallée-de-la-Gatineau, Carrefour jeunesse emploi du Pontiac, Centre local de développement des Collines-de-l'Outaouais, MRC de la Vallée-de-la-Gatineau, MRC Papineau, MRC Pontiac, MRC des Collines et le Centre local d'emploi de la Vallée-de-la-Gatineau.

## Avis public

Ministère des Ressources naturelles et de la Faune

### PROGRAMME RELATIF À L'OCTROI D'UN PERMIS AUTORISANT, POUR UNE CERTAINE PÉRIODE, LA RÉCOLTE ANNUELLE DE BIOMASSE FORESTIÈRE DANS LES FORÊTS DU DOMAINE DE L'ÉTAT

APPEL DE PROPOSITIONS POUR LA DÉLIVRANCE D'UN PERMIS AUTORISANT LA RÉCOLTE ANNUELLE DE BIOMASSE FORESTIÈRE DANS LES FORÊTS DU DOMAINE DE L'ÉTAT

Le ministère des Ressources naturelles et de la Faune lance un appel de propositions pour la délivrance d'un permis autorisant la récolte annuelle de biomasse forestière dans les forêts du domaine de l'État de la région de l'Outaouais.



#### Désignation et localisation

L'appel de propositions couvre les six unités d'aménagement (UA) de la région de l'Outaouais.

Quantité de biomasse offerte en tonne métrique verte (tmv)	Prix minimum/tmv
UA 71-51: 50 000 tmv	0,12 \$
UA 71-52: 50 000 tmv	0,10 \$
UA 72-51: 15 000 tmv	0,57 \$
UA 73-51: 50 000 tmv	0,18 \$
UA 73-52: 50 000 tmv	0,07 \$
UA 74-51: 50 000 tmv	0,06 \$

#### Modalités d'attribution

Le droit de récolter de la biomasse forestière sera attribué selon les modalités prescrites par le Programme relatif à l'octroi d'un permis autorisant, pour une certaine période, la récolte annuelle de biomasse forestière dans les forêts du domaine de l'État.

#### Conditions préalables au dépôt d'une proposition

Les propositions doivent être remplies selon les instructions du présent avis et du Guide d'information à l'intention du promoteur et doivent comporter tous les documents exigés, y compris le plan d'affaires incluant tous les éléments demandés.

#### Conditions à respecter après l'attribution

Le promoteur choisi devra respecter toutes les exigences inscrites au Programme relatif à l'octroi d'un permis autorisant, pour une certaine période, la récolte annuelle de biomasse forestière dans les forêts du domaine de l'État. Il devra signer une entente d'attribution de biomasse forestière avec le ministère des Ressources naturelles et de la Faune pour le volume requis pour son projet.

#### Prix minimum

Un prix minimum par tonne métrique verte de biomasse forestière demandée devra être offert dans la proposition. Un prix inférieur entraînera le rejet de la proposition.

#### Dépôt des propositions

Toute personne morale et toute personne physique âgée de 18 ans et plus pourront soumettre une proposition au plus tard le 4 mai 2009, par la poste ou en se présentant, de 8h30 à 12h et de 13h à 16h30, au bureau du ministère des Ressources naturelles et de la Faune indiqué dans cet avis.

Le Ministère se réserve le droit de n'accepter aucune proposition et de recueillir tout renseignement supplémentaire nécessaire à l'analyse des propositions.

#### Rencontre d'information

Une rencontre d'information à l'intention des promoteurs aura lieu à Gatineau, le mercredi 18 mars 2009. Toute personne qui souhaite participer à cette rencontre doit confirmer sa présence auprès de M. Jean-Philippe Jacques au 819 246-4827, poste 247.

#### Formulaire et renseignements supplémentaires

Les personnes intéressées peuvent obtenir le Guide d'information à l'intention du promoteur de même que le Programme relatif à l'octroi d'un permis autorisant, pour une certaine période, la récolte annuelle de biomasse forestière dans les forêts du domaine de l'État en s'adressant au bureau du ministère des Ressources naturelles et de la Faune indiqué ci-dessous ou en consultant le site Internet à l'adresse suivante:

<http://www.mrf.gouv.qc.ca/forets/entreprises/entreprises-transformation-biomasse.jsp>

M. Jean-Philippe Jacques, ingénieur forestier

Ministère des Ressources naturelles et de la Faune

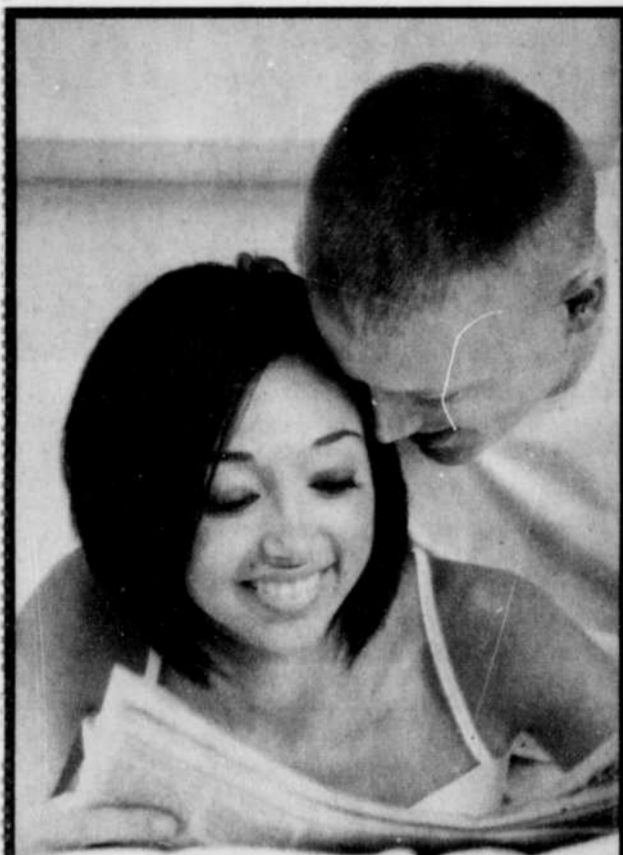
16, impasse de la Gare-Talon, RC 100

Gatineau (Québec) J8T 0B1

Téléphone: 819 246-4827, poste 247

Télécopieur: 819 246-5049

Québec



Give the gift that lasts all year ...

**THE EQUITY**

Mail your cheque or money order with this form to:  
**Pontiac Printshop Ltd.**  
133 Centre St., Box 4300, Shawville, QC J0X 2Y0

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Pontiac County \$29.34 • Rest of Quebec \$40.63  
Elsewhere in Canada \$37.80 • Outside Canada \$53.55  
(prices include GST and PST if applicable)

Please check one: Renewal  New Subscription

If this is a gift, please sign below and we will send a gift card.

**THE EQUITY**

Voice of the Pontiac since 1883



## En Outaouais, on suit le courant collectif.

Remplissez le questionnaire du Diagnostic résidentiel MIEUX CONSOMMER<sup>1</sup> et obtenez gratuitement un rapport de recommandations personnalisé incluant une estimation, en dollars et en kilowattheures, des économies d'énergie que vous pourriez réaliser. Vous encouragez du même coup la réalisation de projets dans votre collectivité.

Pour chaque rapport, Hydro-Québec versera

**30\$** à votre collectivité **+5\$** s'il est émis en ligne

ALLEY-ET-CAWOOD, BRISTOL, BRYSON, CAMPBELL'S BAY, CHICHESTER CLARENDON, FORT-COULANGE, L'ÎLE-DU-GRAND-CALUMET, L'ISLE-AUX-ALLUMETTES, LITCHFIELD, MANSFIELD-ET-PONTEFRACT, OTTER LAKE, PORTAGE-DU-FORT, RAPIDES-DES-JOACHIMS, SHAWVILLE, SHEENBORO, THORNE, WALTHAM:  
Mieux consommer, c'est payant: amélioration des infrastructures de trois arènes (Fort-Coulange, L'Isle-aux-Allumettes et Shawville)

BLUE SEA: Pour une communauté en santé: aménagement d'un terrain de tennis

BOILEAU: Aménagement d'un terrain de soccer dans le parc municipal

BOIS-FRANC: Mise en œuvre du plan de gestion des matières résiduelles

BOUCHETTE: Amélioration du terrain de jeux municipal

CANTLEY: Revitalisation de la Grange, dans le parc du Mont-Joël

CHELSEA: Aménagement de sentiers multifonctionnels dans différents secteurs résidentiels

CHÉNÉVILLE: Acquisition d'un système audiovisuel intérieur et extérieur

DENHOLM: Aménagement d'un parc au centre du village

DUHAMEL: Aménagement au pavillon Coin du conte et à l'Allée des mots

FASSETT: Rénovation de la salle communautaire

GATINEAU: Établissement d'un parc de vélos en libre-service et amélioration de l'infrastructure cyclable

GRACEFIELD: Entraide au sein de la communauté

GRAND-REMOUS: Amélioration des bandes de la patinoire intérieure

KAZABAZUA: Climatation du centre communautaire

LAC-DES-PLAGES: Revitalisons notre salle communautaire!

LAC-SAINTE-MARIE: Aménagement d'un local au centre communautaire pour les loisirs, la culture et les sports

LAC-SIMON: Acquisition d'un système audiovisuel intérieur et extérieur

L'ANGE-GARDIEN: Acquisition de composteurs domestiques

LOCHABER: Amélioration de la halte routière

LOCHABER-PARTIE-OUEST: Amélioration du terrain de tennis

MANIWAKI: Aménagement d'un réseau de pistes cyclables

MAYO: Mise sur pied d'un réseau d'égout

MESSINES: Construction d'un complexe sportif: aménagement d'installations pour la planche à roulettes et le baseball

MONTEBELLO: Mieux éclairer pour mieux jouer

MONTEPELLIER: Aménagement d'un terrain de soccer

MULGRAVE-ET-DERRY: Panneaux d'accueil aux entrées de la municipalité

NAMUR: Création d'un site Web pour la municipalité

NOTRE-DAME-DE-BONSECOURS: Rénovation de la salle communautaire

NOTRE-DAME-DE-LA-PAIX: Aménagement d'un parc pour enfants

PAPINEAUVILLE: Aménagement d'un parc pour enfants

PLAISANCE: Revitalisation des panneaux aux entrées principales de la municipalité

PONTIAC: Aménagement des parcs et espaces verts

RIPON: Réfection des panneaux d'interprétation

SAINT-ANDRÉ-AVELLIN: Acquisition d'une génératrice: de l'eau potable pour tous, en tout temps!

SAINT-ÉMILE-DE-SUFFOLK: Quel bouquin préférez-vous?

SAINTE-THÉRÈSE-DE-LA-GATINEAU: Acquisition d'un module de jeux à l'école Laval

SAINT-SIXTE: Réfection de la patinoire extérieure

THURSO: Aménagement d'une aire de repos au quai municipal

VAL-DES-BOIS: Réaménagement de la patinoire municipale

VAL-DES-MONTS: Aménagement d'un terrain de soccer

Remplissez le questionnaire en visitant le [courantcollectif.com/35](http://courantcollectif.com/35)

1. Certaines conditions s'appliquent. 2. Offre d'une durée limitée. Valable jusqu'au 8 août 2009 inclusivement. Valable seulement pour un premier diagnostic relatif à votre résidence actuelle. D'autres conditions s'appliquent.

Hydro Québec

# L'Étude pour le projet de train de Banlieue du Pontiac et de Renfrew est maintenant disponible en ligne!

Allez aux adresse : [www.commercepontiac.ca](http://www.commercepontiac.ca)

**PEMBROKE** • Les Sociétés d'Aide au développement communautaire (Community Futures Development Corporations, CFDC) des comtés de Renfrew et de Pontiac ont unis leurs efforts pour promouvoir l'établissement d'un service de train de banlieue

depuis la Vallée de l'Outaouais vers les villes de Gatineau et Ottawa. Ce service vise à soutenir une diversification proactive d'une économie traditionnellement basée sur l'exploitation des ressources naturelles, encourager la création de nouveaux

emplois et l'installation de nouvelles entreprises afin de soutenir un développement fort et durable des communautés de la Vallée de l'Outaouais et du Pontiac. Actuellement les deux corporations en sont aux phases préliminaires du projet. Une subvention du

Programme de développement de l'Est ontarien permettra aux sociétés de développement, en collaboration avec la firme Rail Future Group inc., de procéder à une étude de faisabilité afin d'établir quand et comment ce projet pourrait voir le jour. Il existe un cer-

tain parallèle entre le projet des comtés de Pontiac et de Renfrew et le projet de train de banlieue à l'étude dans l'Est ontarien. Le support de la population est de la plus haute importance dans cette tentative pour aller plus loin. Afin de bien connaître les

besoins, préférences et demandes de la population pour un tel système de transport dans la Vallée de l'Outaouais, une étude préliminaire bilingue sera faite des deux côtés de la rivière. Cette étude est maintenant disponible en ligne dans les deux langues offi-

cielles. Les résidents des comtés de Renfrew et de Pontiac jouent un rôle primordial dans le processus d'avancement des travaux et ils sont fortement invités à faire connaître leur opinion et à participer à cette première étude. Le questionnaire est

disponible via certains hyperliens sur les sites internet de la SADC Pontiac et de la CFDC Renfrew County aux adresses suivantes : [www.commercepontiac.ca](http://www.commercepontiac.ca) ou [www.rcfdc.org](http://www.rcfdc.org). Les résultats de l'étude préliminaire devraient être connus et disponibles en avril 2009.

## ESSC 12 000 \$ pour les activités physiques et le plein air

**MANIWAKI** • La Conférence régionale des élus de l'Outaouais (CREO), en collaboration avec la Table Jeunesse Outaouais (TJO), a accordé une subvention de 12 000 \$ à l'école secondaire Sieur de Coulonge (ESSC) et son partenaire, le Patro, pour le projet : « Vie Active et Plein Air ».

Grâce à cette subvention, les élèves de Sieur de Coulonge pourront pratiquer plusieurs activités de plein air, telles que la raquette, le ski de fond et le camping sauvage, durant les cours d'éducation physique, les activités intra-murales et parascolaires.

Les buts visés sont :  
• augmenter la fréquentation des milieux naturels de notre belle région (lacs, rivières, sentiers en forêt);  
• Améliorer et maintenir la qualité de vie des gens du Pontiac;  
• Développer la fierté et le sentiment d'appartenance à notre territoire.

## L'Écuyer annonce des fonds de 319 000 \$

**CAMPBELL'S BAY** • Les installations de soins de longue durée de la circonscription de Pontiac se voient allouer une somme de 319 000 \$ pour des travaux réalisés en vertu du programme des rénovations fonctionnelles mineures. C'est ce qu'a annoncé aujourd'hui la députée Charlotte L'Écuyer, au nom de la ministre déléguée aux Services sociaux, madame Lise Thériault.

Ce programme permet de financer des travaux de rénovation, de réaménagement, de transformation ou de remplacement visant à améliorer la qualité, l'accessibilité et l'efficacité des services, ou encore à favoriser la création de milieux de vie et de soins conviviaux et adaptés aux besoins des personnes desservies. À l'échelle de tout le Québec, une enveloppe totale de 70 millions de dollars est prévue à cette fin. Dans l'Outaouais, des investissements de 2,3 millions de dollars ont été annoncés le 12 février par madame Thériault et le ministre responsable de la région, monsieur Norman MacMillan.

Les sommes annoncées aujourd'hui se répartissent de la façon suivante :

- 285 000 \$ pour le Centre d'accueil Renaissance, une installation du Centre de santé et de services sociaux de Gatineau;

- 33 563 \$ pour les installations d'hébergement du Centre de santé et de services sociaux de Pontiac.

Ces sommes s'ajoutent à l'investissement majeur déjà annoncé pour la construction, à Shawville, d'un centre d'hébergement de 50 lits. Ce projet est évalué à 12,9 millions de dollars.


**MARS - MOIS DE LA NUTRITION MARCH - NUTRITION MONTH**

**Trucs de la semaine**

- ✓ Consommez une VARIÉTÉ d'aliments, car aucun aliment n'est « parfait » en soi. Pour avoir tous les nutriments dont vous avez besoin, mangez autant d'aliments différents que vous le pouvez qui proviennent de chacun des quatre groupes alimentaires du Guide alimentaire canadien pour manger sainement.
- ✓ La « modération » ne signifie pas abandonner les aliments que vous aimez mais plutôt d'en prendre de plus petites quantités, moins souvent. Ce qui fait vraiment la différence, ce n'est pas seulement ce que vous mangez, mais en quelle quantité et à quelle fréquence.

**Weekly Tips**

- ✓ Remember to eat a VARIETY of foods because no single food is perfect. To get all the nutrients you need, enjoy as many different foods as possible from each of the four food groups in Canada's Food Guide to Healthy Eating.
- ✓ Moderation doesn't mean giving up foods you love, it only means having a smaller amount less often. It's not just what you eat, but how often and how much, that really makes the difference.

Presented by : 

Source : [www.dietitians.ca](http://www.dietitians.ca)

**SMURFIT-STONE**

À vendre / For Sale

1. Camionnette 4X4 1/2 tonne 2004 Chevrolet Silverado 4X4 1/2 ton Pick-up, Couleur : Noir - Black in color 93,863KM, Prix demandé - Asking: 7,000.00\$ O.B.O.
2. Camionnette 1/2 tonne 1999 Ford F150 1/2 ton Pick-up, Couleur : Rouge - Red in color 124,960KM, Prix demandé - Asking: 4,400.00\$ O.B.O.
3. Camionnette 4X4 1/2 tonne 1997 Chevrolet 4X4 1/2 ton Pick-up, Tel quel - As is, Couleur : Rouge - Red in color 150,106KM, Prix demandé - Asking: 2,500.00\$ O.B.O.
4. Camionnette 1/2 tonne 1999 Ford F150 1/2 ton Pick-up, Couleur : Rouge - Red in color 229,437KM, Prix demandé - Asking: 2,400.00\$ O.B.O.
5. Camionnette 1/2 tonne 1998 Chevrolet 1/2 ton Pick-up, Tel quel pour pièces - As is for parts, Couleur : Gris - Gray in color 64,850KM, Prix demandé - Asking: Faites une offre - Make an offer
6. Camionnette 1/2 tonne 1998 Chevrolet 1/2 ton Pick-up, Besoin de réparations - Needs repairs, Couleur : Gris - Gray in color 75,840KM, Prix demandé - Asking: Faites une offre - Make an offer


Prenez note que tous ces véhicules sont vendus tel quels et que les acheteurs seront responsables de la cueillette des véhicules qu'ils achèteront à l'adresse mentionnée ci-dessous. Les soumissions doivent être reçues à cette adresse avant midi (12H00) le 18 mars 2009. Pour plus d'information: 819-647-2281 Laissez un court message

Smurfit-Stone Pontiac Division  
Soumissions (camions)  
211, route 301  
Portage-Du-Fort, QC  
J0X 2T0

Please note that all these vehicles are sold as is and the buyers are responsible for the removal of the vehicles from our premises. All bids have to be received at the address below before noon (12 PM) March 18, 2009. For more information: 819-647-2281 Leave a brief message.

Smurfit-Stone Pontiac Division  
Tenders (trucks)  
211, route 301  
Portage-Du-Fort, QC  
J0X 2T0

**Dévoreur d'énergie RECHERCHÉ Récompense de 60 \$**



IL SE CACHE PARTOUT - MAIS OÙ ÊTES-VOUS dans votre sous-sol, votre garage ou même votre cuisine!

**POUR LE RECONNAÎTRE :**

- x Réfrigérateur ou congélateur de plus de 10 ans
- x Volume intérieur entre 10 pi<sup>3</sup> et 25 pi<sup>3</sup>
- x Appareil toujours fonctionnel et branché

**VOUS AVEZ UN DE CES DÉVOREURS CHEZ VOUS ?**  
Saviez-vous qu'un réfrigérateur de plus de 10 ans consomme en moyenne trois fois plus d'énergie qu'un appareil plus récent ?

Inscrivez votre demande en ligne au [www.recyc-frigo.com](http://www.recyc-frigo.com) ou communiquez avec l'équipe RECYS-FRIGO au 1 877 493-7446 (49FRIGO)

Assurez-vous d'avoir votre facture d'électricité en main.

Nous viendrons vite cueillir le dévoreur chez vous GRATUITEMENT et en disposons selon un procédé respectueux des lois et de l'environnement. Vous recevrez un chèque de 60 \$ par la poste.

**RECYS-FRIGO**

Le programme RECYS-FRIGO, une initiative d'Hydro-Québec, est administré par le Consortium RECYS-FRIGO. Hydro-Québec, les pouvoirs publics et le secteur privé ont financé ce programme. Il est financé par Hydro-Québec, le gouvernement du Québec et le secteur privé. Les fonds sont utilisés pour acheter et transporter les appareils électroménagers et électroniques. Les appareils sont recyclés dans une usine spécialisée. Les données personnelles sont protégées.

# Business directory

**WOOD-FIRED HOT WATER HEATING**

**DAVID M. ROY**  
Authorized Dealer for:  
**WOOD DOCTOR**  
WOOD-FIRED HOT WATER HEATING  
OUTDOOR FURNACES  
491, chemin Pierre Laporte  
Buckingham, Quebec J8L 2W7  
Tel: (819) 986-7047 Fax: (819) 986-5260  
E-mail: david837@videotron.ca

**NOTAIRE - NOTARY**

**JEAN-PIERRE PIGEON**  
NOTAIRE-NOTARY  
C.P. 549  
37, rue Patterson  
Campbell's Bay  
Québec J0X 1K0  
(819) 648-2525, 5151  
Fax: (819) 648-5751  
Manoir Mansfield  
289(3), rue Principale  
Route 148  
Fort-Coulonge  
Québec J0X 1V0  
(819) 683-3434  
Fax: (819) 683-3515

**MONUMENTS**

**PONTIAC MONUMENTS**  
Lloyd & Marj Hodgins  
378 Main St., Shawville, Quebec  
Bus. (819) 647-3841  
Creating a memory that will last forever  
**COMPETITIVE PRICING**

**CHIMNEY SWEEP SERVICE**

**CHIMNEY SWEEPS**  
Pierre Potvin  
(819) 827-3356  
[chelseachimneysweeps.com](http://chelseachimneysweeps.com)  
196 ch. Scott, Chelsea (QC), J9B 1R6, RBQ 8258-6652-06

The #1 Balanceable Chimney Sweep  
Professional Chimney Cleaning  
• Woodstoves  
• Fireplaces  
• Chimneys  
Licenced Installer  
Certified

**WELL DRILLING**

**JR DRILLING CO. LTD.**  
Water Well Drilling  
Geothermal Drilling  
**BILL MOLOUGHNEY JR.**  
Phone: 613-860-9986  
Cellular: 613-761-2414  
Toll Free: 1-877-647-5184  
Quebec: 819-647-5184  
C23 Mitchem Rd., RR 5  
Shawville, QC J0X 2Y0 RBQ #8249-8981-46

**SEPTIC TANK PUMPING**

SEPTIC AND HOLDING TANK PUMPING SERVICE  
Summer or Winter  
Toll Free: 1-800-267-0118  
Local: 1-613-582-3459  
**MacGREGOR CONCRETE PRODUCTS (Beachburg) LIMITED**  
Beachburg, Ontario

**CONSTRUCTION**

**Cletus Pieschke**  
Entrepreneur général - General Contractor  
**CONSTRUCTION PIESCHKE**  
Construction neuve et rénovations  
New Construction and Renovations  
• Résidentiel • Commercial • Industriel  
Estimation gratuite - Free Estimates  
Cell : 819-962-6010 # RBQ : 8327-0819-17

**CLEANING SUPPLIES**

Products for  
• Hotels • Restaurants  
• Super Markets • Food Service  
Floor Maintenance  
General Sanitation  
Disinfection & Biotechnology  
Steve or Janey 819-647-2204  
**Pontiac Printshop Ltd.**  
133 Centre St., Shawville

**REAL ESTATE**

**WORKING FOR THE PONTIAC**  
List your home, cottage, business or building lot today.  
Call  
**Laurena Matechuk**  
Agent immobilier affilié  
819-458-1989  
[lmatechuk@hotmail.com](mailto:lmatechuk@hotmail.com)  
**ROYAL LEPAGE**  
VALLÉE DE L'OUTAOUAIS

**INTERNET SERVICES**

**KEYNETZ** 613-829-9539  
DIAL UP: \$16.95 / month  
DSL SERVICE: Residential \$29.95 Business \$59.00  
WEB HOSTING: From \$49/year  
1128 - 2720 Queensview Drive, Ottawa, K2B 1A5  
Hours Mon - Fri 8:00 am to 4:00 pm  
[www.keynetz.com](http://www.keynetz.com)

**VETERINARY SERVICES**

**Dr. Alida Jong M.V.**  
Dipl. Homeopathy  
435 Highway 148  
Shawville, Quebec  
Tel: (819) 647-3945  
Small animal veterinary services  
Traditional and complementary medicine  
Service available by appointment  
Emergencies

**NOTAIRES - NOTARIES**

**PME INTER**  
Gagné Isabelle Patry  
Laflamme & Associés  
Notaires & conseillers juridiques  
Notaries & legal counsels  
Me Mireille Alary  
malary@gipl.qc.ca  
131A, rue Victoria, CP 569, Shawville (QC) J0X 2Y0  
Tél. : (819) 647-6300 Fax. : (819) 647-7004

**WINDOWS AND DOORS**

**Portes et Fenêtres Provincial**  
Windows & Doors  
Quality Sales and Service  
Windows & Doors  
Aluminum & Vinyl Siding  
Soffit & Fascia  
Seamless Eavestroughing  
Ontario & Quebec  
Tel: (613) 223-4950  
(819) 647-3606  
Fax: (819) 647-3605  
Toll Free: 1-888-647-3606  
RBQ #8350-850743

**STEEL • GALVANIZED • FLASHINGS**

**BURKE'S SHEETMETAL 2007 INC.**  
Ottawa's biggest buyer of coloured steel  
We guarantee competitive prices on coloured and galvanized steel roofs and siding, including agricultural steel, J trim, valleys, wall flashing, etc.  
10% DISCOUNT on accessories with purchase of steel roof or siding  
For more info or to request a quote call Tim or Joel at 613-224-3501, 34 Cleopatra Dr., Nepean, Ontario.

March '09							April '09						
s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

# CLASSIFIED

819-647-2206 Fax  
 prepress@theequity.ca E-mail ads  
 news@theequity.ca E-mail news and letters  
 www.theequity.ca Website

**Submissions > DEADLINE**

### COMING EVENTS

**RIVER CLUB CHAPEAU presents RAY & THE VALLEY BOYS**  
**Sat., March 7**  
**3 p.m. - 7 p.m.**  
**Hwy. 148, Chapeau**

**Wed., March 11** - Poor Man's Lunch, 11 a.m. - 1 p.m. held at Odd Fellow's Hall, Alfred St., Shawville. Assorted soups and pies \$6. xm4

**Sat., March 14** - St. Patrick's Irish Kitchen Party starting at 2 p.m. until ??? at the Quyon Legion Branch 231. All your favourite local musicians. Bring an instrument and join the party, everybody welcome. No charge admission. Lunch available. Info Dean at 819-458-1239. Breakfast served on March 15 9 a.m. - 1 p.m. \$5. Everyone welcome. 2bm4

**Jamieson Travel: 2009 Tours.** April: New Hampshire/Maine. \* May: New York, Branson. \* June: Alaska, Tadoussac/Saguenay, Poland. \* Aug: Newfoundland. \* Sept. Ireland and/or Wales. \* Oct. Australia/NZ/Fiji. \* Nov. Branson and May 2010: Oberammergau Passion Play and much more. Call 1-888-582-7011 for free catalogue of all tours. www.jamiesontravel.com 2xm4

**July 31, Aug. 1 and 2** - Riverside Jam presents Terri Clark, Doc Walker and many others. See www.riversidejam.ca or call 613-282-9262 for info and tickets. Camping sites and tickets are selling fast with no price increase! 2bm11

### MISCELLANEOUS

**Furniture** at huge savings as well as TV and appliances. Al Utronki Appliance & TV. Renfrew 613-432-5318. We sell the best for less. otc

**BEDS, SOFA BEDS, BEDROOM SUITES, DINING ROOM SUITES, SOFAS, RECLINERS, BAR STOOLS, HEADBOARDS, COMFORTERS**  
**MATTRESS FACTORY & FURNITURE OUTLET**  
 312 Raglan St. S., Renfrew  
**432-8826**

The Quebec Community Newspapers Association can place your ad into 28 weekly papers throughout Quebec - just \$160. Book 3 weeks within a 6 month period and receive the 4th week free! One phone call does it all! Call Marlene at QCNA 514-433-6300. Visit: www.qcna.org. qm4

**Hot tub (Spa) Covers.** Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-652-6837. www.thecoverguy.ca. qm4

A free telephone service - Get your first month free. Bad credit, don't sweat it. No deposits, no credit checks. Call Freedom Phone Lines today toll free 1-866-884-7464. qm4

### MISCELLANEOUS

**Affordable phone reconnection.** Bad credit - no problem! Call Tembo Telecom and ask about our new customer special. Sign up online and save \$20. 1-877-266-6398; www.tembo.ca. m4

**#1 high speed internet** \$18.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 5Mbps download and 800Kbps upload. Order today at www.acanac.ca or call toll free 1-866-281-3538. qm4

**Sawmills** from only \$3,495.00. Convert your logs to valuable lumber with your own Norwood portable band sawmill. Log skidders also available. www.norwood-sawmills.ca/4001 - FREE information: 1-800-566-6899 Ext. 400 OT. qm4

**Cheap phone reconnect!** Connect now for a great deal! Calling features, long distance & save \$\$ on high speed internet! Phone Factory Reconnect 1-877-336-2274; www.phonefactory.ca. qm4

### CARS & TRUCKS

**1985 diesel Ford 3/4 ton truck** with 4 brand new snow tires, 2 brand new batteries, including a 7 ft. snowplow; buy as is; make an offer 648-2477. 2bm4

**2003 Olds Alero 4 door,** fully loaded, only 72,000 km 819-458-2425. bm4

**Certified Used Cars, Trucks, 4x4's & Vans Over 30 in-stock!**  
 We service what we sell.  
**Motors & Transmissions Sold and Installed**  
**Auto Glass Replacement**  
**Tire Sales - 24 hr. Towing FINANCING AVAILABLE OAC**  
**BRISTOL AUTO BODY**  
 11 Front Rd., Bristol, QC  
**819-647-3313**

### P E T S

**Golden Retriever pups.** Champion European bloodlines, micro-chipped, shots, parents on site. Available to loving homes by Mid-April 819-455-2540. otc

### FARM PRODUCE

**Wrapped hay 4 x 5,** hard core, first, second and third cut excellent for dairy or beef 613-582-3893 or 613-582-3539. 5xm25

**Hay for sale 4 x 5 round bales.** Dry hay and wrapped baleage available. Can deliver 613-587-4441. 4bm25

**Large square bales of hay for sale,** second cut, stored inside, Benson Moffatt 819-647-2313 or 819-647-3152. xm4

### LIVESTOCK

**Open House: March 14, 1-4 pm.** Home-fed, Igently-tested red factor and white yearling Charolais bulls. No room at home? We'll keep to May 1. Cornerview Charolais & Hidden Trail Charolais, 1012 Snake River Line, Cobden, ON (613) 646-9741. 2bm4

**Charolais heifers,** some calved out. Charolais cows, 2 year-old bull 613-735-4502 home, 613-732-0726 cell. 2bm11

**Purebred Black Angus bulls** top gainers, ADA Cattle Co., J. Albert Argue 613-832-3494. 2xm4

### LIVESTOCK

**Red Angus bulls** suitable for heifers ready for cows. Average birth weight 75 pounds average weaning weight 878, average yearling weight 1140. 2 year olds by August. Herd performance tested for 35 years. Lehmann Red Angus Eganville 613-628-5466. 3xm18

### FARM EQUIPMENT

**Massey Ferguson 4225,** 1999 2WD CHA, 2 remotes, 18.4 x 30 tires, 55 hp \$15,500, 613-587-4441. 4bm25

### FOR RENT

**Bristol - 2 and 3 bedroom** apartments heat and hydro included. References and proof of capacity to pay rent required. Available April 1. Call George 819-771-6117. otc

**Bryson - 2 bedroom apartment** 819-648-5555. otc

**Bryson - 1 bedroom house,** electric heat, newly renovated, furniture and appliances included. No pets, no smoking 819-648-2555. otc

**Calumet Island - 2 bedroom** apartment for rent. Jerry 819-648-5784. 2bm4

**Shawville - 1 and 2 bedroom** apartment for rent 647-3256. otc

**Shawville - 2 houses for rent,** 3 bedrooms, no pets, references \$600/\$700 plus utilities 819-684-5611. xm4

**Shawville - One bedroom duplex** apartment on Clarendon St., close to the hospital, living room and kitchen on main floor, bedroom and bathroom on second floor, private driveway, backyard, available May 1, call work 819-647-2403 or home 819-647-5446. otc

**Shawville - 2 bedroom apartment** on ground floor for quiet person or couple. No pets, heat included, fridge and stove available. Also 3 bedroom brick house 819-647-6464. bm4

**Shawville Lions Hall** available for all occasions. Air conditioned. Call Jerry Callaghan 819-647-5691. 1-0-M4

### REAL ESTATE FOR SALE

**6 unit apartment building,** good revenue for more info call 819-648-2500, Denis. otc

**Timeshare foreclosures - Save 60-80% off retail!** Best resorts & seasons! Throughout Canada, US, Caribbean and more! Call for free catalogue today! 1-800-731-8046 - www.holidaygroup.com/sc. qm4

### BIRTH

**Rusenstrom - Big brothers** Carson and Bennett are very excited to announce the safe arrival of their baby brother! Pierce Noble Watt Rusenstrom was born Monday, Feb. 9, 2009 at 2:55 a.m. weighing in at 7 lbs. 12 oz and 21 1/2 inches long. Special thanks to Dr. Peter Talko for his speedy arrival and to the OBS nurses. Proud parents are Edward and Tara (Taylor). otc

### HELP WANTED

**Local Construction Company** looking for experienced concrete finishers, experienced laborers, and a heavy equipment mechanic. Please submit resume detailing work experience to H&H Construction, 49 Portage Road, Petawawa, ON, K8H 2W8; by fax 613-687-5294; or email to: info@handconstruction.ca (Attention: E. Jolicoeur). 3xm11

### HELP WANTED

**Busy restaurant** in Shawville looking for part-time/full-time evening cook. Experience a must. Please call 819-647-3808. bm4

### SERVICES

**It's been a long winter** but you can't stop thinking of all the spring cleaning you will have to do. Just call DD's Cleaning Service. We have good rates and offer receipts. Call Debbie 819-647-3797 to book. xm4

**House cleaner** available for all your cleaning needs call Kendra 819-647-5783. 2xm4



**Need something moved?** Light Floating service, 10 ton trailer, 30 foot deck length, reasonable rates. 819-647-3636 or leave message 3bm18

**We do install oil tanks,** do furnace repairs, sales and service, combination furnaces, wood, oil, electric or hot water. Joe Konrad 819-647-2391. otc

**\$500s loan service,** by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free: 1-877-776-1660. qm4

**Concerned about travelling** to the U.S.A.? Apply today for free pardon, waiver or border entry evaluation. A criminal record can be completely removed. Call 1-800-298-5520, www.canadian-pardons.ca. qm4

**Labombard Electric Motors** Sales and service, starters, alternators, motors, jet pumps and furnace motors. 819-647-2591, 54 Stoney Batter Rd., Shawville, QC. 0-1-M4

**Will take down barns** and clean up site for free. Call Roger at 819-647-2155, leave message. xm4

### WANTED TO BUY

**\$\$\$Gold\$\$\$** Bring us your gold/scrap gold. We have raised our buying price on gold. So come in and take advantage of the soaring gold price. Howard's Pawn Shop 819-684-1334. otc

**Abacadabra** turn your hidden treasures into ready cash. Buyer wants to purchase your antiques, paintings, china, crystal, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps and records. 514-501-9072. qm4

**Wanted - nice secluded 5 - 20** acres mature forest property around Lusville to Shawville. Please email back2land@gmail.com xm4

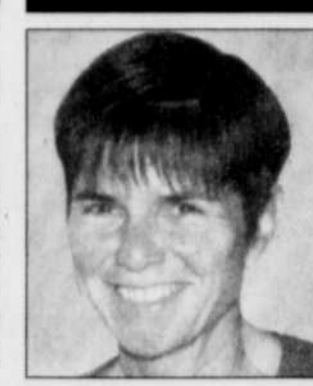
### PERSONALS

**\*Past \*Present \*Future #1** Psychics! 1-877-478-4410\* Credit Cards / deposit or phone 1-900-783-3800 \$3.19 min (18+). For a psychic NOW! Meet us at: www.mysticalconnections.ca. qm4

**Dating Service.** Long term / short term relationships, free calls! 1-877-297-9883. Exchange voice messages, voice mailboxes 1-888-534-6984. Live adult casual conversations 1 on 1, 1-866-311-9640, meet on chat lines. Local single ladies 1-877-804-5381 (18+). qm4

### DEATH MEMORIAM

**Sister Francesca Toner, CSJ** (Sister Mary Francesca) Sister Francesca passed away peacefully on February 26, 2009 at the Sisters of St. Joseph Motherhouse, Pembroke, ON. She was in the 62nd year of her religious life. She was born in Portage du Fort, Quebec, a daughter of the late Alice (Tanguay) and Herbert Toner. Left to mourn her loss and celebrate her life among us are her Sisters in the Congregation, and her sister Flora (Tymchuk) as well as much loved nieces and nephews and their families. She is predeceased by her brothers Philip (Frank) and William. Sr. Francesca began her health care career in Radville, Saskatchewan eventually obtaining diplomas as an X-ray Technologist and Lab Technician. She continued her career in Barrhead, Alberta until, in 1968 she took the position of Supervisor of Laboratory and Radiology Departments in Barry's Bay. She continued this supervisory position at the Pembroke General Hospital and then at the Petawawa Medical Center. Following her 27-year career in Health Care she changed her ministry to Pastoral Care spending a year at Tee Lake, Quebec. She returned to Pembroke and worked in Community Services from 1978 until 1986. In the latter years she continued to be of service to her Congregation at the Motherhouse in Pembroke where she helped out in the Infirmary. In retirement, sister was a talented knitter and seamstress, making crafts for the annual craft sales to raise funds for our Peruvian Mission. She was most grateful for her call to Religious Life and her unique relationship with God in the person of Jesus. Visitation at St. Joseph's Motherhouse, Pembroke on Monday, March 2nd starting at 4:00 p.m. with a prayer service at 7:00 p.m. The funeral mass was celebrated on Tuesday, March 3rd, at 10:30 a.m. at the Sisters of St. Joseph Motherhouse, Interment at St. Columba's Cemetery, Pembroke. Arrangements by the Neville Funeral Home, Pembroke. Condolences can be sent to csjadmin@csjpbroke.ca



**Germain - In loving memory** of Lana Germain. Three years have passed. Your smile remains in our hearts. Your memory lingers Forever and a day. Sonny and family

**Ireland, Blair - In memory** of a beloved Dad and Grandfather who passed away suddenly March 8th, 2004. There is a family who misses you dearly. In a home where you used to be. There is a family who wanted to keep you. But God willed it not to be. You left many happy memories. And sorrow too great to be told. But to us who loved and lost you. Your memory will never grow old. Lovingly remembered in our hearts. Gerry, Sandy, Jake and Brycen, Cindy, Steve and Gavin, Jeff, Angie, Kaelen and Peyton

**Ireland, Blair - In loving memory** of my husband who left us so suddenly 5 years ago on March 8th, 2004. It is lonely here without you, I miss you more each day, For life is not the same to me, Since you were called away, If I could have one lifetime wish, One dream that could come true, I would pray to God with all my heart, For yesterday and you. Forever in my heart. Anne

**Ireland - In memory of a dear son-in-law** and brother-in-law Blair, who passed away March 8th, 2004. We cannot have the old days back When we were all together But wonderful memories and loving thoughts Will be with us forever. Remember you always. Mom Campeau and Family

**McGee, Bertha Coriveau - Jan. 24, 1926 - Mar. 07, 2004** Five years have gone by Since we, unknowingly, said our final good-bye. Our chat that Friday evening, ended as I had nothing more to say. Other than looking forward to my plans for a two week stay. You always said, "Shed no tears!" As I look at the skies With tears in my eyes I know that you are at rest You deserved the Best Rest peacefully, Love, Your daughter, Cheryl

**McGuire - In loving memory** of a dear husband, father, grandfather, great-grandfather and brother, Ronald who passed away March 11, 2008. You earned your rest The Lord knew best The one you loved so true Carry on the way you'd want us to. Remembered dearly. By your Family

**Stewart - In memory of** Lindsay Stewart Oct. 21, 1943 - March 7, 1999. Today is remembered and quietly kept No need for words, We'll never forget The gates of memories will never close Of loved ones gone on before. Missed and loved. Sisters and Brothers

**THANKS**  
**Riebertz - I commend** the Bryson Fire Department for their quick and effective response to my 911 call on January 25th. They had everything under control and assured the safe arrival of the paramedics. The Pontiac Community Hospital staff did their share to help me recover. Thanks to all! Wilfred Riebertz

### PUBLIC NOTICE

**Municipality of Litchfield** Public Notice

To persons of legal capacity to vote and having the right to be registered on the Municipality of Litchfield referendum list. PUBLIC NOTICE is hereby given of the following:

1. During a meeting held on March 2nd, 2009, council adopted By-Law No. 2009-002 Titled: "By-Law Which Decrees A Loan And Expense For The Construction Of A New Municipal Building" in the amount of \$400,000.00. The purpose of this by-law is for the construction of a new municipal building and all works included. This by-law authorizes the municipality to borrow an amount of \$400,000.00;

2. Persons of legal capacity to vote and having the right to be registered on the municipality's referendum list may request that this by-law be subject to a referendum by inscribing their name, address and status and signing a register for these purposes.

3. This register will be accessible from 9:00 a.m. to 7:00 p.m. on March 12th, 2009 at the municipal office, 1362 Hwy. 148 in Campbell's Bay, (Québec) J0X 1K0.

4. The number of requests required to hold a referendum is 66. If this number is not met, by-law number 2009-002 will be deemed approved by the persons of legal capacity to vote.

5. The results of the registration will be announced on March 12th, 2009 at the Municipal office, 1362 Hwy. 148 in Campbell's Bay (Québec) J0X 1K0.

6. You may consult the by-law at the municipal office at 1362 Hwy. 148 in Campbell's Bay (Québec) J0X 1K0 from 9:00 a.m. to 12:00 noon and 1:00 p.m. to 4:00 p.m. Conditions to qualify as a person of legal capacity to vote and having the right to be registered on the municipality's referendum list.

1. Conditions to fulfill on the 2nd of March, 2009: To be living on the municipality's territory and for at least six months, property owner of an immovable or owner of a business in the municipality.

2. Additional conditions: A physical person must also, on March 2nd, 2009, be of age, be a Canadian citizen and not under legal guardianship.

3. An additional condition specific to undivided co-owners of a property or co-occupants of a business establishment applies: be assigned by proxy, as being the only co-owner or co-occupant of a business establishment, and signed by the majority of co-owners or co-occupants.

(Note: A co-owner or co-occupant should not be designated if he/she qualifies as a resident, sole owner of a property or sole occupant of a business establishment. Condition for being able to exercise the right to register as a moral person:

To designate by resolution, among members, administrators of employees, a person who as of March 2nd, 2009 and when exercising this right, is of age and Canadian citizen.

Given in Campbell's Bay, this 3rd of March, 2009. Jacqueline Brisebois Secretary-Treasurer 0-1-M4

**Municipalité de Litchfield** Avis Public

Aux personnes habiles à voter dans l'ensemble de la municipalité de Litchfield ayant le droit d'être inscrites sur la liste référendaire. AVIS PUBLIC est donné de ce qui suit:

1. Lors d'une séance ordinaire tenue le 2 mars 2009, le conseil a adopté le règlement numéro 2009-002 et intitulé « Projet pour la construction d'un bâtiment municipal au montant de 400 000,00\$ ». L'objet de ce règlement est pour la réalisation de la construction d'un nouveau bâtiment municipal et pour tous les travaux connexes. Ce règlement autorise la municipalité à emprunter un montant de 400 000,00\$;

2. Les personnes habiles à voter dans l'ensemble de la municipalité ayant droit d'être inscrites sur la liste référendaire de la municipalité peuvent demander que ce règlement fasse l'objet d'un scrutin référendaire en inscrivant leur nom, adresse et en apposant leur signature

### PUBLIC NOTICE

dans un registre ouvert à cette fin.

3. Ce registre sera accessible de 9h00 à 19h le 12 mars, 2009 au bureau municipal, 1362 Route 148 à Campbell's Bay (Québec) J0X 1K0.

4. Le nombre de demandes requis pour qu'un scrutin référendaire soit tenu est de 66. Si ce nombre n'est pas atteint, le règlement numéro 2009-002 sera réputé approuvé par les personnes habiles à voter.

5. Le résultat de la procédure d'enregistrement sera annoncé le 12 mars, 2009 au bureau municipal, 1362 Route 148, à Campbell's Bay, Québec J0X 1K0.

6. Le règlement peut être consulté au bureau municipal, situé au 1362 Route 148 à Campbell's Bay, Québec J0X 1K0 entre 9h00 et 12h00 et entre 13h00 et 16h00.

Conditions pour être une personne habile à voter ayant le droit d'être inscrite sur la liste référendaire de la municipalité. 1. Conditions à remplir le 2 mars, 2009 :

Être domicilié sur le territoire de la municipalité, soit propriétaire d'un immeuble situé sur ce territoire, soit occupant d'une place d'affaires situé sur ce territoire.

2. Condition supplémentaire, particulière aux personnes physiques, à remplir le 2 mars, 2009. Être majeure et de citoyenneté canadienne.

3. Condition supplémentaire particulière aux copropriétaires indivis d'un immeuble et aux occupants d'une place d'affaires: Être désigné, au moyen d'une procuration signée par la majorité de ceux-ci, comme le seul des copropriétaires ou des occupants qui a le droit d'être inscrit sur la liste référendaire à titre de propriétaire de l'immeuble ou d'occupant de la place d'affaires. (Note : Un propriétaire ou un cooccupant n'a pas à être désigné s'il est par ailleurs qualifié à titre de personne domiciliée, de propriétaire unique d'un immeuble ou d'occupant unique d'une place d'affaires.)

Condition d'exercice du droit à l'enregistrement d'une personne morale :

Désigner par une résolution, parmi ses membres, administrateurs ou employés, une personne qui, le 2 mars, 2009 et au moment d'exercer ce droit, est majeure et de citoyenneté canadienne.

Donné à Campbell's Bay, ce 3e jour de mars, 2009. Jacqueline Brisebois Secrétaire-trésorière 0-1-M4

**Certificat de publication** Je, soussignée, Secrétaire-trésorière municipale, certifie avoir publié le présent avis aux endroits désignés par le conseil, au bureau municipal et au courrier de chaque résidence.

Donné à Campbell's Bay ce 3e jour de mars, 2009. Cope Certifiée Conforme Le 3 mars, 2009. Jacqueline Brisebois Secrétaire-trésorière 0-1-M4

### NOTICE

**All inclusive packages -Book** online at www.canada-travels.com and save more on your vacations. Use code NCA74327 for discount or call us toll free at 1-800-563-5722. qm4

**Train** for a new career in Medical Transcription. Learn from Home! Earn from home! Contact CanScribe today for a Free information package. 1-800-466-1535 www.can-scribe.com info@can-scribe.com qm4

**Remove your criminal record:** A Criminal Record can follow you for life. Only Pardon Services Canada has 20 years experience. Guaranteeing record removal. Call: 1-8-NOW-PARDON (1-866-972-7366). www.RemoveYourRecord.com. qm4

**Promotional items** are available for your business such as caps, pens, cups, etc. It's a great way to advertise your business. For more information call Katherine at the Pontiac Printshop, 133, Centre St., Shawville, Québec, J0X 1G0, 819-647-2204. xtc

**Maritime Drilling Schools** entry-level training for land and offshore oilrigs. Excellent wages, benefits and opportunities to travel the world. March 30th-April 18th, 2009. April 27th-May 16th, 2009. Contact 1-866-807-3960. www.mdslimited.ca. qm4

## THE EQUITY

**ADVERTISING DEADLINE: MONDAYS 5:00 P.M.**

**PAID IN ADVANCE:** \$10.00 first 15 words, 15c each additional word, plus tax.

**INVOICED:** \$15.00 first 15 words, 15c each additional word, plus tax.

# Onslow Elementary invests thousands in computer lab

LEAH IVERSON  
Equity Reporter

**QUYON** • When winter weather struck the Pontiac over the holidays, the weight of the heavy snow crushed down on portables at Onslow Elementary School in Quyon.

When staff and students returned from Christmas break, they were greeted by the wreckage left by the storm, which rendered many of the classrooms unusable.

"We lost some portables because of the snow," said Sue Greenshields, integration worker at the school. "The roofs caved in, leaving us without our staff room, library, daycare and other classes. Luckily, we didn't lose the materials."

Instead of being down and out over the loss, the staff decided it was a perfect opportunity to tackle some spring cleaning and to better the school as a whole.

"It gave us a chance to freshen the school by getting rid of the old and making way for the new," said Greenshields.

"That's when (Principal)

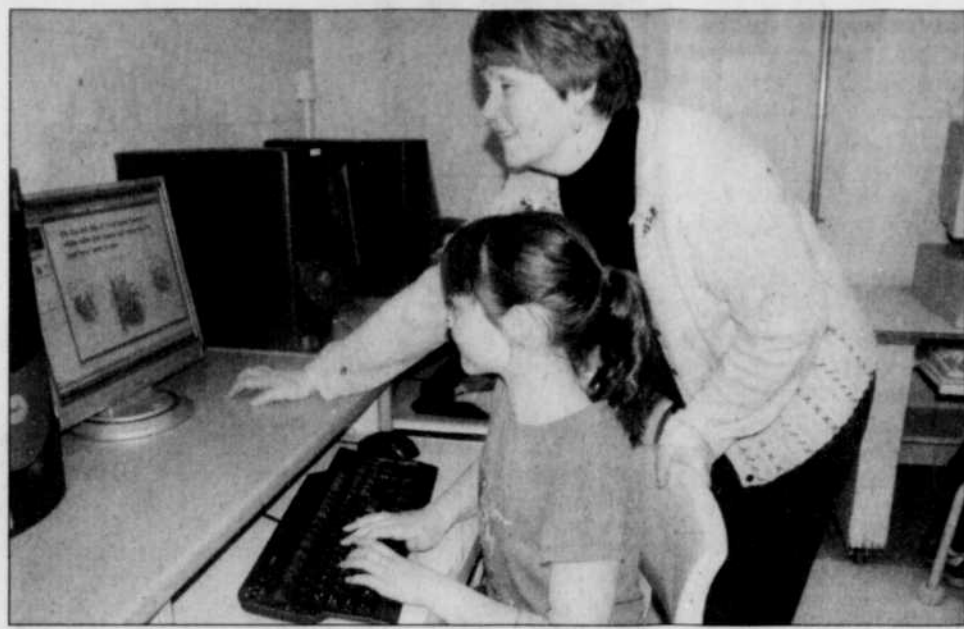
Virginia Gingras had the idea of expanding the computer lab."

With funding support from Nans Grant, Quyon Lionettes, Western Quebec School Board and MELs Grant, the school invested roughly \$10,000 in the computer lab, transforming it into a technology haven both students and staff can enjoy.

"There's 15 new flat-screen computers, and the room has been painted with new blinds as well," said Cathy Nugent, who teaches grades 2-3 at the school. "Our goal is to have enough computers for an entire classroom, and we are almost there."

The change from having eight computers more than a decade old to 15 high-tech ones has allowed the students to better research topics and work on projects more efficiently.

"We are supposed to use technology in classrooms, but we couldn't do it before because the computers were too slow and there were so few that many students were just hanging around," said



Onslow Elementary staffer Sue Greenshields helps Paige Young navigate her way on the internet in the school's new and improved computer lab.

Nugent, adding, "Now they can do typing, learn excel and work on the internet. Some of the kids even bring their own headphones so they can hear the sound."

The lab is proving a valuable tool during daycare hours as well.

"Our daycare kids get here

at 6:20 a.m. and school doesn't start until 8 a.m.," said Greenshields. "This is a way to keep them occupied and learning. The room is really used all day."

Seeing how quickly the youngsters pick up computer lessons has convinced Nugent that technology real-

ly is the wave of the future.

"They can learn it within one lesson and they are not afraid to explore computers," she said. "It's interactive and everyone learns, even us teachers."

The school's next project is finding a new space for the library.

cousin Debbie Smith Dansen March 3.

Birthday wishes also to Velma Woods Schoch of Oshawa who celebrated March 1. Your many friends and relatives in the throughout the Pontiac and Ottawa wish you many more years of health, wealth and happiness.

On Friday night, Feb. 27 the weather did what was predicted and turned cold, icy in spots and just plain miserable. I was talking to my niece, Lorraine Webster

in Rochester. They had rain but it was not as cold there. Well, you know the old saying "If March comes in like a lion it will go out like a lamb," so we might as well get it over with now.

If you are concerned about about your sewage system, for the ones who have to have your tanks pumped out, it would be well worth your while to call 648-9689 and ask for Raymie Bertrand. I understand his extension number is 212. At present the

price we have to pay is well above what many of us who are on pensions or for anyone can afford. Holding tanks may be good for the environment but when they have to be pumped out it costs a mint.

Congratulations go out to Nathan and Ashley Sharpe of Lethbridge, Alberta who are very proud parents of a baby girl. Grandparents are Peter and Jacqueline Sharpe of Barrier, B.C., another great-grandchild for Hermonie Sharpe.

Willard Lance last Wednesday.

Belated anniversary congratulations to Annette and Wayne Born of Johnson's Lake who celebrated Feb. 19.

This past week Karl Kappas left on his annual winter vacation to Florida along with his relatives. They spend most of their time playing golf which Karl enjoys. They will be staying in different areas of Florida depending on the weather for a few weeks.

Usually there is quite a gang of them that go including his nephews. Wishing them all a safe and enjoyable vacation.

Birthday congratulations to Rose Palmer of Charters who celebrates March 11.

Well St. Patrick's Day is coming up March 17 so now is a good time to think about digging up your green outfits to get them ready for the upcoming

parties.

Lent started on Wednesday, Feb. 25. Some people usually give up something for that period of time but they don't stick to it. This year whatever you give up try to stick to it.

Jean Davies from Carleton Place and Harold Cuthbertson from Harrowsmith spent a few days visiting friends in Shawville recently.

David Stevens, Denver Thrun, Brian Murphy and Dennis Thrun attended the Bonnechere Cup Snowmobile races in Eganville on the weekend. They reported good weather, great crowds and spectacular racing.

Dennis was thrilled that he got to meet and chat with Jacques Villeneuve of racing fame.

Get well wishes to Lila Dale who is a patient in Shawville Hospital.

Well, as we all know March came in like a lamb with clear sunny skies but cold temperatures. So, watch out at the end of the month for the lion. I recommend not to put those shovels away yet.

Birthday greetings to Steven Krose of Arnprior March 14. He is a grandson of Freida Krose.

Birthday congratulations to Lee Brownlee March 10. Friends of mine, Sheila Byrne and her husband Grant Beaucaire of Aylmer are on their winter vacation to Florida.

Deepest sympathy to the Campbell family on the loss of Shawn.

## Vinton



Diane Boisvert  
648-5296  
Everyone is getting those winter blahs.

The weather on Friday changed from five above to 10 below within an hour and kept dropping, that was a real shocker and the roads got dangerous with black ice.

Not only is the weather erratic but so is the flu that is going around. One minute you're fine and all of a sudden you're glued to the toilet bowl and weak as a kitten. Everyone seems to be getting their turns having the flu. Thank goodness it only affects you for one or two days. But you are still tired for a few days after.

All I can say is that I am looking forward to spring. It has been a long winter and it seems to me that maybe the return of the birds and budding of the trees will cheer us up.

This past weekend the annual "fill up the ice shack" at the Sloan camp was on.

I didn't hear any news so I hope all went well getting the ice in.

The annual Fireman's Poker Run was held on Saturday. The only casualty that occurred was Peggy Frost.

Her leg got pulled backwards by a chunk of snowbank and she pulled the ligaments in her leg. Now she will be laid up for four to six weeks. Get well soon Peggy.

I bet you it's killing you to have to stay quiet for so long.

Turk and Howie are trying to figure out what Debbie Belanger is doing down in Mexico.

They have had conflicting reports.

One person says that she is making tank tops and the other person is telling them she is model-

ing them. We'll soon find out for sure because they are supposed to be returning home shortly.

Happy birthday to Baker Belanger March 3, Linda Romain and Jodie Frost March 4, Paul Haldeman and Karen Quinn March 5, Connie Belland and Wayne Corriveau March 6, Eric Bertrand, Marina Chugg March 8, Harvey Smith, Pat Kavanagh, Marie Pilon and Cheryl McGee March 9, Christine Kluge March 10.

Remember that Karl's bus run is on March 14. Everyone is to meet at the Baie Inn at noon and the bus leaves sharply at 1 p.m.

Anyone wishing to go must contact me and pay before March 11. The cost is \$20 per person.

They have had a light lunch served when we return to the Baie Inn.

For further information please contact me at 819-648-5296.

## Campbell's Bay



Iris Smith  
613-989-3233  
iris@magma.ca

It is nice to hear that Florence Wadge is back home after spending time at the hospital and Respite Centre.

I hope you continue to improve health wise.

The Golden Age Club held its euchre at the Club room on Tuesday evening.

Ladies high was won by Vera Mayor. Second place was a four-way tie between Patricia Lamothe, Dorcas Sparling, Anna Porter and Isabelle Lacroix. Men's high was a tie between Dawson Moorehead and Richard Gratton.

Second was a tie as well between Mike Mayor and Mervin Smith. The door prize was won by Beverley Ebert. The 50-50 by Dawson Moorehead.

A lunch was served following the euchre.

I celebrated my birthday on Friday, Feb. 27. I received many cards and phone calls from Saskatchewan, Florida, New York State and places in Ontario and Quebec.

It was nice of people to remember this special day for me.

Angus and Pat MacDonald came to visit and I joined them for lunch at Sandy Row Golf Club.

Tuesday I attended the Sens Game with my daughter Jo-Anne. I had been given the tickets at Christmas time. In the two games that I have attended the Sens won both times.

Thursday I went to the seniors' dinner at South Mountain.

Saturday I was treated to a birthday lunch at Morrisburg.

Deepest sympathy to the Campbell family in the death of their son, Shawn in an accident.

My heart goes out to them at his time.

Birthday wishes go out to Shirley Walker, Desmond McGuire, Rene Bisson, Gregory Clarke, Gisele Pepin, Miranda Greer, Scott Crawford, Welsey Everts, Stephanie Dubeau, Vinson Gauthier, Sylvian Dubeau, Breana Bakke, Beth Dubeau, Rene Bisson, Debbie Kluge, Grace Vaillancourt, Eileen Perry, Noah Lariviere, Candace Shaver, Hubert Beattie, Brayden Smith, Maria Mousseau, Natalie Soucie, Lorraine Hearty, Jamie Gravelle, James Kluge, Sherri Beattie, Ryan Stewart, Bill Burdeney, Linda Romain, Larissa Byle Dubeau and Jodi Frost.

Anniversary wishes go out to Arnold and Phyllis Sloan and Pat and Diane Dillon.

## Caldwell



Hermonie Sharpe  
647-3459

Birthday wishes to one of the kind ladies from the CLSC by the name of Raymonde Dagenais, of Otter Lake, who celebrated March 2. Raymonde takes me to shop every second Tuesday as I can no longer drive. Hope you had a wonderful day and as you are on a

week's holiday to be with your children for March break happy holidays as well.

Our deepest sympathy to the family and friends and of Shawn Campbell who passed away this past week at the age of 19.

Birthday congratulations to Corey Dorzek of New York who celebrated March 1, Margaret Young of Peterborough March 1, my

## Ladysmith



Debbie Thrun  
647-3927

The Anglican Church Pancake Brunch held last weekend at the T.C.R.A. was a huge success.

People came from near and far for the usual great food and fellowship.

An Ash Wednesday Church service was held at St. John's Church. Rev. Ted Heinz presided.

We visited the Ladysmith Bakery last week and had a lovely visit with Lillian Van Cleef over coffee and delicious homemade cookies.

We have more bluejays at our feeders than ever before. They are very fat and aggressive toward the smaller birds.

The community rink at the T.C.R.A. has been in great condition thanks to volunteers. It has seen

much use lately.

Shawn Pulley's horse drawn sleigh rides have been very popular with young and old alike. He has given rides at various T.C.R.A. functions. It's nice to see the beautiful team pulling the sleigh. It brings back memories of bygone days.

Visiting us recently were Kip and Donna Smith of Eganville.

Get well wishes to Shawn Smith who is in hospital.

Get well wishes to Norman Wiggins who has been ill recently.

Belated birthday greetings to Philip Atkinson who celebrated Feb. 23.

Get well wishes to Juliette St. Pierre of Otter Lake who is in Shawville Hospital.

Dennis and Kip Smith visited with Millie and

**BUSINESS FOR SALE**

**Septic Pumping**

**2005 Int. 7600 Truck**  
with 3000 gallon tank  
and vacuum pump  
Garage 32 x 50

**819-647-5306**

**BULL SALE**

OUTAOUAIS TEST STATION ASSOCIATION

**SATURDAY, MARCH 21, 2009 - 1:00 p.m.**

- Selling top end of each breed: Angus, Charolais, Simmental, (Fleckvich), Limousin.
- Ultrasound carcass data available sale day on all bulls; Ribeye, marbling, backfat, ...
- All Bulls eligible to ASRA.

Sale host: Ferme Gagnon Farm, 426 Rte. 315N, Chénéville, QC  
Phone (819) 428-3502 Fax: (819) 428-4967

**FREE DELIVERY**

Guarantee of payment available from La financière agricole

INFORMATION:  
Stan Christensen, Pres. Linda Larocque Yves Gagnon, Operator Carolyn Kelly, Sec.  
(819) 467-2979 (819) 647-5779 (819) 428-8502 (819) 408-2584

Bus leaving Shawville sale day, reserve your seat 819-459-2584

## Shawville



Lyse Lacourse  
647-5932  
lysie\_wheezy@hotmail.com

This week is spring break, also known as March break. It is a week long recess from studying in early spring at universities and schools. Many families will be traveling and taking a much earned break.

Our thoughts and prayers are with the Campbell on the loss of Shawn on Feb. 24.

The funeral was held at the Shawville United Church on Sunday, March 1.

Belated birthday greetings to Carol Gregory who celebrated Feb. 27 in Montreal.

Happy birthday to Jan Dorrance who celebrated Feb. 28.

Celebrating wedding anniversaries this upcoming week are John and Mary Sheila Draper and Ray and Wanda Draper.

Congratulations to Luc and Janet Lapointe who were married Feb. 14. It was a small intimate wedding that was held on Valentine's Day.

St. Paul's Anglican Church held their pancake supper on Tuesday, Feb. 24.

The scrumptious meal included pancakes, sausages, homemade beans, five different types of salads and a great

assortment of desserts. It was a truly wonderful meal!

The Shawville Winter Invitational was held Saturday, Feb. 28 at the Shawville Arena and was a tremendous success. Congratulations to the new executive team headed by Martine Bertrand. Thank you to all the volunteers and the community for supporting this wonderful event.

A pair of cardinals have been spotted at Emily Burritt's bird feeder. She also has pine grosbeaks and purple finches which are often mistaken with cardinals. However, cardinals have a very distinctive crest on their head and the male is totally red.

Some people celebrating birthdays this week are Stephen Hodgins, Kayla McCagg, Pat Ryan, Marjorie Hodgins, Keith Howie, Brenda Wilson, Sylvio Richard, Barry Orr, Karen Bean, Colleen Sicard, Richard Moore, Hillis Connolly, Wayne Campeau, Colleen Powell, Jeffrey Hannaberry, Daniel Frost, Ken Finan, Linda Smart, Elaine Richardson, Alexis Rutledge, Shamus Tubman, Warnie Richardson, Keith Harris, Alanna Desabrais, Jane Ann Findlay, Christina Cartman, Bob Thomas, Sandra Horner-Murray, Pat Kavanagh, and Dennis McCleary.

**PROTHÈSES AUDITIVES HEARING AIDS**

François Sasseville  
audioprothésiste

15 Gamelin,  
Unit 510, Hull

CENTRE DE SERVICES / SERVICE CENTRE:  
Lions Club Hall  
660, rue Principale, Bryson, QC

**Semi-mensuel**  
S.V.P. appeler pour un rendez-vous  
819-771-5029 1-800-567-1580

**Semi-monthly**  
Please call for an appointment  
R.A.M.Q. Anciens Combattants DVA C.S.S.T. W.S.I.B.

**AUCTION SALE for PAUL D'AOUST and ANGUS BARNET**

**Saturday, March 7, 2009 at 9:30 a.m.**

Viewing at 8:00 a.m., Cobden Ag. Hall  
Travel Hwy. 17 to Astrolabe Rd., Astrolabe Rd. to fairgrounds.

Two cars, outboard motor, generators, alum. boat, canoe, dump trailer, air filtration system, good electric and hand woodworking tools, assortment of fishing equipment, quality paintings, glassware, China, carnival, collectibles and good furniture.

Visit: [www.revelstewart.com](http://www.revelstewart.com) • Hope you can be with us!  
STEWARTS AUCTIONS, Cobden, ON 613-646-7649

**REDUCED PRICES ON ALL MONUMENTS FOR EARLY SPRING DELIVERY**

**YOLKOWSKI MONUMENTS LTD.**

Proudly crafted and locally owned at  
64 MAIN ST., COBDEN, ON K0J 1K0  
Please call 613-646-2275 or  
Toll free: 1-800-661-4354  
[www.yolkowskimonuments.ca](http://www.yolkowskimonuments.ca)  
INDOOR SHOWROOM WITH MANY MONUMENTS NOW ON DISPLAY

great

# Retiring PHS staffers get heartwarming sendoff

LEAH IVERSON

*Equity Reporter*  
**SHAWVILLE** • How do you sum up 41 years of teaching and 26 years of secretarial work at Pontiac High School? With a party, of course.

A crowd of roughly 100 close friends and co-workers gathered to celebrate Thursday at Auberge Mont Blanc restaurant in Portage du Fort in honour of recently retired PHS staffers Barb Harris and Brenda Barr.

With laughs, smiles and even a few tears, guests shared some of the long list of memories spent with the two women who cared so much for the school and its students.

Vice-Principal Debra Stephens gave a heartfelt speech on Barb Harris, who she said embodied the word teacher.

"Barb is truly an inspirational teacher who expected excellence from her students, but also modeled excellence herself," she said. "Barb's students adore her and love her dearly."

Harris started teaching at PHS in 1968 and after leaving for a few years, returned

to stay in the mid-70's. During her time at the school, Harris not only taught English, Computers and Finance Operations, but also became part of the achievement team at the school.

"The kids really work hard for her because they respect her," added Principal Eldon Keon.

"She became like an in-school consultant. She's a mentor for other teachers as well."

As Harris took the podium to reply to the inspiring comments, she pulled out a detailed written speech, which was true to character for the always organized teacher.

"I've actually started collecting information for my retirement speech a few years ago," laughed Harris, who also provided the evening's musical entertainment with husband Bucky. "I learned a lot from the people I worked with. I was constantly learning and I still am."

Starting as a teacher at 19-years-old, Harris said she was nervous about her career venture, but said the

students made the four decades of teaching worth every minute.

"It's the little things that I love, like the time where a former student saw me at the Shawville Fair and gave me a big hug," said Harris, surrounded by her loving family.

"Until the day I left, I still loved my job."

Taking a more comical approach to his presentation, former principal Mike Dubeau suggested the key to solving the economic crisis is Brenda Barr.

"When there's a problem, Brenda is the solution. If only our governments had a Brenda."

After the humorous pokes at Barr's reluctance to stop parking in the school lot and how she enforced the school's dress code on both students and staff, Dubeau shared kind memories on his former co-worker.

"When I was principal, I never had to worry about anything because I had Brenda," he said.

"Brenda has a heart of gold and her service to the school is outstanding."

Keon added how Barr kept the students her number one priority.

"She went out of her way to try to get scholarships and bursaries for the kids," he said. "She's very professional and literally ran the office."

Admitting she was a bit nervous taking the stage, Barr warmly thanked her co-workers and expressed how coming to the school each day never felt like work.

"I loved every minute of it, it never felt like a job to me," she said.

"The students are what I love the most and my greatest achievements are the graduating exercises."

By all the love in the room, Harris and Barr both said it's hard not to miss the school, but said they look forward to the new chapter in their lives.

"Instead of retirement, I'm calling this my graduation, bringing an end to a lifetime of memories at PHS," said Harris.

"It's time to stop and smell the roses," said Barr, adding, "Thanks for the sweet ride."



Brenda Barr, left, and Barb Harris hold up their gifts Thursday during their joint retirement party at Auberge Mont Blanc in Portage du Fort. Both women were longtime staffers at Pontiac High School, Barr a secretary and Harris a teacher.

## Pontiac Reception Centre receives new electric beds for residents

LEAH IVERSON

*Equity Reporter*  
**SHAWVILLE** • Both staff and residents at the Pontiac Reception Centre breathed a sigh of relief and happiness when they got word of the new electric beds arriving at the centre.

Since 1977, whenever a resident requests to be elevated or descended in one of the beds, staffers had to manually crank the bed up or down, taking extra time for staff, not to mention causing physical strain.

Much to their enjoyment, the old beds are on their way out, with new, easy-to-use electric beds taking its place.

The Pontiac Reception Centre Foundation board recently purchased five electric beds with money donated from a generous and kind Pontiacer.

"We received the money in a will left by a community person," said Dale Thomson, chairman of the board. "We are still trying to raise



From left: The Pontiac Reception Centre Foundation board members Eleanor Rennick, Dale Thomson, Yvon Vaillancourt, Rose Gutoski, Laurie MacKechnie, George Pirie and Carmen Wickens stand proudly behind one of the centre's new electric beds. Not pictured: Stu Stark.

money to buy more."

Sylvie Chartrand manages the lodging service at the centre, and is thrilled with the new addition.

"With the old beds, residents need to call staff every time they need to move it, but the electric beds come with its own command

switch so they don't need to call for assistance," she said, adding that the centre needs 15 more electric beds to be fully stocked. "This gives residents more independence, and frees up staff to work on other things."

Thomson has already received inquiries wondering

what happens with the new beds once the reception centre relocates as was recently announced, but he wants people to be assured that the electric beds will follow. "These beds are a huge improvement. They will definitely be used in the new building."

## Protective equipment key to farm safety

LEAH IVERSON

*Equity Reporter*  
**PONTIAC** • "PPE only works if you use it."

This is the theme behind the yearlong campaign launched in coordination with Canadian Agricultural Safety Week March 11 to 17.

With a focus on making Personal Protective Equipment (PPE) available and used properly in agriculture, the campaign aims at lowering the number of farm related injuries and fatalities.

According to the Canadian Agricultural Injury Surveillance Program, an average of 113 people are killed and 1,500 are injured

each year from agriculture accidents.

Statistics Canada show in 2006, more than 13,000 Canadian farms reported at least one work injury.

The Canadian Federation of Agriculture gives the basic definition of PPE as equipment, such as respirators, gloves, aprons, and fall protection worn by a worker to minimize exposure to specific occupational hazards.

The most common PPE used to reduce risks on farms include hard hats, goggles and safety footwear typically worn around livestock or when handling heavy objects.

When it comes to protect-

ing skin and lungs, there are dust masks, respirators and rubber gloves.

It's also recommended to wear hearing protection and work gloves to prevent cuts and scrapes.

The list doesn't end there. The Canadian Federation of Agriculture insists PPE is anything that reduces exposure to a hazard, including certain laundry washing habits to reduce chemical exposures to families.

"Farm safety doesn't just happen in the barn or on a tractor," said Marcel Hacault, Executive Director Canadian Agricultural Safety Association, on CASA's website. "Most agri-

cultural producers both work and live on their farms. So care must be given to ensure that hazards from the work environment are not brought into the home environment."

The article suggests having a separate set of work clothes for handling pesticides.

It urges people to immediately wash clothing after using pesticides, and to avoid wearing clothing into the living room or kitchen.

If clothes can't be washed right away, make sure to store them in a plastic bag and when ready to do laundry, wash the clothing separate from other laundry.

## Jardin Educatif celebrates new Hwy. 148 location

CAROLE ST-AUBIN

*Equity Reporter*  
**CAMPBELL'S BAY** • Le Jardin Educatif du Pontiac recently celebrated the signing of a 12-year lease for a 12 acre plot of land just past the Litchfield rest stop heading east on Highway 148.

The Jardin Educatif program provides approximately 30 troubled youths between the ages of 11 and 17 with the opportunity to experience a positive group environment under the supervision of intervention workers.

These youths who experience difficulties in adapting socially, or are troubled in their school or home environments, are referred to the program by CLSC and Centre Jeunesse de l'Outaouais social workers.

In a community garden (created in 1987), which is

their main summer project, these youths till the soil, plant the seeds, cultivate, take care of the publicity and the sale of their vegetables themselves, and make their own bank deposits.

This enables them to see the fruit of their labour through first-hand experience, all while promoting a healthier lifestyle, according to Director General, Jacques Robitaille.

The youths receive a small allocation of \$15 per day, work four days a week, and participate in activities one day per week.

The program provides these youths, who might otherwise find it difficult to obtain gainful employment, with their first job.

"If they don't work, they don't get paid," said Robitaille, adding that the program teaches them a

good basic work ethic in the process.

"The new location is perfect, it will give us good visibility right along the highway," said Robitaille, who says the youth are excited and want to profit from a good growing season at their new location.

"What's interesting is that we continue to introduce new varieties of vegetable and fruits," said Robitaille.

This year they will grow white carrots and Jerusalem artichokes, a potato-like tuber, as well as introducing different varieties of raspberries and strawberries.

Because they were able to receive funding from the CLD, which enabled the group to purchase the necessary equipment last year, they can now take on general landscaping maintenance contracts at a variety of

Pontiac businesses over the summer months.

New to the program this year is the fact that they were able to hire a full time teacher in an educational enrichment program (PEEP) with the aim of preventing possible difficulties that often lead to a waning scholastic involvement, and more serious behavioural problems.

This program is for youths from eight to 17 who frequent schools from either the Commission Scolaire Hauts-Bois de l'Outaouais (CSHBO) or the Western Quebec School Board (WQSB).

It offers these youths the opportunity to maintain their scholastic levels while addressing their conduct issues. The objective is to eventually re-introduce the youths in their peer environments.

**ÉCOLE DE CONDUITE**  
**R. Sarault**  
**DRIVING SCHOOL**

**Car and Motorcycle Courses**

Call to reserve now  
 "36 years experience"  
**1-819-684-2208**  
**AYLMER**  
 203, chemin Aylmer

Starting June 1, 2009  
 you will need a passport  
 if you want to travel to  
 the United States.

Get your Passport Photos  
 at the Pontiac Printshop  
 for only \$10.00 including taxes.  
 Stop in. No appointment necessary.

**PONTIAC PRINTSHOP LTD.**  
 133 Centre St., Shawville, QC J0X 2Y0  
 819-647-2204 www.theequity.ca

**we're launching our  
 fastest subscription service yet**

We're willing to bet that you know someone who would enjoy reading our paper but doesn't want to wait for the delivery. With our online subscription, there is no waiting - it's online virtually the same day the paper is published. And, unlike the printed product, the online paper is available even when you're away from home.

Check out the advantages of an online newspaper subscription **FREE OF CHARGE**. We've made it easy to try. Just go to [www.theequity.ca](http://www.theequity.ca) and click the link to view a **DEMO** copy!

**DEMO ONLINE AT**  
[www.theequity.ca](http://www.theequity.ca)

For more information, call THE EQUITY 819-647-2204 or visit online [www.theequity.ca](http://www.theequity.ca)

**THE EQUITY**