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THE EQUITY

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123rd Year, Issue No. 41 Wednesday, October 11, 2006 88 cents

Otter Lake cell phone service on

WILBUR MCLEAN
Equity Reporter

OTTER LAKE • Can you hear me now?

They can in Otter Lake, finally.

Eleven months after the originally set date, Otter Lake's cell phone tower has been erected and activated, providing service for cell phone users in the area.

The approximately 100 residents near Otter Lake who were without land-based phone service will also receive service because of this new line.

"We're no longer a third-world country," laughed Otter Lake Mayor Terry Richard, a cell phone user.

The project to install the tower began in September of 2005 and was supposed to be completed by November of that year.

The tower was not complete until this July, however, and service activated two weeks ago.

The extensive delay in the tower's erection was because of problems in financial negotiations between Télébec and the Pontiac MRC.

By the time the two sides reached an agreement, the ground was frozen and the project put on hold until this year.

Télébec will pay the county $6,000 per year for use of the public land where the tower is installed in the Polish Hills and for access to the tower that was cut through the bush.

According to Pontiac MRC Forestry Engineer Martin Ladouceur, the money will go towards other inter-municipal lot projects.

The tower uses a newer technology that allows land-based phone service to be activated through a cell phone tower, rather than cables in the ground.

That technology is used in areas where there are too few customers to financially justify running cables, according to Télébec spokesperson, Alain Danault.

Danault said that all residents who had been waiting for land-line service in Otter Lake will be connected by mid-October.

"We have to do some work to plug in all the people there," he noted.

That is not the story being told to Marilon Chevalier and her husband, Jerry, however.

"They told us the end of the year," said Marilon.

The couple have been frustrated by their inability to obtain service since moving into their home in Otter Lake in 2005.

They had initially been told they would have a line by spring 2005, a date that has been pushed back numerous times since then. "They just keep giving us the runaround."

Currently, the pair have been forced to utilize a makeshift phone situation, extending a line from a neighbour's house into their yard, where the phone is kept inside a birdhouse.

"They can put people on the moon, but they can't even give us a telephone?" asked Marilon, exasperated.

Danault could not be reached during the Thanksgiving weekend to respond to the Chevalier's ongoing plight.

Discovering their world

Scott Clouthier, THE EQUITY

A group of 12 young people from around the Outaouais region are helping to build a new cabin at Camp des Voyageurs Tim Horton's in Quyon. The group will spend three weeks in the Pontiac working on a number of community projects, as part of Projet Jeune Trotteur. The program, created by youth employment centres of the Outaouais, gives its participants the chance to travel and earn money while making new friends and contributing to various communities. Front row from left: Denis Doiron, Alice Filion, Mélissa Rippon, co-ordinator Caroline Camiré and Paul Kenney. Back row, from left: Rémi Arsenault, Yan Barry, Éric Morrissette, Mathieu Boucher and Sonia Laferrière.

Regional program expands youth horizons

SCOTT CLOUTHIER
Equity Reporter

QUYON • To talk with 19-year-old Paul Kenney of Fort Coulonge, you'd be unlikely to conclude that he fits the stereotype of the typical high school dropout.

He greets you with a firm handshake, looks you in the eye and speaks to you very politely and softly.

Kenney is a participant in Projet Jeune Trotteur, a program created by Carrefour jeunesse-emploi du Gatineau with the aid of other youth employment resource centres throughout the Outaouais.

"He's (changed) so much since being on that program," says Sylvie Landriault of the Carrefour jeunesse-emploi du Pontiac. "I'm sure it will change his life."

For the program, 12 youth between the ages of 18 and 30 were selected through an application process, four from the City of Gatineau and two each from the MRCs of Papineau, Buckingham, Maniwaki and Pontiac. Participants are given the opportunity to travel to different parts of the Outaouais and earn minimum wage while working together on various projects.

While staying at Camp des Voyageurs Tim Horton's in Quyon, the group helped to build a platform for a new chalet, painted another chalet, repainted the gymnasium and cleaned up the hiking trails.

The group spends 15 weeks in various parts of the Outaouais, and then three weeks in Costa Rica where they will do volunteer work.

For five days a week, Monday to Friday, participants live, work and eat together. On weekends they are provided transportation back home. The program is intended to give participants work experience and the confidence to get work in the future.

Kenney's confidence has already improved.

"I'm not really scared anymore to (be interviewed) for certain jobs," he says.

Another aim of the program is to allow the participants the chance to meet and interact with people from other parts of the Outaouais and to visit other parts of the region they may not have otherwise visited.

"He's broadening his view of the world," says Landriault of Kenney.

To Kenney, this program provides a stepping stone for him to reach his goal — to go west to Alberta and work on the gas pipelines.

Up to this point in his life Kenney's world has only consisted of what he saw around him in Fort Coulonge, explains Caroline Camiré, one of two co-ordinators for Projet Jeune Trotteur who live and work with the participants through the week.

The only work he could find previous to joining the program was in lumber mills.

"In Fort Coulonge, that's what they've got — it's only mills," he says.

This year's program is only a pilot, but given the success so far, Landriault hopes to be able to use it to help more young people in the Pontiac.

"We had problems finding two people for (this year's) program," she says, noting that many people she approached were reluctant to get involved with something they didn't know much about. "But now that we know it exists we can have a bank of candidates."

With a list of candidates, when a spot opens up it can be filled by the next person down the list, says Landriault.

This year there were originally two participants from the Pontiac, Kenney and another girl from Calumet Island who dropped out of the program after three weeks. Landriault was unable to replace her.

Wilbur McLean, THE EQUITY

Veterans Richard Bowie, left, and Arthur Mayhew, right, were part of the 60th anniversary celebratory festivities for the Royal Canadian Legion Pontiac Branch 162. Bowie is a charter member of the branch and spent four decades as its secretary.

Veterans, legion celebrate 60 years

WILBUR MCLEAN
Equity Reporter

BRYSON • In 1946, Canada was recovering from the second World War and Richard Bowie helped start the Pontiac Branch 162 of the Royal Canadian Legion.

On Saturday night, the legion celebrated its 60th anniversary and Bowie was as involved as ever.

A supper and dance was held at the Bryson Lions Hall to commemorate the 60 years of the Campbell's Bay-based legion.

About 75 legion members, friends, family, municipal politicians and associates of other legions were on hand for the celebration, which included Bowie being presented with the legion's highest honour for continuous service, in recognition of his 60 years of devotion.

"He's a very loyal man and an excellent teacher," described Pontiac Branch 162 President Jules Godin of Bowie's service.

The legion's president between 1954 and 1955, Bowie was also the secretary for 40 full years.

"I've been very active. I'm proud of the fact that it's 60 years," said Bowie, 83, who served in the navy during World War II.

Bowie was one of six men in his family who served in the war, as he had a brother in the navy, two brothers in the air force and two more in the army.

The different allegiances created a rivalry amongst the brothers, of course.

"We were always scrapping with one another over it," smiles Bowie. "We used to tease each other all the time."

All six of the Bowies returned safely from the war.

The veteran recalls the 1950s, when the legion was bustling, with over 200 members.

Now, those numbers are down to 97 members, according to Godin, and membership requirements have been loosened to include relatives of former members.

"It's still for the service of veterans, though," said Bowie.

Also of significance during the evening's events was guest speaker Dr. John Wootton of the Pontiac Health Centre, who gave an account of his grandfather, Lieutenant-Colonel Dr. Francis Scrimger.

Scrimger, who worked in first aid posts on the front lines of the war, was awarded the Victoria Cross after using his body to protect a wounded soldier from enemy attack at the Battle of Ypres in World War I.

Dr. Wootton, who was born the year after Scrimger died of a heart attack upon returning home, also told of Scrimger's interaction with John McRae, who famously wrote "In Flanders Fields".

"This medal, although given to one man, is the physical testament of the sacrifice of a great number of men," said Dr. Wootton, who last year donated the Victoria Cross to the Canadian War Museum in Ottawa.

"What they have lived through lasts and inspires generations."

In August, Quyon's Royal Canadian Legion Branch 231 celebrated their 50th anniversary.

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Pontiac Prowler posthumously inducted into Valley Music Hall of Fame

LEAH MILLER
Equity Editor

PONTIAC • The Pontiac Prowler, Andy Lusk, was posthumously inducted into the Ottawa Valley Country Music Hall of Fame recently, honouring the years he spent sharing his musical talents.

Lusk, born in Beechgrove in 1917 and who once lived in Breckenridge, was acknowledged in the citation category at the Hall of Fame Awards Show and Induction Ceremonies Sept. 24 at Centrepointe Theatre in Ottawa.

As a young boy, he bought his first guitar for $7 by picking and selling blueberries. At 15, he taught himself to play and sing, writing his own songs (since there was no radio at home). His first jobs had him working in lumber camps and in a gold mine, before he joined the Canadian Armed Forces in 1942, fighting with the 4th Anti-tank Regiment in North Africa, Italy, France and across Europe.

Returning home from the war, he entered and won an amateur singing contest in Michigan, and that win gave him the incentive to write *The Pontiac Line*, a song recorded by fellow hall of famer Bob King.

Lusk was in the army for about 15 years before working for the RCMP.

"He worked there for the next 25 years and in his spare time he was always playing somewhere in Pontiac, at some bar, on the weekends, usually," said Lusk's daughter Wanda Lusk-Lacroix. "I was too young but I remember him playing every night — he practised a lot of songs for the weekend, and he recorded himself."

His roaming the Pontiac and Ottawa Valley playing music earned himself the nickname "The Pontiac Prowler". He also played on radio, television, at the Chateau Laurier and at a CPR conference on Parliament Hill.

Lusk married his wife, the late Irene, in 1948 and they had three children.

Lusk-Lacroix said he could play just about any instrument he picked up, but the guitar was his main musical tool.

"If you asked him to sing a song you knew, he could," remembered Lusk-Lacroix, who said her father was musically-inclined early in his life.

She still cherishes the three albums her father put out: Land of the Pontiac, Ottawa Valley Entertainers and Hook Line and Lusk. His last album was an ode to his second favourite hobby — fishing.

"He played in Quyon a lot," said Lusk-Lacroix. "He played at Gavan's on Sunday nights and (at Fairbank's) on the corner."

Of him receiving the award after his death in September 1988, Lusk-Lacroix said he would have been happy.

"It was probably something he was aiming for, but never thought he'd make it," she said. "He's be pretty proud of it. His dream was fulfilled."

Lusk-Lacroix said her father was actively playing up until his death at the age of 87.

Lusk-Lacroix and her sister Margaret-Ann King of Nepean accepted the award on his behalf.

Elayne Carlson, secretary of the hall of fame's board of directors, said the nominations are taken from recording artists from across Eastern Ontario and Western Quebec who have made a significant contribution to Ottawa Valley music after approximately 25 years of work.

"A committee meets once a year to go through the long list," said Carlson of nominations. "The list has been accumulating for over 20 years."

In the past year the hall of fame has opened nominations up to the public.

The hall of fame's mission is to establish a permanent hall of fame and museum for the storage, preservation, and public display of musical instruments and other artifacts and memorabilia pertaining to country music in the Ottawa Valley, to develop and promote public interest and to encourage the active performance of country music.

The Ottawa Valley Country Music Hall Of Fame was founded in 1980, incorporated as a non-profit organization in 1987, and became a registered charity in 1988.

Inducted members receive a photographic plaque, a duplicate of which is retained by the hall of fame. A photograph of the plaque is also posted on the hall of fame's website (www.ottawacountrymusichof.org) along with biographical information on the inductee.

The ceremony also inducted Charlie Major of Aylmer, Doug Anderson of Renfrew and Peter Clements of North Gower.

Joe Teevens of Thorne was inducted in 2004.

Currently, the hall of fame has approximately 93 members.

Andy Lusk, who was born in Beechgrove and was nicknamed the Pontiac Prowler, has been inducted into the Ottawa Valley Country Music Hall of Fame posthumously.

Local doctors aim to improve rural medical service

SCOTT CLOUTHIER
Equity Reporter

SHAWVILLE • Local doctors are among those hoping to be able to improve medical services in rural areas with the creation of a *Manual of Rural Practice.*

The 280-page manual features step-by-step instructions on how to perform various procedures that are likely to be faced by rural physicians. Included is a range of procedures from fish hook removal to rare life saving techniques such as emergency breech delivery.

Editor of the book is Dr. John Wootton of Shawville, for whom it was a four-year project.

"It's based on a series of articles we've posted over the years in the journal (published by the Society of Rural Physicians of Canada)," says Dr. Wootton. "A lot of physicians were cutting those articles out to keep them around.

"The main impetus is that physicians in rural practices are forced to do procedures usually done by specialists (in urban areas)," he says.

Dr. Wootton describes the manual as a means of "laying them out in a new format."

From his own experience, Dr. Wootton retells of one such procedure.

"One of the more dramatic ones is making a burr hole," he says.

A burr hole is used to let out a blood clot in someone's brain.

"It's an acute emergency," says Wootton adding that by the time it would take for a patient in that condition to be taken to a more metropolitan hospital, it would be too late.

"It's actually a fairly straightforward procedure," he says.

Dr. Wootton says that the problem is that this and other such procedures require digging through several textbooks to find. Dr. Wootton and the other doctors involved in making the *Manual of Rural Practice* hope to make these instructions more accessible.

"The author list includes at least four physicians from Shawville who've written different chapters," Dr. Wootton says.

Local physicians who contributed include Dr. Wootton, Dr. Thomas O'Neill and Dr. Pascal Croteau.

One chapter on plastic surgery repairs was written by Dr. Keith MacLellan.

"Dr. MacLellan sort of started this whole series in the journal," says Dr. Wootton.

The manual is designed to help in two ways, he says. First to act as a reference for physicians currently in rural practice, and also as a training text for medical students.

"It's by no means comprehensive but it's a pretty good start," says Dr. Wootton who notes that he's received many suggestions already for additions to the text.

"It's a very peer-to-peer kind of text," he says.

If you have any of the following issues of THE EQUITY and are willing to donate them to the Pontiac Archives, please call 819-647-7013.

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Oct. 14 and 21, 1954 — May 26, 1955

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Happy 50th
Neil and Marylou Sly
October 6th, 2006

Love your family

Wilbur McLean, THE EQUITY

Volunteers in Otter Lake have been making breakfast food for students at École Ste. Marie, ensuring the children are reading on a full stomach. The École Ste. Marie Breakfast Program held a fundraising garage sale on Saturday in the St. Charles Borromeo Roman Catholic Church basement. From the left: volunteers Barry McWilliam, Marleene McWilliam, Robert Wilson and 11-year-old student Travis Narlock.

Breakfast program feeds Otter Lake's children

WILBUR MCLEAN
Equity Reporter

OTTER LAKE • A group of retired citizens in Otter Lake are ensuring students are learning on a full stomach.

Since September 2005 a small group of volunteers in Otter Lake have been providing each child at École Ste. Marie with breakfast every morning.

They gather once per week in the basement of St. Charles Borromeo Romeo Catholic Church in Otter Lake, where they prepare muffins and cookies.

The food is stored at the school and every morning teachers serve the treats along with juice courtesy of the École Ste. Marie Breakfast Program.

"Sometimes they get on a bus at seven in the morning and don't get to eat until twelve o'clock. That's a long time," said Robert Wilson, one of the program's organizers.

The surprising part about the volunteers is that none of the six who gather to bake each week have any immediate family who attend the school.

"We're all golden-agers. We've had our moment in the sun and now we're trying to give back," said Wilson. "The need that caught our attention in the community was the kids."

Wilson, along with wife Margaret, and two other couples — Barry and Marleene McWilliam plus Sam and Rachel St. Pierre — are the individuals responsible for both the initiation and continuation of the breakfast program.

On Saturday, with the help of additional volunteers, the breakfast program conducted its second garage sale fundraiser in the basement of St. Charles Borromeo Roman Catholic Church.

With hundreds of donations from the community, along with funds raised from a 50/50 draw, canteen and donation box, a total of $1,203.02 will go towards the continuation of the breakfast program.

"The teachers are happy, the parents are happy and the kids are happy," said Wilson of the program's results.

McWilliam said, "The teachers have been saying that the children are a lot more attentive and look forward to their treats every day."

The program also benefitted from grants by the regional Catholic diocese, the Otter Lake Fire Department and the local chapter of the Native Alliance of Québec.

In all, the program costs between $2,200 and $2,500 to operate annually.

Shawville youth arrested for breach of probation

LEAH MILLER
Equity Editor

SHAWVILLE • An underaged Shawville youth was recently arrested for breach of probation.

Three Pontiac MRC Sûreté du Québec police arrived at a house on King Street in Shawville to arrest a 16-year-old male Sept. 28.

Lieut. Jacques Piché of the Campbell's Bay detachment said police obtained a warrant for his arrest after he failed to make a scheduled court appearance.

He was also arrested for an unauthorized change of address (he moved from Otter Lake to Shawville recently), consuming alcohol, failing to meet his nightly curfew and for not respecting the conditions set out by his mother.

The youth was charged and appeared in court in Hull Oct. 2.

Police said he was first arrested in connection to break-ins and causing mischief in and around the Shawville area the summer of 2005.

50th Anniversary

The family of
Albert and Mildred Dubeau
would like to have you all celebrate with them their
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We invite you to attend on
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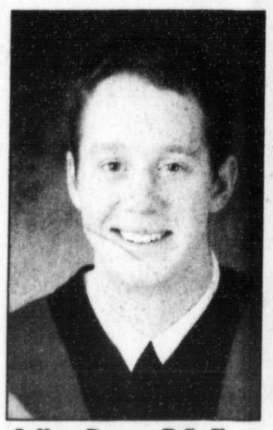
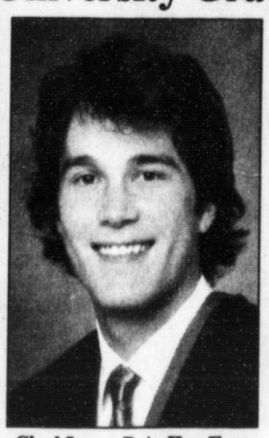
2006 University Graduates



Jeffrey Draper B.Sc.Eng.
GUELPH UNIVERSITY



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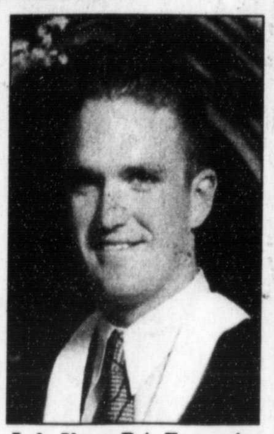
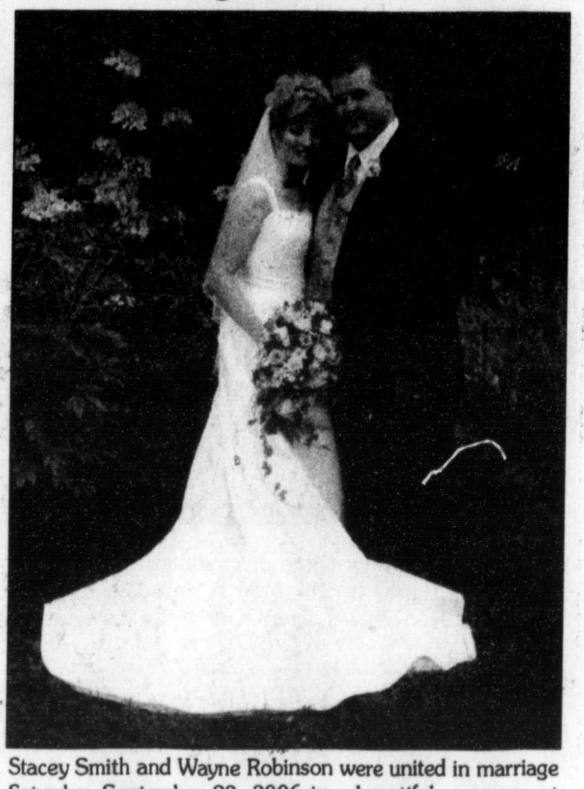


Luke Young B.A. Economics
CARLETON UNIVERSITY

Three grandsons of Hazel Schock and the late Charles Schock were among university graduates at spring convocations. Jeffrey Draper, son of Marion and Eric, is employed by Nova Tech Engineering, Ottawa. Chad Lucas, son of Linda and Paul, is doing postgraduate studies at the London School of Economics in England. Luke Young, son of Elizabeth and Brent, is employed at the Bank of Canada in Ottawa.

Wedding Announcement



Stacey Smith and Wayne Robinson were united in marriage Saturday, September 23, 2006 in a beautiful ceremony at Upper Canada Village, Morrisburg, Ontario.

Stacey is the youngest daughter of Bert & Iris Smith of Campbell's Bay, Quebec and Wayne is the son of Glen and Linda Robinson of Chesterville, Ontario.

The happy couple honeymooned in the Poconos Mountains in Pennsylvania and reside in South Mountain, Ontario.

Special thanks to our family and friends for celebrating our special day with us!

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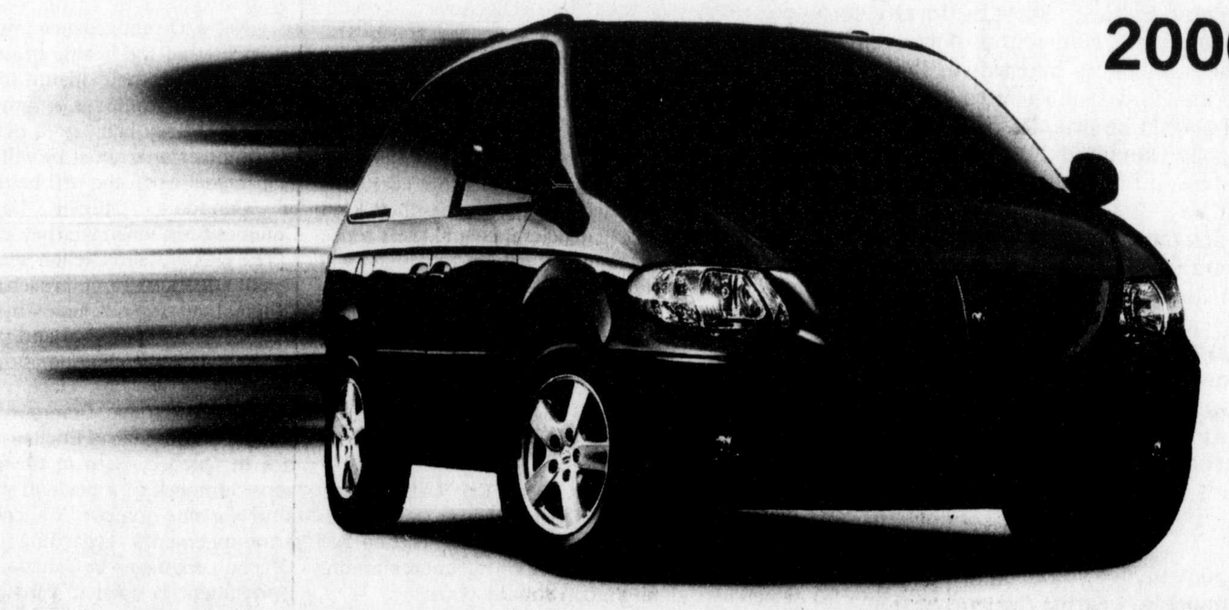

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Canada

OUR OPINION | Sea of red

It was an amazing sight to see a sea of red in the gymnasium of Pontiac High School. Students, staff and teachers donned various shades of red for an assembly honouring Pontiac war veteran and Wing Commander Robert Carl 'Moose' Fumerton last month.

That sea of red was multiplied at a rally on Parliament Hill late last month where thousands came out wearing red.

A song has even been written called *We Wear Red*.

This song, along with the thousands of Canadians who make a point of wearing something red once a week, are dedicated to Canadian troops and their families.

The grass roots effort was brought about in Petawawa this past summer by the wives of two men serving in the Canadian Forces. The concept of wearing something red — whether it be a red shirt, jacket, cap or bandanna — each and every Friday is meant to let the soldiers, their spouses and their children know they are not alone.

This country appreciates the sacrifices they are making on its behalf and this is a way to thank them for their service to Canada and their fight for peace and justice wherever in the world they are sent.

After the 40th Canadian soldier was killed in Afghanistan since 2002 this weekend, our strength on the home front needs to be stronger than ever.

A proposal brought forth by the Nanaimo-Cowichan riding association in British Columbia says Canadian troops in Afghanistan have been "acting like terrorists" and called for troops to withdraw. The resolution was ratified at the New Democrat convention in Quebec City last month. Implications like these are not what our soldiers need to hear while out on the frontline. At this point in time, showing loyalty for Canada's men and women in uniform, along with their families, is imperative. Pontiac's war veterans and families with loved ones overseas should be proud of the over 2,000 members of Canadian Forces who are in Afghanistan and the tough job they are carrying out.

If we don't believe in what these young, brave comrades are aiming to accomplish, how can they when they are alone, risking their lives in a foreign territory?

By wearing red it is a simple, symbolic and silent way of showing pride, thanks and high respect for those who are working to make sure our Canadian values continue to stand true worldwide. This way, fellow Canadians who have lost a son, daughter, parents or spouse can feel comfort in our backing.

THE EQUITY invites you to continue showing your support by wearing red every Friday.

LM

A misty scene at sunset

Scott Clouthier, THE EQUITY

ENVIRONMENTAL FORUM | 100 mile diet: new take on local food

Katharine Fletcher

Many Pontiac residents are keen on supporting local producers of quality food. Bryson Farms has proven there is a local market for organic, wholesome vegetables, as has Rolling Acres Farm for locally raised beef. Many of us grow our own food which we consume during the summer. What can be better for you than fresh vegetables picked from your own garden? You control the soil quality through to the final product, whether it's a crisp carrot, hot or sweet pepper, or tender salad green.

Some of us raise our own poultry and livestock. Similarly, producers can control what livestock eat and drink; moreover, we can let them out onto the land so they can get out in the sunshine and grass.

However, some of us cannot raise poultry and other meat animals. Nor can some of us cope with a garden. And many of us who have productive gardens cannot keep enough on hand throughout the late fall through spring, despite attempts at storing produce in root cellars.

The inability to feed ourselves year-round with locally produced food leads us to shopping for our nourishment. And increasingly, many of us are frustrated that we cannot purchase our neighbour's excellent beef or support greenhouse operators and other local producers.

This frustration is particularly prevalent in rural locations such as Pontiac, where we can see cattle grazing in our fields. Producers are, however, unable to sell their neighbours beef or milk. So if I want to have cheese, I need to head to the supermarket. We all understand this is not the fault of the producer – but it is rather ridiculous, don't you think?

Food politics is endlessly fascinating. Fortunately, there are movements afoot to make locally grown food available. I'm supportive of the local abattoir initiative, for instance, and hope that goal will be realized before long.

On the subject of buying local, nutritious food, have you heard about the 100 mile diet?

100 mile diet: local eating for global change

The principle is simple: buy all your food from producers who live within a 100-mile radius of your home. (For more information, go to: www.100milediet.org)

The diet is the creation of Alisa Smith and James MacKinnon. The couple claims, "When the average North American sits down to eat, each ingredient has typically travelled at least 1,500 miles from farm to plate. That's a total disconnection from where our food is coming from. What would it be like to eat locally for one year? We drew a 100-mile circle around our home in Vancouver, Canada. The 100-mile diet was born."

Why eat local?

Thirteen lucky reasons are listed on the website: Taste the difference; know what you're eating; meet your neighbours; get in touch with the seasons; discover new flavours; explore your home; save the world; support small farms; give back to the local economy; be healthy; create memories; have more fun while travelling; – and always remember the 13th rule, "Everything about food and cooking is a metaphor for sex."

Examine the rules

Examine the 13th rule yourself! However, the other rules are equally thought-provoking. Consider rule number one: tasting the difference. Remember those supermarket tomatoes? Bullets, right? Why is that? The fruit is not in season in our latitude and therefore, the varieties of tomato in the supermarkets were bred for transportation, not taste, and industrial harvesting, not hand picking.

Rule number two: know what you're eating. This doesn't mean you have to have a personal relationship with the chicken you're about to eat. It does mean that buying a local bird means you can select a bird that enjoyed a free range existence rather than life in a cramped cage.

Seasonal diet

Let's examine rule number four: appreciation of the seasons. Eating locally means you now decide to eat what's available, in season. What of winter, you ask? Well, let's consider this: why not opt for winter squash, pumpkin or carrot soup rather than asparagus soup or lobster bisque? If you have a vegetable garden, purposely plant vegetables that can withstand the frost. Did you know that kale offers greens well into winter? Plant some, leave kale in the beds, and pick greens after the snowfall. Don't forget parsnips, which should only be harvested in spring after winter's cold transforms starches to sugar.

How to start?

Think small. Enjoy a purpose-designed 100-mile meal. Go out into the countryside and meet the producers. Talk to them; find out what they offer all year round. Can you get local meats such as beef, lamb, and poultry? The answer is yes – do your research, find the producers, plan to purchase meat you can freeze.

Rules can defy

The main thing, the website tells us, is not to be bound by rules. We all need a break: coffee doesn't grow here, for instance, so is it reasonable for you to stop drinking it? Yes, you could dig up and prepare chicory roots (a known coffee substitute which does grow here).

How did Smith and MacKinnon do after a year on the diet? First of all, they are maintaining it, more or less. However, they note, "We lived a year on the 100-mile diet as an experiment. Now we're committed to eating locally, but certain long-distance favourites have made it back into the larder. Like olives. And chocolate. And beer."

Another good question is, if you're committing to this diet, can you cheat a bit? The couple answer, "We recently ate a 100-mile meal in New York, and we'd only been there for one day. We've also managed totally local eating at 55 degrees north latitude and on the Yucatan Peninsula of Mexico. There are places where it's easier and places where it's harder, but with a little planning, local eating is never impossible. And yes, that's a direct challenge to scientists in Antarctica and astronauts in the International Space Station."

Find your 100 mile limit

The couple's website has an amazing facility which lets you discover your 100-mile limit. On the site, click the "Get Started" link, then put in your postal code. Voilà, there's your radius.

Plan for Christmas now

With Thanksgiving over, why not plan your next festive occasion as a 100-mile diet? Buy a locally grown turkey or large chicken. Buy vegetables from producers such as R and R Farms in Shawville. Use your next festive meal as a discussion point for furthering everyone's knowledge about the politics of food.

Duo of cool food sites

A great United Kingdom site at www.bigbarn.co.uk tells us the Brits are well into local foods and organic produce.

The Slow Food Movement (www.slowfood.com) is well-known, nowadays. Slow Food promotes the use of organic, local food and cooking your own food rather than consuming highly processed, packaged and prepared foodstuffs.

Katharine Fletcher enjoys eating good food and wants to buy more local produce. Contact this freelance writer at chesley@allstream.net, particularly if you are a local Pontiac area producer.

YOUR OPINION

Pontiac becomes bread-basket for Papineau?

Dear Editor,

The recent announcement to pump $6.3 million of provincial government subsidies into Lauzon Forest Resources Mill in Thurso is yet another assault on Pontiac's forests. Attempts at supporting a collapsing industry by offering massive government hand-outs to big businesses under the mistaken belief that big mills employ more people has never prevented mill closures across Canada. It merely insures that the eventual "fall-down effect" from resource depletion and over-cutting is all the more devastating on rural communities who act as the bread basket for out-of-town mills.

Provincial politicians support large corporate businesses like the Thurso mill because the number of voting constituents in the rural Pontiac is sparse compared to large industrial urban centres east of Gatineau. Yes, technological advancements to manufacture finished products means more revenue generated from each tree dragged from our forests. But, these secondary manufacturing facilities should benefit the local people where the trees are being extracted. Instead, we watch our landscape being liquidated into a desert of stumps and slash to benefit our already affluent urban neighbours.

Ian Huggett
Aylmer

Why I give thanks all year round

Dear Editor,

"Freshwater" one-room-school on Calumet Island was positively the best thing that ever happened to me. My teachers' zest for life, their kind and gentle nature, their tolerance and their sense of humour helped to mould my life for which I will be eternally grateful.

When these ladies came to teach me they awakened a desire for learning that I never knew existed. They opened many doors in my young mind and filled the cavities with information that would serve me for life. These beautiful, patient ladies persevered and I progressed in spite of the amount of time I was absent from school.

I am most indebted to Mrs. Eric Cahill, Mme. Eugene Pigeon, Mme. Isadore Lance, Miss Doris Gardiner and Miss Gloria Tremblay who opened vistas and laid the foundation of understanding which served me well over many years.

When these teachers retired they took away with them not only remarkable teaching abilities but humanitarian qualities that are unsurpassed still today.

With eternal gratitude to each of them for making my "Thanksgiving" last all these many years.

Faye Sullivan-Stafford
Campbell's Bay

Vision and courage needed for Canada's Commissioner of Official Languages

Dear Editor,

The Quebec Community Groups Network (QCGN) is pleased with Prime Minister Stephen Harper's nomination of Graham Fraser as the next Commissioner of Official Languages. We urge parliamentarians to move quickly to approve Fraser's candidacy so that he can take up his new responsibilities, which are of critical importance to English-speaking communities of Quebec.

Based on our knowledge of our communities, we believe that the government of Brian Mulroney was right to recognize in 1988 that Canada's French and English-speaking minority communities face sustained demographic, economic and cultural challenges and that their "vitality" (as the Official Languages Act puts it) must be protected and enhanced. In this regard, the current challenges that the English-speaking communities of Quebec face are daunting – population numbers are declining; communities continue to lose many of their younger members to other regions of Canada; community institutions, especially many schools, struggle to survive.

The QCGN is itself in the process of expanding and evolving to be able to better help the English-speaking communities of Quebec address their long-term development challenges. But it's a big job that can only be effectively pursued with the help of many partners, including the close, ongoing support of the Government of Canada.

A key federal position for promoting the vitality of Official Language Minority Communities in Canada is the post of the Commissioner of Official Languages, created in 1970 by the first Official Languages Act. The Commissioner of Official Languages is responsible for promoting the objectives of the Official Languages Act, overseeing its full implementation, protecting the language rights of all Canadians and promoting the equality of status and use of English and French in Canadian society. As a result, the Commissioner of Official Languages acts as an independent and constructive counselor to the federal government and to Parliament in meeting their legal responsibilities to promote the use of French and English in Canada and to support the communities that use Canada's Official Languages in minority situations.

Dr. Dyane Adam, the former Commissioner, made important contributions to the promotion of the use of English and French, particularly in sensitizing all government departments of their respective responsibilities to support the development of Official Language Minority Communities throughout Canada. Dr. Adam's predecessor, Dr. Victor Goldbloom, was particularly focused on the legal responsibility of the Government of Canada to support the vitality of Official Language Minority Communities. He took a deep interest in minority language education rights, closely monitoring the progress of school governance. He exerted positive pressure on federal institutions responsible for implementing the Official Languages Act, especially the Treasury Board and the Department of Canadian Heritage. He also saw the need to understand and counsel the Government on the performance of provincial governments where questions of minority communities and their institutions were concerned. This kind of contribution must continue to be made.

As official language minority communities in Quebec, we need a visionary, engaged, thoughtful and courageous advocate in the position of Commissioner of Official Languages. To be truly effective, a Ccommissioner must be prepared to recognize that the health and vitality of our communities and their institutions is inextricably bound to the promotion of a meaningful and truly national Official Languages policy. In this regard, the commissioner must be willing to tackle issues that impact upon the well-being and development of Canada's Official Language Minority Communities, wherever they exist in Canada.

The QCGN's satisfaction with the government's recent appointment of Fraser as Commissioner of Official Languages is based upon his demonstrated and intense personal and professional interest in the challenge of promoting Canada's Official Languages. He has close connections to the Minority Language Communities of Canada in general and the life of English-speaking communities in Quebec. Both of these attributes should serve him well in a position where strong leadership is a sine qua non of success. Given its initial announcements regarding the promotion of Official Languages in Canada, we believe that the government is open to considering new ways to meet its responsibility to protect and promote the vitality of official language minority communities across Canada. It is clear that Canada's Commissioner of Official Languages will remain a key player in advancing Official Languages policy and could potentially be an architect of innovative approaches that will substantially enhance the vitality of our communities.

The QCGN stands ready to work in close partnership with the Commissioner of Official Languages to design creative and effective solutions which address the long-term development challenges facing the English-speaking communities of Quebec and Linguistic Minority Communities across Canada.

Martin P. Murphy
President, Quebec Community Groups Network

Lucky Canadians

Dear Editor,

As an American who travelled the world and has been living in Canada for the last six years, I want to remind Canadians every where to give thanks this Thanksgiving that they live in the best country on earth and should be proud to be Canadians. Despite all the dumb igloo jokes my fellow Americans may make about Canadians, I can honestly say that by comparison, Canadians are by far more politically-astute, educated in world affairs, aspire to substantially higher moral values and have a keen sense of national pride and ethics.

Canada's role in the world is respected and honoured as a peacekeeper and not a meddling invader. When Canada has to send its military abroad, they send an equal number of doctors, teachers and engineers. When they say they will help to rebuild a nation they actually keep their word. Canada does not finance war crimes through third party states nor do they look the other way when people are tortured or subjected to injustices. in the U.S. the Maher Arar matter would have been kept super secret and resolved with a multi-million dollar pay off to Arar with a confidentiality agreement (a.k.a. gag order). While America denies and hides its mistakes, Canada admits them, learns from them, and makes sure they don't happen again.

Canadians can freely watch programs like the *Passionate Eye*, *W5*, and *Fyfth Estate* that often expose political crimes and manipulations ind detail. They go where our *American 60 Minutes* and *Dateline* dare not tread as Bill Maher found out the hard way when his nightly *Politically Incorrect* TV show was yanked off the airwaves when he began exposing the Bush administrations close ties and collusion with the oil industry. No author has his politically-sensitive book manuscripts seized at gun-point by federal agents in Canada, like mine were in the U.S.

Racism is still quite present in America as we witnessed with the Katrina disaster, while Canada has proven to be the most ethnically diverse and progressive nation whose leaders can be called to account at any time. We Americans must wait four years to right a wrong, or even longer when election fraud prevails. Best of all, Canadians can walk tall and proud anywhere in the world because their government has not shamed nor embarrassed them with invasions, imposed government "democracies," broken treaties, or economic sanctions (a.k.a. extortion). It is no accident that Canada has always been free of foreign terrorism. And while America spends almost 65 per cent of its tax dollars in foreign countries, Canada spends over 90 per cent of its budget on actual Canadians, all of which have health care coverage compared to only 40 per cent in the U.S. As Bono once said, "The world needs more Canadas."

No country nor government is perfect, but Canada comes damn close. While none of us can choose the nation of our birth, every Canadian should thank God their ancestors found their way to this great nation, which I myself would love to call home. There is no better place to be and live free. God bless Canada!

Bruce A. Gorcya
Mississauga, Ont.

Letters to the Editor

THE EQUITY welcomes letters to the editor from our readers. Short letters are more likely to be chosen for publication, but the use of any material is at the discretion of the editor. The editor reserves the right to edit letters to meet space requirements, for clarity, or to avoid obscenity, libel or invasion of privacy. E-mail letters are accepted at news@theequity.ca and must bear the complete name, address and daytime phone number of the writer. The address and phone number will not be printed. Letters published do not necessarily reflect the editorial policies of THE EQUITY.

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Spa aims to add personal touch to massage therapy

SCOTT CLOUTHIER
Equity Reporter

SHAWVILLE • Differential treatment isn't usually considered a good thing.

But for Angie Davis, treating every client a little differently is the key to effective massage therapy.

"It takes a lot of experience to understand each person because everybody reacts differently (to massage)," says Davis, owner-operator of Pontiac Massage Therapy and Therapeutic Spa, as well as a registered massage therapist.

One key approach to her therapy, says Davis, is to create a comfortable atmosphere with warm colours, soft light and soothing music.

"Relaxation is key," she says. "The biggest thing today is stress...and I want them to get to that relaxed state where they can let things go and think about their body."

Davis notes that some clients even fall asleep right on the table.

After graduating from the Canadian College of Massage and Hydrotherapy in 1997, Davis did massage therapy for the Ottawa 67s hockey club and also had doctors referring patients to her for temporal mandibular joint therapy (relating to joints of the jaw bone).

In 1999, Davis purchased a clinic in Ottawa, which she operated until 2002, when she decided to take a few years off to raise her newborn baby girl.

Davis and her family moved to Norway Bay in 2001.

In May of this year, she opened up her new spa, for which she shares a building with her husband's windows and doors venture.

As for the future of the spa, Davis says she'd eventually like to be able to offer even more services to her clients, to be able to offer more [illegible] ing.

"I want to become a homeopathic doctor," she says.

Communicating with your body

A more spiritual and holistic approach to relaxation therapy is what Beth Gerow, owner of Inerflow and a practitioner of Jin Shin Do, hopes to provide.

Jin Shin Do, according to Gerow, is a form of acupressure therapy, developed in California by psychotherapist Iona Marsaa Teeguarden, that has its roots in Chinese medical philosophy as well as Japanese technique.

"It has the same benefits as acupuncture, but without the needles," says Gerow.

Jin Shin Do, she says is useful for treating lots of different conditions, not only physical but psychological, including pain in the neck, shoulders and back, muscular tension, insomnia, anxiety, depression as well as breathing and digestive problems.

"(It treats) anything related to tension," Gerow says.

Gerow just recently started her business after three years and 425 hours of training in Ottawa and Lasquetti Island off the coast of British Columbia, where the most senior Jin Shin Do practitioners in Canada live.

Before taking up this type of therapy, she also studied midwifery, psychology and nutrition, all of which Gerow believes will better benefit her clients.

"I'm really looking at the whole person," she says.

Women's Wellness Network
Women's Wellness Network is a group of ladies "whose purpose is to promote "wellness" of mind, body and spirit through sharing of ideas, information, skills and expertise, as well as creating an awareness of community resources. This is done within an environment that encourages mentoring and moral support. Under this umbrella each woman can feel free to set or pursue her goals according to her needs, desires and preferences."
Once a month we have a guest speaker from the Pontiac area to provide us with information of the services available to us to assist us with meeting the challenges and goals of our mission statement. Info: 819-647-2962.

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123 years of news from the Pontiac

THE WAY WE WERE

Compiled by Heather Alberti-Dickson Publisher

This historic photo shows a group of figure skaters before they head onto the ice to perform.

25 Years Ago

October 14, 1981

GRAND OPENING OF AUBERGE DU RANCH LESLIE: A three year old dream came true last Friday night when the new Auberge at the Leslie Ranch on Leslie Lake Road opened its doors to its first customers.

Annette Gravelle and Jules Leclaire who own and manage the range, bought the land three years ago, established numerous riding trails through the woods, built stables, and developed a business which included training horses, boarding horses, teaching riding lessons, and providing horses for trail rides. Meanwhile they dreamed of having a huge beautiful inn where customers could find refreshment and entertainment after a trail ride.

PORTAGE DU FORT WATER IS POTABLE: THE EQUITY has been informed by Pierre Lafleur of the Quebec Ministry of the Environment information services that the water in Portage du Fort is now safe to drink.

50 Years Ago

October 11, 1956

PLOWING MATCH: the Pontiac Plowmen's Association will hold a plowing match on the farm of Felix Pilon, Vinton, Oct. 17.

WOLF SHOT AT BRISTOL RIDGE: A wolf was shot in Bristol Township late Monday afternoon by Harland Armitage of Shawville while hunting in the back fields of his father Amos' farm at Bristol Ridge.

It was known that there were wolves around, which had been killing sheep in the area.

SATURDAY NIGHT CLOSING BYLAW PROPOSED AT SHAWVILLE: Hynes Hall, Shawville was the scene last night of a council meeting of unusual interest.

A delegation from the Shawville and District Chamber of Commerce presented a petition to council requesting council to pass a by-law to close the stores on Saturday nights and open them instead on Friday nights.

75 Years Ago

October 8, 1931

MISSING FROM OUR FILES:

100 Years Ago

October 11, 1906

LOCAL NEWS: Bears are reported to have been very plentiful in Waltham neighborhood this Autumn and the local nimrods have bagged a large number. One resident has a count of ten or 12 to his credit.

The very general and steady rain which fell on Saturday last will be welcomed by the farmers, as that which was requisite to put the land in condition for ploughing, which up to the present has progressed very slowly owing to the extremely dry condition of the ground. The rain will also be hailed with satisfaction on account of the almost exhausted condition of the water supply many wells and streams have been dried up, in many cases, entirely.

Several families in town are under quarantine for what the local doctors pronounce a mild form of diphtheria. Except in the case of Mr. Postlewhite's little girl, who died last week, none of the cases that we have heard of so far are regarded as very serious. The disease has also broken out in a few houses in the neighborhood and in Radford section.

Since the above was put in type another fatality from the dread disease occurred at the home of Mr. H.S .Barnett, the victim being the infant daughter of Mrs. E.G. Amy, who has been residing at Mr. Barnett's since the fire. The child died at an early hour Saturday morning, and was interred at Norway Bay cemetery.

On Sunday one of Mr. Barnett's children was stricken with the disease, and a couple of cases were reported from the neighborhood on Monday morning. In view of the prevalence of the malady in this neighborhood it was considered advisable to forego the usual church services last Sunday and also to close the schools during this week.

Preparations are under way for the rebuilding of the Methodist Church.

REWARD

For information leading to the return of a red and green farm wagon taken Monday, October 2 or Tuesday, October 3, from a farm at Yarm with two round bales of hay on it.

Will keep calls confidential

819-647-5878

Best year yet for Shawville RA summer program

Photo provided by Shawville and District Recreation Association

The Shawville 1 team, at left, beat the Quyon 1 team for the intermediate tournament trophy. From Shawville 1 are Darren Bruce, William, Ben Horner, Zach Elliott, Cris Hearty, Jared Murray, Tessa Corrigan, Clancey Keon and Bryce Atkinson.

Organizers optimistic for 2007

SCOTT CLOUTHIER
Equity Reporter

SHAWVILLE • The Shawville and District Recreation Association summer program has wrapped up another successful year, according to its organizers.

"It was better than ever," says program organizer Wendy Hearty. "Every year it becomes better and better."

The day camp program, which had 105 youths participating, gave kids an opportunity to stay active and social throughout the summer months.

Activities included trips to the Aylmer Sailing Club, Leslie Lake Park, Mont Cascades, Mickey Creek Golf Club and to see the 4H Club.

The program also included special guest visits from Billy T's Pizza, THE EQUITY's Wilbur McLean and a professional chef from Carleton University.

"Big thank you to all the special guests," says Hearty, noting the generosity of guests such as Billy T's who provided all pizza materials used, free of charge.

"We count on the resources of the community and the kindness of the businesses," she says.

Three program co-ordinators were paid for by Quebec en forme. They were Lisa Lagace, Julie Tubman and Brenna Delaney. As well, the municipalities of Shawville and Clarendon loaned three summer students — Krista Tubman, Brodie Telford and Jocelyn Closs — as counsellors, and a junior counsellor, Alyssa Tracy.

"They did a terrific job," says Hearty.

Parents, she says, could feel very secure sending their kids to camp everyday.

"We have very low (counsellor to camper) ratios," says Hearty. "When we do outings, especially."

Summer sports league also big success

Close to 350 kids participated in soccer, softball and ball hockey leagues this summer, says Cathy Murray, president of the Shawville and District RA.

The leagues were funded in collaboration with Quebec en forme, which helped keep fees down.

Over 200 of those played soccer, which went from the end of April until June 24.

"We ran some soccer coaches' clinics and players' clinics for the first time," says Murray.

A regional end of the year tournament also took place.

Seventy-five to 80 kids were registered in softball.

There were two tee-ball teams (four to six-year-olds), two intermediate teams (seven to 10-year-olds) and two senior teams (11 and older).

The teams played a 12-game schedule which included matches against teams from Quyon.

Also popular was the ball hockey league, which had over 50 kids playing two nights a week from July to August.

It was also a good tune up for the start of the ice hockey season, says Murray.

"We try not to overlap the sports too much," she says, so that kids are able to play more than one sport per summer.

Murray and Hearty both think the new federal tax credit available next year to parents who enroll their kids in sports will help get more kids signed up, but add that it's already very affordable.

"It's pretty tough to beat," says Murray.

The tax credit will be available following January 1, 2006. Parents will be able to claim $500 worth of sports expenses for children under the age of 16.

As for next season, the two would like to be able to install air conditioning in the RA hall to make it more comfortable during the summer and are currently seeking grant money to do so.

Photo provided by Shawville and District Recreation Association

The intermediate green team and white team from the Shawville and District Recreation Association soccer league pose for a photo. From the green team are Dean Horner, Clancey Keon, Vicki Crawford, Keri Beck, Alexis Gauthier, Roxanne Roy, Gregory Tubman, Alida Horner, Jordan Tubman, Brandy Tubman, Dylan Kingsbury, Richard Graham and Matthew Graham. From the white team are Molly Hitz, Andria Bretzlaff, Nicolas Lemaire, Austin Hitz, Riley Gagnon, Audrey-Ann Rivest, Levi Ardern, Paul Armour, Cris Hearty, Jared Murray, Daniel Normandeau, Zach Elliot, Aurelie Gauthier and Adam Bretzlaff.

Photo provided by Shawville and District Recreation Association

The red team were winners of the senior soccer division. Also in the picture is the blue team. Front row from left: Heidi Peck, Matthew Hobbs, Jordan Beardsley, Luke Laframboise, Justin Murray, Keith Tubman, Josh Bourgeau, Abraham Hoffman, Kirk Cushing, Gabriel Lemaire and Janna Lee Cushing. Back row from left: Hannah More, Corie Joe Cushing, Deanne Valin, Ryan Tracy, Cody Hodgins, Jamie Armour, red team coach Brodie Telford, Morganna Stanworth, Dustin Greer, Dulcie Ardern, Hailey Murray, red team coach Anthony Valin, blue team coach Rick Valin and Jordan Barber.

OVERTIME | LUKE MURPHY

Kathleen Maria Hodgins Richardson, 92

PONTIAC • I know this is a sports column. I understand that each week readers flip through the paper to this section, expecting to read the latest in Pontiac athletics and the sports world in general. I intended to print an interview with Bryan Murray, Head Coach of the Ottawa Senators, relaying his thoughts on training camp and what we can expect from the 2006-2007 season. But plans change. That will be next week, I promise.

Also, starting next Wednesday, and each Wednesday following, I'll answer one question from readers, as many of you have contacted me with personal inquiries.

Instead, this week, I'm moving away from sports, taking the time and opportunity to write about my grandmother who passed away last week.

Kathleen Maria Hodgins Richardson of Shawville slipped away peacefully in her sleep on Oct. 3 at the age of 92. A mother of 12, grandmother to 33, great-grandmother to 35 and a great-great-grandmother of one, Kathleen was a wonderful woman, with a loving heart and a zest for life. She lived a long and fulfilling life, having accomplished everything she wanted.

There were a few constants when you walked into my grandma's house. Flowers on the table, maple leaf cookies in the jar, and my grandmother sitting in her La-Z-Boy chair, remote in one hand, treats in the other, head phones over her ears and the latest soap opera on the television. My father always knew when I'd been to Grandma's — he could smell maple leaf cookies on my breath.

Kathleen had many loves in her life, but there was one that outranked them all: family.

The Richardson name is a pillar in this community. My grandfather was an owner of the local arena and theatre in Shawville, and most of the Richardson children stayed around, marrying and making a home in Shawville, raising children and contributing to this town. The Richardson name will run long and proud in this town for years to come.

But what I remember most about my grandmother, the one constant thing in my childhood, was Christmas Day.

Each year, all 12 children with their families, even non-family members were invited, gathered in one house to join in on the holiday festivities and share the good cheer. Whether it was the young grandchildren running rampant upstairs, playing hide and seek, or the older group downstairs, cooking, laughing and sharing stories, the love and energy that radiated through that house was unmistakable.

Needless to say, with all those Richardsons in one house, there was no shortage of teasing. I and some of my cousins often left the house in tears because of something another cousin said or did, but no matter how much razing we took, we couldn't wait for the next Christmas to roll around.

My grandmother was always happiest when her family was around. She was an easy-going woman who had her ups and down, like every other person. She suffered through the death of a daughter and the passing of her husband.

In the end, having accomplished everything she wanted to in life, Grandma let go and left us. I will always remember our games of Yahtzee at my aunt Edna's house, our family outings at the cottage in Green Lake, and of course, Christmas at Grandma's.

I think I speak for all the Richardsons when I say good-bye Grandma, we love you and will miss you. Thank-you for the love, support and memories.

Murphy is a former professional hockey player who now resides in Shawville and is on the Pontiac Junior 'B's coaching staff. Contact him at news@theequity.ca

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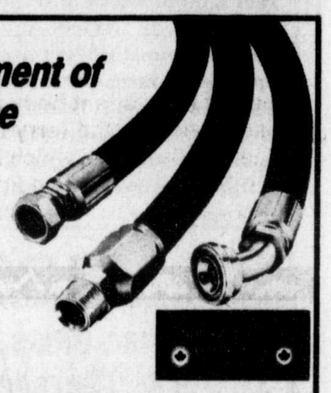

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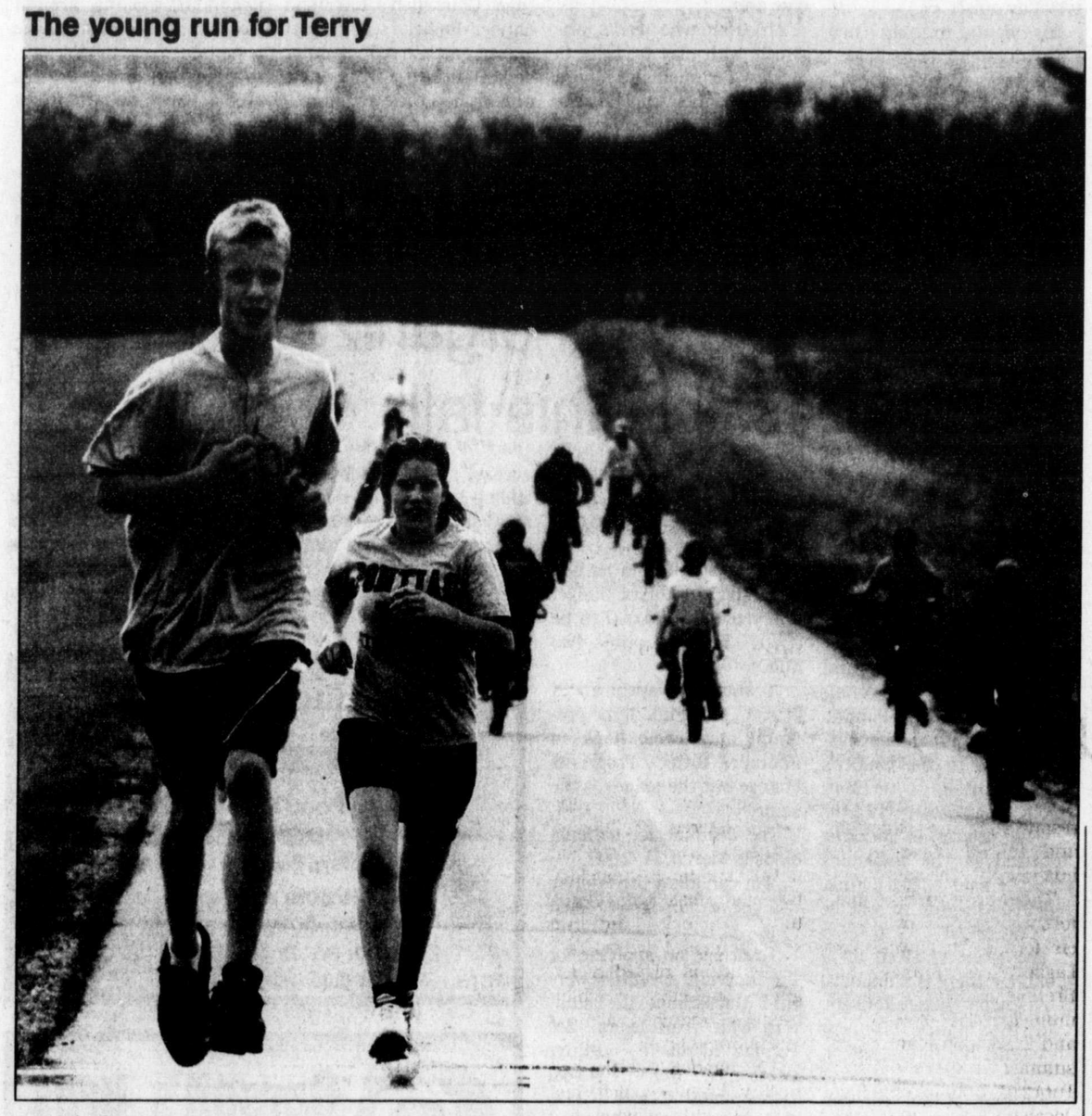
SPORTS

The young run for Terry



Wilbur McLean, THE EQUITY

Much of the student body and faculty of Pontiac High School participated in the National Run Day to raise money for the Terry Fox Run on Thursday. Schools across Canada were encouraged to participate and the route, which took runners through the west end of Shawville, was led by former Pontiac High School student and prolific marathon runner, Colleen Berry.

Half marathon helps the hungry of Pontiac

SCOTT CLOUTHIER
Equity Reporter

CAMPBELL'S BAY • The half marathon held by Pontiac MRC Sûreté du Québec raised more than $2000 for Bouffe-Pontiac, says Frédéric Gagnon, community relations officer for SQ Pontiac.

"It went great," says Melanie Pieschke, who helped orgainize the event for Pontiac Centre Locale de Developpement (CLD). "It was freezing, but it was good."

This was the second year for the event, which has participants running 21-kilometres from Campbell's Bay to Fort Coulonge on the PPJ Cyclopark.

The race was won by Bruno Blais of Campbell's Bay.

Also held was a five-kilometre race for which participants are driven by bus to a starting point that is only five kilometres from the finish line.

According to Pieschke, this run is aimed more specifically for people who aren't running fanatics but would still like to come out and do their part to help a good cause.

"Our goal is to get more kids out there for the five 'K'," Pieschke adds.

"We were satisfied," says Marie Doyle, who was also an organizer for the event. "It was pretty well the same (turnout) as last year."

Doyle also said this year participants were allowed to donate canned goods in place of the $5 entry fee.

"We need to promote it and make more people aware of it," says Pieschke, who suggests also that the weekend of the race be reconsidered due to the number of marathons that are held in the month of September.

Bouffe-Pontiac is an initiative by Pontiac CLD that provides groceries at low cost to families in need.

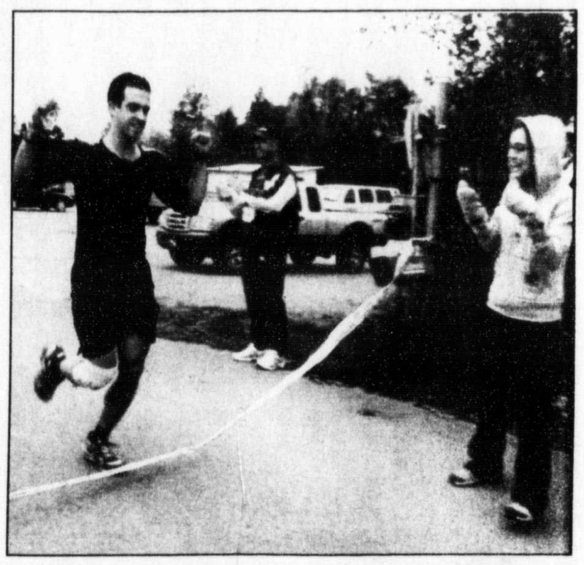


Photo provided by Const. Frédéric Gagnon

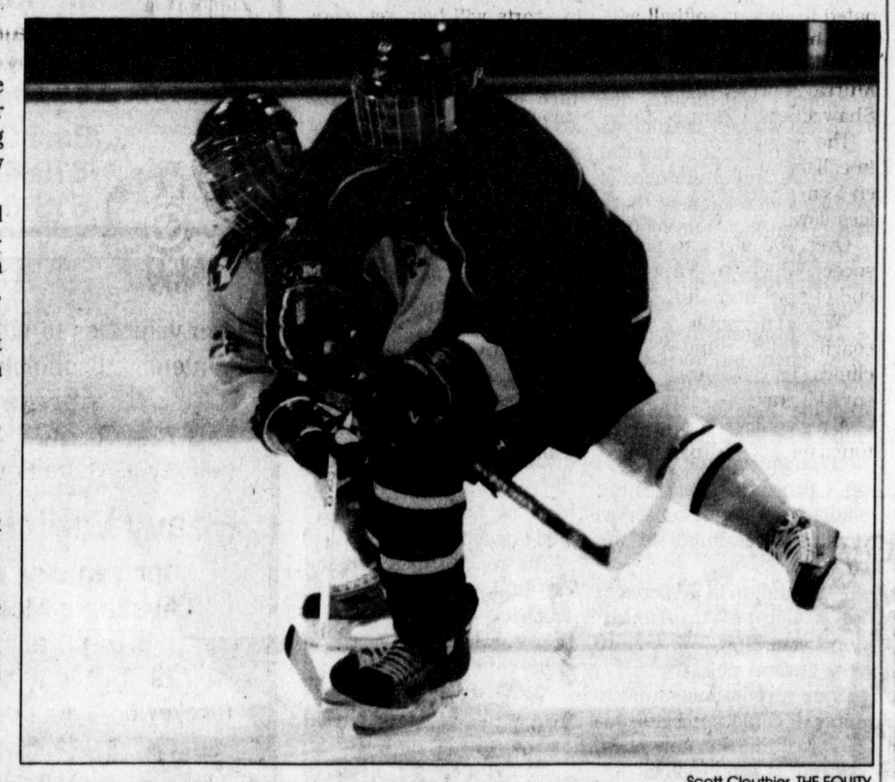
Bruno Blais of Campbell's Bay crosses the finish line as winner of the 2006 edition of the Pontiac MRC Sûreté du Quebec Half Marathon. Blais finished the 21-kilometre run in a time of one hour, 35 minutes and 17 seconds. Participants ran on the PPJ Cyclopark between Campbell's Bay and Fort Coulonge on Saturday Sept. 30. The event raised upwards of $2,000 for Bouffe-Pontiac.

Pontiacs not thankful for pair of weekend losses

WILBUR MCLEAN
Equity Reporter

SHAWVILLE • The Shawville Pontiacs lost both of their games over Thanksgiving weekend and have now dropped three in a row.

Playing without Head Coach Les Orr who was suspended because of a match penalty the previous week, the Pontiacs took a 6-1 thumping at home against the Carleton Place Kings on Friday night.



Scott Clouthier, THE EQUITY

Shawville Pontiacs' defenceman Alex Houle, left, tries to carry the puck past forward Mike Lawrence of the Carleton Place Kings during a Pontiacs home game on Friday. Carleton Place won the game 6-1.

Carleton Place 6, Shawville 1

The team lost 5-3 at Stittsville on Sunday.

Against Carleton Place, the Pontiacs succombed to a steady attack by the Kings, who headed into the game with only one win on the season.

The 40 shots on goal garnered by Shawville were a deceiving statistic, as many of them were poorly placed and easily saved by Carleton Place goalie, Josh Smith.

The Pontiacs had three chances early in the first period on the power play but were unable to capitalize, soon paying the price when Carleton Place took the lead at 11:21 of the first period on a goal by Pat Maloney.

Things only went downhill from there as the Pontiacs conceded 45 shots on Matthieu Labelle's net.

The Kings added a late first period goal, then spread out four more over the next two periods.

The only bright moment for the Pontiacs happened when the game was all but over.

Stittsville 5, Shawville 3

Ryan Rees carried the puck up the middle of the ice from his own zone past a forward, then split two defenders, moved to his right and backhanded the puck past Smith for his fourth goal of the young season.

The goal, assisted by Mathieu Hubert, occurred with only two minutes remaining in the contest and the Pontiacs down 6-0.

Having scored only 17 goals in the first six games of the year so far, the Pontiacs will likely need Rees — the team's best scorer with the departures of Jordan MacDougall and David Fenn after last year — to take charge more often.

Orr could not be reached before press time.

The Pontiacs travelled to Stittsville to play the Royals on Sunday, a team they defeated 6-5 on opening night.

On this occasion, the Pontiacs were not successful, losing 5-3.

The Pontiacs are now 0-3 on Sunday games thus far, and have been outscored 29-6 in those contests.

Statistics were unavailable from the game.

Shawville hopes to pick themselves up this weekend at home against the South Ottawa Canadians on Friday at 8 p.m.

The team plays their first game of the year against rival Renfrew Timberwolves on Sunday.

Renfrew currently sits atop the Valley Division standings with five wins and one loss.

Shawville Pontiacs' goalie Mathieu Labelle recovers after making a kick save on Friday night against Carleton Place. The Pontiacs lost the game 6-1.

EOJBHL Valley Division Standings

	W	L	T	GF	GA
Renfrew	5	1	0	36	24
Stittsville	5	2	0	43	29
Perth	3	4	0	21	24
Carleton Place	2	4	0	21	32
Shawville	*2*	*4*	*0*	*17*	*40*
Arnprior	1	5	0	26	41

Pontiac women getting smart on nutrition: specialist

Deduction made at recent Women's Wellness Network seminar in Shawville, led by EQUITY columnist

SCOTT CLOUTHIER
Equity Reporter

SHAWVILLE • When you visit a local grocery store in the Pontiac these days, you might notice more and more women looking at the nutrition guide and ingredients list of the products they buy.

Nutrition is becoming of greater concern to women in the region, according to the dozen or so women who attended a nutrition seminar led by Stephanie Forgues, nutrition specialist and columnist for THE EQUITY.

"I think we're seeing an extraordinary amount of breast cancer," says Jean Hennig of Bryson. "Everybody you talk to knows somebody (who's had it)."

Eating better, Hennig hopes, is the key to staying healthier longer.

The event, held on Thursday evening, was hosted by the Women's Wellness Network at the CEDEC office on Main street in Shawville.

Having a speaker in to talk about nutrition was a popular idea, says France Lamarche, chair of the WWN.

"We had all sorts of suggestions for speakers and Stephanie's name came up," she says.

Among the nutritional suggestions made by Forgues was to cook with only natural oils, flaxseed oil and avocado oil for example, which she says have health benefits.

People should increase their intake of antioxidants she says, such as green tea, blueberries and pomegranates, which stop other foods from oxidizing in your system.

Forgues recommended that 60 to 85 per cent of fruits and vegetables should be eaten raw, noting that reheating them causes them to lose almost all of their nutrients.

"I think people are starting to think more healthy," says Edith Campbell of Shawville, also commenting that years ago almost all meals were prepared from scratch.

"Now with women working you just rush into the grocery store and buy something," she says.

"Learn about what you're putting into your body," suggests Forgues. She adds people should not only be concerned with the fat and carbohydrate content of their food, but also its ingredients.

"Digestion is of ultimate importance," says Forgues. "A lot of food stays too long in your system."

Forgues advocates not using liquids to "wash down" your meals, noting proper chewing is a vital part of the digestion process.

Monique Donnelly of Calumet Island is already benefiting from nutritional education. "It really helps you," she says.

Phyllis Kealey, also from Calumet Island, agrees.

"It really makes you aware of what you're eating," she says.

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Wilbur McLean, THE EQUITY

Above: Tarot Card Reader Jennifer Hill (right) provides artist Louis Harvey with his life's prognosis on Saturday at the Campbell's Bay Autumn Art Festival. Below: A number of artists displayed their work at the first Campbell's Bay Autumn Art Festival, hosted by clay sculptor Sébastien Beaudoin at his studio on Brown Street. Those who showed at the festival were, from the left, Jennifer Hill, Rob St. Aubin, Viola Gauthier, Louis Harvey, Beaudoin, Chantal Auger and Raymond Sander-Regier.

Realizing artists' dreams

WILBUR MCLEAN
Equity Reporter

CAMPBELL'S BAY • Artist Sébastien Beaudoin believes the Pontiac's artists have a lot of dreams.

He wants to help turn those dreams into realities.

To promote "openness", "family and friends", Beaudoin held the first Campbell's Bay Autumn Art Festival at his studio on Brown Street on the weekend.

The festival included local artists displaying their diverse works, a tarot card reader and cinnamon buns baked fresh from Beaudoin's own homemade wood-fire clay oven.

An artist who works primarily with clay he collects locally, Beaudoin was hoping to further expand the base of the Pontiac's already well-developed art community.

"It was an open invitation to all artists," said the Campbell's Bay resident.

The area artists who answered the call included Calumet Island-based potter Chantal Auger; wood sculptor Robert St. Aubin of Otter Lake; Clarendon's Raymond Sander-Regier, a print maker; and acrylic painter Viola Gauthier of Otter Lake, who all had their art on display.

All costs for the weekend were absorbed by Beaudoin, who only requested a donation from visitors.

After a successful initial try, the eternally optimistic Beaudoin is already looking forward to next year's festival.

"This is my first big attempt at an event," said Beaudoin, looking around pleased at the festival he organized.

"Being an artist in this area is hard. It's hard to get people interested in what you're doing.

"We have to get people from the outside to come here and the way to do that is to hold events of interest."

Wright's Lake, non-organized territory to be accessible this fall

LEAH MILLER
Equity Editor

PONTIAC • A solution has been found for road users accessing the Wright's Lake area of Pontiac's non-organized territory.

The Quebec Ministry of Natural Resources and Wildlife (MRNF) has conditionally granted Pontiac $70,000 to repair impassable roads in the county's non-organized territory (TNO).

"The project is awaiting approval in the minister's office," said Jean Fink, regional director of wildlife with the MRNF.

The grant is given on a condition there is a financial partnership with all users, and the money is spent through a non-profit organization.

For most of this year, cottage lot owners on Lake Usborne, Wright's Lake, Lake Bryson, Coulton Lake, Bertrand Lake and controlled exploitation zone (ZEC) Pontiac in the TNO were not able to access their lots because two bridges along the road were blocked off by the ministry. The bridges were deemed unsafe for passage after logging companies stopped harvesting in the area and maintaining the bridges.

Fink explained the program has been running for the past four years. It is designed specifically for regions whose livelihoods are dependent on natural resources and are in need of economic development. Both the Pontiac and the Gatineau Valley MRCs have participated in the Outaouais.

The program has three tiers, where funding can be accessed by outfitters to upgrade lodging, ZECs to build new sites and by non-profit organizations to develop projects concerning wildlife, forestry, conservation or accessibility to the territory.

"We fund up to 90 per cent for a non-profit organization," said Fink. "We require very general objectives. If a private corporation wants to apply, it could be eligible for the program, but only at 50 per cent of the funding."

He acknowledged the trouble the Pontiac is having.

"We do have a problem in the Pontiac and Gatineau with accessibility in the MRC," he said.

He expected the official announcement of the grant to be in the coming weeks.

In the past four years, the Pontiac received funding for 10 different projects under the program.

"MRC Pontiac did not participate in the last two years," said Fink, "but in the first year close to $300,000 was spent."

The program is in its last year, and there is a budget this year of $500,000 to be spent between the two MRCs.

"It should be spent about 50/50," said Fink. "(The program) may come back in another form. Programs change but the money is the same."

The deadline for submissions is March 31, 2007.

"I'm confident the Pontiac will get its fair share," said Fink.

To decide on applying for the program, meetings were held throughout the summer with road users, Zec Pontiac members, outfitter users, the Local Development Centre (CLD), the MRNF and local industries.

"We had to get all the users implicated," said the MRC's forestry engineer Martin Ladouceur.

ZEC Pontiac has taken the task of project promoter.

"We needed a non-profit organization to get the grant," said Ladouceur. "The ZEC worked hard, but it was a team-work effort."

Ladouceur said the $70,000 is covering 70 per cent of the total cost of the repairs, pending the users (of which are about 200 cottage lot owners) raise the rest of the cash — about $15,000 will need to be collected. Each lot owner is being asked to contribute $50 per lease.

Repairs should begin in weeks. The road from the Picanoc's kilometre zero will be redone (including culverts and gravel) up to the first bridge. The bridge will be repaired to hold up to 60 tonnes.

"The main thing is that the road will be easily accessible by cars and trucks," said Ladouceur.

The road in between the two bridges will be redone, following that the second bridge will be repaired to hold up to five tonnes.

"The second bridge costs way too much," said Ladouceur.

"It will allow for all users except forestry."

After this year's repairs are made, the MRC is currently working to develop a corporation that will charge users fees for accessing roads in the TNO, which would in turn fund maintenance of roads and bridges.

This would involve the government transferring its power of administrating funds that come from various sources in the TNO.

"Our main concern was access," said Ladouceur, adding that forestry companies will also do work on the second bridge. "Our aim is that in the future we can keep the road in good shape."

In total, 11 bridges have been closed by the ministry in Pontiac since last fall due to not being up to ministry safety standards, and there are a possible 18 that may be closed in total.

Great 2006 summer season for Outaouais

OUTAOUAIS • Outaouais Tourism is proud to announce a successful summer 2006 in Gatineau and all across the Outaouais region from May to August, inclusively, initial results reveal a nine per cent increase in the number of room nights sales in the region compared to summer 2005. Tourist attractions operators observed a five per cent average increase during the same period.

"This is a great success for industry operators who have worked together for 25 years, particularly if you consider the less favourable reports coming in from other destinations," remarked Outaouais Tourism director general, Gilles Picard. "In the summer of 2006, we are sure to have gained new market shares across Quebec. The vitality of our tourism supply are largely responsible for this success. Our association with the French Canadian singer Luce Dufault, our amazingly energetic spokesperson, has added another feather to our cap."

Shawville man oldest skydiver at Gananoque Airport

SCOTT CLOUTHIER
Equity Reporter

SHAWVILLE • Eighty-eight-year old Arthur Mayhew's list of hobbies includes gardening, rug hooking, jigsaw puzzles and skydiving.

The Shawville resident and Second World War veteran became the oldest person to skydive from Gananoque Airport when he took the plunge on Labour Day weekend of this year.

"It's not something I had in mind," says Mayhew. "It just hit me and I went."

Mayhew was joined on his adventure by his son Linden, daughter Edith Mayhew Campbell, grandson Darren and Alison Vereyken, Darren's girlfriend.

When he was in the Air Force during the Second World War, says Mayhew, he watched other men parachute to the ground but never had the opportunity to do so himself.

"I was surprised," says Nancy Mayhew, his wife of 59 years, of when she found out he was planning to skydive.

To her, however, this was something not totally unexpected of her husband.

"He's very strong... not at all worried about anything," she says.

The experience, Mayhew says, gave him a sense of freedom.

"When you're coming down, you don't feel nothing," says Mayhew. "You feel free."

In fact, he liked it so much that he plans on going again next year.

"It's like smoking," Mayhew says jokingly. "Maybe I am (addicted to it), but I hope not."

Nancy says she'd rather stay on the ground.

"I might go with him (to the airport)," she says. "But I'm not going skydiving."

There were a couple of things about the dive that Mayhew admits he didn't like so much. One of which was falling through the clouds when "the water hits you like hail" he describes.

The other was when the professional skydiver he was tandem jumping with performed a somersault when the parachute was deployed. Mayhew says he blacked out due to the g-forces.

He didn't skydive to break any records, he says, mostly just for a sense of personal accomplishment.

"When you're too old to work you have to do something," says Mayhew, who helped build the Bristol mine and worked there until its closure.

Photo provided by Edith Mayhew Campbell

Arthur Mayhew, second from right, became the oldest person to skydive at Gananoque Airport. Mayhew was able to share the experience on Sept. 30 with his family, from left, daughter Edith Mayhew Campbell, Alison Vereyken, grandson Darren and son Linden.

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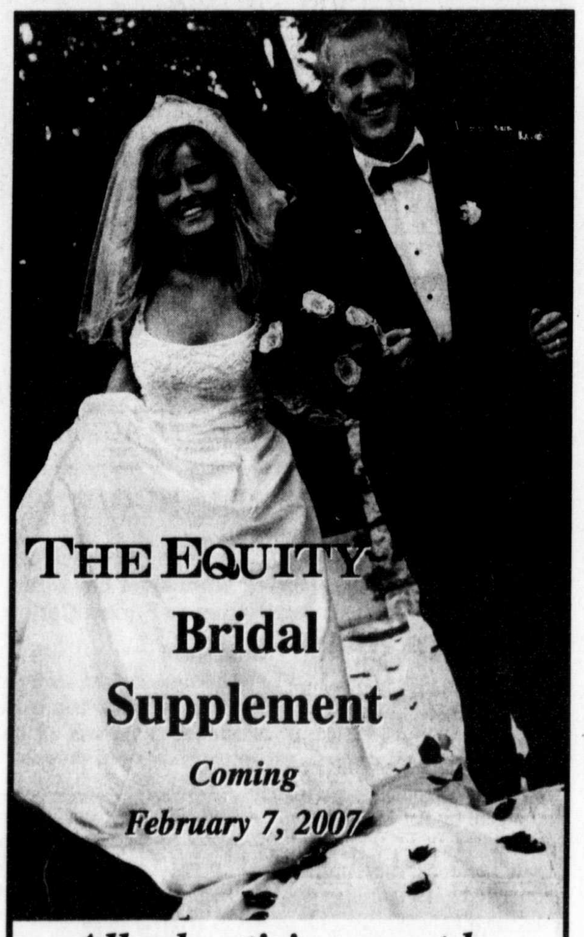

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Accueil du nouveau personnel

MANIWAKI • Le lundi 18 septembre dernier, à Fort-Coulonge, la Commission scolaire des Hauts-Bois-de-l'Outaouais a organisé une activité d'accueil pour ses nouveaux employés et ses nouvelles employées.

En tout, une quarantaine de personnes étaient présentes, à l'école Sieur-de-Coulonge, de Fort-Coulonge. Les nouveaux et nouvelles ont rencontré le personnel du service des ressources humaines pour signer les papiers d'engagement et recevoir une pochette d'informations sur la CSHBO.

Après avoir rencontré leurs représentants syndicaux, ils ont participé à une cérémonie protocolaire et ont reçu un cadeau spécial (une tasse de café) et signé le Livre d'or.

Au total, 37 nouveaux employés et nouvelles employées ont été honoré(e)s par la commission scolaire : Johanne Baker, Gilles Barrière, Dominique Bomans, Denis Bouchard, Nicole Brousseau, Michel Chalifoux, Ginette Danis, Valentina Dumitru, Denis Fortier, Angèle Fradette, Léo Gallagher, Linda Gougeon, Jennifer Gravel, Michel Grenier, Gabriel Iftemie, David Laflèche, Claudide Lafontaine, Josianne Lajeunesse, Christiane Lajeunesse, Elyssa MacKinnon, Sylvain Marquis, Chantal Matthews, Judith Meilleur, Kevin Morin, Geneviève Morneau, Karine Munger, Marie-Eve Nadon, Katia Paladin, Réjeanne Paquin, Johanne Paradis, Hélène Picard, Kathleen Rail, Jean-François Renaud, Patrice Roy, Roxanne St-Amour, Catherine Tremblay et Sinaseli Tshibwabwa,

Quelques-uns des participants ont félicité la commission scolaire pour la qualité et le professionnalisme de son accueil. L'un d'eux a même révélé qu'il avait refusé un emploi bien rémunéré en Ontario pour venir travailler à la CSHBO, tant il avait été séduit par la chaleur de l'accueil.

« Cette activité a pour but de vous aider à intégrer la commission scolaire, à découvrir ses services et ses ressources. Le recrutement de personnel est une priorité pour la commission scolaire. Beaucoup de nos employés et employées prennent leur retraite ou la prendrons bientôt et il est important pour nous d'assurer leur relève», a déclaré la représentante du conseil des commissaires », Mme Guylaine Marcil.

« Vous vous joignez à une commission scolaire pleine de dynamisme. Nous venons d'implanter la fibre optique dans le cadre du projet Villages branchés et nous commençons peu à peu à développer des usages pédagogiques. D'ailleurs, ceux et celles d'entre vous qui participeront au colloque pédagogique du 10 octobre, le Pédag-O-Bois, auront la chance d'en apprendre davantage sur cette facette.

Je vous invite fortement à y participer, puisque ce sera aussi une belle occasion de rencontrer vos nouveaux et nouvelles collègues et de faire connaissance », d'ajouter la commissaire.

« Le métier d'enseignant est un métier exigeant qui, je le répète chaque année, demande un sens de la vocation... Les autres personnels des écoles ont tous leur importance dans notre système et cela demande aussi un dévouement qui va au-delà de la description de la tâche pour laquelle vous êtes engagés. J'insiste sur cet aspect car toutes les recherches montrent que la réussite de nos élèves passe par une relation inter-personnelle de qualité entre vous et eux... Et les personnes qui laissent des traces positives sur nos jeunes sont souvent celles qui ont fait une grande place à cette dimension dans leur travail», écrivait la directrice générale, Mme Marlène Thonnard, dans son mot de bienvenue.

Mme Thonnard ne pouvant être présente à l'activité d'accueil, le message a été lu par le directeur des ressources humaines, M. Michel Houde.

« Je tiens aussi à insister sur l'importance de vous arrimer à la planification stratégique de la commission scolaire. Vous en trouverez d'ailleurs une version abrégée dans la pochette que nous vous avons remise.

Cette planification a été adoptée en 2003 et devait initialement durer trois ans, jusqu'en 2006. Finalement, le conseil des commissaires a allongé la durée du plan d'une autre année, jusqu'en 2007, et vous serez donc témoins de la reddition de compte de cette planification et de la préparation de la suivante.

Les nouvelles et nouveaux employés qui assistaient à la cérémonie du lundi 18 septembre dernier.

'Gala des Soleils' pour les jeunes du Pontiac

CAMPBELL'S BAY • Mme Ellen Boucher, présidente et Mme Ariann Bouchard, directrice des Maisons des Jeunes du Pontiac sont fières d'annoncer que les maisons de jeunes participeront à la 9e édition de la Journée des maisons de jeunes qui se tiendra le 14 octobre prochain. C'est avec grand plaisir que Monsieur Luc Picard, porte-parole officiel du Regroupement des maisons de jeunes du Québec invite la population à venir à la rencontre des adolescents. Nos maisons se joindront aux 134 autres maisons de jeunes membres du RMJQ pour l'occasion et à notre façon nous vous ferons découvrir les nombreux projets dans lesquels nos jeunes se sont investis et qui ont un impact direct dans notre communauté par la tenue de notre GALA DES SOLEILS qui aura lieu le samedi 14 octobre à l'École Secondaire Sieur de Coulonge à Fort-Coulonge à partir de 19h.

Nous vous donnons rendez-vous à cet événement unique sur le territoire de la MRC de Pontiac.

Savez-vous que ?

Les Maisons des Jeunes du Pontiac sont implantées depuis plus de 10 ans à Fort-Coulonge, Campbell's Bay, Shawville et Rapides-des-Joachims.

Elles accueillent gratuitement les adolescents après les heures de classe dans un lieu chaleureux où ils trouvent soutien, entraide, écoute et référence.

La maison de jeunes c'est le prolongement du coin de la rue, un lieu où l'on se retrouve entre amis, pour rire, jouer, jaser, rêver, s'informer et s'investir dans des projets communs.

De nombreux services sont offerts dans nos maisons : ateliers de devoirs et de leçons, écoute, animation, repas communautaires, ateliers portant sur des sujets multiples tels que

l'alimentation, le suicide, le jeu, la toxicomanie, la sexualité. Le tout sans rendez-vous, sans attente, sans numéro et sans frais.

Cette journée aura lieu dans plus de cent municipalités du Québec et vise principalement à faire tomber les préjugés défavorables entretenus à l'égard des jeunes, pour faire connaître leurs intérêts, pour réaliser que la maison des jeunes de votre communauté est au cœur de la réalisation de projets novateurs, enrichissants et stimulants réalisés par et pour les jeunes du village.

Des projets qui touchent le travail, la santé, l'éducation, l'environnement, l'engagement, les loisirs, etc. Au Québec, ils sont plus de 45 000 jeunes à fréquenter une maison de jeunes sur une base volontaire.

Notre approche auprès des jeunes est basée sur la prévention des problèmes sociaux et la promotion de la santé.

Le Regroupement de maisons de jeunes du Québec qui comptent aujourd'hui 135 établissements a été créé en 1980 et est reconnu par le Ministère de la Santé et des Services sociaux.

Travaux sur la Route 148

PONTIAC • Le ministère des Transports du Québec informe les usagers que des travaux de planage et d'asphaltage seront effectués sur la Route 148, dans le secteur Quyon de la municipalité de Pontiac.

Ces travaux débuteront le lundi 2 octobre pour se terminer vers le 11 octobre 2006.

L'horaire de travail sera de 7 h à 19 h, du lundi au vendredi. Une voie sera fermée et des signaleurs seront sur place afin de diriger la circulation. Il n'y aura pas d'entrave à l'extérieur de ces heures. Certaines opérations pourraient être suspendues les jours de pluie. La limite de vitesse maximale affichée sera de 70 km/h.

Les Entreprises Bourget inc. réaliseront ces travaux évalués à 425 072 $.

Transports Québec invite les usagers de la route à respecter la signalisation mise en place afin d'assurer leur sécurité et celle des travailleurs. Faites votre bout de chemin... ralentissez!

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CP 249
Shawville (Québec)
J0X 2Y0

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Les candidats intéressés doivent faire parvenir leur curriculum vitae à l'adresse suivante :

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Shawville (Québec)
J0X 2Y0

Ou par fax au **819-647-5955**
Ou par courriel : **shannon.grant@maibec.com**
Nous remercions tous les candidats qui manifesteront un intérêt, mais ne communiquerons qu'avec les personnes dont la candidature a été retenue.

Business directory

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October '06

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November '06

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COMING EVENTS

Sat., Oct. 14 – At 11:30 a.m. Registration for figure skating Shawville Arena. boc11

Sun., Oct. 15 to Wed., Oct. 18, inclusive. Parish Mission at St. John the Evangelist Church, Campbell's Bay, each evening at 7 p.m. Theme: The sense of the sacred. Everyone welcome. 2xo11

Tues., Oct. 17 – 7:30 p.m. Missionary Meeting Holy Trinity Anglican Hall, Radford. Rev. Stirling Irving guest speaker. Formerly of Operation Go Home. Everyone welcome. boc11

Sat., Oct. 21 & Sun., Oct. 22 – From 10:00 to 4:00. Craft Sale (floral, fabrics, embroidery, beadwork and knitting). Rain or shine at 324 Eardley-Masham Road (log house), Luskville. 2bo18

Sat., Oct. 21 – CWL Harvest Tea, Craft and Bake Sale. White Elephant table, St. John The Evangelist Parish Centre, Campbell's Bay, QC. 2 p.m. - 4 p.m. Adults $6. children $3. 2bo18

Sun., Oct. 22 – Quyon Pastoral Charge Harvest Supper, Silent and Service Auction at the Quyon Lions Hall 4 - 7 p.m. Adults $10, children under 12 $4. Everyone welcome. 2bo18

Wed., Oct. 25 – 7 p.m. CEDEC Office, 357 Main St., Shawville. Pontiac School of the Arts Planning Meeting. Anyone interested in this dynamic project is welcome. 2bo18

Sat., Oct. 28 – Horse, Tack and Farm Machinery Sale at Walsh's Auction Barn, Osceola. Consign early. 613-646-7729, 613-732-0625. bco11

Thurs., Nov. 9 – 7:30 p.m. Seven Brides For Seven Brothers, Pontiac High School sponsored by Shawville Rotary Club. Tickets $12. Available at Stedman's, Palmer Boutique, Garry Graham 647-5248, Eason Russell 647-5646. 3xo25

Sat., Nov. 11 – West Carleton Snowmobile Association Kick-Off dance, Fitzroy Harbour Community Centre. Tickets at the door. Mick Armitage Band Info 613-226-9178 or www.mickarmitageband.com bo11

Nov. 11 – 7:30, Seven Brides for Seven Brothers, Pontiac High School. Proceeds to McDowell Home and School. Tickets available at House of Flowers or call Bonnie 647-2447, Kerry 647-6549, Wendy 647-2011. 2bo18

Sat., Nov. 25 – McDowell Home and School is having their annual craft fair from 10 - 4. Booth space is avaialble by calling Heather at 647-6648. 2bo18

MISCELLANEOUS

4 insulated dog houses for sale, well built. Call for info. 613-432-6730. xoc11

Deep freezer, 18 cu. ft. good condition, 819-647-3669. xo11

Harmonic Distortion's CD titled "Traffic Jam" is available for $10. To purchase a copy call Adrienne 819-647-2161 evenings. xtc

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Just arrived at The Pontiac Printshop, 133 Centre St., Shawville, QC "Eleanor's Recipe Collection No. 2." Stop in and get your copy. Just $14.99 each. xtc

Hot tub (spa) Covers. Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-652-6837. www.thecoverguy.ca. qo11

Royal Albert China. Settings for 8 "Forget me Not" pattern. For info 647-2289. xo11

No hunting, No trespassing, signs at Pontiac Printshop, 133 Centre St. Shawville, Que. White and fluorescent, Lamination available. xtc

Pool table. Solid maple, 1" slate, with accessories. Never used. Cost $4,800. Sell $2,300. Delivery Possible inc..: 514-745-6536. qo11

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Pool tables starting at $1,395. All made in Quebec! - 40 models. Soccers, Shuffleboards, Games tables, Poker chips, etc. The Biggest manufacturer in Canada: www.canadabilliard.com. 450-963-5060. qo11

Love books? Tell us about it! Share your opinions in our panel and you could win gift-cards from Chapters / Indigo / Coles. www.voicesadvisorypanel.ca/que. qo11

Porcelain airtight wood stove $600 or b.o. Antique cookstove, runs on oil, no power needed $600 or b.o. 2 box stoves 1 big, 1 small $100 each; wringer washer like new $100 819-458-2622. 2xoc11

Classified ads. You can place your Classified Ad in 22 weekly newspapers across Quebec for just $110, plus tax. Call the Quebec Community Newspapers Association for more information. 514-453-6300. www.qcna.org. qo11

Treadmill (Free Spirit) new, $1,895 for $600, warranty Dec. '08; freezer $75; Antique ceiling light fixture with chain $100; Bicycle (new) $450 for $100. Call 647-6853. 2xo11

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MISCELLANEOUS

Harley Davidson watches by Bulova $125 to $295, McCauley Jewellers, 324 Main St., Shawville, QC 819-647-2818. 4xoc18

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LOST

Lost tool box in Shawville at National Bank 647-5560. bo4

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1985 International truck 1900 series DT 466 motor, 8 yard sander plow and wing, Dicky John, 1987 Ford L9000 plow and wing 12 yard sander, Dicky John. 819-453-7042 or 819-453-2900 evenings. 2bo11

2001 Chev Venture van $3,500, 647-6703. bo11

Arctic 7 1/2' snowplow $2,200. Call 819-648-2778. xo11

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Wanted indoor boat storage space (9 x 22 feet). Call: John Foley, Campbell's Bay 819-648-5242. 2bo18

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Ladysmith – 3 bedroom house 819-647-3592. 2boc11

FOR RENT

Bristol – 2 bedroom apartment, heat and hydro included 819-647-6443 after 7 p.m. 2boc18

Bryson – 2 bedroom apartment 648-5555. otc

Calumet Island – Room for rent in 3 bedroom house. Prefer woman with one child. $300 monthly owner home on weekends. Call Saturday or Sunday only 819-648-5450. 3bo18

Campbell's Bay – 2 bedroom apartment overlooking the Ottawa River 648-2500. otc

Campbell's Bay – 2 bedroom apartment heated, fridge and stove included, also 1 bedroom apartment heated, fridge and stove included. Call Jason 819-648-5158. otc.

Campbell's Bay – 1 bedroom apartment utilities, stove and fridge included $425 per month 819-647-2967. otc

Shawville – 3 bedroom house, 3 miles from town 613-880-1321. bo11

Shawville – 2 bedroom apartment for rent 647-3256. otc

Shawville – 2 bedroom, 2 storey apartment, balcony, ample parking. Cozy 3 bedroom single family home, nice yard. References, no pets. 819-648-5611. 2xo18

Shawville Lions Hall available for all occasions. Air conditioned. Call Jerry Callaghan 647-5691. 1-oc-1

Shawville – 123 Centre St., 2 bedroom house. Call 647-6991. Available November 1st. 2xo18

REAL ESTATE FOR SALE

Allumette Island – 2 storey, 4 bedroom home, 2 bathrooms and full basement, detached double bay garage. Also included a barn and machine shed situated on 11.6 acres on Allumette Island. This large lot has been excluded from the agricultural zone and was surveyed in 2004 approx. 10 km. from Pembroke on Hwy. 148. Call 613-828-8307 or 819-689-5140. 2boc11

Bowater – Lots for sale. Lots 9 à 11, rang 2, twp Clapham, 308 acres; Lots 17 à 20, rang 3, twp Alleyn, 365 acres; Lots 27 à 29, rang 11, twp Aylwin, 173 acres; Lots 10 rang 5, twp Leslie, 60 acres; Lots 21B, rang 2, twp Cawood, 31.5 acres; Lots 2B à 5B rang 7, twp Thorne, lots 52A, B, 53 A, 54 A, rang 8 twp. Aldfield, 335 acres; Lots 35 à 38 rang 1, twp Egan, 335 acres; Lots 24 à 26, rang 4, twp Sicotte, 307 acres. People interested in any or all these lots should address a sealed offer to Michel Auclair, 79 Main St., Gatineau, (QC) J8P 4X6 before noon November 3, 2006. Notaries fee will be paid by the buyer. For more information, Michel Auclair 819-643-7200, ext. 7514. xoc11

Clarendon – Surveyed 50-acre recreational/bush/building or hunting lot. Ideal for hunting. Lots of wildlife. Own your own land for hunting.Just north of Shawville off paved road with easy access. Contact Terry Lafleur @ Remax 647-6996. xtc

Otter Lake, ch. Yates – Wooded, gently sloping building lot in the heart of fishing and hunting country. Picanoc River and Otter Lake only minutes away. 1/2 hour from Shawville. $8,500.00. Debra Cross, 613-266-7218, Century 21 Macintyre, Chartered Real Estate Broker, www.c21macintyre.com. b2o11

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PUBLIC NOTICE

Public Notice
Municipality of Portage du Fort
Public Notice is hereby given by the undersigned Secretary-treasurer of the aforesaid municipality that:
The Municipality of Portage du Fort is calling for tenders for residential and commercial garbage pick up starting January 1st, 2007.
Sealed tenders must be received by the Secretary-treasurer at the municipal office no later than November 1, 2006 at 6:30 p.m. Sealed tenders will be open on November 1, 2006 at 7 p.m. at the regular meeting. Lowest or any tender will not necessarily be accepted. Given at Portage du Fort September 26, 2006.
Tracey Hérault
Secretary-treasurer
Municipality of Portage du Fort
24 Church Street, P. O. Box 130
Portage du Fort, Quebec J0X 2T0 2-0-o11

Avis publique
Municipalité de Portage du Fort
Avis publique est par les présentes donnée par la secrétaire-trésorière de la susdite municipalité que; La municipalité de Portage du Fort demande des soumissions pour la cueillette résidentiel et commerciale de vidange à partir du 1 janvier 2007.
Les soumissions scellées et marquées tel qu'au contenu seront reçu par la soussignée jusqu'à mercredi le 1 novembre 2006 à 18:30. Les soumissions scellés seront ouvert à la session régulière le 1 novembre 2006 à 19h le même jour. La soumission la plus basse ou n'importe qu'elle soumission ne sera pas nécessairement acceptée.
Donné à Portage du Fort le 26 Septembre 2006.
Tracey Hérault
Secrétaire-trésorière
Municipalité de Portage du Fort
24 rue Church, C.P. 130
Portage du Fort, Québec J0X 2T0 2-0-oc11

Avis Public
Municipalité de Alleyn et Cawood
Une séance d'information publique sera tenue le 19 octobre 2006 à 18h30, à la salle Bethany, 33 Chemin Harrisson, Danford Lake, Québec, afin d'informer les citoyens de la municipalité de Alleyn et Cawood, de la gestion en récupération de matièrées recyclables.
Des représentants de CFER Outaouais feront la présentation de cette séance d'information.
Kim Cartier-Villeneuve
Directrice-Générale/Secrétaire-trésorière. 0-1-01

Public Notice
Municipality of Alleyn and Cawood
There will be a public information session held on October 19th, 2006 at 6:30 p.m. at Bethany Hall, 33 Harrisson Road, Danford Lake, Quebec to inform the citizens of the Municipality of Alleyn and Cawood the proper recycling process.
The presentation will be conducted by the representatives of CFER Outaouais.
Kim Cartier-Villeneuve
Director-General/Secretary-Treasurer 0-1-o11

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DEATH

McDowell, Dwight Neilson (Neil) – With snow on the ground already, Neil arrived on Oct. 27, 1933 at the family farm to Dwight and Lillian (Hodgins). He would eventually take over the farm. In 1955 he was part of the Harvester Exchange Program and went west to Saskatchawan. Shortly after his return he enjoyed heading out with friends for a night of dancing at the Top Hat. On May 28, 1960 he married a girl from up the road, Emily Dagg. Their first daughter Frances was born June 30, 1962, followed by Jean on Dec. 13, 1963. In 1967 he was diagnosed with Muscular Dystrophy. The family unit had to become stronger. Neil pushed forward and continued to farm. He showed Holsteins, raised them and had a good milk herd at Brook By Farm. He was secretary of the Holstein Club for many years and became Fieldman for Western Quebec Farmers' Association. Just before selling his dairy herd, Neil and Emily became parents to their third daughter, Colleen on April 27, 1975. His mother passed away Jan, 1978 which deeply saddened him. Neil seemed to be surrounded all his life by girls. His daughter Frances phoned him on Dec. 15, 1988 to say he had a granddaughter, Amber. He then became Pa. Neil's heart became burdened with the loss of his second daughter, Jean on June 15, 2000. Neil had always enjoyed Halloween, either pulling pranks or dressing up. I'm sure some of you can recall this. He also served as an usher and Steward of the Shawville United Church. He helped raise between three and four thousand dollars for the new bus at the Pontiac Day Center by having his head shaved. In 2005 he received a homestead plaque for being fourth generation on the family farm (1855 -2005). He was dearly proud of this. His father had always been a man of stories, tales, history and reciting, with his passing in Feb. 1989, Neil took this over. He kept this up until his untimely passing on Sept. 15th, 2006. All of his girls, family, many friends and CLSC case workers, who are too many to mention will miss him dearly.

Philippe – Florence Emilienne (nee Ramsay). (April 13, 1917 - October 8, 2006.) On Sunday, October 8, 2006 in hospital, Shawville, Quebec, in her 90th year. Beloved wife of the late Emile Philippe. Loving mother of Edith (Roy Nugent), Edmond (Lisette), Archie (Therese), Claire (Fernand Roy), all of Luskville, Quebec, Louise (Preston Nichol), Maggie (Ken Elliott), both of Aylmer, Quebec, Lorna (Jim Erwin), Denis, Diane (Hughie Burgess), all of Quyon, Quebec, Denise (Charles Morgan), St. Johns, Nfld., and Suzanne (Dave Parsons), Kanata, Ontario. Predeceased by son, Gilbert and daughter, Emilienne. Also predeceased by sisters Clara, Jeanette, Matilda and Corrine and by brothers Thomas and Edwin (Willow Brady). Loved grandmother of 27 grandchildren, 33 great grandchildren and 1 great-great grandchild. Friends may call at W.J. Hayes & Sons Funeral Home, 1040 Clarendon St., Quyon, Quebec on Wednesday, October 11, 2006 from 2 to 4 and 7 to 9 p.m. Funeral Thursday, October 12 to St. Mary's Roman Catholic Church, Quyon, Quebec for Mass of Christian Burial at 10:30 a.m. Interment St. Dominique's Parish Cemetery, Luskville, Quebec.

BIRTH

Bianchini – Tony, Sarah, and big sister Juliana, are thrilled to announce the birth of Isabella Rose on Sept. 28, 2006. Weighing 7 lbs 3 oz. Proud grandparents are Fausto and Teresa Bianchini (Ottawa) and Al and Diane Manzoli (Bryson).

BIRTH/ADOPTION

Wentworth – Stephen, Katherine (Dale), Chloe and Ryleigh are delighted to announce the unexpected but joyous arrival of their son and baby brother, Sawyer Reed Wentworth (Fu Ai Zhao from Fuling, Sichuan, China). Sawyer was born on October 20, 2004 and was placed in his parents' arms on October 9, 2005 in Chongching, Sichuan, China. Family members warmly welcomed Sawyer home on October 21, 2005 at the Ottawa Airport. A new grandson for Ken and Gwen Wentworth and sixth grandchild for Charles and Elizabeth Dale of Shawville, Quebec. Our beautiful boy has made our family complete and fills our Barrie, Ontario home with happiness.

HELP WANTED

Ottawa West company looking for an experienced service technician. Required to repair large and small cleaning equipment. Automotive repair and bilingualism are both assets. Please fax resumé to 613-225-1396 or email: pwalsh@fibreclean.com 2xoc11

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Pontiac Internet Centres (2 jobs, 4 month contract). Qualifications: computer knowledge, between ages 18 to 35, bilingual, post-secondary studies, transportation. E-mail c.v. to sadc@commercepontiac.ca before October 20th. b2o18

Attention: 9 people to lose 5 to 45 pounds by Christmas. 100% natural! 100% guaranteed! Call Erin 1-888-458-6830. 2xoc18

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NOTICE

Cash reward for information on a theft in Polish Hills at Little Murray Lake, Otter Lake, Quebec Sunday, Sept. 24 evening. Property stolen, 30 sheets of aspenite, several power tools, Sentinel chimney, children's games and other personal items. Please contact 819-453-7618. 2xo11

Attention thieves! To the four young lads driving the dark green or blue Jimmy or Cherokee, on the morning of Oct. 3 that attempted to break into the residence at Clarendon Point. We have your licence number and we're on your trail. Don't come back. Anyone with any info. 613-226-9178. Reward for information. 2bo18

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No hunting on Lots 28A in Clarendon on property known as Clarendon Point. Property is being monitored and tresspassers will be prosecuted. 3bo25

MEMORIAM

Deering – In loving memory of Uncle Walter and Aunt Corenna. Always remembered.
Love Sharon and Gord

Dahms – In loving memory of our dear Aunt Eleanor.
Love Ya! Miss ya!
Sharon, Gord and family

MEMORIAM

Frost – In loving memory of a dear nephew, Cletus Frost who passed away Oct. 10, 2005.
God saw you getting tired
When a cure was not to be
So He wrapped you in His loving arms
And whispered "Come with me."
You suffered much in silence
Your spirit did not bend
You faced your pain with courage,
Until the very end.
You tried so hard to stay with us,
The fight was all in vain,
God took you in His loving arms
And freed you from your pain.
Sadly missed Aunt Laura

Frost, Cletus – In loving memory of a dear father and grandfather who died Oct. 10, 2005.
Deep in our hearts you are fondly remembered,
Sweet, happy memories cling 'round your name,
True hearts that loved you with deepest affection
Always will love you in death the same.
Always remembered by your loving family

Hodgins – In loving memory of my dear parents. Geraldine Oct. 19, 2002 and Melbourne Oct. 12, 2005.
In a quiet country graveyard
Where the gentle breezes blow
My mom four years ago.
My Dad one year ago.
Always loved.
Clifford and Loretta

Gordon – In loving memory of a dear husband, James Cecil who passed away Oct. 11, 1997.
As days become weeks and months turn into years
I find myself occasionally shedding a little tear.
I wonder what may have happened if you had not been called away.
On that sad and lonely morning 9 years ago today.
I will always love you.
Elsie

Sparling – In loving memory of my dear father, George Henry Sparling, who passed away 30 years ago today Oct. 2, 1977.
Dearest Father,
You are sleeping free from sorrow free from all pain.
Still your memory shall be cherished till in Heaven I'll meet you again
A loving father true and kind
A beautiful memory you left behind.
Sadly missed by Merlin

Stafford, Phyllis – In loving memory of a dear wife, mother and nanny who passed away October 12, 1995.
Remembering you is easy,
I do it every day,
But missing you is a heartache,
That never goes away.
I hold you tightly within my heart,
And there you will remain
Life has gone on without you,
But it will never be the same.
Always loved and sadly missed by Theo, Debbie, Andrew, Steven, Angela, Kelsey and Conner

Thomas – In memory of our beloved son-in-law, Earl, who passed away October 11, 1996.
Days of sadness still come o'er us,
Tears in silence often flow,
For memory keeps you ever near us,
Though you left us ten years ago.
Love Mom and Pops Breton

Thomas, Earl – In loving memory of my dear husband Earl Thomas, who passed away Oct. 11, 1996.
You left me wonderful memories
Your love is still my guide
And though I cannot see you
You are always by my side.
Those special years will not return
When we were both together
But the love for you within my heart
Will stay with me forever.
Love always Colleen

Thomas, – In loving memory of a dear son, Earl, who passed away Oct. 11, 1996 and beloved husband, Gerald, who passed away Nov. 4, 1998.
Both your lives are a beautiful memory
You both sleep in God's beautiful Garden
Deep in my heart your memories are kept
I loved you both too dearly to ever forget
For memory is the only thing that grief can call its own.
Sadly missed and forever loved.
Mom and Wife (Shirley)

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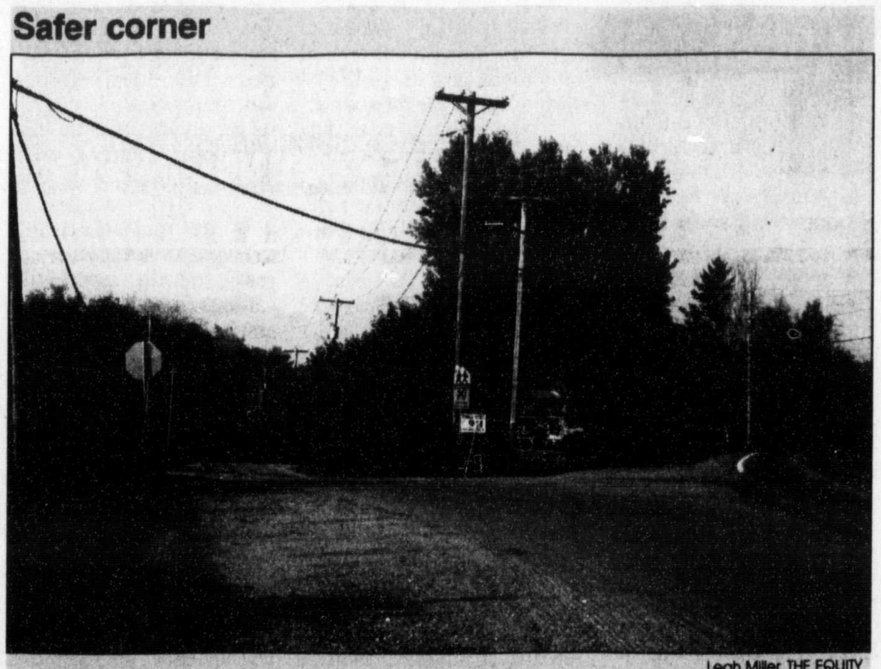

Leah Miller, THE EQUITY

This intersection at Hwy. 148 and Front Street in Campbell's Bay has been deemed a priority for the Quebec Ministry of Transport to repair. Mayor Jean-Louis Auger made a motion at the Pontiac MRC council of mayors' meeting Sept. 25 to ask the ministry to straighten out the corner, requiring vehicles to come to a stop at a T-intersection. Currently the intersection is on a less than 45-degree angle from the highway, entering into a 30 km/h school zone in front of Ecole l'Envolée.

Portage bridge accidents decline

LEAH MILLER
Equity Editor

PORTAGE DU FORT • The Pontiac MRC Sûreté du Québec continue to monitor traffic on the interprovincial bridge of Portage du Fort, even though the number of collisions has dropped in the past year.

"We have had no accidents since the committee was put into place,"said Pontiac MRC Sûreté du Québec Lieut. Jacques Piché.

Heavy road safety monitoring has been taking place on the bridge since May.

The operation was triggered in response to a number of heavy vehicle collisions that took place on the bridge last year, causing the bridge to be blocked for during several hours at a time.

"We were getting way too many accidents involving heavy equipment and big trucks," said Lieut. Piché.

The Pontiac MRC's public security committee, the Quebec Ministry of Transport and representatives from the County of Renfrew studied the amount and speed of traffic on the bridge to determine if there was a problem. The study showed the most problems occurred during weekday rush hours.

"We have received a report on the Portage bridge — the study has been done," said Lieut. Piché.

As well, on the Quebec-side, modifications were made to the speed limit, lowering it to 50 kilometres per hour. On the Ontario side, the speed limit was lowered from 70 to 50 km/h.

"We are still monitoring speed on the bridge to bring people to respect the limits," said Lieut. Piché.

Part of the speeding problem is created by steep hills leading up to each end of the bridges, added Lieut. Piché.

Lieut. Piché will be meeting with Portage du Fort Mayor Gerald Manwell and the Quebec Ministry of Transport to discuss the results of the survey.

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Otter Lake

Elizabeth Hahn
819-453-7326

Another week and another euchre night in Otter Lake at the Golden Age Club. Our lucky 50/50 winner was Luise Schulz. Ladies high score was won by Laurette St. Aubin and second place was won by Sandra Robinson. Winning first for the men was Hervé Wolfe and Vern Schulz won second. Refreshments were provided by Gisele Labelle and Pierrette Graveline.

Happy birthday wishes to Vic Bisson who celebrated Oct. 2. Guests for the evening were Richard and Carole Barbier, Bernard and Nicole Barbier, Rheal Beaudoin, Paul and Micheline Lacroix, Ellard and Sandra Robinson.

We wish to extend our condolences to Marie Pilon and Denise Dubois on the loss of their mothers.

Sincere sympathy to the family and relatives of Lucy Gravele Flood who passed away on Oct. 5 at the age of 81.

Get well wishes to Verna Hearty and Doris Richard who are both patients in Shawville Hospital.

Thanksgiving dinner guests at the home of Elizabeth Hahn were Patricia Russell of North Gower, Pam and Randy Thoms, Kathryn and Graham of Kanata, Natalie Hahn of Waterloo, Pat Hahn, Kelly Hahn, Craig Proulx, Travis and Julia of Pembroke, Hilda and Edgar Mayhew. Some of the men were missing. They were gone up north to hunt or were working.

Waltham

Helen Perry 819-689-2652
jacobg42@hotmail.com

Hi to Bertha Nephin of Chapeau. It was nice chatting with you when we met in the mall last week. I am happy that you enjoy my column.

Birthday wishes are extended to our nephew Craig Quenneville of Ottawa, who is celebrating his birthday today. All the best Craig is wished to you in the coming year.

Congratulations to Christine (née Gervais) and Grant Perry of Stittsville on the birth of their beautiful baby boy, Joel Daniel. He was born on Oct. 2 at the Queensway Carleton Hospital and weighed in at eight pounds one ounce and he measured 21 inches long. Proud grandparents once again are Gail and Roger Perry of Waltham and Marg and Vince Gervais of Lapasse.

On Saturday, Oct. 7 at 7 p.m. Lyne Patricia Clouthier and Chris Robert Grimes were united in marriage at St. Jean Baptiste in Ottawa. Everyone enjoyed a tasty meal and a reception was held at New Edinburgh Boathouse on the Rockcliffe Parkway. Lyne is the daughter of Teresa and Andre Clouthier and Chris is the son of Sue and Richard Grimes. Lyne is the granddaughter of Patsy and Merill Allard,of Chapeau. Jodi was one of her bridesmaids. The weather was just beautiful. What a lovely day for a wedding! Congratulations Lyne and Chris, may you both be blessed with many years of God's richest blessings.

Our nephew, David Perry, stopped by on the weekend. He was home visiting his parents, Gail and Roger Perry, for the Thanksgiving weekend. David is attending the University of Ontario/Durham College in Oshawa. He was telling us that he is really enjoying his courses in criminology.

Thanksgiving weekend visitors at Georgette Beaubien's were her brother Valmore Gagnon and daughters Carmel and Michel Trudeau and Gisele Gratton all of Charlemagne.

Thanksgiving weekend visitors at Elizabeth Ethier's were Janice and Sid Tedford of Malory Town.

Our family enjoyed a scrumptious brunch at Draveurs Des Chutes on Sunday morning.

Jodi, Mike and Baby Alex spent Sunday night and Monday with us.

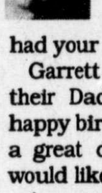
Hope that everyone had a wonderful Thanksgiving weekend and ate lots of turkey. I know we sure did!

Well the moose hunt season is in full swing and I haven't heard of any moose brought into Waltham yet. I will keep you all posted. Good luck to all hunters and may you all be safe!

A very happy birthday and love is wished to our little niece Sarah Heagle of Cornwall who is celebrating her seventh birthday on Oct. 12. We hope that you enjoy your cake, ice cream and presents!

Anniversary wishes and love are wished to my brother Brian and his wife Lisa, of Cornwall who are celebrating their 11th wedding anniversary on Oct. 14. May you both enjoy a wonderful day!

Bryson



Heather Stewart 819-648-5413
buttery_bee2000@yahoo.ca

I hope you all had a wonderful Thanksgiving and I hope you all had your fill of turkey!

Garrett and Jenna would like to wish their Daddy, Christian Dumoulin a very happy birthday on Oct. 13. I hope you have a great day Chris and your wife, Paula would like to wish you a wonderful day!

A very happy birthday going out to Margot Newberry on Oct. 16.

Well the hunters are away in the bush this week, hoping to get the biggest moose. Hope they are having a safe and wonderful time!

Results for the Golden Age euchre held on Monday, Oct. 2 are as follows: Door: Isabelle Lacroix, 50/50: Jim Stewart, Men's first: Tommy Hearty, Fern Lepine, Don Evans, Men's second: Theo Schroeder, Jim Stewart, Larry Lamadeline, Ladies first: Anna Porter, Ladies second: Jeannette Romain, Isabelle Lacroix, Marie-Laure Godin.

Leah, Chantal, Hailey, Madison, Breanna and I would like to send out a great big thank you to Minnie Dubeau for the big bag of toys. Your kindess means the world to us.

Happy birthday to Diane Ladouceur who celebrates on Oct. 19.

Popping in for a visit was Nat St-Pierre of Ottawa. It was nice seeing you again !

Having Thanksgiving dinner at Nanny Claire Belland's over the weekend was Cindy, Tammie, Tina, Tim, Troy, Tessa, Robbie and Cody, Linda and Penny, Wayne, Suzie and Courtney, Connie, Brooke, Abigail. They had some good laughs and a wonderful time. They send a special hello to all of those who were not able to be there, especially Lou and Brenda. Cindy said to tell you all that she will see you all on the cruise and she is working on her orange bikini.

Cindy Belland sends special get well wishes to her Aunt Tina.

Having Thanksgiving dinner with my Mom, Anna was Sherry, Scott, Cynthia and Alexia, Spencer, Pauline and Cassie Gagnon, Eric and I. We had a lovely evening.

Get well wishes going out to Georgette Piche. We are thinking of you and wishing you a very speedy recovery.

Pontiac Station

Hope Cadieux
819-647-5452
hope.cadieuxledoux@gmail.com

Well, we can certainly be thankful for the weather this past weekend, warm sunny days and cool nights, with a touch of frost. This was a real blessing for closing the cottage. On Saturday, my brother Ron and I brought in the furniture, put on the shutters and swept off the roof, and had time to go for a short paddle. We didn't bring in the wharf, though. The water's still too warm. It's all about brinkmanship.

It's getting so that there are so many different hunting seasons that it's hard to keep track of who's after what, with what weapon. In the wee hours of Saturday morning, the night of the full moon, I was awakened by the sound of vehicles on the road and a shout or two coming from the woods. Whether it was the bow hunters leaving or the black powder crowd arriving, I can't be sure.

On Sunday, we celebrated Thanksgiving at Rob and Cathy's, which was excellent and a good time as usual. The only person who went away dissatisfied was Riley. Riley is usually – if one can speak of anything being usual for someone barely six months old – a happy, smiling baby. But this time he took one look around and was appalled at the sea of strange, if well-meaning, faces and was inconsolable until he was back in his car-seat again. His big brother Zander, on the other hand, was delighted to see his old friend Caesar, the family Chihuahua, again. He followed Caesar around the room and under the tables, and needed no further entertainment for the rest of the visit.

On Sunday, we headed to Renfrew to have dinner with the Collins-Gonzalez. On the way, we saw a red fox near Hilton Mine. On the way back, we saw several skunks, many deer and what may have been a moose. It crossed Front Road some distance ahead of us. While it was too dark to get a clear view of the critter, we could tell that it was larger and heavier than a deer, with a lumbering gait. I'd be interested to hear if there have been any sightings of (live) moose in the area recently.

Babies of 2006 coming in January. Get your photo and write-up in soon. Call Katherine, 819-647-2204

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We would like to thank everyone in advance for showing interest in our company, however, only those selected for interviews will be contacted.

Ladysmith

Debbie Thrun
819-647-3927

Moose season came in Saturday, Oct. 7. This past week the hunters were really heading up north and other areas. Waves of campers and trucks have been heading out for the big hunt. Have a safe and enjoyable hunt guys.

Birthday congratulations to Gen and Clifford Fieroben of Ottawa on Oct. 16.

Sincere sympathy to the family of friends of Mrs. Ebert Richardson on her recent passing.

We sure had our share of rain last Sunday. It spoiled the outdoor activities for Oktoberfest but people made the best of it and the show still went on. It certainly was nice to see the coloured pictures of Oktoberfest in THE EQUITY this year. It was great for people who weren't able to attend.

The black forest cake was a huge success once again his year.

Special anniversary congratulations to Janie and Robert Wall of Norway Bay who celebrate Oct. 14.

Get well wishes to Mike Hodgins who had an unfortunate accident. Our thoughts and prayers are with you.

Spending Oktoberfest weekend with Freida Krose and attending the festivities were Darlene Brouillette of Grand Mere and her daughter Lysanne, also her future husband, John McIntyre, both of Ottawa. I met Lysanne for the first time and Oktoberfest. I said to her. "You're Freida's granddaughter that I'm always writing about!" She relied, "Yes I'm one of her granddaughters." A great time was enjoyed by everyone.

Darwin and Sandy Krose of Arnprior attended Oktoberfest on Saturday.

Spending Oktoberfet weekend at their cottage on Grey's Lake was the Lacelle family of Ottawa.

The robins are still with us. Dennis saw two the other day.

Deepest sympathy to the family and friends of Glen Hodgins who recently passed away.

Visiting with us last sunday, Oct. 1 were Kip, Donna and Shawn Smith of Eganville. They also attended Oktoberfest for the day. They had a great time and said it's getting better each year.

I hope everyone enjoyed a happy Thanksgiving holiday weekend with family and friends. We had some lovely weather. The leaves are at their best now, just in time for Thanksgiving.

Get well wishes to Reinhold Bretzlaff who is recovering from surgery. All your friends are thinking of you.

Visiting with us last Thursday was Huntley Stark of Stark's Corners. He was a lunch guest with us. We really enjoyed his visit. He has a great sense of humour and loves to tease.

Our sincere sympathy to Rae Dagg on the he passing of his mother, Mina Dagg. Our thoughts and prayers are with the Dagg family.

On Saturday Dennis and his cousin, Melvyn Mielkie of Arnprior went to their camp, The Bluff Mountain Hunt Camp to do some work and clean it up for the big deer hunt. The weather was just beautiful for these chores. They brought a picnic lunch and had a little bon fire to toast their sandwiches. Dennis missed the hunt last year due to sickness so he's really itching for the big day to arrive. He's even packed already. They had a most enjoyable day.

On Sept. 28 Margaret Fieroben went on a three-day bus trip to Kitchener. The first night they went to St. Jacobs to see a comedy play. On their tour they also went to Almira to the Mennonite Country. Their tour guide told them all about their way of living there compared to our way. They lived very simply without hydro or cars. They get around by horse and buggy. They don't go to grocery shop or do any kind of shopping. Everything is homemade. The men work very hard outside while the women do everything in the house. The women wear old-fashioned long dresses. One of their stops was at a farm house where the lady did handy work to sell. She made the most beautiful quilts, knitting and embroidery work to make a little extra money. The last stop was at an old school house It was just one room with one teacher and all the children had to be dressed in the same outfits and they were taught in one room. Margaret tells me she found the trip and tour very interesting and she had a most enjoyable time.

Margaret also attended Oktoberfest on Sunday which she found most enjoyable.

I guess our next big event is Halloween. I've noticed the stores have all their decorations, costumes and treats on display. So I thought I better get moving and get mine up inside and out. So when Dennis comes home he'll say the house looks very spooky and outside is even worse with all the witches and ghosts.

DON'T DELAY
2006 Birth Announcements
for the January 10, 2007 edition of THE EQUITY

THE EQUITY is planning a special birth announcement spread, featuring photos of babies born in 2006 with announcements, for the issue of Jan. 10, 2007.

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

Cost: Photo in colour $39.49 + $2.37 GST + $3.14 QST = $45.00.

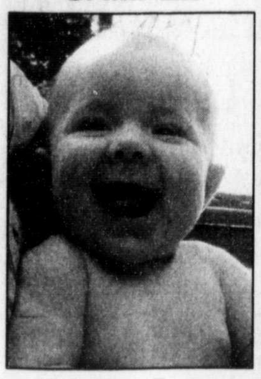
Photo in black and white: $30.72 + $1.84 GST + $2.44 QST = $35.00

Payment: All announcements **must be prepaid**. cheques payable to Pontiac Printshop Ltd.

Information: Photos may be of any size, reduction or enlargement will be made to adjust the size to 1 1/2". Photos may be picked up after January 10, 2007, or, enclose a stamped self-addressed envelope and it will be returned.

Deadline: Dec. 29, 2006.

SAMPLE



Owen Ross Barton
Dickson/Barton - A beautiful baby boy, Owen Ross Barton, was born on July 13th, 2005 at the Ottawa Civic Hospital to Leslie Dickson and Jason Barton. Proud grandparents are Heather Dickson and Greg Hayley of Shawville, Ross Dickson and Diana Bracegirdle of Perth and Austin and Geraldine Barton of Nepean. Owen's wonderful smile and contagious laugh make us so happy every day.

Mail or drop-off to
THE EQUITY
133 Centre Street, P.O. Box 4300
Shawville, Quebec J0X 2Y0
Or e-mail: prepress@theequity.ca
Attention: Katherine Hynes
819-647-2204

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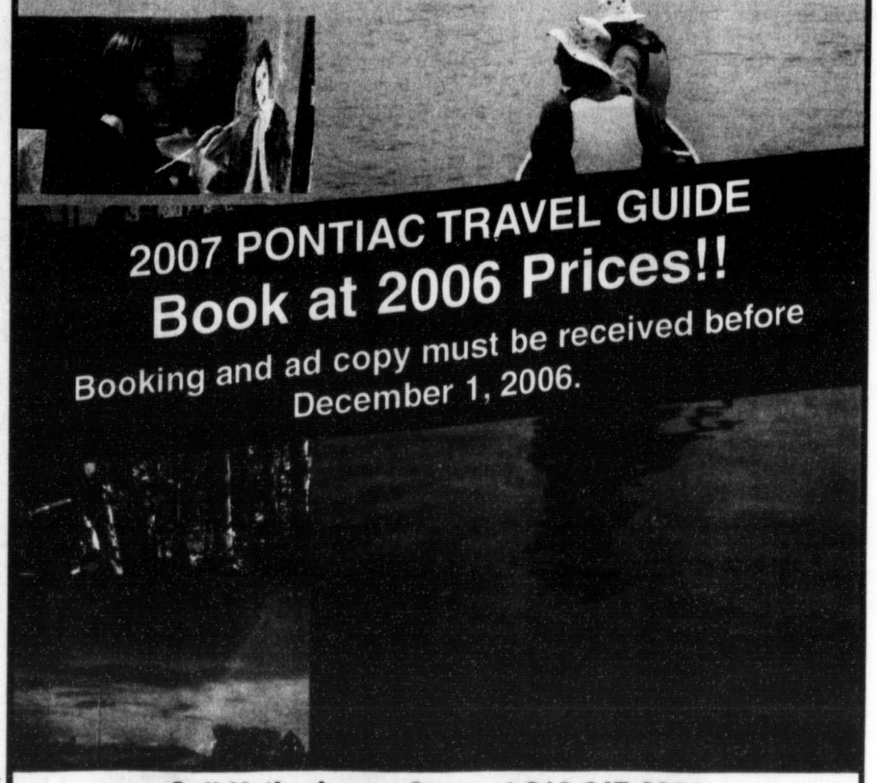
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Booking and ad copy must be received before December 1, 2006.

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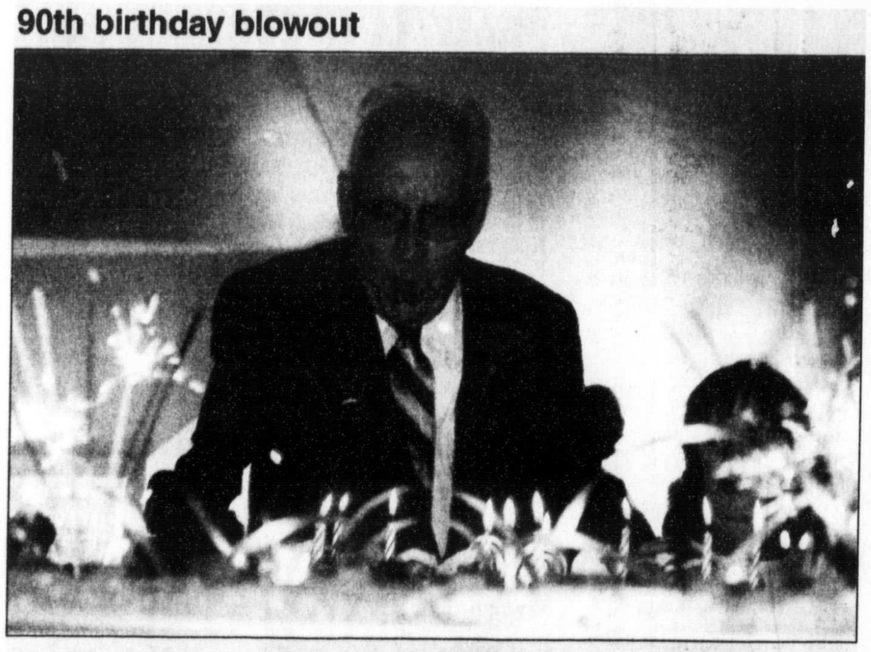
90th birthday blowout



Wilbur McLean, THE EQUITY

Stanley Jamieson of Norway Bay celebrated his 90th birthday with about 100 family members and friends at the Norway Bay Golf Course on Saturday. Bristol Mayor Jack Graham presented him with a flag to commemorate the ceremony. He was also presented with congratulatory certificates from the premier of Ontario, the prime minister of Canada and the governor general of Canada. Jamieson's first words upon addressing all in attendance were, "I'm just overwhelmed a little by it all".

Caldwell

Hermonie Sharpe
819-647-3459

Anniversary congratulations to Neil and Claire Wilson of Stark's Corners who celebrate on Oct. 14. also to Lloyd and Pansy Spallin of Shawville who celebrate their 60th on Oct. 11 and Jack and Doris Fletcher of Ottawa who celebrate the same day.

Anniversary congratulations to Robert and Janie Walls of Norway Bay on Oct. 14.

What a beautiful Thanksgiving weekend we had. We sure have a great deal to be thankful for our crops were bountiful and the much needed rain was sent to us. Some times trials and tribulations pull us down but then we have to stop and count our blessings.

Hunting time is on and some of our men are already on their way looking for moose as its moose season.

When my son and I were driving towards Weirstead this past week we saw a fisher and also two deer. I sure hope the hunters will be very careful.

Time is passing and it won't be long before Tom and Sarah will be home from Australia. We will sure be glad to have them back.

A harvest moon in October, as they told us on TV, was a welcome sight. About the year 1966 we bought three apple trees which we planted in the spring of that year. One tree, a MacIntosh lasted until a few years ago, another, a Wealthy, is still bearing fruit every year and the third was a yellow transparent which never bore fruit. A few years ago on Thanksgiving we had a heavy snowstorm which broke down the tree as the snow was too heavy for its limbs. So, you see we have a great deal to be thankful for this year, weather wise, so far.

I received a call this Saturday morning telling of the death of Patty Kellar, loving wife of Jeff who is Delores Sharpe Kellar's son, of Port Ritchie, Florida. Patty had fought a hard battle with breast cancer which had spread. To Jeff and his family and friends your cousins from Canada send our deepest regrets.

A drive down the Mountain Road towards Hull is the most beautiful sight you would want to see. The trees have turned colour and it is just like something you would see on a post card.

Spending Thanksgiving with her daughter Beverly,grandchildren Christopher and wife and Katie and son Cole was Millie Boyd of Caldwell.

Visiting with us on the weekend were Jim and Connie Hunter of Osgoode, Neil and Margaret Sharpe of Shawville, my granddaughter, Kim and my great-grandchildren Steven and Erin Mako of Holland Landing and Chad and Chris Parsons of Hull.

Our deepest sympathy to the Richardson family on the loss of their dear mother, Kathleen, who passed away recently. She was the wife of the late Ebert Richardson.

Had telephone conversation with Claire Hamilton Larsen of Burlington. She was having Thanksgiving dinner with her nephew. It is nice to hear from former school chums. Birthday congratulations to Claire who celebrates her 86th on Oct. 19.

Up to his summer home over Thanksgiving was Eugene Soubliere of Ottawa. He enjoyed Thanksgiving with his sister and her family, George and Madeline Wittig.

Dinner guests with us on Thanksgiving Monday were Jim and Connie Hunter of Osgoode and Chad and Chrissie Parsons of Hull.

We had a call this past week from Shayne Gordon in Iqualuit. They have snow up there already.

Visiting with Neil and Margaret Sharpe for Thanksgiving was their daughter Kim and children Stephen and Erin Mako of Holland Landing. Murray was unable to attend because of a flu bug. Sure hope you feel better.

We were so sorry to hear of the death of Alex MacDonald of Woodstock who passed away in his 93rd year, at his daughter's Liz Dawson's. A graveside service will be held at Norway Bay on Saturday, Oct. 21 at 10 a.m. He will be sadly missed by all who knew him.

Visiting with us on Thanksgiving Sunday was Cory Sharpe of Pine Lodge, Bristol.

Campbell's Bay

Iris Smith 819-648-5821
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Thanksgiving has come and gone for another year. The beautiful weather on the weekend made it possible for people to visit and eat to their hearts content with family and friends. Hunters also got a chance to be out in their element. A long weekend made all of the above possible.

The Golden Age Club held its euchre on Tuesday evening at the clubroom. Ladies' high was won by Lucy Kelly, second was a tie between Rose Gutoskie and Iris Smith. They split the prize. Men's high was a tie as well between Lucien Dumouchel and Linden Anderson of Danford Lake, second was a tie between Theo Schroeder and Roger Lacroix. They split the prize. The door prize was won by Dorcas Sparling A basket of apples donated by Tom Hearty was won by Rita McGuire. The Thanksgiving door prize was won by Lucien Dumouchel. The refreshments were by Hector Ranger and Isabelle Lacroix.

Deepest sympathy to the family and friends of Lucy Flood who passed away on Oct. 5 at the Shawville Hospital at the age of 81. Funeral arrangements were by Ringrose Bros. Funeral Home. Friends were able to call on Saturday from 2 to 5 p.m. and 7 to 9 p.m. The funeral service was at 2 p.m. on Sunday, Oct. 7 with Rev. Angus MacDonald officiating. Interment was in the United Church Cemetery, Campbell's Bay.

Out of town relatives and friends attending the funeral were Gordon and Lois Gravelle of Ottawa, Dan and Irene Gravelle of Gatineau, Maurice Gravelle of Sudbury, Annete and Jean Guy Larriviere of Fort Coulonge, John Gravelle, Gatineau, Sherwood and Anne Cole of Brampton, Shirley Gravelle and Lawrence Flood both of Shawville.

Visiting with us on Saturday for lunch were Elwyn and Isabelle Smith of Ottawa.

Claire Lunam spent Sunday with Debbie and Dave Moore and family for Thanksgiving.

Jill Smith of Shawville had our Thanksgiving on Monday. Jo-Anne Smith of Spencerville, and Trina Telford and Ryan Mace of Ottawa also joined us for the dinner.

Stacey our daughter celebrated her 40th birthday on Oct. 5th. Some friends threw a surprise party for her.

Birthday wishes go out to Steven Frost, Louis Lagarde, Helen Desjardins, Danny Pilon, Daniel Lance, Jeanette Bertrand, Maggie Crawford, Frank Duquette, Beverly Stewart, Fern Laliberte, Alain Amyotte, Emilie Lepine, Logan Smith, Sheila Brown, Daniel Morin, Mildred Desjardins, Michael Stoppa, Raymond Morin, Cathy Vallee, Sarah Graveline, Brodie John Hearty. We wish you luck in the coming year.

Anniversary to our granddaughter Kimberly and her husband Carl Havekus, Wanda and Richard Bastien, Lori and Dale Bakee, Dana and Sheila Burman. We wish you continued happiness.

Sheenboro

Myrtle Sullivan
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myrtle_sullivan
@sympatico.ca

Get well wishes to Mike Galligan who is recovering from knee surgery.

We had a beautiful Thanksgiving weekend with a lot of people home to enjoy the colourful fall foliage and spent time with family and friends. A lot of my family was home, the Crozons, the Clydes, Morriss, Sullivans, Smiths, Wilms, Hynes, Pereiras and the McCoustras.

Ken Walker and Doreen spent the weekend with Ray and Mary Walker. Rita Ray Ladoucer was also up.

The Tallon girls were home for the weekend and there was a party for Nancy on Saturday night for her birthday. Happy birthday Nancy.

Get well wishes to Cecil Morris who is in hospital. I hope he is soon feeling well.

There was a birthday party at the bed and breakfast on Saturday for Marie Louise. I hope she has a great day. She makes beautiful quilts.

Thanks to Colleen Dunn who gave me some citrons and to my daughter Marlyn who helped me do them up.

Happy birthday to several of my children and grandchildren who are celebrating birthdays this week, Kelsey and Brett McDonald, Lornie Sullivan, and my eldest daughter, Marlyn Sullivan Crozon.

There was a funeral in Sheen on Saturday for Larry Littlejohn, the brother of my daughter-in-law, Sharon. Larry was laid to rest beside his mother and father. Many friends and relatives were in attendance.

I was sorry to hear that Rita Poirier has been not feeling well. I wish her a speedy recovery.

I was down to Country Haven seniors home to see my brother Hubert. He has improved a lot since being there.

We regret to announce the passing of Preston Carrol. Preston often visited Sheen. Also, the passing of Dillon Denault of Pembroke, formerly of Sheen. Dillon was a long-time friend. The burial was in Sheen.

My granddaughter, Patty Ann Sullivan McOustera, and husband Iain have just returned from their honeymoon in Mexico where they had a wonderful time.

The Lapierre girls were up to Sheen for mass on Saturday evening. Mass time in Sheen has been changed to 5 p.m. beginning on Oct. 14.

The Sheen/Chichester Fireman's Dance will be held on Oct. 28 starting at 8 p.m. This affair is always well attended. There will be a hot lunch and a pumpkin carving contest.

Sheenboro's Remembrance Day ceremony will be held on Nov. 12 at 12 noon following a mass at St. Paul's.

My daughter Marlyn and husband Marcel who live in Oakville, when not at the cottage, had visitors from Saskatchewan last week. Marcel's brother Paul and sisters Agnes and Pauline. They were well entertained and were pleased to meet all the nieces and nephews and grands that they have not seen for some time.

The Walker family were all up to Sheen for Thanksgiving. Many of our Sheen visitors dined at the Fort William Hotel where they had three sittings to accommodate everybody.

Visiting Jim Sullivan at the cottage was Walter Carroll from out west. Walter was here to attend Preston's funeral.

Shawn Dougherty and Lisa Pullaw from Carleton Place were married at St. Mary's earlier this week. Shawn is the son of Janie Maloney formerly of Sheen.

The Katherine and Morris Cameron family and grandchildren from Peterboro were at the farm this week enjoying the fall colours.

An Irish blessing for today: May your right hand always be stretched out in friendship. But never in want.

Vinton

Diane Boisvert
819-648-5296

I always look forward to the different seasons we enjoy here. You always have something to look forward to. Halloween is coming soon and we want to be prepared for the little ones. Last year I had about 60 in Vinton. That's not bad considering there are probably only 45 children living in Vinton. I think they like our treats.

Last year I was at Shelley's helping her paint so I took my family ring off and put it in the truck. Needless to say it got lost. I tore that truck apart looking for it, but, it was nowhere to be found. Then I thought it must have fallen onto the floor and it fell out of the truck at some point. Anyway I sold the truck a few weeks ago. Yesterday, the guy who bought the truck rapped at my door. He asked me if I had ever lost anything in the truck? It took me a few minutes to recall what I had lost. So I said "yeah, my family ring the kids bought for me." He said "would this be it?" It was. I couldn't believe it. I thanked him profusely and told him I'd phone my kids right away and let them know that my ring miraculously got found. it is so nice to know that there are people so honest and thoughtful.

The moose hunters all packed up and are gone for Thanksgiving weekend to their camps. What a perfect weekend weatherwise for the hunters and everyone else for that matter.

Theresa Davidson, Isabell Kluke, Cindy Normandeau, Fern Ladouceur with children Nathan and Amber and and Shelley Benoit and her children Morgan and Tory all went to Bracebridge to visit my daughter Shelley and her husband Carl and Corben and Tao. I stayed behind because I wanted to get some things done around the house and was invited a few other places for supper.

They thought I was going to have a boring weekend. It was anything but boring. I was at home Friday night baking pumpkin pies when someone knocked at the door about 7:30 p.m. A cyclist asked me if he could pitch his tent in my garage because it was too cold outside. I could see he was already chilled to the bone. So, I without thinking, invited him into the house and told him he could sleep inside. I made him a hot chocolate and gave him a plate of food. That's when reality set in and I started thinking "what a fool I am, I'm all alone and this is a dead stranger." I started asking him a lot of questions. His name is Bertand Renault from France. He has been on a world tour cycling for the last six years. His destination is Montreal for this year and when that is reached he will return to France where he works long enough to make money for his next venture. He seemed honest and was definitely grateful that I allowed him in. He told me that I was the first person who let him into that home. That really didn't ease my mind any. Then I saw at ruck pull into my laneway about 8:15 p.m. It was my cousin, Bruce Mayhew and girlfriend Joan La Bonté. I invited them to stay overnight also. The next morning I made breakfast and Bertrand got our addresses and said he'd mail us postcards from his different destinations. Bruce told him that if he could make it as far as Aylmer he could stay at his house. He couldn't' believe how hospitable we were. When he was leaving he stopped and took a picture of my house. He made it to Aylmer by 8 p.m. on Saturday. He told us he averaged about 60 miles a day. So, it turned out that my instincts were right. He was a nice, quiet person. It will be interesting to see if we get a postcard from him.

Saturday morning Bruce asked me if he could mow my lawn. What a question! Sure you can. Joan and I went out to the garden and pulled all the rest of the stocks and pulled the onions and the rest of the zucchini. By that time Bruce had finished the lawn. Then he asked me if I wanted him to till the garden. What could I say? They stayed again Saturday. So, I took them to Mickey Creek Golf Course for supper. They had never been there and it turned out that Joan is related to Wayne Narlock, and they hadn't seen each other for years. They did a lot of catching up while Bruce and I took a tour of the grounds. Bruce and Joan were amazed at the view from Mickey Creek. it was a beautiful, sunny day and you could see all the fall colours for miles around.

On Sunday they left to go back to Aylmer about 1 p.m. because they had a supper to go to at Bruce's daughters. I went to Gayle Anne and Harry Kraft's home in Vinton for supper. The meal was fantastic. They had 14 people for the meal with a lot more neighbours dropping in afterwards.

Hector, Shirley and Jessica Pepin went to Brent Pepins for a visit on Sunday and Monday.

We would like to send our out condolences to the family of Lucy Gravelle who passed away on Oct. 6.

This is going to be a hard week for Kiki. Her master, Rat, has gone moose hunting and left her behind. Kiki can't understand why Rat wouldn't take his hunting cat on that trip. After all, didn't she chase the deer out of the bush for him last year? A moose, a mouse, what's the difference? Just one letter.