

THE EQUITY

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The voice of the Pontiac since 1883

Wednesday, March 31, 2010

88 cents

Support wanted for incinerator

Carole St-Aubin
Equity Editor
QUYON

Nothing is finalized yet but Pontiac Mayor Eddie McCann is optimistic and says the project continues in its forward momentum.

It's something that the Municipality of Pontiac has been working on for the past three to four years, according to McCann who says he feels good about the project that will be proposed to the Ministère du Développement Durable de l'Environnement et des Parc (MDDEP).

"I believe on having an incinerator in the county because we should be managing our own waste locally."

Historically the way of managing waste has been to put it in the ground but incineration technology used all over Europe is the way to go, according to McCann.

"The attitude we've had in the past is that it's a big wood stove and that's not the case, now it's burned at such a high temperature that it's burning all the toxins and the poisons and we're left with little to no emissions in the air," he explained.

And that's one of the biggest concerns with the Ministry of Environment, according to McCann who says he's insisted on having scrubbers and monitors that would measure the emissions on an ongoing basis.

McCann says they are very close to coming to putting the final application in at the Environment office, they've had half a dozen meetings along with the company that would be supplying the system.

He believes one of the reasons the ministry has been interested in their project is that it is not a big-scale project.

The municipalities of Shawville and Clarendon were partners at the inception of the incinerator project but later backed out when the transportation to the Lachute site was presented as a solution.

McCann says his municipality decided to push ahead with the project, however, with the understanding that he'd approach the municipalities of Shawville and Clarendon to see if they wanted to continue on as partners.

McCann says he is approaching the MRC Pontiac this week to ask for a letter of interest because he believes Lachute is not the solution on a long-term basis and that the project is something from which the entire county could benefit.

"One thing to remember about shipping the waste to Lachute is that once it's out of sight it's also out of control," McCann added.

"We're not looking to build a mega-site. From day one this was meant to be a solution that would service Pontiac county," said McCann.

But even the chance of another local incinerator project competing for handling of Pontiac's waste is not going to deter McCann from pressing on with the project.

"Our first choice would of course be to service the county, but we could easily find the volume we need to operate, elsewhere," he stated.

Shawville Mayor, Albert Armstrong says that his municipality would certainly support an alternative that is closer, cheaper and better than having to haul household waste to Lachute, especially if would create local jobs and save the municipality money.

Clarendon Mayor Jack Lang is also supportive of a closer alternative.

"We have been all along, but there may be other options in the works that would provide those alternatives," he added.

Pontiac Warden Mike McCrank says that while the project itself has not been presented at an MRC level he believes the project could benefit any MRC, adding however that it may not be a long-term solution for the MRC Pontiac either.

"The incinerator may or may not be comparable to other projects that are in the works which could provide us with a couple of different alternatives," McCrank told THE EQUITY.

One goes up one comes down

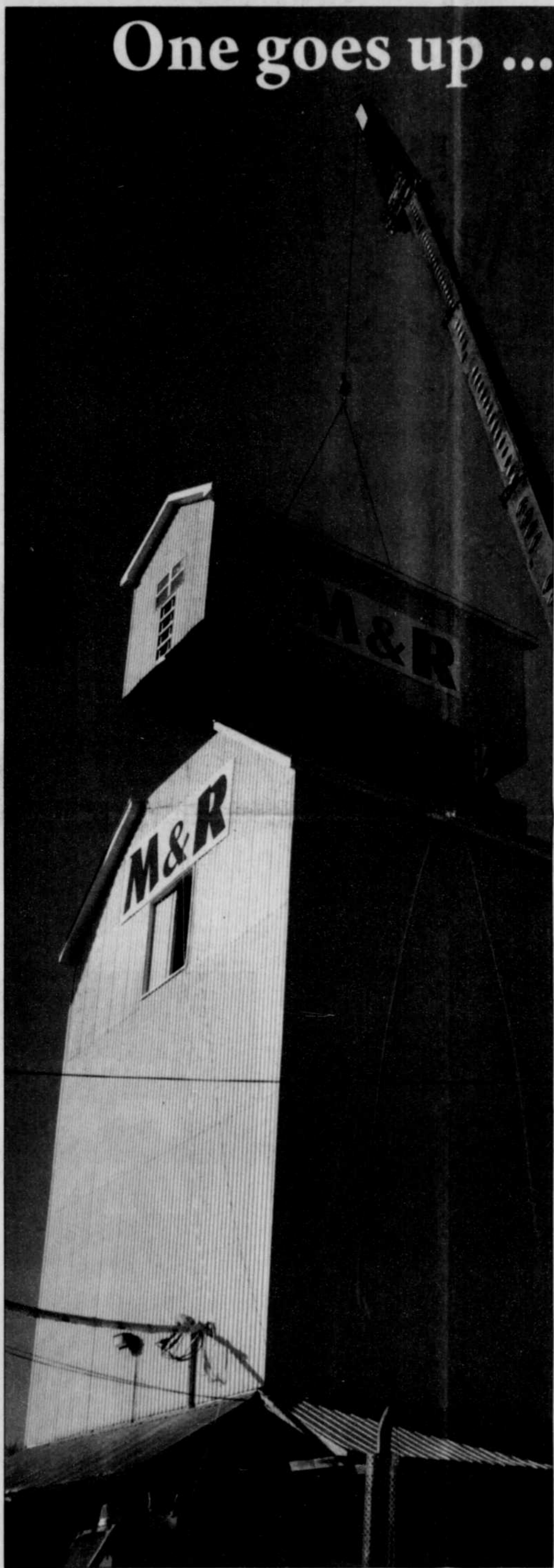


Photo by Dave Moore

After several months of renovation and a few hours of crane-time, the top portion of the M&R building was installed March 26 and returned the Shawville skyline to normal. An October 2008 fire crippled the H.I. Hobbs Mill operations of 65 years and ultimately led to the families' decision to close the business. M&R Feeds, who bought the mill, moved their Quyon operations to Shawville and will resume business soon.



Andrea Cranfield, THE EQUITY

Wayne Craig stands in front of the River View Inn (R.V.I.) in Norway Bay as it is being torn down on March 25. Craig used to live at the R.V.I. when it was a hotel, he also worked there for 15 years.

R.V.I. closes its doors for the final time

Andrea Cranfield
Equity Reporter
NORWAY BAY

The R.V.I. (River View Inn), once a place where friends could meet to share a meal and a laugh together, is no more. On March 25, the R.V.I. restaurant and bar in Norway Bay was torn down and now lies in ruins. It was a building rich with history.

According to Mary Calvert who wrote a book called *Memories of Norway Bay* published in 2000, the R.V.I. was first built in 1908 by John Scobie as a hotel and was called the Scobie House.

Later, the Scobie House was operated by John's daughter Agatha Scobie McCredie and her husband Harvey McCredie who also opened up the Norway Bay Golf Course.

The pair operated the Scobie House until 1958 when they sold it to Don McCredie and Ron Workman. Don and Workman called the hotel the River View Inn.

The main building burned down in 1980 and was rebuilt in 1981. In May of 2000 Don sold the hotel complex to Gary and Kelly McLean. The McLeans ran it for about two years before they sold it back to Don. Don ran the business until 2005 before he sold it to Robert Menard.

Menard and his partner Viola Walsh operated the building as a restaurant, bar and banquet facility. And now, Walsh and Menard have made the decision to tear the building down.

"We are going to build townhouses," Walsh said. "As soon as the zoning goes through we will build them. Everything is in place so it will probably be in July or August."

Many parts of the building were designated for reuse and a large part of the inside and outside was recycled.

The last day of business for the R.V.I. was Aug. 23, 2009. Part of the reason for tearing the R.V.I. down was due to personal issues; Walsh and Menard felt they could no longer operate the business.

"It was a hard decision but it was the right one," Walsh said. "I put every hour of every day for the last five years into that place."

It was also because "It was time to move on and make way for future development by putting up a new condo complex of town homes. This project will be great for the local economy and it will be a very desirable place."

Peter Hannah, who lives in Ottawa but spends a lot of time in Norway Bay, frequented the R.V.I. quite often. He said there aren't too many places left now in Norway Bay where you can go out for food and drinks.

"There will be a lot of people who are going to come up during the summer and it's going to be gone," Hannah said. "The R.V.I. was an institution. People on their way up from Ottawa or Toronto would stop there all the time."

See RVI page two

Flavours of the Pontiac at G8

Carole St-Aubin
Equity Editor
SHAWVILLE

Business partners Suzanne Godin and Chantal Auger of Studio l'Artisan in Shawville were busy preparing gift baskets for some very special guests who were visiting the Outaouais on Mar. 28 and 29.

Commissioned for Foreign Affairs Ministers from France, Germany, Italy, Japan, Russia, the United Kingdom, the United States and Canada, the baskets filled with the flavours of Pontiac will tantalize their taste buds after their meeting hosted at the Chateau Cartier Hotel in Aylmer.

"We got a call from Charlotte L'Écuyer's political attaché who called to ask if we could put together some gift baskets for the Ministers of Foreign Affairs of the G8 Summit and we were thrilled," said Godin.

"What they asked for were baskets that the Ministers could snack on at the end of the evening," said Godin.

See SUMMIT page two

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SUMMIT: Local produce goes foreign

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The baskets they put together contained a sampling of apple cider from Coronation Hall Cider Mill, maple syrup from Barry Pieschke of Calumet Island, tea biscuits from the Pontiac Bakery, jelly made in combination by Lavender Ridge and Semples Honey, some Semples honey, and Olivia Chocolates from Cantley.

"Though we don't normally carry the apple cider and all of these food products, we do have some," Godin stated.

What clients often do is bring a bottle of wine that they want to include in the gift basket, according to Godin, who says they are hoping to obtain their licence to sell the alcoholic cider at some point in the future.

"Pontiac Home Bakery also makes wonderful biscotti that we're hoping to carry in the future," she said.

The exposure of being associated to an event of this proportion she says will benefit Pontiac and its producers as well as their business.

"I think it's very exciting to think that all of these countries will know about Pontiac and will get to sample some of our best produce," she Godin as excitement lit her eyes.

"We are getting to have a good reputation for doing gift baskets. We do a lot of them for the new arrivals that are welcomed in the area by the CLD, CREP and Carrefour Jeunesse Emploi. We've done some for the school board in the past," she added.

The boutique was opened when Godin decided there was a shortage of these shops in the area. But when she started her business she decided she wanted it to be different. She later brought three other partners on board the business venture. They are Auger who is a potter, weaver Louise Ardern and photographer Mertina Blaskie.

"Our mission here is to support the local producers and to offer quality products that are unique," said Godin.

The Main Street shop also features hand-dipped beeswax candles, pickles, preserves, honey, seasonings and teas, local garlic as well as jams, relishes and chutneys prepared exclusively for Studio L'Artizan.

The shop also carries hand crafted dolls, teddy bears, jewellery, greeting cards, sculptures, novelty items, soaps and health and beauty products, pottery and porcelain.



Chantal Auger, left, and Suzanne Godin are proud to put together gift baskets that were handed out to the Ministers of Foreign Affairs at the G8 Summit in Aylmer March 28 and 29.

Photography, paintings, and hand-painted silk items stained glass, fused and hand-blown glass, weaving and porcelain are also featured in the shop.

Quyon Ferry off to an early start

CAROLE ST-AUBIN
Equity Editor

QUYON • An early spring is great for those who aren't great fans of winter, but it's also great for ferry owner Don McColgan who says this is the second-earliest season he's ever known.

"The first was on March 14 in 1981 and it was a big mistake. The ice froze over again and caused a lot of damage to the ferry," McColgan told THE EQUITY.

On Friday when asked how his first-day's business went McColgan said it was a little slow because of the cooler weather, but was confident that once the days warmed up a bit more, his business would be pick up.

Though McColgan was hoping to start some of the upgrading to the ferry system he has been working to put into place for the past six years, he says they may not begin until June.

"Every time I think it's going to go there's another snag," said McColgan who hated to even guess at a timeline because something seems to stop his progress at every turn, but he remains optimistic saying things are looking good.

"I went to visit a cable ferry in Nova Scotia and when I mentioned I was ready to get the new system up and running I was told, 'I'd hate to disappoint you, but you won't have it running that fast' and I guess he was right," McColgan stated.

His modernization plans include replacing the existing propeller ferry with a much quieter electric systems that houses its engines below deck.

The larger ferry would have a much greater capacity which includes being able to carry up to 21 cars or 90-tonnes at a time, which is double the current capacity.

Lengthwise the new ferry would be suitable to carry vehicles up to 73-feet long which would easily accommodate RVs, fifth-wheel trailers and farm equipment.

Looking forward to putting the experience behind him and getting his new ferry system running McColgan was discussing the possibility of hiring a local contractor to get started on the job once he got the go-ahead.

"I'm hoping that will be within the next month," he said.



Though it was a slow start to the season, it was an early one, according to Quyon Ferry owner Don McColgan who says business will pick up with the warmer weather. March 26 marked the opening of the ferry this year, making this the second-earliest it's ever been in operation according to McColgan.

Campbell's Bay residents committed to making a difference

CAROLE ST-AUBIN
Equity Editor

CAMPBELL'S BAY • Approximately 25 residents and council members gathered for the second phase in the Business Vitality Initiative (BVI) project they embarked on about a month ago.

Co-creator of the BVI Mike Stolte was present in order to deliver the result of their study based on the first questionnaire and focus group that the group made up of 50 per cent business people, 25 per cent local leaders and 25 per cent citizens who representing various interests in the community participated in on Feb. 11.

Financially assisted by Canada Economic Development for Quebec Regions the aim of the program is to build a sense of community entrepreneurship and help residents and business owners find different economic opportunities in order to breathe new life into their community.

Some of the key findings from the first phase where opportunities, quality of life, the role of government and organizations, the sense of leadership, teamwork and networking as well as a rating for infrastructure and business services, communication and connectivity, education and training were evaluated by the 29 people that participated in the survey.

They also had to answer questions pertaining to the municipality's capital and funding, innovation and market and market capacities.

Scoring an overall score of 51 in a scale of a 100, their score was rated 2 per cent lower than the average of 52 for more than 24 Canadian communities that have taken part in the BVI program.



The residents and business owners of Campbell's Bay gathered at the R.A. Hall on March 23 to take part in the second phase of the Business Vitality Initiative sessions as part of the program they are taking part of in order to revitalize their community.

When previously asked to describe their community with three words, the most common responses that were given were friendly, scenic and peaceful.

The key strengths that were identified for the community were the waterfront and river, Front Street and its heritage buildings.

The next question addressed what residents thought would be the economic driving force in their community for the next five years. Government-related jobs, the Bikes in the Bay Festival and tourism were listed among the most popular.

The untapped business opportunities they felt were the river and waterfront, the Bikes in the Bay Festival and tourism.

The most common suggestions made on how to improve Campbell's Bay were more community involvement, activities for young families, local shopping and the revitalization of

Front Street. It was then that three most popular of these topics were selected as a basis for the following focus group discussions.

"Now you can either say let's focus on the things that we're doing really well or let's focus on the things that we're not doing well to improve them or take a combination of those. But our approach is let's pick some things that people have some energy around to move forward on," Stolte said.

"In the long run you can dig deeper and investigate but we want to get some initiatives going out of this because that's what Campbell's Bay signed up to do," he added.

That being said the participants gathered for the area they believed they could devote some time and energy and commit to in order to discuss what actions they could take to change things around.

Some of the ideas that were sparked around the

shop locally and supporting local businesses included developing 'Bay Bucks' and loyalty coupons as well as forming a committee that would work toward the beautification and improvement to Front St. and the heritage buildings of Campbell's Bay.

When asked if she thought the BVI was beneficial to the community business owner Lizanne Kluge of Cadeaux Evangeline replied, "Absolutely, it's motivating businesses in Campbell's Bay and will help us in encouraging local shopping. I think it's the first step in revitalizing our community."

RVI: Norway Bay landmark disappears

Continued from page one

Hannah went to the Vision 2020 meeting that was held at the Norway Bay Golf Course on March 20.

"They talked about how we are losing local businesses and nothing is replacing them and it's too bad we are losing this one," he said. "We had three places and now we are down to two, Pine Lodge and Norway Bay Golf Course."

Walsh said she knows that some people are against the R.V.I. closing down because they don't want

Break and enter reported in Litchfield

CAROLE ST-AUBIN
Equity Editor

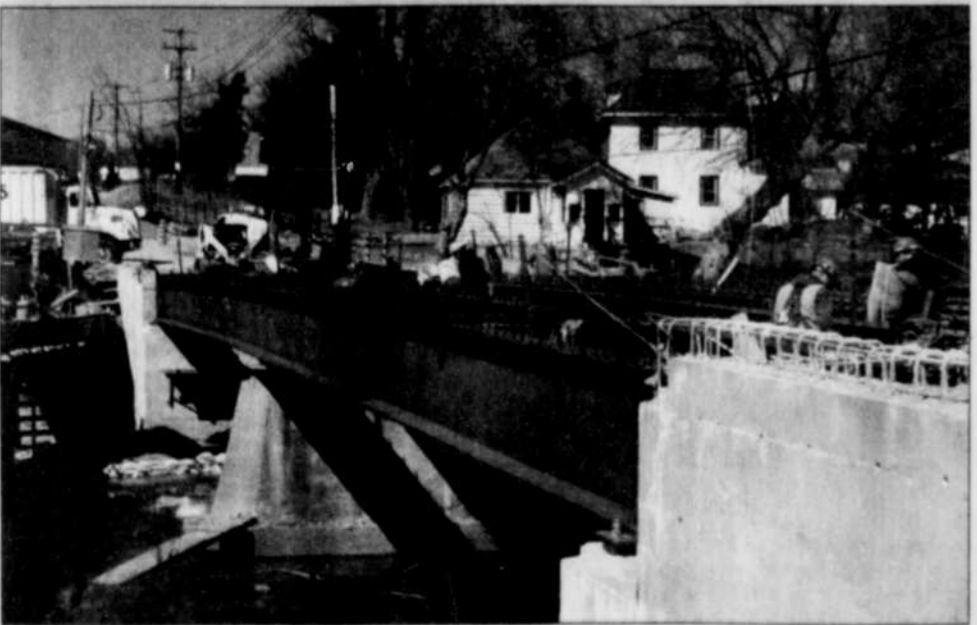
PONTIAC • A break and enter was reported at Mountain Rd. residence in Litchfield on March 19.

Police report damages to the front door of the home though nothing was reported missing following an investigation of the premises. The Sûreté du Québec asks anyone with information in regards to the incident to contact them at 310-4141.

Correction
Incorrect information appeared in the Police news in the March 24 issue of THE EQUITY. Police stated that 36-year-old Bryson resident Louis Gianforte was in fact sentenced to a year of jail time.

The SQ apologizes for the miscommunication.

Bridge construction



The Egan Street bridge construction is moving along as the third of the I-beams were set into place on March 26. According to Mayor Eddie McCann the construction which began in November 2009 should be completed in May.



On March 25 the River View Inn (R.V.I.) in Norway Bay was torn down. The R.V.I. was originally built in 1908. In its place townhouses are going to be built.

Soirée bénéfique/Benefit Party
 en l'honneur de la famille de
 in honour of the family of
Ricky Lepack & Marthe Drolet
 3 avril 2010 - 20h00
 April 3, 2010 - 8:00 p.m.
 R.A. Hall, Campbell's Bay, QC
 Orchestre et disco - Gouter léger
 Band and disco - Light lunch
\$10 par billet / per ticket

Special thank you
 To the 'Luskville Fire Department' for their quick response to a barn fire at Roy Nugent Farms on Parker Road, March 14. Firefighters showed up minutes after the call and did an excellent job containing the fire so it did not spread throughout the rest of the buildings. A job well done. Thanks again.

Shawville & District Recreation Assoc.
Annual General Meeting
Wednesday, March 31, 2010
7:30 p.m. at Shawville Arena Lobby
Summer sports registration 6:30-7:30 p.m.
The R.A. truly needs members so please plan to attend the AGM and volunteer to ensure the continuation of this organization and its programs for our children.
Please watch for 2010 Summer Program info

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Monday Thursday April 1st 6:00 p.m. Service and Commemoration of Last Supper St. Paul's Shawville

Good Friday April 2nd 11:00 a.m. St. Paul's Shawville

Easter Sunday April 4th 8:15 a.m. St. George's Portage du Fort
 9:30 a.m. Holy Trinity Radford
 11:00 a.m. St. Paul's Shawville

Harry Houdini never said he didn't have a brother

ANDREA CRANFIELD

Equity Editor
QUYON • Now you see it. Now you don't.

Illusionist Chris Pilsworth, from Ottawa, appeared at the Quyon Lions Club on Mar. 20 and wowed the audience with his bag of tricks. For about an hour Pilsworth performed magic acts for the crowd consisting of people of all ages.

Quyon C Kidz Can, a group of volunteers that puts on various events throughout the year, brought Pilsworth into town to perform for the community. This is Quyon C Kidz Can's second year in existence.

"The prime objective is planning leisure activities for children in the community," Donna Hickey, club president said. "And we were able to bring in a great show and offer it at an affordable rate."

There was a \$5 cover charge to get into the show and 66 people were in attendance.

Pilsworth has been doing magic for about 35 years now and performs about 200 shows per year. He has won many awards for his magic shows, both nationally and internationally.

He first became interested in magic at the age of twelve when he came across some magic books his brother brought home from the library.

"But it was when I attended a magic show at the Ottawa National Arts Centre that really sealed the deal," Pilsworth said.

He continued to teach himself magic by reading library books and he also belongs to a few magic organizations. Pilsworth has produced and starred in his own theatrical magic shows

as well.

He combined magic, theater, comedy and music in his show on Saturday and did not disappoint the Quyon crowd.

He opened by introducing himself and then started right into the tricks. Some of the tricks included making a drink appear from a newspaper, making hula hoops meld into each other, attaching and detaching pieces of rope and making Handi Wipes appear and disappear while flying across the room to the great surprise of the crowd.

He also turned a glass of water upside down and made the water stay in the glass. When he said "awaken" the water poured out. And he ripped up a newspaper only to have it become whole again.

The highlights of the show were when there was audience participation. One particularly memorable trick was when Pilsworth picked Mark Helmer from the audience to help him. Helmer picked a card, the two of diamonds, and did not let Pilsworth see it.

Pilsworth then brought out a notebook saying the clues to figure out which card Helmer had picked were in the notebook. He told a story of an adventure he'd been on as he flipped through the pages with various drawings.

He eventually got to a triangle, which he said was a pyramid in Egypt he had visited. He said the pyramid appeared bigger the closer he got to it and as he was talking, it magically got bigger and bigger on the page.

Then the two of diamonds card appeared in the notepad he was carrying which afforded gasps of



Chris Pilsworth performed a magic show at the Quyon Lions Club on Saturday to the delight of the crowd. The show was put on by Quyon C Kidz Can, an organization that puts on activities for people in the community. Here, Pilsworth uses Jeremy Gibeault as a volunteer to help him with one of his magic tricks.

shock from the crowd.

Another crowd pleaser was when Pilsworth chose Jeremy Gibeault, 12, to help him with one of his tricks. Pilsworth and Jeremy both held a set of rings. Pilsworth was easily able to make his set intersect and separate with each other.

At one point he told Jeremy to copy exactly what he did. Pilsworth fused the rings into each other and told Jeremy to do the same thing. Jeremy looked at him and said "I can't do this..." Only to realize that his rings were already attached.

"I have no idea how he did that," Jeremy said. "I was paying attention to him and then all of a sudden my rings snapped together. I couldn't believe it; I was like 'what?'" Theresa Helmer received gales of laughter when Pilsner told her she had to answer no to every question he asked her while she made an egg disappear and reappear. "Are you having fun?"

Pilsworth asked her. "No," she replied. "Are you impressed?" "No," she said again.

For the closing trick Pilsworth put his assistant Cara Johnson into a wooden box and strapped her inside. He stood on top of the box and held up a curtain. Within a split second Johnson was standing on top of the box and Pilsworth was inside.

He really involved the crowd as he got people to answer questions, cheer and laugh right along with him. "It was a lot of fun," Jeremy said. "He was really good."

Hickey thought the show was wonderful and said she had a great time.

"It was just fantastic," she said. "It was a lot of fun."

Hickey is looking forward to the next activity that Quyon C Kidz Can will put on and said right now they are working on a summer festival.

Atkinsons Bar
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On behalf of Johnny K. Ruth, Kathy, Amanda and Janet, we extend our heartfelt thanks for the support of the Flying Elbows Hockey Tournament organizers, players, fans and the community, for an exciting, fun-filled weekend of great hockey and entertainment. Congratulations to the winners. Special thanks to Paul, Mike, Jesse for their excellent peacekeeping.

See you all next year!

Sunday Brunch, April 4
10 a.m. - 2 p.m.

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Easter Monday, April 5 - 10 a.m.
Preview: 9:00 a.m.

Shawville memorabilia, Coca-Cola button sign (French), Horseman antique dolls (back in the 1920s), 14 ft. fiberglass fishing boat, old coins, dressers, make-up vanities, bedroom set, China cabinet, kitchen table and chairs, old trunks, tools, 5200 BTU air conditioner, computer cabinet, oil lamps, folk art, household items, antiques and collectibles.

Plan to attend, expect many surprises, still unpacking.
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EASTER EGG HUNT
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Quyon

Jill McBane 458-2366
Edith Nugent surprised her brother Pierre Philippe (Cash) for his 62nd birthday with a dinner at the Baton Rouge Restaurant, accompanied by Mitch and Lorraine. Then followed by a concert at Lac Lemay Casino to see a tribute to Johnny Cash. Pierre was overwhelmed. Good food, great show, and excellent company.

Birthday wishes are sent to Diane McColgan who celebrated a special birthday. It started Saturday afternoon with bowling in Aylmer and then off to Casagregue where family and friends were there to surprise her. Happy birthday Di!

Happy birthday to Cassidy Rogers March 22 and Courtney Stanley

March 24 and Don Stanley who celebrated March 30.

The Quyon Canada Day Committee is busy preparing for another fundraiser to be able to deliver great fireworks for July. Saturday, April 17 at the Quyon Lions Hall they will be hosting their fourth annual poker tournament starting at 2 p.m. For more information contact Vikki Richardson or Luke Young.

On Sunday Sue McCleary hosted a baby shower for Jackie McBane. She received many beautiful gifts. And of course the food was delicious.

The Canadian Grand Masters Fiddling Association would like to thank the community of Quyon for their support at the jam session held in February.

A donation of \$225 was made to the organization.

The hall has been booked and another jam session planned for Sunday, May 30 so mark your calendars! Again, the event will start at 1:30 p.m. and run until 4:30 p.m. The format will be much the same as the previous one with an opening and closing jam and individuals playing in between. Admission charge will be \$5 at the door. A light lunch will be served. Stay tuned!

The Quyon Lionettes held their Girls, Gals, G'Dolls night on Saturday, March 27. There was a decent turnout, despite many other events going on. The theme was a tropical summer night, and the decorations in the hall reflected that. All funds raised will be put back to the community. As it was "earth hour" on Saturday night, we shut off the lights during that hour and partied by candle light.

The snowmobile meeting has been cancelled until April 12 at 7:30 at Gavan's Hotel. Anyone interested in taking part in any of the upcoming season please try to attend. Give us some input and some help with finding some trails and how we can improve the snowmobile situation.

Remember in the next season it will be PSDA's 35th anniversary. We need all kinds of inputs, photos, names of past executives etc. Help us go back to the beginning days, let us dig into your memories and relive the good old days.

Too bad the season had to end so early but hope you enjoyed the times you were out there sledding. I am sure now it's on to summer activities.

But remember to take time to give us your input to improve the next season.

Waltham

Helen Perry 689-2652
jacobj42@hotmail.com

Birthdays that I missed recently were our godson Patrick Pilon of Ottawa, who celebrated March 15. Charlie Andrews, who celebrated March 16, Scott Romain celebrated March 18 and Trudy Pilon March 21. All the best of everything is wished to all of you and we hope that you enjoyed your special day!

A cherry hello is extended to Ricky Godin of Chapeau. We hope that you are well soon!

Get well wishes are extended to little Jaycie Henderson, who has been sick. We hope that you feel better real soon and that we see you out in your stroller!

Father Nil Guillemette celebrated his birthday March 22. May the coming year be filled with God's richest blessings of love, peace and joy!

Get well wishes are extended to James (Bunny) Harkins who is sick in Shawville Community Hospital. We hope that you feel well soon and our thoughts and prayers are with you!

On March 20 Waltham hosted a series of presentations on the subject of the

future development of all Pontiac County communities. Titled "Vision Pontiac 2020," this strategic plan for economic, cultural and social development is the result of planning and local consultation with organizations and Pontiac communities at large.

A permanent committee comprised of Pontiac's MRC, (SADC) Pontiac Community Futures Development Corporation, and (CLD) Pontiac Local Development Center are working together to find double projects that are identified in the strategic plan. Vision Pontiac 2020 has identified five key sectors for development; Tourism, Social, Culture and Community, Business and Industry, Forestry and Natural Environments and Agriculture and Agri-Food.

As I listened to the various presenters I could not help but be encouraged by the obvious effort and competence that was demonstrated by these professionals. Most encouraging was the process that has been used to develop this plan for Pontiac's future. It is certainly the first time in my memory that I can recall such a county-wide collaborative effort.

Congratulation to all organizations, and individuals involved. Now we have a map and a direction. Let's hope everyone gets on board

and Pontiac County begins to realize its real potential.

A very happy birthday is extended to little Jaycie Henderson, who is celebrating her second birthday today. We hope that you enjoy your presents, cake and ice cream Jaycie!

Little Loic de Bruyn is celebrating his birthday on April 1 his mother Isabelle April 2, and Loic's older brother Marius April 3. Bonne Fete Loic, Isabelle et Marius. Espérons que vous allez passer une belle journée!

Get well wishes are extended to Marlene Campbell of Pembroke who is home recovering from surgery. Our thoughts and prayers are with you Marlene.

On Saturday evening the Waltham Firefighters and the municipal council and workers held their annual appreciation supper at the Waltham Town Hall. Everyone sat down to a catered hot and cold buffet. Fire Chief Larry Perry welcomed everyone. Mayor Garry Marchand shared a few words and expressed his deep appreciation for all the work and dedication that the firefighters have done in the past year. A moment's silence was observed for fallen firefighters. Fire Chief Larry Perry shared a few words on the progress of the fire department this year,

and he also expressed deep appreciation to the firemen and to the auxiliary for their great efforts.

He encouraged everyone to be on the look out for new recruits for the fire department, as many of its present baby boomers will soon be retiring and also for new dispatchers. Firefighter Luke Marion was chosen the firefighter of the year. Fire Chief Larry Perry presented him with a plaque. Jacques Pilon expressed gratitude to Fire Chief Larry Perry for his dedication and hard work for the department. This was followed by an evening of socializing.

Well this coming weekend is Easter. It just seems that we just got over Christmas and New Year's. I don't know where the time goes! I guess that it's because we are so busy, that the days and the months just fly by and that is a good sign. It means that we are not idle. I hope that everyone one has a blessed and a happy Easter with their family and friends.

Our dearest Rhonda is celebrating another birthday April 5. May the coming year be filled with love, joy and peace. Love you and enjoy your day Rhonda!

Twins Brenda Chaput and Linda Souliere are celebrating a birthday April 6. All the best is wished to you in the coming year. Have a lovely day girls!

OPINION

The Voice of the
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Canada

127 years of news from the Pontiac



Compiled by Heather Alberti-Dickson Publisher

25 Years Ago

March 27, 1985

DESARLNIERS APPOINTED
INTERIM DIRECTOR
GENERAL OF PCH:
Chairman of the Board
of Pontiac Protestant
Hospital Andrew
Michaud announced
that with regret that
he has accepted the re-
signation of Michael
Robillard as Director
General of Pontiac
Community Hospital, a
position that he has held
for the past four years.
Mr. Michaud also
announced that Dr.
Gerald Desaulniers has
been named interim
Director General until
such time as a permanent
replacement can be found.

CHAPEAU LIONS

CHARTER NIGHT: History
was made at Harrington
Hall on Saturday, March
23 when the Chapeau
and District Lions Club
received its Charter.
Sponsored by Pembroke-
Petawawa, the new club
is the 17th to start up in
District A-4.

50 Years Ago

March 31, 1960

5,000 POUNDS FOR
JOE RODGERS: "It's
just like a dream", said
Mrs Joe Rodgers, sitting
surrounded by friends in
the kitchen of the hum-
ble Rodgers home in
Bryson this week. "It
feels funny, but pretty
good", quietly added
sweepstake winner hus-
band Joe. The centre of
attraction these days is
the Rodgers family, ever
since the news got

OUR OPINION | The power of positive thinking

It's great to see initiatives like the Business Vitality Initiative that the community of Campbell's Bay is taking part in come to life and observe as it gains a certain momentum.

By determining their community's strengths and weaknesses the program helps the participants who represent the different components that a community is built on; the residents, business owners and government representatives, to work together as they build on these strengths and weaknesses in order to bring a renewed vitality to their community.

It sounds easy enough, but the hours that these people dedicate to making a difference in their community is not something that everyone is willing to commit to, yet it is essential in putting such plans into action.

But the planning and organizational stages are not the only way people can support this initiative. If they care about their community and want to see it flourish there are plenty of ways they can contribute to this effort.

If becoming a member or making a serious commitment in joining a group or committee is too difficult, or too involved, there are a number of other ways to contribute such as volunteering for planned events for a day or even just a couple of hours.

Another way to lend support is by attending these planned events, otherwise all that hard work and planning is in vain.

It's a combination of all these aspects that help any serious venture off the ground.

One thing is certain; it is the devotion of these committees, groups and organizations that most often proves to be fruitful in making a difference, in getting things done, and in making the necessary changes that are needed to spark a little life in our small communities.

Bravo Campbell's Bay!

Carole St-Aubin

Arriving in gaggles



Carole St-Aubin, THE EQUITY

YOUR OPINION |
Pass the buck

Dear Editor,

In this day and age, when acceptance to diversity is politically correct not much gets me hot under the collar, but a letter from last week's EQUITY made my blood boil with unfairness and plain old "pass the buck", "it ain't my fault" sense!

Mr. Bowie from Campbell's Bay labeled himself as "chief complaints person of Campbell's Bay and environs".

He opined about the Renfrew News, out of town shopping and garbage. Well, plain and simple if you don't want the Renfrew News to "disgrace" your driveway, call them and tell them so they will pass on the information to their deliverers and voila no more paper. If the cost of the call is too much and since it isn't a Pontiac enterprise, he can simply recycle it: there is no extra cost to do so and the service is available.

Pontiacers are so interested in what happens outside the Pontiac because information is a tool and ignorance is a hinder.

Out of town shopping is a delicate matter in these times of watching all our pennies. There is no difficulty going to Walmart or No-Frills and buy milk for my children at less than four dollars per bag, when the milk here in town is \$7.25. I agree that we should support our local businesses, but at what cost? Take the time to go out and see for yourself how many business owners and their rel-

atives shop in Renfrew.

Does Mr. Bowie exclusively leave his hard earned money in Campbell's Bay?

Our local businesses and politicians do pollute our mail boxes, community billboards and telephone poles every week, the post office will not stop these papers being put in our boxes because it is a service that Canada Post provides to a paying customer, if you don't want it take it home and recycle it since the post office doesn't do that anymore.

At the top of everybody's complaint list these days is the garbage, what are we to do? When we had time and we had lots of it no one had a feasible resolution. So the government made up our minds and limited our garbage output. Municipalities had to raise taxes to go with the flow.

How hard is it to take the extra time to figure out what is and isn't recyclable and compost the rest, what's left is not very much. Don't get me started on composting... municipalities should have foreseen this coming and encourage their residents to do so.

All in all, complaints may well have fallen in your ears Mr. Bowie but you sir do not speak for the entirety of this town or Pontiac county.

Julie Anglehart
Campbell's Bay

Vietnam: Legacy of war part 1



As readers of this column know, Katharine is travelling in 2010. This is her latest foreign dispatch.

ENVIRONMENTAL
FORUM

The country's name conjures many images for those of us who lived through the turbulent 60s and 70s because of America's involvement in the Vietnam War. There was no middle ground: you were either for or against it.

Regardless of what we felt about the war as individuals, when the US government imposed the draft upon its young men, Canadians became personally involved to some extent. This is because of the draft dodgers who crossed the Canadian-US border, seeking safe haven here, echoing the slaves' flight to freedom via the Underground Railroad of earlier times. The draft prompted many Americans to flee the States, others were jailed as conscientious objectors, while still others accepted being inducted into the US Army and sent to "Nam."

As did many areas in our country, Pontiac became home to some draft dodgers who chose self-exile rather than becoming part of the Vietnam War effort. Today, they are important contributors to the complex warp and west of our society.

Vietnam War:
Horrific images

Vietnam brings us not only complicated thoughts and emotions — but also, a collection of dreadful images. There was the US massacre at Mai Lai. There was the appalling reality of Agent Orange — a dioxin-based chemical — and napalm, both of which the Americans dropped upon villages (and villagers) in this semi-tropical country. And there was the carpet bombing.

Who can forget the tragic, riveting images of the time which assaulted us via our television sets, newspapers and magazines?

Even Hollywood got involved: Jane Fonda entered our homes not in glitzy dramatic roles, but as a foreign correspondent decrying the war. Joan Baez sang her opposition.

In fact, war history was being made before our eyes: the theatre of the Vietnam War was in our living rooms and kitchens, as no previous engagement had ever been.

Despite all of this still, Nam remained abstract to many Americans who felt war was justified and that enlisting was the only patriotic choice. Others among us (Americans as well as Canadians) were outraged, sickened about the brutality of the US regime which could foist such long-lasting chemicals not to mention bombing attacks upon a far-off country for ideological reasons, and power.

It was against this complicated tapestry of memory Eric and I visited Vietnam in late February and March this year. What did I find?

"We are very strong"

I learned many things about this complex country: first, Vietnam is home to more than 50 ethnic groups. Second, just as is true with most if not all countries, Vietnamese people represent a culture

which has evolved from (in their case) 2,000 years of invasions, industrial development and adaptation. In the 1200s, Ghengis Khan attacked from the north... In the 1600s, Portuguese and later, Dutch traded with Vietnamese in ocean ports such as Hoi An and Nha Trang.

And in 1845 the French arrived, not as traders but as invading colonizers. A year later, they started rubber plantations. According to our various Vietnamese guides as well as books and museum exhibits we read throughout Laos and Vietnam, the French were largely intolerant masters who treated locals poorly, no better than slaves. "Subhuman treatment" of the Vietnamese are the words written.

"They were so cruel to us," noted our Vietnamese guide Nguyen Huy, who took us to the Cu Chi tunnels outside Saigon, "that to escape them, we dug tunnels so we could live and move underground, where they never saw us. In fact, we learned tunneling because of the way the French treated us."

"So when the Americans used Agent Orange, napalm and bombing against my people, we remembered. We took our hoes and dug, not only to escape but to fight them. We won. We are very strong."

Symbol of strength

Nguyen Huy continued. "I'll tell you how strong we are. You know the Chinese coin that is shaped like a circle with a square in the middle? That is us. Our government tells us to be strong in the centre, like the square. But on the outside, we are very flexible. This is who we are. We are the Vietnamese people."

War is no game

Saigon's War Remnants Museum informs visitors that America was responsible for killing "three million Vietnamese (among them 2 million civilians). Two million were injured, 300,000 people missing. Over 2 million hectares of forests and agricultural lands were destroyed by toxic chemicals. The USA used 14 million tons of bombs and shells (20 times as much as the quantity used during the Korean War, 77 times more than during WW II) and more than 70 million litres of toxic chemicals, among them 44 million litres of Agent Orange."

If you were part of a family growing rice or coconuts, living in a woven bamboo home and raising a few chickens, a pig and possibly a cow in a small village, your way of life was eradicated when the bombs dropped — and would be affected for generations to come. The dioxin-laced herbicide Agent Orange affects the reproduction system, and there is evidence the Americans knew of the chemicals' long-term effects. As Eric and I explored Vietnam, we saw many disfigured Vietnamese who are gruesomely handicapped thanks to Agent Orange.

Moreover, with unexploded ordnance (bombs) remaining in paddy fields, jungles, and sand dunes, Nguyen Huy told us more than 10,000 persons have been maimed or killed since the Americans withdrew in 1975.

When the bombs dropped and chemicals spread, what did the Vietnamese do?

They remembered the French, and dug tunnels.

Next week: Vietnam: Legacy of War Part II
Katharine Fletcher is a freelance journalist, author and editor who is travelling for a year with her partner, Eric Fletcher. Follow their journey at www.onewaytickettrip.blogspot.com; contact Katharine at fletcher.katharine@gmail.com.

CHECK IT OUT | JENNIFER DAVIES

Ask before donating



The Shawville-Clarendon-Thorne Library has more than 12,000 items on the shelves. Of these over 4,000 are part of the Biblio Outaouais collection, and the library owns over 7,300 items. We take part in book rotations twice a year, in the spring and fall, with Biblio and each time approximately 1,000 items leave the library and we receive the same in return. These include fiction and non-fiction titles, books for young adults, children's books, music CDs and in our May rotation we will begin receiving both DVDs and audio books on CD.

The items that the library owns outright come from a variety of sources. According to provincial regulations, municipal libraries can only purchase books from a list of approved bookstores within the province. We are provided with a budget that gets allocated to the bookstore(s) of our choice and as we purchase books, the amounts get subtracted from our allocation. This small amount does not go very far in a library of our size, and the Municipalities of Shawville and Clarendon also provide us with a budget to purchase new books for the library from the approved bookstores.

The DVDs, audio books, and toys are mainly purchased with revenues that the library collects from overdue fines, lost books, printing and photocopies. These items are not purchased on a regular basis and just when the funds permit. They are not considered an integral part of the collection and therefore are not part of the annual bud-

get. We also are the recipient of many donations of books. This, however, is subject to provincial regulations which state that we can not add items that are more than five years old into our collection without paying a \$12 per item surcharge. Books published in 2005 and beyond can be added to the database free of charge. Therefore we ask that if people are looking to get rid of books please contact us first and do not drop off boxes at our doors or fill up our drop off box. We can not accept the majority of these books. We do not have the storage space for them and we do not have the time to deal with getting rid of them.

In the past there were book sales to help the library, but these no longer take place because of a lack of space, time and volunteers. We have given some to different organizations for yard sales, but this takes up a great deal of our time, that could be spent more effectively in the library than dealing with someone else's old books.

A library is not a storehouse of old books. Our patrons want new reading materials and not old, dusty volumes. We suffer from a lack of space, and are continually weeding our collection to make space for brand new items. While we appreciate people thinking of us when cleaning out their bookshelves, please ask first before making donations to the library.

Until next month, keep reading.
Jennifer Davies MLIS is a local librarian, if you would like to contact her with any ideas or thoughts that you may have email her at news@theequity.ca.

around last Saturday

that Joe Rodgers, father of three and a mechanic at New Calumet Mines, had won 50,000 pounds sterling (\$140,000) in the Irish Sweepstakes.

PONTIACS WIN: Last Friday night, March 25 a truly exciting hockey game took place in the arena as the Shawville Pontiac challenged an All Star team from the Farmers League in an exhibition benefit game for the Pontiac Community Hospital. Despite the All Stars endless digging and drive the more experienced Pontiacs proved to be the best team as the game ended in a 10-6 victory for the Pontiac.

75 Years Ago

March 28, 1935

LOCAL NEWS: William Bolam, a resident of Campbell's Bay was arrested on Wednesday last week by Detective E.A. Dion of the Quebec Provincial Police and was charged with arson, the charge arising from the fire that destroyed the grain elevator of Lawn Bros. last September. Bolam appeared before Justice of Peace F.W. Bowie and was remanded until March 27. Bail was set at \$5,000.

Following a month's illness from pneumonia the death occurred at his home in Lower Litchfield on Monday of Roy Allen, son of Mr. and Mrs. Andrew Stewart in his 18th year.

The death of Mr. Adam

Kemp, father of Mrs. R.H. Elliott of the Portage road, occurred at the home of his son-in-law Mr. E.C. Nelson in Ottawa.

100 Years Ago

March 31, 1910

LOCAL NEWS: Mr. L. Stewart Fulford of Stark's Corners, was in town on Thursday with a cargo of new maple syrup - the first we have seen this spring.

There was considerably more traffic in town last week when sleighing was practically done, than during any week since Christmas. Around town wheels replaced runners about ten days ago.

Our electric plant has been working very satisfactorily during the past two or three weeks. That it may continue so is the ardent hope of every citizen.

Some of our farmers have already commenced preparing their land for seeding. Mr. W.H. Hodgins has been among the number. The absence of frost from the ground this spring renders light soil workable almost as soon as the fields become bare.

Mr. John McNally of Thorne Centre dropped in to see THE EQUITY while in town Monday. He reports the Pickanock Road very bad just now. Mr. McNally, who is one of the Thorne School board, gave us a notice for tenders for the erection of a new school house at Hodgins Post Office, north branch.

Tenders Wanted: For

the erection of a new school house on what is known as the Kennedy property at North Branch, Quyon River, on Pickanock Road. Tenders must be all in by 14th May present year. Building to be a balloon frame, 22x28, 12 foot wall, with square pitch roof, and to be completed by 1st of October. Lowest or any tenders not necessarily accepted. For further particulars address S.W. Logan, Sec'y. Thorne Centre.

The annual Spring Stallion Show under the auspices of CPAS No. 1 will be held at the exhibition grounds on Tuesday, April 26, commencing at 1 o'clock sharp. Lecture from a member of the staff of the Live Stock department at 2 p.m.

125 Years Ago

March 26, 1885

LOCAL NEWS: Mr. David McLaren of Fitzroy Harbor and Mrs. Archibald Mohr of Onslow, are preparing to open a silver mine in Onslow. The mine is about four miles below the Quyon village. Specimens of the ore have already been sent to Montreal and New York showing a fair percentage of silver. It is expected that operations will commence next week. We hope that the most anguine expectations of the gentlemen who have undertaken the enterprise will be fully realized.

On Friday morning the 13th inst., between one and two o'clock, the residence of Mr. John Millar, of North Clarendon, was burned to the ground, all its contents being destroyed. Mr. Miller had intended to start for Pembroke early in the morning in question, and on the previous night a young man named Baird, who was employed to cut wood and perform other work around the house, undertook to start the fires at a very early hour, in order that the house might be warm when Mr. Millar would arise.

Young Baird accordingly made every preparation to have good fire in the morning, procuring dry wood and a liberal supply of shavings all of which were placed close to the kitchen stove.

The family consisted of Mr. and Mrs. Millar and three small children, and Miss Maggie Cluff, a young lady who resided with them, and after they had retired Baird, who slept in the kitchen in an old fashioned folding bunk, put a strong fire of tamarack wood in the stove and retired for the night.

Whether the heat from the stove set the shavings on fire, or whether a spark from it ignited them, is unknown, about an hour and a half after the family had retired they were aroused by the noise of the flames in the kitchen, and so rapidly did the whole house, up stairs and down, become enveloped in flames, that they had barely time to escape from the house in their night clothes, being able to save one or two articles of clothing.

BAM—An explosive performance detonates fits of laughter

CAROLE ST-AUBIN
Equity Editor
FORT COULONGE • The antics of percussionists group BAM delighted the crowd with their comedic Three Stooges-like performance as they bounced

about the stage banging their drums while they entertained a crowd of all ages. With one steel and two plastic 50 gallon drums and other percussion instruments and special sound

effects equipment the trio's rhythmic beat regaled the crowd. But it was their mime and comedy approach that pleased the spectators most as they kept them involved in their routine throughout

the show. BAM performers Jean-Sébastien Dallaire, Vincent Boudreau and Denis Richard are often compared to the famous percussion group STOMP but the flavour of entertainment that the Gatineau-based entertainers bring the crowd is a mix that is quite uniquely their own.



Spectators' funny bones were tickled as BAM performers Jean-Sébastien Dallaire, Vincent Boudreau and Denis Richard delighted the crowd with their percussions as well as their comedy in Fort Coulonge on Mar. 26

The award-winning artists have thrilled millions with their performance while they continue to gain popularity at festivals throughout Canada, the U.S., Europe, Africa and Asia.

Their growing performances portfolio includes the *Just for Laughs* festival in Montreal, the Québec Summer Festival and the *World Buskers Festival* in New Zealand as well as being recruited in 2003 to work on the Cirque du Soleil's TV series *Solstrom* filmed in Montreal.

Michelle Deschamps was very impressed with the performance saying she enjoyed the different aspects of the show; the percussion, the mime and the humour, which is a universal language according to the kindergarten teacher.

In a routine that included mimicking cowboys as they rode their drums across the stage, one of the instruments was easily converted to a plane as it flew around to the sound of a fan used as a special effect.

It seemed an innocent-enough scene until it was altered by a giant bird perching itself on the nose of Dallaire's airplane (drum) leaving a rather large dropping (of shaving cream) before it moved on.

The children in the audience were in stitches when the pilot crashed with his face smashed into the shaving cream at the end of the skit, which then sent the artist crying to have his face wiped clean with a towel and be consoled in my arms which had become targeted to play the maternal role throughout the performance.

Gabie Sharfe who attend-



The trio of Gatineau-based performers were a hit at the ESSC auditorium on Friday as they appealed to audience members of all ages with their percussions, mime and comedy show in a very unique performance that was enjoyed by all.

ed the show with her friend Taya Gianforte said she found the show exciting and funny. When asked what part of the show they enjoyed the most the girls quickly replied in unison, "Everything."

Organized by the Pontiac CLD the show is the first in the line-up of entertainment venues that are planned for the Pontiac this year.

Building on the success of prior shows that included performances by French rap artist Sir Pathétik and comedian Maxim Martin last year, CLD Cultural Agent Emilie Chazelas told THE EQUITY that the aim of Friday's and future concerts is to continue providing a diversity of cultural activities that are appealing to different age groups and cater to the various entertainment tastes of Pontiac residents.

"The program is still very much a work in progress, but the success of these past events indicate that there is a great need in the area that we are hoping to fulfill," said Chazelas.

Euchre anyone?



Here, Sandra Gushuv, Louis Johnson, Betty Johnson, Margarite Davis, Bevis Murray, Bev Murray and Hiram Davis stand in front of the card players waiting to play a game of euchre on March 19. The euchre game was hosted at the Masonic Hall with some proceeds going towards the benefit of the lodge and the rest of the proceeds going towards charity at the end of the year.

Summer line-up at Pontiac School of the Arts

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE • For people who have been sculpting their whole lives or people who have never touched a paintbrush before, there is fun for everyone this summer. The Pontiac School of the Arts (PSOTA) is offering various art courses for people of all skill levels.

Dale Shutt, president of PSOTA, said that PSOTA tries to offer new courses every summer. This is the fifth year PSOTA has offered art courses to the public. Most of the courses require no experience but it doesn't hurt to have tried it before either.

"Most of the courses are for beginners. Some are for intermediate or advanced but most of them you don't need any experience. It's just about coming out and having fun," Shutt said. "And even if people have experience and they take a beginner course, there is still always something they can learn."

PSOTA also offers a scholarship program for children called the Young Artists' Workshop Series (YAWS) that began in 2007. So far, 22 children have received a scholarship, which made it possible to attend art courses.

PSOTA relies on sponsorships from the community to make the scholarship program possible.

"PSOTA believes that by offering this scholarship program to children in our community, we can provide them with a unique learning artistic experience, who otherwise might not be able to participate," Connie Renaud, one of the co-founders of PSOTA, said.

Raymond Sander-Regier is an artist who owns Impressions Art Gallery in Shawville. This summer he is teaching two courses: dry point printing and collagraphy printing.

Dry point printing and collagraphy use similar printing techniques but the final result for dry point

looks like a pen drawing (although colour can be added). In collagraphy, the technique is more sculptural and doesn't require drawing. Collagraphy is more three-dimensional.

"The images you can make in dry point are quite exciting. If you like to draw you can come up with some wonderful images," Sander-Regier said. "In collagraphy you can use everything from leaves and lace to modeling paste."

Dry point printing was one of the first techniques that Sander-Regier learned more than 20 years ago. He has been teaching courses since they were first offered at PSOTA in 2005. He said it's a great opportunity for artists to be able to teach

what they know.

"The courses offered are more or less introductory courses and they are usually three or four day courses. This basically gives people an idea of how the techniques work and shows people what they can do with them," Sander-Regier said. "Then if they want to continue after the course, they have the basic knowledge."

Sander-Regier thinks it is very important to offer art courses to people.

"If I hadn't had somebody teach me I wouldn't be doing it. So realistically we need teachers in some form or another; whether it's in high-school, university, something like this or even a private studio," he said. "People don't realize there's a

vast array of expression

beyond just painting and drawing. We can't limit ourselves to one or two things."

For him, it is a very rewarding experience seeing a piece of art come out of a class that he taught. It's an honour to be able to pass down what he knows to somebody else.

"I don't teach people how to be creative. What I'm doing is trying to supply them with tools to express their own creativity. It feels really good when somebody gets the hang of something," Sander-Regier said. "It's a really nice feeling being able to see someone experience their creative side through me."

Shutt has taken dry point printing courses in the past and has some experience

under her belt.

Even though the course offered is for beginners she said it's still really useful because she has the use of the equipment, and the instructor is there to help out and teach her new techniques.

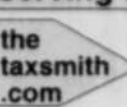
Each course and event is organized by a volunteer community.

About 50 per cent of people who take the courses come from outside Pontiac, although PSOTA tries to use local artists to teach the courses.

"Arts are absolutely vital everywhere and it's just so much fun," Shutt said. "It's important for kids and adults. It's also a chance to be creative, have fun and learn something."

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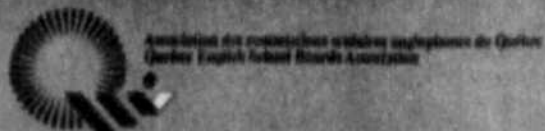
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CANADA PROVINCE DE QUÉBEC MUNICIPALITÉ RÉGIONALE DE COMTÉ DE PONTIAC

AVIS est par les présentes donné par la soussignée, Me Francine R. PHARAND, secrétaire-trésorière par intérim, que les immeubles ci-après désignés seront vendus à l'enchère publique, selon l'article 1026 du Code municipal, à la Salle, de la Municipalité régionale de comté de Pontiac, Centre Récréatif de Campbell's Bay, situé au 2, rue Second, à Campbell's Bay, Québec, JEUDI le 13 MAI 2010 à 10h00, pour défaut de paiement des taxes municipales et scolaires ou autres impositions dues sur ces immeubles, si ces taxes ne sont pas payées, avec les frais encourus, avant la vente. Le paiement préalable et/ou le montant d'adjudication sont payables en comptant ou chèque certifié à l'ordre de Me Francine R. Pharand en fidéjussé.

PUBLIC notice is hereby given, by Me Francine R. PHARAND, secretary-treasurer par interim of the Regional county municipality of Pontiac, that properties described hereafter will be sold at the public auction at the Centre Récréatif de Campbell's Bay, located at 2, Second street, in Campbell's Bay, Province of Quebec, on Thursday, MAY 13th 2010 at 10:00 a.m. if taxes due and accumulated costs have not been paid at the office of Me FRANCINE R. PHARAND, interim secretary-treasurer for the MRC of Pontiac, before the day set for the sale. The sale or the withdrawal must be paid in cash or by certified cheque only to the order of Me Francine R. Pharand in trust.

MUNICIPALITÉ DE ALLEYN & CAWOOD

CHAMBERLAIN, Sydney Taxes municipales : 582,75\$ Taxes scolaires : 269,17\$ ALLEYN-ET-CAWOOD, QC. J0X IPO TOTAL : 851,92\$

LAVOIE, Jean Taxes municipales : 1 255,58\$ SABOURIN, Claudine Taxes scolaires : 155,53\$ 33, chemin Lac McColgan TOTAL : 1 411,11\$

MARCOTTE, Richard Taxes municipales : 115,18\$ SKERRETT, Marlène Taxes scolaires : 32,55\$ 51, chemin Lakeview TOTAL : 147,73\$

PIERCE, William Taxes municipales : 212,02\$ Taxes scolaires : 49,85\$ ALLEYN-ET-CAWOOD, QC. J0X IPO TOTAL : 261,87\$

PIERCE, William Taxes municipales : 212,02\$ Taxes scolaires : 49,85\$ ALLEYN-ET-CAWOOD, QC. J0X IPO TOTAL : 261,87\$

MUNICIPALITÉ DE BRISTOL

BRONSON, GEORGE ESTATE Taxes municipales : 138,59\$ C.P. 305 Taxes scolaires : 19,23\$ QUYON, QC. J0X 2V0 TOTAL : 157,82\$

FRASER, KIRSTEN ELIZABETH HOOPER, LINDA JENNIFER Taxes municipales : 684,32\$ Taxes scolaires : 190,74\$ OTTAWA, ONT. K2P 0C4 TOTAL : 875,06\$

GIBBONS, BERYL Taxes municipales : 306,93\$ Taxes scolaires : 316,96\$ 83, rue Victor Beaudry TOTAL : 623,89\$

GIBBONS, BERYL Taxes municipales : 306,93\$ Taxes scolaires : 316,96\$ 83, rue Victor Beaudry TOTAL : 623,89\$

GIBBONS, BERYL Taxes municipales : 306,93\$ Taxes scolaires : 316,96\$ 83, rue Victor Beaudry TOTAL : 623,89\$

THE ABOVE PARCEL OF LAND has been bounded on the north by the Church Lake, on the east and west by the residue of the said Lot 12A, and towards the south by the said Concession Road.

apportances thereto belonging, together with a right-of-passage on foot or with vehicles from the Concession Road to the said lot sold property, which right-of-passage is hereby constituted a servitude in favour of the said sold property, the Transferor assuming no responsibility for the maintenance of the said right-of-way.

HENRY, MARY H. ESTATE Taxes municipales : 174,81\$ A/s STUART HENRY Taxes scolaires : 14,47\$ 3360 Highway 15 North PAKENHAM, ONT. K0A 2X0 TOTAL : 189,28\$

MARTIN, RANDALL Taxes municipales : 843,86\$ DUNN, LAUREL Taxes scolaires : 495,14\$ 57, chemin Wharf BRISTOL, QC. J0X IGO TOTAL : 1 339,00\$

McHARDY, DOUGLAS Taxes municipales : 137,92\$ 9, chemin Keon Taxes scolaires : 1,13\$ BRISTOL, QC. J0X IGO TOTAL : 139,05\$

MONDOUX, JOHN STEPHEN Taxes municipales : 137,25\$ MONDOUX, GAIL Taxes scolaires : 0,00\$ 6 Rosegarden WARWICK (BURMEDES) WK08 TOTAL : 137,25\$

MONTSION, GUY Taxes municipales : 692,56\$ MONALDI, CHRISTINE Taxes scolaires : 0,00\$ 5 chemin Bristol BRISTOL, QC. J0X IGO TOTAL : 692,56\$

MONTSION, GUY Taxes municipales : 692,56\$ MONALDI, CHRISTINE Taxes scolaires : 0,00\$ 5 chemin Bristol BRISTOL, QC. J0X IGO TOTAL : 692,56\$

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MONTSION, GUY Taxes municipales : 692,56\$ MONALDI, CHRISTINE Taxes scolaires : 0,00\$ 5 chemin Bristol BRISTOL, QC. J0X IGO TOTAL : 692,56\$

THE SAID PART OF lot described as lot subdivision sixteen (13-A-16) on a private subdivision plan, dated July 15th, 1971, with members and

THENCE at right angles in a Southerly direction a distance of six hundred and thirty-five feet (635') to the division line between said Lot number FOUR = B = (Lot 4B) and lot number FOUR = A = (Lot 4A) in the Range THREE (R.3);

RIVINGTON, SONYA Taxes municipales : 1 394,23\$ 1133, Clarendon Taxes scolaires : 0,00\$ QUYON, QC. J0X 2V0 TOTAL : 1 394,23\$

SAVE AND EXCEPT that portion of said part of lot NINETEEN = A = (Pt Lot 19A), Range FOUR (R-IV), according to the Official Plan and Book of Reference of the Township of Bristol, Registration Division of PONTIAC, and more particularly described in the deed of acquisition as follows :

2. An immovable known and designated as being the Original Lot Number NINETEEN = D = (Lot 19D), Range FOUR (R-IV), according to the Official Plan and Book of Reference for the Township of Bristol, Registration Division of PONTIAC.

SAVE AND EXCEPT an immovable known and designated as being a Part of said Original Lot Number NINETEEN = D = (Pt. Lot 19D), Range FOUR (R-IV), according to the Official Plan and Book of Reference for the Township of Bristol, Registration Division of PONTIAC, which part has been sold to the Department of Roads of the province of Quebec, under the terms of a Deed of Sale published at the Registry Office for the Registration Division of Pontiac, under number 55,884 and being more particularly described in said deed as follows :

SIGOUIN, Robert Taxes municipales : 633,80\$ 4, rue Aylmer Taxes scolaires : 943,34\$ BRISTOL, QC. J0X IGO TOTAL : 2 023,25\$

SILOT TWENTY-SIX of the official subdivision of original lot FOUR (lot 4-26) in the FIRST RANGE (R.1), according to the official plan and book of reference for the Township of Bristol, Registration Division of PONTIAC, Province of Quebec, and containing in area nine hundred and four square meters (904 m²), and of,

SILOT TWENTY-SIX of the official subdivision of original lot FOUR (lot 4-26) in the FIRST RANGE (R.1), according to the official plan and book of reference for the Township of Bristol, Registration Division of PONTIAC, Province of Quebec, and being more particularly described as follows : - BOUNDED towards the North-East by lot twenty-six of the official subdivision of original lot four (LOT 4-26), and measuring thirty-three meters, twenty-two centimeters (33,22 m.);

ST-JEAN, GUY Taxes municipales : 463,85\$ 12, rue Egan Taxes scolaires : 103,24\$ QUYON, QC. J0X 2V0 TOTAL : 567,09\$

Un immeuble connu et désigné comme étant le lot CINQ de la subdivision officielle du lot originaire DIX-SEPT = B = (lot 17B-5), rang SEPT (rang 7), au cadastre officiel du canton de Bristol, circonscription foncière de PONTIAC.

vision officielle du lot originaire DIX-SEPT = B = (lot 17B-5), rang SEPT (rang 7), au cadastre officiel du canton de Bristol, circonscription foncière de PONTIAC.

STONEBURG, RONALD Taxes municipales : 676,83\$ 128 Gofflinks Drive Taxes scolaires : 200,23\$ OTTAWA, ONT. K2J 5N TOTAL : 877,06\$

TOWARDS the North-East, by another part of the primary lot 11 of the range 1 of the cadastre of the township of Bristol and measuring along this limit, a distance of thirty metres and forty-eight centimetres (30,48 m) in a direction of one hundred and twenty-one degrees and eighteen minutes (121°18');

TOWARDS the North-West, by another part of the primary lot 11 of the range 1 of the cadastre of the township of Bristol and measuring along this limit, a distance of fifteen metres and twenty-four centimetres (15,24 m) in a direction of twenty-nine degrees and three minutes (29°03');

TANNER, GORDON Taxes municipales : 166,69\$ TANNER, ELWOOD ESTATE Taxes scolaires : 15,36\$ 187 chemin Delorme LUSKVILLE, QC. J0X 2G0 TOTAL : 182,05\$

YOUNG, RETA C. Taxes municipales : 176,14\$ 54 Chickasaw Crescent Taxes scolaires : 17,85\$ KANATA, ONT. K2M 1M5 TOTAL : 193,99\$

DAVIES, TERENCE Taxes municipales : 1 891,00\$ LINDSAY, SHIRLEY JANE Taxes scolaires : 552,49\$ 1250 Pinecrest Rd., Unit 21 OTTAWA, ONT. K2C 3P5 TOTAL : 2 443,49\$

PRODUITS FORESTIERS DU PONTIAC INC. Taxes municipales : 48 339,98\$ Martin Boucher Taxes scolaires : 1 734,65\$ 195, rue Principale MANSFIELD, QC. J0X IVO TOTAL : 50 074,63\$

BEAUPRÉ RAYMOND, MARGUERITE Taxes municipales : 11,63\$ 2900 Carling Avenue, apt. 601 Taxes scolaires : 0,00\$ OTTAWA, ONT. K2B 7J6 TOTAL : 11,63\$

Un immeuble connu et désigné comme étant le lot TROIS MILLION TROIS CENT CINQUANTE ET UN MILLE SEPT CENT SOIXANTE (3 551 764) et le lot TROIS MILLION CINQ CENT CINQUANTE ET UN MILLE SEPT CENT SOIXANTE (3 551 765), Cadastre du Québec, circonscription foncière de PONTIAC, province de Québec.

Caldwell

Hermonie Sharpe 647-3459 Well folks we all had our last change to get rid of our large pieces of garbage as well as the usual garbage without it costing us a fortune.

Did you ever think of what we sometimes put in the garbage and just maybe someone would be glad to have it given to them.

As writers of our columns there aren't any of us who don't find it hard to tell you of sad happenings in our com-

munity. But this morning March 25 I heard of the death of Rita Barber Garlough and it was like I was in shock. Rita was a very caring person, devoted mother and grandmother as well as a great lady in her community.

tions to Dianne Wilson of Bristol who celebrated her 65th on March 25. Dianne you have joined the seniors but you can turn the numbers around to be 56. Sympathy to the family and friends of Fred Hodgins who passed away this past week.

Well, there is a chap in Quyon who is having a birthday and it's no April Fool's joke either. Yes Clarence Leach, our faithful card player celebrates April 1. Happy birthday from all your euchre players and friends.

Lillian of Ottawa, formerly of Norway Bay. Jeff passed away March 22 at the age of 54. Our deepest sympathy to family and friends of Beth MacKay Angus who passed away suddenly over this past weekend in Ottawa.

of what religion we profess we will need to remember what it means. Happy Easter everyone and if you are travelling be sure to drive with care.

Ladysmith

Debbie Thrun 647-3927 The annual Easter Eve pancake supper put on by the Zion Lutheran Church will be held this year on Saturday, April 3 from 4 to 7 p.m.

bad year after all. Birthday wishes to Kenny Emmerson of Charteris who celebrates April 2 and Essie Schwartz April 6.

Continued from page 6 MUNICIPALITÉ DE MANSFIELD & PONTEFRAC

COMERFORD, TARA LEIGH Taxes municipales : 1 049,275 Taxes scolaires : 704,185 TOTAL : 1 753,455 560, rue Roy PEMBROKE, ONT. K8A 6R5

THIRTY METRES AND FORTY-EIGHT CENTIMETRES (30.48 m), to point « E », point de commencement; Towards the described parcel of land is bounded as follows :

MANSFIELD, QC. J0X 1R0

BOISVERT, LUC Taxes municipales : 3 280,065 Taxes scolaires : 635,025 TOTAL : 3 915,085 15, rue de la Gappe

MIRAILL, Alvires Taxes municipales : 133,965 Taxes scolaires : 0,005

Às Edward Thompson ILE GRAND CALUMET, QC. J0X 1J0 TOTAL : 133,965 No de rôle : 9250-11-7959

NIGHBOR, ANTHONY Taxes municipales : 1 197,375 Taxes scolaires : 470,785

LOCKE, ROBIN 625 Hamilton Street PEMBROKE, ONT. K8A 6P7 No de rôle : 9088-01-9827

MIRAILL, Alvires Taxes municipales : 133,965 Taxes scolaires : 0,005

Às Edward Thompson ILE GRAND CALUMET, QC. J0X 1J0 TOTAL : 133,965 No de rôle : 9250-11-7959

MANSFIELD, QC. J0X 1R0

BOISVERT, LUC Taxes municipales : 3 280,065 Taxes scolaires : 635,025 TOTAL : 3 915,085 15, rue de la Gappe

MIRAILL, Alvires Taxes municipales : 133,965 Taxes scolaires : 0,005

Às Edward Thompson ILE GRAND CALUMET, QC. J0X 1J0 TOTAL : 133,965 No de rôle : 9250-11-7959

MANSFIELD, QC. J0X 1R0

MIRAILL, Alvires Taxes municipales : 133,965 Taxes scolaires : 0,005

Get the facts on your taxes

CAROLE ST-AUBIN

Equity Editor PONTIAC • Ratepayers in municipalities across Pontiac have been expressing their dissatisfaction at the substantial increases in their property assessments for 2010.

noticed on their 2010 tax bills. The reason for this is because no assessments were done in 2007, which means that for 2007, 2008, 2009 the value has remained the same for six years.

ment approved firm Servitech had to update their 2002 market study to 2008 for the 2010, 2011, and 2012 assessment roll.

Pontiac Transfer Station - open April 1, 2010

C384 7th Concession, Shawville, QC Phone: 819-647-5050 Hours of Operation (April 1 - October 31, 2010): Monday - Friday: 9:30 a.m. - 5:00 p.m. Saturday: 9:00 a.m. - 1:00 p.m.

Closed most holidays including Good Friday, April 2, 2010

Table with 3 columns: Material, Cost per metric tonne, Cost per pound. Rows include General garbage, household waste, Demolition waste, renovation, clean-up, Shingles only, Tires, Brush, branches, leaves, grass clippings, Scrap steel (small items), Scrap steel (over 500 kg).

- Shawville • No change to regular residential curbside pick-up. • Other household or commercial waste will be accepted during business hours and will be charged by weight (refer to pricing table).

they conduct another study. It's that market study that determines what the properties are worth," he added.

"They have the last say on every file, so while MRC technicians assess the material assets of a property, it is Servitech that determines its value," Piché stated.

"If they feel the percentage of the roll is getting low based on sales in the area. They compare apples with apples and oranges with oranges," he said.

Peewee CC move on to play at the Dodge Cup

ANDREA CRANFIELD
Equity Reporter
PONTIAC

The Peewee CC Lions won their last game in the playoffs on March 21 making them the regional Peewee CC Champs. They will be moving on to represent Outaouais in the Dodge Cup from April 7 to April 11.

They are the second team from the Pontiac to represent the Outaouais. The Atom CC team clinched a berth at the Provincials last week. You can follow both teams progress at www.coupedodge.qc.ca/.

The Peewee CC Lions played the A's de Gatineau on March 19 in Fort Coulonge and won 4-3.

Zach Elliott, Brayden Romain, Matt Curley and Carter Pirie scored goals and Alexis Gauthier, Danny Pasch, Curley, Nolan Peck, Pirie and Daniel Boivin made assists.

The second game in Gatineau was on March 20 and the Lions won 2-1. Gauthier and Elliott scored goals and Pirie, Julien Lépine and Pasch made assists.

The third game in Shawville was on March 21. It was a shut-out with an 8-0 win for the Lions. Goals were scored by Pirie, Gauthier (2), Curley (2), Romain, Boivin and Lépine. Assists were



And the champs are, back row, left to right, Francis Gagnon, Zach Elliott, Danny Pasch, coach Serge Boivin, Alexis Gauthier, Tyler Brady, trainer Shawn Brady, assistant coach Ray Curley, trainer Sylvain Tremblay and Shawville and District Minor Hockey representative Alain Poulin. Front row, left to right, Brayden Romain, Matt Curley, Nolan Peck, Daniel Boivin, Carter Pirie, Juline Lepine and Steven Schuiteboer. In front are goalies Joshua Strigi and Alexandre Tremblay.

made by Peck (2), Boivin (3), Pasch (2) and Pirie (2).

Bantam

The Bantam B Drapeurs competed in the playoffs to finish off their regular season with nine wins, two losses and six ties. They played the Petite Nation and lost 4-1 with Alex Draper scoring the only goal, assisted by Nathan

White.

The Bantam B Drapeurs played the Aymer Express and lost 1-0.

The Bantam B Drapeurs finished the season with an exhibition game in Renfrew and won 4-3 with the winning goal coming in with 22 seconds left in the game. Andy Boisvert scored twice,

Yanick Morissette scored once and Cody Laurent scored once. Morissette got three assists and White got two assists.

Elbows a flying

There was plenty of hockey at the Flying Elbows Men's Hockey Tournament over the weekend at the Shawville Arena.

The James Smith Memorial 'A' Champs were McVey's Pub, who defeated the Flix 2-1. While in the Beaver Bowl 'B' Division, the Champion Queens Line Jets defeated the Ottawa Valley Hitmen 2-1.

In the Beer Gut Cup 'C' Division, the Ice Holes defeated Fraser's Cartage 4-2.

OVERTIME | LUKE MURPHY

Physical Ed in elementary schools

Most of you know that I'm in Teacher's College, taking the Primary/Junior Curriculum at the University of Ottawa. I'm currently taking Health and Physical Education in the elementary school. Because the majority of my readers are parents, I thought it was relevant this week to write about parents' role in ensuring that their child is healthy and physically active, when it comes to the school curriculum. This comes directly from the 2010 Revised Health and Physical Education Ontario Curriculum.

As parents, you play an important role in your children's learning. Studies show that students perform better in school if their parents are involved in their education. By becoming familiar with the health and physical education curriculum, parents can better appreciate what is being taught and what their children are expected to learn.

Parents are the primary educators of their children with respect to learning about values, appropriate behaviour, and ethnocultural, spiritual, and personal beliefs and traditions, and they act as significant role models for their children.

Effective ways in which parents can support their

children's learning include: attending parent-teacher interviews, participating in parent workshops and school council activities, and encouraging their children to practice at home and to complete their assignments. Parents can be supportive by promoting and attending events related to healthy, active living at their children's school.

Parents and all adult role models can also provide valuable support for their children's learning by being physically active themselves and making healthy choices connected to eating, substance use, relationships, personal care, and injury prevention.

Children who have opportunities to be physically active with the family are more likely to continue to be active as adults. Similarly, eating meals together as a family helps to reinforce healthy eating habits. By becoming involved in healthy, active living with their children, parents benefit as well.

Parents help to show children the value of their learning in health and physical education by taking an interest in the curriculum topics and helping to make connections at home and in the community as students apply their learning. Such an interest encourages students and

promotes a positive attitude about healthy, active living.

Through discussion with their children, parents have an opportunity to learn about new approaches in physical activity and about emerging health issues. Helping students apply their learning may involve things like including children when making food purchasing decisions and preparing meals, discussing activity choices and ways of building fitness into each day's activities, and creating or facilitating activity opportunities.

By recognizing the achievements of their children in health and physical education, parents can help them develop confidence.

The involvement of parents in their children's education also gives parents an opportunity to promote the safety practices that children learn in the health and physical education program (e.g., wearing seatbelts and bicycle helmets, walking facing traffic, handling food safely, using sunscreen and protective clothing for UV protection).

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

Murphy is a former professional hockey player who now resides in Shawville and can be contacted at news@theequity.ca.



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RELAYS POUR LA VIE **RELAY FOR LIFE**

Société canadienne du cancer / Canadian Cancer Society

En 2010, je participe!

Shawville • 5 juin
Fair Ground
819 777-4428

Claudia, Julie et Marie-Eve se relaient du soir au petit matin sur la piste du Relais pour la vie. Pas de fatigue, rien que de la bonne humeur. Soutenir leur ami Sébastien, deux fois vainqueur du cancer à l'âge de 15 ans, vaut bien une nuit de marche.

Vous aussi, participez au Relais pour la vie de la Société canadienne du cancer.

Avec l'argent recueilli, la Société canadienne du cancer en fait plus, pour sauver plus de vies.

1 888 939-3333 | cancer.ca/relais

Centre de santé et de services sociaux du Pontiac

Il est difficile d'apprendre que vous êtes atteint d'un cancer. Votre famille et vous, éprouverez différentes émotions face à l'annonce d'un tel diagnostic, et c'est normal. En effet, apprendre que nous avons un cancer peut causer :

- **L'état de choc** : L'indifférence, les pleurs, les cris.
- **Le refus ou la négation** : Refuser de croire au diagnostic. « Ce n'est pas vrai ».
- **La colère** : C'est une période de révolte, d'agressivité et/ou de culpabilité.
- **Le marchandage** : Comprendre ce qui arrive et espérer de devenir mieux en promettant quelque chose en retour.
- **La dépression** : L'isolement social, désespoir.
- **L'adaptation/acceptation** : Apprendre à vivre avec son diagnostic, ses limites, mais plus particulièrement, avec ses possibilités.

Il est normal de vivre ces étapes et l'important c'est d'apprendre à les gérer. Il existe, depuis un peu plus de deux ans, un service d'infirmier(ère) pivot en oncologie dans le Pontiac. Le rôle de cette personne est d'évaluer vos besoins, de vous transmettre de l'information, d'assurer une présence tout au long de la maladie, de vous soutenir dans les épreuves que vous traverserez et de favoriser le travail d'équipe des différents professionnels qui vous entourent.

Pour de plus amples renseignements, veuillez communiquer avec Léon Lance au numéro suivant 819 683-2224. Nous sommes là pour vous aider !

It is difficult to receive a cancer diagnosis. You and your family could experience different emotions concerning your illness and it is normal. Therefore, learning that you have cancer can cause:

- **A state of shock**: Crying, feeling lost, not understanding what's going on.
- **Refusal or denial**: Refusing to face reality. "It can't be true."
- **Anger**: Feeling angry with oneself, at others or at the world. Guilty feeling.
- **Bargaining**: Understanding the facts and hoping to get better often by promising something in return.
- **Depression**: Feeling lonely, hopelessness.
- **Adaptation/acceptance**: Learning to live with our diagnostic, its limits, but most importantly its possibilities.

Living these stages is normal, but learning how to deal with them is essential. For more than two years now an oncology pivot nurse service is available in the Pontiac. This nurse assesses your needs, offers information, assures a presence during the illness process, supports you through difficult times and facilitates team work of the different professionals evolving around you.

For more information, please call Léon Lance at the following number 819 683-2224. We are here for you!

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Please cover up this summer to reduce the risk of skin cancer

ANDREA CRANFIELD
Equity Reporter
PONTIAC

Cancer has probably touched most people's lives in one way or another. It seems to rear its ugly head more often than it used to and more and more people are being affected every day.

There are hundreds of types of cancer that can strike people of all ages. It can be hereditary and certain factors such as obesity or smoking can make people more at risk than others.

The National Cancer Institute (NCI) says that cancer is a renegade system of growth that originates within a person's body. There are many different types of cancers, but all share one hallmark characteristic: unchecked growth that progresses toward limitless expansion.

This is why it is important to catch cancer in its early stages so that it can be treated and, if possible, cured.

With summer coming up, and people looking forward to the sunny days ahead,

they must remember to protect themselves against the sun's harmful ultraviolet rays.

Familydoctor.org claims that the sun's rays affect people differently, and can lead to wrinkles, skin cancer and other skin problems.

The NCI says that skin cancer is cancer that forms in the tissues of the skin. There are several types of skin cancer that affect people in different ways. The



Canadian Cancer Society / Société canadienne du cancer

people most commonly affected are older people who have parts of the body exposed to the sun or people with weakened immune systems.

Familydoctor.org says the risk factors for skin cancer are having fair skin, red or blond hair, having light-colored eyes, sun burning eas-

ily, having many moles, freckles or birthmarks, working or playing outside, being in the sun a lot as a child, having had a serious sunburn, having had skin cancer, or having family members who have had skin cancer and tanning in the sun or with a sunlamp.

There are some preventative measures that can be taken to help stave off cancer. According to News Canada, protection and detection are key. They say

And not just in the summer when the sun is more prevalent. They say 85 per cent of Canadians know they should be checking their skin regularly for suspicious spots but one in three never do so. And nearly half of young Canadians (ages 18-24) never check their skin at all.

Familydoctor.org said that skin cancer is most likely to occur on parts of the body that are repeatedly exposed to the sun. Common areas include the head, neck, face, tips of ears, hands, forearms, shoulders, back, chests of men and the back and lower legs of women.

And remember tanning booths are not safe. According to msnbc.msn.com, a new analysis of about 20 studies shows that the risk of skin cancer jumps by 75 per cent when people start using tanning beds before the age of 30.

Summer is a fun time, and it's great to enjoy the nice warm sun. But please be careful and remember to cover up at all times.

VOTRE SANTE | DRE. ISABELLE GAGNON
Le ménage du printemps



Enfin le printemps et la chaleur reviennent! La lumière du jour est de plus en plus présente et les rayons du soleil font apparaître la poussière sur vos meubles; c'est la période du fameux ménage du printemps. Pour plusieurs, ce rituel annuel est bon pour le moral, mais peut aussi causer des problèmes à cause d'une activité physique trop intense. Beaucoup d'entre nous avons hibernés durant les mois plus froids, donc il est facile de trop en faire quand on commence tout d'un coup à bouger!

Le ménage du printemps est un travail très exigeant physiquement. Avant de commencer vos tâches, prenez le temps de bien vous échauffer et vous étirer en préparant vos muscles pour réduire les risques de blessure. Faire des grands ronds avec vos bras et marcher sur place sont de bons exercices à faire avant de commencer à frotter. Il est prudent de prévoir des exercices d'échauffement des épaules, surtout avant de faire un travail qui demande d'exercer beaucoup de force avec le bras en position élevée (laver les fenêtres, les murs ou même les plafonds). Il n'est pas rare de voir des personnes souffrir d'un mal d'épaule qui descend dans le bras après une journée de grand ménage.

Laver les planchers
Le poids d'une vadrouille remplie d'eau peut peser jusqu'à 25 livres! Afin d'éviter les maux de dos, suivez ces quelques conseils. Tenez la vadrouille en alternant la position des mains. Gardez votre colonne en position neutre. Évitez les mouvements extrêmes du poignet. Utilisez vos jambes pour générer de la force et balancez votre poids de gauche à droite. Gardez les bras et les

coudes près du corps afin de stabiliser les épaules. Évitez de vous étirer vers la droite ou vers la gauche. Rappelez-vous qu'il est souvent plus confortable pour notre dos de laver le plancher à quatre pattes. **Passer l'aspirateur**
Passer l'aspirateur est une activité qui peut causer de nombreuses blessures au bas du dos, au cou et aux épaules à cause des mouvements répétés. Il est donc important d'effectuer les bons mouvements. Gardez les coudes sur les côtés pour minimiser les mouvements de l'épaule. Évitez les mouvements où

les coudes se trouvent derrière le corps. **Frotter et ramasser**
Évitez de rester accroupis trop longtemps puisque ça cause beaucoup de stress au niveau des ligaments et cartilages des genoux. Essayez de vous agenouiller un genou à la fois sur un coussin (ou des genouillères) et changez souvent de côté. Si c'est possible, travaillez assis. **Travailler en hauteur**
Plusieurs tâches du ménage du printemps nécessitent l'utilisation d'un escabeau ou d'une échelle, comme laver les plafonds, couper des branches d'arbres ou déplacer des objets sur des tablettes élevées.

N'oubliez pas, vos mains ne devraient pas être plus hautes que vos épaules. Assurez-vous de choisir un escabeau de la bonne hauteur pour l'activité et qu'il soit en bon état (pas de barreaux louses ou manquants, vis bien serrées...). Placez-le sur une surface stable et évitez de vous étirer pour rejoindre plus loin. Repositionnez-le au besoin. N'utilisez pas d'échelle si vous avez un problème d'équilibre ou si vous prenez des médicaments qui peuvent vous affecter. Il est préférable de varier les tâches régulièrement pour faire travailler différents muscles. Par exemple, laver les

murs d'une pièce puis y passer l'aspirateur au lieu de laver tous les murs de toute la maison. Vous allez en accomplir autant mais vous allez vous sentir mieux, moins fatigué et vos muscles seront moins raides. En utilisant les bons mouvements et en favorisant vos bras et vos jambes plutôt que votre dos, votre ménage du printemps sera sans danger pour vos articulations. Il suffit d'écouter votre musique préférée, d'ouvrir les fenêtres et de chanter à tue-tête. Bon ménage!

Dr. Isabelle Gagnon est une chiropraticienne qui opère deux bureaux dans le Pontiac.

Relance de l'usine de pâte cellulosique en Outaouais

THURSO • Le premier ministre du Québec, Jean Charest, et le ministre délégué aux Transports, ministre responsable de la région de l'Outaouais et député de Papineau, Norman MacMillan, annoncent l'octroi d'un prêt de 102,4 millions \$ portant intérêt à l'usine de Fortress Specialty Cellulose inc. (FSCI), anciennement propriété de Papier Fraser inc. Par l'entremise d'Investissement Québec, cette aide financière permettra de convertir les activités de l'ancienne usine de pâtes en producteur de pâte cellulosique. Le projet de FSCI, estimé à près de 175 millions \$, vise à convertir l'usine de Thurso, qui fabriquait des pâtes kraft destinées à la production de papier, pour la fabrication de la pâte cellulosique ainsi qu'à implanter une usine de cogénération.

santes et structurantes pour relancer notre industrie forestière et l'économie de la région de l'Outaouais, a affirmé le ministre délégué Norman MacMillan. « Nous sommes heureux d'avoir pu compter sur la collaboration du gouvernement du Québec dans la réalisation de notre projet de conversion de l'usine de Thurso. La société Fortress est confiante qu'elle fera de cette relance un succès, puisque l'environnement des affaires au Québec est favorable, le tout combiné à des perspectives positives du marché mondial », a conclu M. Chad Wasilenkoff, PDG de Fortress Specialty Cellulose et de Fortress Paper. En plus de permettre la conversion des activités de l'usine vers un secteur qui offre de meilleures perspectives de développement à long terme, le projet maintiendra en opération l'usine de traitement des eaux de la Ville de Thurso, et ce, sans investissement supplémentaire, puisque les équipements nécessaires se trouvent à même les installations de l'usine.

Le nouveau produit est conçu pour le marché des fibres de viscosse (rayonne), un secteur qui est en pleine croissance au niveau mondial. La fibre de viscosse est mélangée le plus souvent avec le coton, la laine et la fibre polyester dans la production de tissus et de tricots destinés au marché du vêtement. « La relance de l'usine de Thurso est une bonne nouvelle pour le secteur forestier, puisqu'elle s'inscrit dans le cadre d'une stratégie de développement industriel axé sur des produits à forte valeur ajoutée », a déclaré le premier ministre. Le succès de cette démarche pourra certainement servir d'inspiration pour l'avenir de l'industrie forestière, a-t-il ajouté. Le projet de relance présente des perspectives positives sur le plan des emplois. Ce projet permettra le rappel de 290 employés qui travaillaient pour Papier Fraser. Le projet permettra également le maintien de quelque 1 500 emplois directs et indirects dans le secteur forestier et dans les entreprises de la région.

Rappelons qu'en juin 2009 l'usine de Thurso avait cessé ses activités, mettant ainsi à pied 330 personnes dans cette municipalité monoindustrielle. La fermeture avait eu un impact majeur sur les activités forestières d'une trentaine d'entreprises québécoises. À propos du ministère du Développement économique, de l'Innovation et de l'Exportation Le Ministère s'est donné pour mission de soutenir le développement économique, l'innovation et l'exportation ainsi que la recherche, en favorisant notamment la coordination et la concertation des différents acteurs des domaines économique, scientifique, social et culturel dans une perspective de création d'emplois, de prospérité économique, de développement scientifique et de développement durable. De plus, le portefeuille ministériel comprend des sociétés d'État, des organismes et des fonds subventionnaires, dont Investissement Québec.

pollution and create bigger problems with property owners. The real solution is to stop purchasing material that can't be decomposed. If you compost you will reduce a lot of weight in your garbage and in return you will have healthy soil to put in your flower beds and gardens. Change to cloth diapers instead of disposables. I read an article last week about a program that the governments wants to start. They want to reward (by payment) the mothers for using cloth. The mothers will stop using disposables whenever they have to pay an extra \$20 or so a week to get rid of them. That problem should fix itself. There are going to be a lot of habits we have to change and it will be difficult to get used to but ultimately we all have to do our part. By now you all know that the Vinton Hall is being torn down. It used to be a great place for dances, showers, bazaars, plays and funerals. Times do change but it is still sad to see it disappear. Happy anniversary Tim and Joan Frost Apr. 5.

Vinton
Diane Boisvert 648-5296
There was a bear spotted near Otter Lake last week so we know they are all starting to get out of their comfy sleep. The robins are back and hastily building their nests. I guess spring is really here. What happened to that old saying "in like a lamb and out like a lion"? I bet with someone the other day that we were going to have one more snowstorm with at least four inches of snow. I think I'm going to lose that bet. I hope so. People have been really cleaning up around their properties getting rid of a lot of junk before the April 1 closure deadline. There are different rules and regulations set out in each municipality so you have to find out what they are for your own municipality. I hear so many people saying that they are going to burn what they can at home. Others are saying that the backroads will be a dumping ground. Please don't do these things. It will only add to

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Faites parvenir votre curriculum vitae à Julie Goguen au jgoguen@mdjpontiac.com avant le 6 avril 16 h.
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Submissions > DEADLINE Page 9

COMING EVENTS

Fri., April 2 & Sun., April 4 - Friday at 3 p.m. and 7 p.m., Sunday at 3 p.m. In the Presence of Jehovah presented by the Pontiac Community Choir at New Hope Christian Fellowship Church, 586 Main St., Shawville, Quebec. 2xm31

Fri., April 2 - Easterrific Special Easter Program for families and children 3-12 at 2 p.m. Grace Community Bible Church, C272 Hwy. 148, Shawville. bm31

April 2 to April 5 - Chutes Coulonge park will be open Easter weekend April 2nd to April 5th 11am to 5pm. Easter Egg Hunt - On Saturday April 3 between 11 and 4 pm Chutes Coulonge will host special activities for children ages 3-12 during the 5th annual Easter Egg Hunt. Lots of activities - Great time to see the site. You must register to participate. Please call 819-683-2770 leave your name, phone number, and number of children and adults attending. Regular rates apply. 2bm31

April 2 - 10:30 a.m. Good Friday service at St. Andrew's United Church, Campbell's Bay, Quebec. Everyone welcome. bm31

Sat., April 3 - Book Signing at Café 349 11 a.m. to 2 p.m. Written by Lynette Harris and illustrated by Betty Russell. Children's Book "Why Am I Me?" xm31

Anglican Parish Of Northern Pontiac - Easter Service Schedule. Good Friday, 11 am Christ Church Maniwaki, and Easter Sunday, 9 am St. James, Otter Lake, with Rev. Manasse Maniragaba. 10 am St. Georges, Thorne Centre, with Rev. Graeme Brownlee. 11 am Holy Trinity Church, Danford Lake and 1:30 pm St. James Church, Wright, with Rev. Manasse Maniragaba. Everyone Welcome. bm31

Light Your Night - NEW Each Saturday in April, 3rd, 10th, 17th & 24th) 7 pm to 10 pm. We invite you to take a moonlight stroll! Music will guide you along our lighted path. See the Coulonge Park and waterfall in seasonal transition; winter to spring. A roaring bonfire and a cup of hot chocolate, greet you upon your return. Regular rates apply; a great opportunity to purchase your annual membership. 2bm31

Sat., April 3 - Zion Pancake Supper Easter Eve from 4 - 7 p.m. Regular and potato pancakes, sausages, baked beans, homemade rolls, fresh maple syrup, dessert, tea and coffee. Adults \$9, children under 12 \$4. Everyone welcome. 2bm31

Sat., April 3 - ATV drivers' course. Get your license before the June 10 law change for passengers. Call to reserve 819-648-2928. xm31

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Sat., April 10 - Pontiac Mallard Fish and Game Club Awards Night and Supper, 7 p.m. Gavan's Hotel, \$10 each. Non-members welcome. For tickets call Ron 819-458-2439. 3xA7

COMING EVENTS

Sat., April 17 - At the Carp Agricultural Hall. Dance, buffet and auction with the 'Mick Armitage Band' and 'Louis Schryer'. Call 613-226-9178 for all info and tickets or www.mickarmitageband.com bm31

Sat., May 1 - At 1 p.m. Souful Solutions with Jennifer Clark 'Awaken to Your Purposeful Life' at St. Paul's Anglican Church Hall, 530 Main St., Shawville. Lunch provided \$20/person. Tickets available at Stedman's or Murray's Sporting. xm31

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Future steel building clearance - Pre-engineered and custom-sized to your requirements. Factory-direct pricing. Some models discounted to half-price to clear. Call for free brochure and quote. 1-800-668-5111 ext. 170. qm31

WANTED TO RENT

Shawville and surrounding area - 2 - 3 bedroom house. Moved from Alberta, required immediately. Contact Kevin 819-453-2005. 2xA7

Wanting to rent pasture for 35 head of cows/calves. Call Roy (819) 455-2229 days/(819) 664-0286 cell. 2ba7

Recherche - Maison à louer - House for rent. Famille de nouveaux résidents professionnels, originaires du Nouveau-Brunswick recherche maison à louer dans le Pontiac (Shawville, Ladysmith, Otter Lake, Campbell's Bay, Fort Coulonge) 3 chambres minimum + 1 bureau accès internet haute vitesse obligatoire. Déménagement prévu mi-avril Contact: Savio Morais - chargé d'accueil MRC Pontiac Carrefour jeunesse-emploi du Pontiac 819-648-5065 ou cell 819-962-5650 ou smorais@crep.qc.ca bm31

Wanted - House for rent Family from New Brunswick will be arriving in the Pontiac mid-April. Looking for a good house to rent in Central Pontiac area (Shawville, Ladysmith, Otter Lake, Campbell's Bay, Fort-Coulonge). Must have at least 3 bedrooms, an office space and access to high-speed internet. Will be moving here to work in Pontiac region. Please contact Savio Morais - Host program - Pontiac MRC Tel: 819-648-5065, fax: 819-962-5650, Cell: 819-962-5650 Email: smorais@crep.qc.ca. bm31

WANTED TO BUY

Abracadabra turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072. qm31

LIVESTOCK

Red Angus bull, 2 years old, with blue paper 819-647-2502. 2xm31

FARM PRODUCE

Quantity of Rigidon oats off certified seed good to sow, Keith Emmerson 819-647-5519. xm31

Hay 4 x 5 round bales \$15 each 819-648-5587. 2bm31

Hay 4 x 5 round bales, hay small square bales, straw 4 x 5 round bales. Delivery available 613-646-9557. 15xA14

Bird feed, locally grown! Black oil sunflower and fantastic mixes. Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

REAL ESTATE FOR SALE

Campbell's Bay - 3 bedroom house, 25 Leslie St., \$30,000 firm 819-648-2317. 2ba7

Pontiac Bay - waterfront property - 2532s.f. on 30 acres that can be subdivided 30 minutes from Aylmer on Ottawa River. House/land can be bought separately. Call 819-458-1707. 4xm31

Hay 4 x 5 round bales, hay small square bales, straw 4 x 5 round bales. Delivery available 613-646-9557. 15xA14

Bird feed, locally grown! Black oil sunflower and fantastic mixes. Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

Straw for sale - Large, square bales, stored indoors. Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

FARM PRODUCE

Livestock Feeds! All natural, locally grown. Hi-Protein, Beef Booster, rolled scratch grain and more. Available in bulk, 1/2 te totes or 25 kg bags. Mineral, salt and milk replacers too! Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

Wildlife feeds - Deer and Wild Turkey survival mixes, whole and rolled corn. Hay, alfalfa cubes, mineral and licks. Summer foodplot seeds available as well. Enjoy the wildlife year round! Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

Luskville 4x4 round bales of "fair hay" not for horses. \$10/bale picked up (we can load). 819-455-9668, Mon-Thur 8 a.m. - 12 noon, ask for Earl. 3bm31

SNOWMOBILES

2 Polaris snowmobiles, one is a 2007 brand new (never used) (600cc) and the other one is a 2003 and it has 7,000 miles (11,670 km) also a 600 cc, plus a closed-in trailer 1997. All in good shape asking \$15,000.00. Please contact 819-648-2555. etc

TRAILERS

Double axle trailer, 12 ft. platforms with ramps, 2 spare tires. \$1,250 or b.o. 819-648-2232. etc.

CARS

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

RENT

Bryson - 2 bedroom apartment 819-648-5555. etc

Campbell's Bay - 1 and 2 bedroom apartments, also 1 furnished bachelor available 819-647-5435. etc.

Room for rent. Opening available at Tubman's Senior Home, home cooked meals, housekeeping care and TLC. Also available day time care for more info call Patricia 819-647-2458. 5xm31

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

Shawville - 3 one bedroom apartments for seniors, no pets 819-647-6900. 6xA7

Shawville - Spacious one bedroom basement apartment. Shared washer/dryer. Non-smoking. No pets. References required. \$375.00 plus utilities. Available April 1st, 2010. Call 819-607-4509 evenings or 613-816-4509. 4xm31

Shawville - 2 bedroom duplex apartment, washer, dryer, stove and fridge, Centre St. heat and hydro not included \$450/month 819-682-3091. etc.

Shawville - 1 and 2 bedroom second floor apartments 647-2056. etc.

Shawville - 2 bedroom apartment, second floor for quiet person or couple, no pets, heat, parking and storage included \$550 month 819-647-6464. 2ba7

REAL ESTATE FOR SALE

Campbell's Bay - 3 bedroom house, 25 Leslie St., \$30,000 firm 819-648-2317. 2ba7

Pontiac Bay - waterfront property - 2532s.f. on 30 acres that can be subdivided 30 minutes from Aylmer on Ottawa River. House/land can be bought separately. Call 819-458-1707. 4xm31

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Straw for sale - Large, square bales, stored indoors. Call Barclay Dick & Son Farm Supply near Douglas, 613-649-2620 or 2440. 8xm31

SERVICES

\$500s loan service, by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free: 1-877-776-1660. www.moneyprovider.com. qm31

Dating Service. Long term / short term relationships, free calls! 1-877-297-9883. Exchange voice messages, voice mailboxes 1-888-534-6984. Live adult casual conversations 1 on 1, 1-866-311-9640. meet on chat lines. Local single ladies 1-877-804-5381 (18+). qm24

***Past *Present *Future * #1 Psychics!** *1-877-478-4410* Credit Cards / deposit or phone 1-900-783-3800 \$3.19 min (18+). For a psychic NOW! Meet us at: www.mysticalconnections.ca qm31

Criminal record? We can help! The National Pardon Centre™ is RCMP accredited. For better price and better service visit: www.national-pardon.org. Call 514-842-2411 or 1-866-242-2411. qm31

TENDERS

Soumissions scellées sont demandées pour une addition au Centre communautaire Jack Graham à Bristol, Québec. Le propre licensement est requis. Les spécifications peuvent être retrouvées au bureau municipal entre les heures de bureau régulières. Les soumissions devront nous être parvenues par 2 avril 2010. Le Municipalité se réserve le pas le privilège de ne pas accepter, ni la plus basse, ou aucune des soumission reçues. Keith Emmerson Directeur général 2-0-M31

Sealed tenders are called for an addition to the Jack Graham Community Centre, Bristol, Québec. Proper construction license required. Specifications may be picked up at the municipal office during regular office hours. Tenders must be submitted no later than April 2, 2010. Lowest or any tender not necessarily accepted. Keith Emmerson Director General 2-0-M31

DEATH



Cinnamon, Jeffrey Allan - 1955-2010

It is with great sadness that we announce the passing of a beloved son and brother Jeffrey Allan Cinnamon on Monday, March 22nd, 2010, peacefully at his home in Ottawa, at the age of 54. Beloved son of Lillian Cinnamon and the late Orville Cinnamon and brother to Larry (Joyce), Ruth (Lynn), Dennis and Cheryl, and uncle to Michael. Jeff had a long and successful career with the Federal Government and recently retired to enjoy a peaceful life in his new apartment on Cooper Street after living many years in Norway Bay, Quebec. The family will say goodbye to Jeff during a private family gathering and would like to welcome family, friends and colleagues to join them for a memorial celebration of Jeff's life on July 3rd, his favourite day, to be held at his cottage at 19 Wharf Road in Norway Bay, Quebec. Innumeration will be held on July 5th at Springhill Cemetery, Highway 31. In memoriam, donations can be made to a charity of your choice. Condolences can be sent to Lillian Cinnamon, 81, Route 243, St. Felix de Kingsey, QC JOB 2T0. Arrangements are entrusted to the Winchester Funeral Home, 505 Church St., Winchester, Ontario (613-774-2120).

Stewart - Wasn't that a PARTY! My surprise 70th birthday party had all the elements that comprise a grand time for all; good friends, good food, good music and a big box filled with a special gift of Amy, Dustin and Skyline! There are so many people to thank it is not possible to name them all. Therefore let me say thanks for your good wishes, cards, gifts and friendship. Without family and friends where would we be? Special thanks to Freda, Amy, Mary and sister Margaret Revel Stewart

NOTICES

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

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

DEATH

Stark, Farrell - Born December 10, 1935, peacefully passed away at Carleton Lodge in Ottawa, which was his home for several years. A private memorial service will be held at his sister's home (Joan Bakker Stark) on Manotick Island at Easter. Burial of ashes will take place in Shawville Maple Grove Cemetery this summer. Thank you for the many kindnesses given to this gentle man.



Like a seed
 Of a milkweed
 Farrell has flown
 Away in the wind
 To another time and space
 Another place
 Among the wildflowers
 Of his youth
 To rest.

Wootton, Jean Ligny (nee Scrimger) - On March 22, 2010, aged 90 years, peacefully in Shawville, Quebec. Daughter of Dr. F.A.C. Scrimger, VC, and Ellen Carpenter. Beloved mother of Catherine, John, and Penny. Grandmother of Jennifer Hill (Danforth), Ian Danforth, Timothy Wootton, Jesse Wootton, and Quinn Honeyman-Wootton, and great-grandmother of Miriam Hill. Widow of Tom Alexis Wootton (died 1987). Sister of Elizabeth Fraser (died 2007), Charlotte Corbett-Thompson, and Alec Scrimger (died 1945). A Memorial Service will take place on May 1, 2010, at 11:00 a.m. at St. Paul's Anglican Church, 24 St. Paul Road, Knowlton (Lac Brome), QC, JOE 1V0. Donations in her memory can be made to the Pettes Memorial Library, 276 chemin Knowlton, Knowlton (Lac Brome), QC, JOE 1V0. Arrangements entrusted to W.J. Hayes and Sons Ltd. 819-647-2221

THANKS

Hodgins - We would like to convey sincere thanks to all family and friends for their support, memorial donations, expressions of sympathy in the passing of our dad Fred. Special thank you to the staff of the Longterm Unit at the Shawville Hospital for the wonderful care over the many years that dad spent there. Also to Rev. Mavis Brownlee of St. Paul's Anglican Church for the wonderful service, Pastor White for his kind words, Page Ireland and Tim Hodgins for their readings, Tony Bove for singing, thank you. Also special thanks to Beulah MacDougall or looking after all the food in our home, to Judy Peck for helping and all the people that brought food as well as the Anglican women for serving lunch after the funeral. It was all very much appreciated. Joan and Roy Palmer and family

Stewart - Wasn't that a PARTY! My surprise 70th birthday party had all the elements that comprise a grand time for all; good friends, good food, good music and a big box filled with a special gift of Amy, Dustin and Skyline! There are so many people to thank it is not possible to name them all. Therefore let me say thanks for your good wishes, cards, gifts and friendship. Without family and friends where would we be? Special thanks to Freda, Amy, Mary and sister Margaret Revel Stewart

NOTICES

If you saw the picture in THE EQUITY we can make you a full colour 5 x 7 or 8 x 10 prints for \$10 plus tax, at The Pontiac Printshop, 133 Centre St., Shawville, Quebec J0X 2Y0 819-647-2204. etc

Attention Residential School survivors and day school students. Confused about the Independent Assessment Process (IAP)? Government not answering your questions? Not sure if you qualify? Need help? We've helped over 3000 survivors cross Canada. Call now! 1-888-918-9336. qm31

MEMORIAM



Dubeau - In loving memory of Viola, who passed away April 4, 1985 already 25 years.

If I had the world to give, I'd give it, yes and more To hear your voice and see your smile, And greet you at my door. All I can do now, dear Mom is send your grave And leave behind tokens of love, To the best Mom God ever made. I like to think when life is done Wherever Heaven is, That you'll be standing at the door With Jesus to welcome me. Sadly missed by Noëlla, Jimmy and Family

Miller - In fond and loving memory of a dear Mom, Granny, and Great-grandmother, Elsie who left us three years ago March 30, 2007. Loves greatest gift Mom, is remembrance. We think of you, we feel you near. In some small way every single day Memories of you come our way. Softly the leaves of memory fall Gently we gather and treasure them all Your touch, your smile was always so tender Today, tomorrow, we will always remember Forever remembered, forever loved Gloria, Murray, Adam, Jamie, Connie, Hannah and Ava

Walls - In loving memory of a dear mother, grandmother and great-grandmother, Aggie, who passed away April 4, 2004. No further than a picture, A smile or a remembered phrase, Mom, you live in our memory, So close in so many ways. Lovingly remembered by John and Shirley Heman and Brenda Doreen and families

Shawville

Lyse Lacourse 647-5932
 lysie_whoey@hotmail.com

Holy Week started on Palm Sunday, March 28 and will culminate with Easter Sunday, April 4. Holy week consists of the religious holidays of Palm Sunday, Maundy Thursday (Holy Thursday) and Good Friday and lasts until Easter Sunday but not including it as Easter Sunday is the first day of the new season of the Great Fifty Days. Families and friends will be visiting from near and afar in all our households.

Our deepest condolences to the Hodgins family on the loss of Fred. Fred died peacefully on Sunday, March 21 at the Long-Term Unit of the Pontiac Community Hospital. Fred was 98 years old.

Our sympathies to the Dagenais family on the loss of Thérèse. Thérèse passed away on March 21. She leaves behind to grieve her husband of 60 years Florent and her two sons Mario (Judith St-Jacques) and Luc (Jocelyne Michaud) and her grandson Danny. She also leaves behind her sisters Alda (Yvon), Annette (

Bryson

Anna Stewart 648-2351 The Legion held their monthly meeting with 12 people in attendance. They have 64 members in all and it is the second highest in the Outaouais for membership. They donated \$1,000 to the Heart and Stroke Foundation.

The fiddling on Fridays from 7 p.m. to 9 p.m. is going very well. The bean supper was a great success! On April 9 they are holding a walk-a-thon. On April 30 there will be a euchar in the Legion with a light lunch served after the games. On Saturday April 3 they are holding a bake sale at the Legion with a raffling of an Easter Basket.

Their St. Patty's Day Jamboree was a great success! They also celebrated Kayla Kucharik and Peter Godins birthday. Happy birthday to you both!

Our deepest sympathy to the Lamothe family on the death of Phillip. He passed away on Calumet Island at his brother's home surrounded by loved ones. His funeral was held Monday on Calumet Island in St. Anne's Church.

Chantal and Monique Stewart arrived from Matagami on Friday to spend some time with us. I guess the maple syrup is pretty well finished for another year. It started early in the season and has ended early.

Spencer Lepine, my grandson who had brain surgery on January 19, is doing well. Thanks to everyone who is inquiring about him. It is hard to believe that Easter is on the weekend. I hope everyone has a great one and remember all of the men and women in the Armed Forces who are away from their families, protecting our home land.

Winners of last week's Golden Age Euchre are: Door: Jeannette Romain, Men's first: Tom Hearty, Men's second: Jim Stewart and Don Evans (Where is your name Mervin)? Ladies first: Bernadette Piche, Theresa Lance and Patricia Lamothe and Lucy Kelly, Ladies second: Barbara Ladouceur, Paulette Lamothe, Anita Johnson and Lucille Lamadeline, 50-50: Paulette Lamothe.

Have a safe and healthy week and happy Easter!

Elizabeth Hahn 453-7326 Happy birthday to my mom, Mrs. Hilda Richard Gravelle Mayhew, who will be 103 on April 9. Also birthday wishes to her grandson and my son Patrick Hahn who celebrates his birthday the same day.

Otter Lake

Happy Easter everyone. Golden Age Club card night results for March 23: First prize: Dolly Lepack and Carl Kappes. Second prize: Viola Gauthier and Roland Mayer. 50/50 winners: Laurette Beaudoin, Marguerite St-Aubin and Ronald Beaudoin. Door prize: Linden Anderson. Dessert was provided by Velma Lafleur and Pierrette Gravelle.

Birthday wishes to Michel St-Aubin March 23 and Theresa Blaskie March 25. Dart league results for March 25: First prize: Geraldine Longpre and Denis Lafleur. Second prize: Shirley Routliffe and a tie between Carl Kappes and René Gravelle. 50/50 winners: Alvine St-Aubin, Olivette Mason and René Gravelle. Door prize: Arthur Gravelle.

Shawville D.R.A. SUMMER PROGRAM COUNSELLORS

The Shawville and District Recreation Association is offering 8-week summer jobs to mature students enrolled in a fall College or University Program. Responsibilities include preparing and counselling the Summer Program for children. Candidates should possess CPR training/First Aid, driver's licence and an excellent rapport with children. Interested students can mail their resumé to: Shawville D.R.A. c/o Kerry Reasbeck, Box 342, Shawville, QC, J0X 2Y0 Deadline for resumes is April 23rd, 2010.

Municipalité de Bristol SACS À DÉCHETS

Les sacs à déchets sont maintenant disponibles au bureau municipal au 32, chemin Aylmer, du lundi au vendredi de 8h30 à 16h00. Le mini site de transfert est situé au bureau municipal qui est ouvert le vendredi, samedi, dimanche et lundi de 8h00 à 17h00. Le bureau municipal et le site de transfert seront fermés le Vendredi Saint. Keith Emmerson, Directeur général

Municipality of Bristol GARBAGE BAGS

Garbage bags are now available at the municipal office at 32 Aylmer Road, Monday-Friday 8:30-4:00. The mini transfer station located at the municipal office will be open Friday, Saturday, Sunday and Monday 8:00-5:00. Municipal office and transfer station closed Good Friday. Keith Emmerson, Director General

AVIS AUX RÉSIDENTS DE SHAWVILLE

ÉVACUATION DES TUYAUX D'ÉGOUT DANS LE VILLAGE La municipalité de Shawville fera l'évacuation des tuyaux d'égout dans le village à l'ouest le 1 avril 2010. La municipalité est désolée des inconforts que cela peut vous causer.

NOTICE TO SHAWVILLE RESIDENTS

FLUSHING OF SEWER LINES IN THE VILLAGE The Municipality of Shawville will be flushing the sewer lines in the village at the west end on April 1, 2010. The Municipality apologizes for any inconvenience this may cause.

Municipalité de Shawville À vendre un camion de sable International 1980 195

avec une charrette de dimension approximative de 5 mètres avec une aile 'Sander Hyd. Driven'. Vérification mécanique faite en 2009. Pour plus information contacter : Le Bureau Municipal au 819-647-2979 Faire parvenir votre devis au bureau municipal situé à : 350, rue Main, C.P. 339 Shawville, Québec J0X 2Y0 Téléphone : 819-647-2979 Télécopieur : 819-647-6895 Avant 15h00 mardi le 13 avril, 2010.



Municipality of Shawville For Sale

International 1980 195 Sander Truck with 5 yard sander hyd. driven with one way plow and wing. Safety - Fall of 2009. For more information contact: Municipal Office 819-647-2979 Send your quote to the Municipal office at: 350 Main Street, Box 339 Shawville, Québec J0X 2Y0 Telephone: 819-647-2979 Fax: 819-647-6895 No later than 3:00 p.m. on April 13, 2010.

BRED COW SALE for Domic Martin

at RENFREW PONTIAC LIVESTOCK, COBDEN Saturday, April 3 at 11 a.m. 30 Black Angus cows 22 Limo x cows Some with calves All vet checked.

AUCTION SALE SATURDAY, APRIL 3, 2010

at 10:30 a.m. for KEITH MOHR 2661 Bronson-Bryant Road, Quyon, Quebec Off Hwy 148, west of Quyon onto Clarendon Road, approx 1 mile to Bronson-Bryant Rd., approx 1/2 mile to sale, signs posted. 1989 Mack tractor trailer, 350 Mack motor, selling safetied, good shape, 48 ft Manac hay trailer with front rack, air brakes, safetied, 1992 JD 410-D backhoe, 4 WD, good shape, JD 7520 articulating tractor, cab, duals, 175 H.P., 18x34 tires, diesel, 1000 rpm, PTO, 3 pth with JD 7610 logging clam, good clean unit, JD 3130 tractor with JD 148 loader, Allis-Chalmers two-ten tractor, cab, 2 WD, JD 1470 discbine 12 ft, LH 1190 haybine; Hesston 530 round baler; LH 420 square baler; farm equipment; Weststeel-Rosco grain bin, 8 ring high Powermate 5000 generator, tools; shop tools; lumber & trusses; Mastercraft lawn tractor, 12 H.P.; misc farm items. Keith is retiring from farming, the farm is for sale. Terms: Cash or Cheque with ID - Lunch Available Auctioneer: Preston Cull, R.R. #1, Douglas, Ont. 613-649-2378 Owner or Auctioneer not responsible in case of accident or theft.

AUCTION SALE SATURDAY, APRIL 10, 2010 at 11:30 A.M.

Sale to be held at Hobbs Bros. Sale Pavilion 2294, Dwyer Hill Rd., Ashton, Ontario. TRACTORS: Case 7110, 2WD, 130 hp, 10,000hrs; Case 7250, 4WD, Duals Front & Back, 350hrs; Case 7220, 4WD, 160 hp, 6000hrs; Case 1070, 12000hrs, need transmission; Case 1070, Case 970, 12000hrs, need transmission; NH 1125 Skidsteer, 40hrs; NH Model 110 Playdough, 150hrs; 2 yard bucket. FARM MACHINERY & EQUIPMENT: New Idea tandem spreader, Nuhn Super 6 tractor manure pump; Agri-Trend sprayer, 500 gal, 45' boom, Int. seed drill, 16 run; Rubber tread roller, Steel roller, Diamond chain harrow, 18'; Gravity box seed fill auger, JD 610 chisel plow, 14 shanks; Case Int 4100 cultivator & harrow 30'; Webber lane cultivator & harrow, 18'; Webber lane cultivator 18'; Pony harrow 21'; Corn cultivator 6 row, Kvermeiland Eran rakes, MF baler small square & Allied stoker; Hay trailer & dolly 45'; Liquid fertilizer spreader & dolly, 45-2 plastic tanks 2500 gal & 3000 gal; Dagleman Hyd blade 12'; Westfield truck auger 30X10'; JD 27 stock chopper, 6 row, Badger forage box, 16' on 12-ton tandem rubber gear; Jiffy Hy-dump model 900; 2 Weberlane dump wagons, 21'; Case-Int self propelled discbine WD X 2302, 18' head, 360hrs; Krause mulcher finisher disc 19'; NH 2115 self-propelled harvester 1400hrs; NH 340 hay pick-up 10' for above harvester; NH model 360 corn head 4 row for above harvester; Lucknow 575 TMR mixer wagon, stainless steel lined bottom; Set of dual rims; JK Reid electric cattle hoof trim crate; Several solid rubber cow mats; Kilbros gravity box, 375 bu. With 12-ton wagon, 18'4x38' duals on rims; 20'8x38' side duals; Several good used tires; Round bale wagon, 20'; Small utility trailer; Post hole auger; Vicor fertilizer spreader on trailer; Forage blower Inoc. Kit; Dry forage Inoc. Kit; DeLaval pump foamer washer kit; Small amount of hardware; Tools, Misc. items, Etc., Some Antiques. TERMS: CASH. We reserve the right to ask for cash from any buyer or hold equipment until cheque is cleared. FARMS & CATTLE ARE SOLD OWNERS: Bill Simpson & Sons Simhaven Farms Ltd Followfield Road, Ashton, Ont. Bill: 613-257-1361 Gary: 613-257-7981 Cell: 613-913-2725 Kevin: 613-257-7704 Cell: 613-913-1807 AUCTIONEERS: Ken McNeely Kempville, Ont Tel: 613-258-5988 Cell: 613-769-8846 Fax: 613-258-4847 Keith McNeely Cobden, Ont. 613-646-9800

AUCTION SALE NH skid steer, 3 tractors, riding lawn mower, complete line of haying, cropping and forage equipment.

Easter Monday, April 5 - 11:00 A.M. at Walsh's Livestock & Auctions. R.R. #4 Cobden, (Osceola), Ontario. COMPLETE DISPERSAL FOR JACK RADDATZ OF RR#4 COBDEN. Tractors: Deutz Agrotion 120 with 980 ALO loader, 4WD, cab, air, 2700 hrs. (selling subject to a reasonable reserve bid); Deutz 630 (trans. & rear end rebuilt with new clutch), 110 hp, 4WD, cab; Deutz 4006 tractor; Gehl 1470 round baler with crowder wheels; Gehl 1410 tandem manure spreader with end gate; Rock-O-Matic HD #58 hydraulic drive stone picker with hydraulic rake; Triple K 20' straight tooth cultivator; 5 wheel double rake; NI 5212 discbine; Rockflex 20' Eeze-On disc; Gehl forage side dump wagon; JD 5 furrow plow with Kurland bottoms; Gehl 750 forage harvester with corn and new PU head, 12T Horst wagon with 35' steel deck; IH 5100 17 run seed drill; NH 38 crop chopper; 2 sets 20.8x38 snap-on duals; 2 sets 16.9x28 snap-on duals; deluxe feeder wagon; Martin 22' feeder wagon; 14' steel land roller. Consigned items: Poulen 17 hp riding lawn mower; 42' cut, excellent condition; NH LB 140 skid steer; NH 489 haybine; Gehl 1500 round baler; NH 951B 5' rotary mower (like new); Turnco 250 bu. gravity box and wagon; NH 679 tandem axle double beater manure spreader; Martin tandem axle 24' flat bed trailer with beaver tail and ramps (pintal hitch); 8' packer; Martin head gate and chute; new box blades and 3ph scraper blades; new aluminum extension ladder; 2 refrigerators; platform scale, old drum scales; chains, pulleys, chicken feeders and waterers; as usual a good consignment of new tools, saddles, halters, bridles and misc. tack. Consigned items subject to additions, deletions and reserved bids. Terms: Cash or cheque with proper ID. We reserve the right to hold any item until cheque clears. Lunch available. Next Consignment Sale - May 8 - 11:00 A.M. For an auction held at your place or ours call: Auctioneer: Gerald Walsh, R.R. #4, Cobden 613-646-7729 • Cell 613-732-0625 • Fax 613-646-7522 Owners and/or Auctioneer not responsible for accident, injury or theft.

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2010 SPECIAL SPRING STOCKER SALES

TUESDAY, MAR. 16, 2010 TUESDAY, APR. 13, 2010 TUESDAY, MAY 11, 2010 These Sales are ALL VACCINATED Yearling and Calf Sales SALE TIME: 11:00 AM For further information or to consign please contact Ontario Stockyards Inc. 705-458-4000 CATTLE • CALVES • SHEEP AND LAMBS

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Making the old new again

CAROLE ST-AUBIN

Equity Editor

CALDWELL • Seeing the smile on people's faces when he shows them a refinished piece is still a reward that Wayne Labelle relishes after more than 15 years of furniture restoration.

A former Bell Canada employee originally from Montreal, the Caldwell resident retired there with his wife Roselyn and that's when he started dabbling in furniture restorations. The self-taught craftsman has gained much knowledge over the years and has never looked back in what has now become a passion.

The customer-base Labelle has acquired is mostly from word-of-mouth over the years. His customers are from the Shawville and Norway Bay area, according to Labelle, but he's also done work for people from Chelsea, Aylmer, Renfrew and Arnprior.

His repertoire of restored pieces includes older cabinets, armoires, bureaus and chairs from the 1920s and 30s.

"When you remove four to six coats of paint to discover these pieces are all made of solid oak, you know they're older pieces because they don't make furniture like that anymore," he explained.

Seeing the size of the boards and being able to bring out the natural grain of the wood are some of the things he enjoys most about his hobby.

When asked about the most memorable piece he restored his answer was the older pieces.

"Probably the oldest piece I've restored was from the late 1800s. It was a buffet with a metal top and two cupboards; one housing a flour sifter, the other had a compartment that measured your sugar. It also had about 16 spice drawers and a space to put your pots and pans below," Labelle told THE EQUITY.

"I also did a bureau that a woman wanted for her husband as a gift, and the fur-

niture pieces of the era had a newspaper backing. I carefully removed the newspaper and saw that it dated back to 1890. It had an advertisement for a Caribbean trip to Haiti and the Dominican Republic. I gave her the newspaper to frame," he continued.

"Sometimes when I find old newspaper I bring it to my son-in-law who teaches up at the high school so he can share it with his students," he added.

Another memorable moment for Labelle was when a man brought in a piece that once belonged to his grandmother to get refinished.

"He told me when he showed her the piece that his mother cried, remembering when her own mother owned it," he said with pride.

But perhaps Labelle's most ambitious project to date is the restoration of a 20-foot Cliffe Craft boat that Labelle's been working on since Jan. 7.

The boat belongs to David Gough who had the opportunity to purchase it in 2001 when a client from his workplace mentioned that the boat was for sale.

"Wayne is taking so much pleasure in restoring this boat and it's so exciting to see it progressing," said Gough with enthusiasm.

These boats, he explained, were built in Gananoque, Ont. in the 1970s by Charley Cliffe who stopped building them in the early 80s.

His particular boat was the last one Cliffe built in 1983, according to Gough.

"It's called a runabout boat and people can relate to it better if I tell them it was the same kind of boat that Relic drove on the popular TV show *The Beachcombers*," Gough said. "It was built for Cliffe's partner, Tom Connor, who was one of the guys who owned the Easton Truck Stop along Hwy. 401," he continued.

"He used it on the St. Lawrence River in Gananoque. Connor named

the boat the *Cirrhosis of the River*," he related with a hint of amusement.

Ironically enough Connor later died of cirrhosis of the liver, according to Gough who said the Connor Estate later gave the boat back to Charley Cliffe, who then had it refinished and entered it in shows.

"Though I would love to enter it in antique shows I realized one day that this boat belongs on the Ottawa River, it has found its home there," Gough stated matter-of-factly.

"It's a nice day cruiser, where you can just sit back, relax and enjoy cruising," he added.

When he brought Labelle the boat the bottom was covered with a hard anti-fouling coating that looked like tar to protect it from barnacles. It was also coated with at least four coats of paint that Labelle had to strip off.

A few holes had to be filled with putty and he had to fill the screw holes which were placed four inches apart along the whole length of each overlapping board making up the boat's body.

Labelle says he applied seven coats of varnish to the dash, but adds that the owner will have the rest of the boat's interior refinished next year because he is hoping to launch it for the May long weekend.

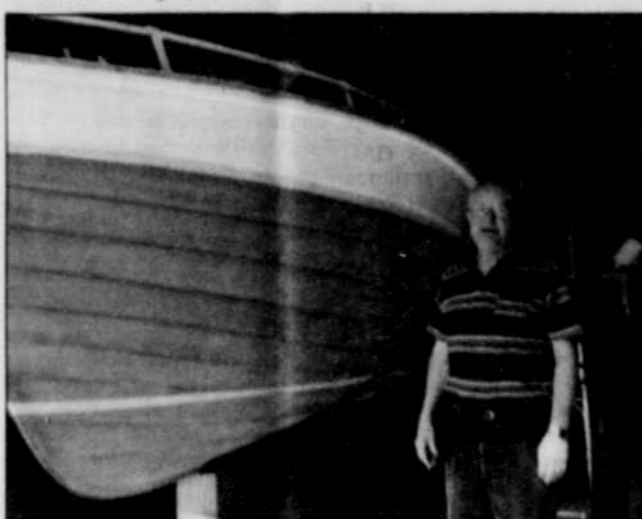
With a remaining three coats of paint to apply on the whole body of the boat Labelle agrees that this is a work of patience and passion, but it is something he enjoys doing and plans to keep on doing for as long as he possibly can.

"In Ottawa and Manotick there is a one-and-a-half to two-year waiting list to get a job like this done. One of the things that I've noticed is that the quality of the work you get here seems to be the norm in Pontiac and it's offered at extremely reasonable prices," Gough said.

"I am so happy with Wayne's beautiful work, and with the friendship that has grown in the process," he added humbly.



Pictured is a 1983 Cliffe Craft boat belonging to David Gough stripped down to the bare wood as it is being prepared for refinishing by furniture restorer Wayne Labelle.



The many layers of old paint have been stripped off and a coat of primer was re-applied to a 1983 Cliffe Craft boat that Wayne Labelle has been restoring since January.



Wayne Labelle displays a furniture piece in his home that he built for his wife. He enjoys building new pieces to give as gifts to family members as well as restoring older pieces of furniture.

Professional videography services now available in Pontiac

CAROLE ST-AUBIN

Equity Editor

OTTER LAKE • Business partners Gerry Bimm and James McMaster are two buddies who have known each other since childhood. They've also been associates in the field of television broadcast for more than 30 years.

Together they created Valley Video Professionals, a

new independent video production company offering service to the Pontiac and Ottawa Valley areas.

The partners worked together in the television business for 30 years at what used to be CHRO, then changed to the A Channel, and finally simply 'A', where they worked primarily in producing television commercials, television pro-

grams and news broadcasts.

When CTV closed their Pembroke office in March 2008, Bimm was offered a job in Ottawa, but he soon realized he didn't want to be in the city.

"It only took me a couple of weeks to realize I wasn't cut out to be in the city. I felt like a fish out of water being there at the age of 50. I think the city is the place to be

when you're young," said the professional camera man.

Bimm says he feels privileged to have been able to benefit from a 30-year career in what is currently an ever-changing industry with corporation obliterating or taking over the smaller television stations.

Born and raised in Eganville, Bimm says his mother's family was originally from Otter Lake. It is there that he and his wife bought a summer home, and where they had planned to retire. But those plans changed when Bimm was offered a job to work for Valley Heritage Radio in Renfrew.

The couple decided to finish the renovations of the cottage and moved in when they were completed. It was soon after that the idea to start a business took shape.

"But if nothing had changed, I probably would have retired working for CTV. I was perfectly happy there and that was the business I knew," said Bimm.

Bimm also has many years of experience in promoting small and large events. He has worked as one of the chair members for the Eganville Snowdrifters Club who put on the Bonnechere Snowmobile Cup races, and along with McMaster the two have worked for more than 15 years in producing of Easter Seals Telethon for the Ottawa Valley.

With a combined 60 years of experience in the broadcast field, the business partners ventured forth, purchasing some state-of-the-art high definition equipment which they took possession of in October 2009, just in time to try it out at the Ladysmith Oktoberfest where they recorded a DVD of the weekend's events.

Primarily they hope to do some government work, to

shoot some tourism videos for the counties and municipalities, according to Bimm.

"In effect we'd be producing commercials for business websites, this is where we see the biggest growth potential," said Bimm.

Adding, "What a lot of people who are thinking of buying something will do now is to go check things out on the internet before they buy it."

Valley Video Professional's portfolio also includes shooting some footage of the Olympic flame's passing in Douglas, Ont.

"We were hired by the Douglas Olympic Torch Committee and we were also approached by the township of North Algona-Wilberforce to shoot some footage of the torch's passing there as well," Bimm told THE EQUITY.

In the coming week their current project includes the shooting of a promotional DVD for a Canadian Clock Museum in Deep River, which boasts the largest privately owned collection of clocks and time pieces in Canada.

They have also put in a proposal to shoot a DVD for the County of Renfrew who will be celebrating its 150th anniversary in 2011.

Though anyone with a webcam can shoot some video footage, according to Bimm who says, "Nothing counts in this business like experience; knowing what to do and when to do it, and knowing what to look for can save the customer a lot of time."

Their services also include shooting promotional, instructional and corporate footage, as well as wedding, party, graduation and memorial tribute productions.

"It's a natural thing for us, it's what we've done all our lives and we think there's a market for it," stated Bimm.



Gerry Bimm displays some of the professional equipment required to shoot the video footage he and his partner offer.



Gerry Bimm and his partner James McMaster worked together for more than 20 years. Together they bring a vast experience to their newly-founded professional videography business.

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