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THE EQUITY

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“ ALL I WANT TO SEE IS SOME INTEREST. I DON'T WANT TO BE THE LAST CHAIRMAN TO SAY 'FINALLY I'VE HAD ENOUGH.' ”

Chairman Tim Powell

Pontiac National Midget Hockey Tournament on thin ice

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE Oct. 6, 2010

Tim Powell was really looking forward to seeing some new faces at a meeting on Oct. 6 regarding the annual Pontiac National Midget Hockey Tournament in Shawville.

Powell has been helping out with the tournament for the past 15 years and has been the chairman for the last five. He, along with eight other volunteers are looking to "retire" and pass on their duties.

"We are trying to drum up some interest, and we are hoping other people will get involved in the tournament," said Powell. "We've been at it a long time and I think it's time we passed the torch. Our kids are out of hockey now, so we're looking for other people to take over."

The tournament is heading into its 36th consecutive year this coming February. It is for kids between the ages of 15 to 17 in AA, BB and CC divisions. Last year 18 teams came to compete. It lasts for four days.

Teams are chosen to compete on a first come first serve basis. The

Pontiac National Midget Hockey Tournament is the second longest running hockey tournament in Quebec after the Kiwanis tournament, said Powell. Teams from as far away as Florida, Quebec City, Montreal, Toronto, Sudbury and North Bay have played in the tournament.

"It's been around a long time. Teams seem to come back every year and that in itself is something to be proud of; that a small town can put on a tournament of this calibre."

The tournament is made possible because of donations from local businesses, which also enables the board of executives to purchase gifts for the kids in the tournament.

"Our tournament has been viable financially because of business sponsors in the area. Their continued support is the basis of the tournament being 36 years old," said Powell. "I think it's a class act. We have some of the nicest gifts for the kids, it's nice for them to take away a memento. Everything has to come together to make it work so the teams are happy and come back."

Money raised from the tournament goes to charity and back into the community. Over the years the tournament has given money to

the Pontiac Community Hospital, minor hockey, purchasing a sound system in the arena and more.

As great as the tournament is for the community, the board of executives is all but ready to retire. Powell said the tournament will be safe this year as everyone on the board has agreed to see it through, but he's worried that next year the tournament may not be able to continue if there is no one to help out with it. Only three people who are not on the board of executives turned up at the meeting.

"It's really disappointing. What's happened is that we're stagnated now. We have a great executive, but we've been together for so long that it's time for a change," said Powell. "If the tournament doesn't succeed, it won't be because of a financial problem, it will be because there's no one to run it anymore."

He added, "All I want to see is some interest. I don't want to be the last chairman to say 'Finally I've had enough.' People who have been here a long time are looking to get out. I'm afraid it will go under. It would be a shame after all these years of hard work."

See PNMHT page two

Breakfast and business

ANDREA CRANFIELD
Equity Reporter
CAMPBELL'S BAY Oct. 6, 2010

Patrice Dumouchel addressed a handful of people gathered at the Société d'aide au développement de la collectivité (SADC) on Oct. 6, giving them fire safety and fire prevention tips as part of the SADC's monthly business breakfasts in Campbell's Bay.

Dumouchel is a prevention counsellor at Valley Mutual insurance. The breakfasts started in May to coincide with the SADC's 25th anniversary. There was a short break during the months of July and August and now the breakfasts are in full swing once again, taking place on the first Wednesday of every month.

There is a different theme at every breakfast and on Oct. 6, business fire prevention was the premise of the early morning discussion.

Dumouchel explained that when Valley Mutual officers perform an inspection, they look at the age and condition of the electrical panel. If necessary, they can call in a master electrician to do an inspection as well.

Aluminium wiring is still accepted in commercial buildings as long as it is modified but it's not accepted in barns.

"The reason people have it is the cost. We can't open the panel and see inside, we're not electricians," said Dumouchel. "We don't really like it. It's cheaper, but it's not recommended. As soon as we see alumin-

ium wiring, we bring in an electrician to see what's going on. We are still accepting it however because it's in the electrical code."

Dumouchel went on to explain that Valley Mutual works with a lot of building codes.

He briefed the small crowd on fire safety in commercial buildings such as stores and restaurants, telling them it's important that the lights are sealed so humidity can't get in.

Denis Larivière, Valley Mutual General Manager, was at the meeting and explained that pigtail lights are unacceptable because they are dangerous. Even so, more than 90 per cent of barns in Pontiac use them.

"They are an accident waiting to happen," said Larivière. "They are very dangerous, they can't take humidity and the bulb is exposed to dust."

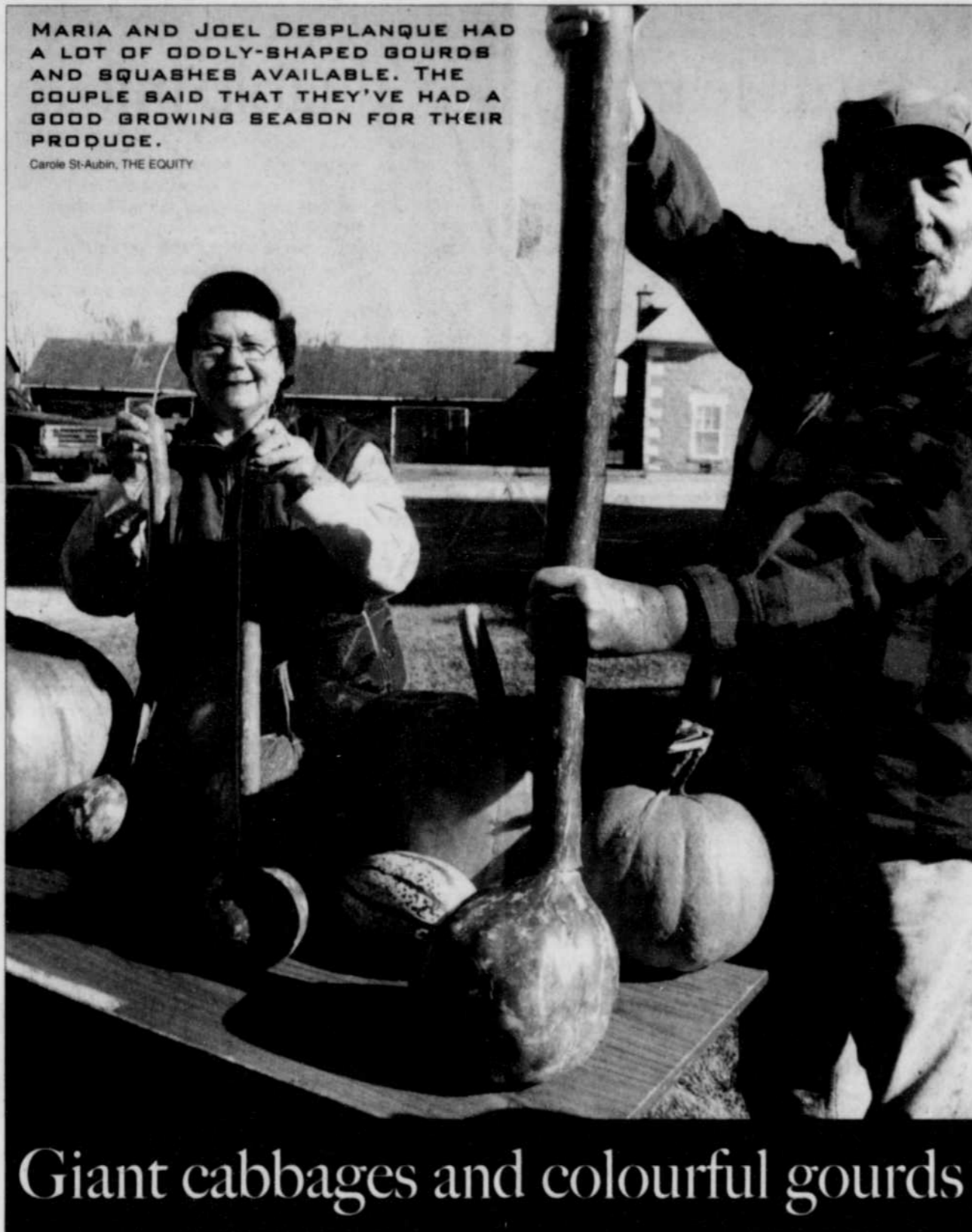
When it comes to fuse panels, they aren't installed anymore, so when Dumouchel inspects a building and sees a fuse panel, he assumes that it is an older product.

"That doesn't mean it has to be changed, if an electrician verifies it, it's no problem, we accept it," he said. "What's acceptable one year can change the next."

Fuse panels can burn when something goes wrong so they can be dangerous when it comes to fire.

"They collect dust and once there's condensation, it's like gasoline," said Dumouchel.

See BUSINESS page two



MARIA AND JOEL DESPLANQUE HAD A LOT OF ODDLY-SHAPED GOURDS AND SQUASHES AVAILABLE. THE COUPLE SAID THAT THEY'VE HAD A GOOD GROWING SEASON FOR THEIR PRODUCE.

Carole St-Aubin, THE EQUITY

Giant cabbages and colourful gourds

CAROLE ST-AUBIN
Equity Editor
MANSFIELD Oct. 9, 2010

It was a blustery but sunny day, but that didn't deter people from stopping by the fall market at Bryson House in Mansfield on Saturday.

One last farmers' market was organized by the Fondation des rues Principales in celebration of the harvest season.

There one could find the many varieties of gourds, squashes and zucchinis grown by Maria and Joel Desplaque at their Lawless Lake garden.

Gail Mathias also had a kiosk set up where she sold her handmade soaps and bath or foot salts.

"This market has been very good for me, I sold quite a lot of items," she said, adding that her products were also available at the Studio l'Artizan in

Shawville.

Mathias' products are all made with a palm oil, coconut oil, or olive oil base with added shea butter, almond oil and added fresh herbs.

Paul Amyotte from Les serres Amyotte was also on location to sell his truckload of pumpkins, giant cabbages, tomatoes and colourful gourds.

Amyotte, who supplies local restaurants and grocery stores with fresh produce, says he is trying something different this year.

He is planning to keep his greenhouse open for the winter months, and will be selling radishes, green onions and lettuce. He is hoping there will be a continuous demand for his produce.

All of the producers agreed that they have had a great growing season this year in comparison to previous years.

Fondation des rues Principales Director, Agathe Vergne, says she is pleased with the way the market proceeded throughout the summer, but adds that while there has been a sufficient amount of producers and good produce, there could have been more consumers attending the markets.

Vergne is unsure whether they will continue to host the markets at Bryson House or if they will try a new location for their next year.

Lissa Laroche, who was accompanying Lyvia Adam, Maude, Médéric and Frédéric Héroult, says she didn't mind the cool weather, adding that it was a perfect fall day.

She dug right in to help the children decorate a pumpkin while they were there.

Hot chocolate was available on site so guests could keep warm while shopping.

Make way for youth

CAROLE ST-AUBIN
Equity Editor
PONTIAC Oct. 13, 2010

Recent Make Way for Youth activities took place on Sept. 23 to 26, in an effort to showcase some of Pontiac's major tourist attractions.

A group of 12 young professionals from Gatineau, Montreal, Trois-Rivières and Victoriaville, who are in the process of completing their education and are interested in settling in the region, assembled at the Shawville Village Inn before they visited Coronation Cider Hall, Bryson House, Chutes Coulonge and other locations as part of their exploratory weekend.

The participants, with various educational backgrounds in psychology, music, education, computers and social sciences were greeted by Carrefour jeunesse-emploi du Pontiac (CJEP) Director General, Sylvie Landriault and Pontiac Warden, Mike McCrank.

Helping to increase their knowledge of the region, Cultural Development Officer for the CLD, Benedict Kuhn spoke to them about Pontiac's rich cultural heritage. They also had the opportunity to meet with potential employers to learn about job availability in the region.

The program, now celebrating 20 years in Pontiac, aims to promote

social involvement and integration for young professionals between the ages of 18 and 35 in order to help them discover the many advantages of living in the area. It was launched with the desire to stem the exodus of young residents to larger urban centres.

Formerly known as Place for Youth, the program funded by the Quebec government, is one of the many promoted by the Carrefour jeunesse-emploi du Pontiac (CJEP). Presently the program is found in more than 70 Quebec MRCs.

Other local partners who work in collaboration with CREP are the Pontiac CLD, MRC, SADC, Caisse populaire Desjardins, Centre de santé et de services sociaux du Pontiac (CSSSP), École Sieur de Coulonge, Pontiac High School, CEDEC and Table Jeunesse Outaouais to name a few. Many local organizations and businesses have also shown their support of the program throughout the years.

When it is possible, a new recruit will be matched with a potential employer in a field where there may be a current or future demand to be filled, but all the participants must undergo a rigorous screening process before they are accepted for an exploratory weekend.

See YOUTH page two



Photo submitted by Sylvie Landriault

Fifteen participants from Gatineau, Montreal, Trois-Rivières and Victoriaville participated in the organized activities for the Make Way for Youth program recently. They visited several locations across Pontiac including Chutes Coulonge.



Andrea Cranfield, THE EQUITY

The crowd was engaged in the early morning discussion regarding fire safety.

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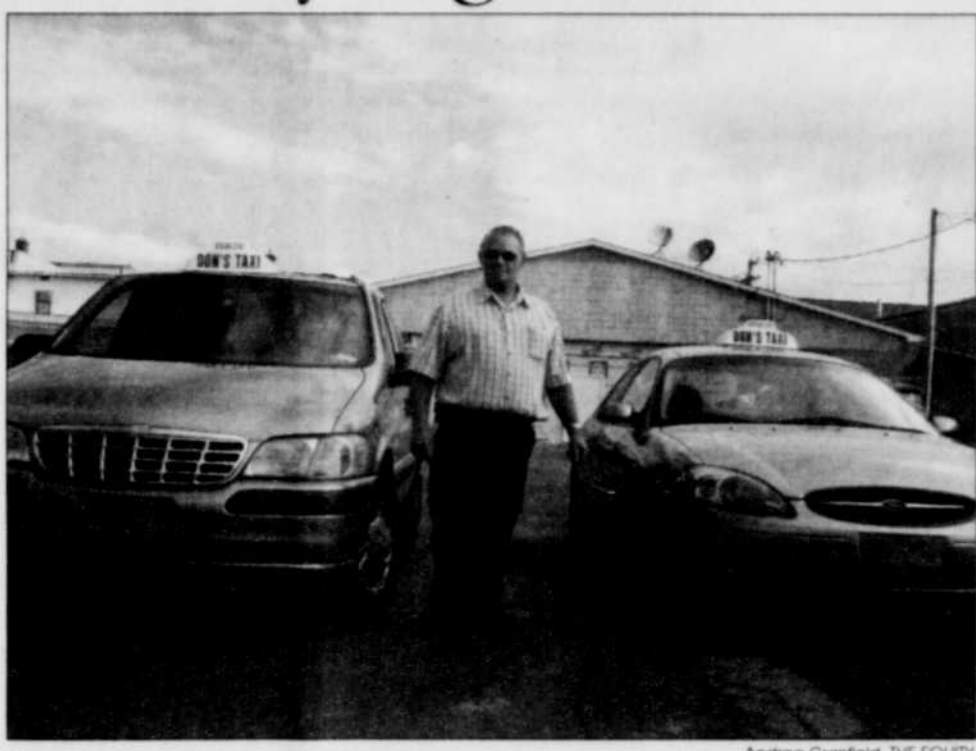
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Shawville residents have a new way to get around

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE Oct. 13, 2010
When Don Martin noticed that there was minimal passenger service in Shawville, he thought he would take up the challenge to change that. About three weeks ago Don's Taxi opened up servicing Pontiac, Renfrew and the Ottawa Valley area 24 hours a day, seven days a week. "A lot of people told me there was no passenger service in Shawville. Seniors had no way of getting around," said Martin. "From what I understand, there was nobody to service people in Shawville."
Martin spoke to a lot of different people and many different business owners to try to gauge if there really was a need for a local taxi service. "Everybody thought it would be wonderful," he said.

Martin drove a taxi in Pembroke for a little over a year, so the experience was there when opening up his own company. He said business is a little slow right now but seniors have already started to use his services. "Even now, we get people saying they didn't realize that this was available in Shawville," said Martin. "It's catching on but it will probably take some time. I hope people start to use it and make it worth my while."
The company is located right in Shawville on Clarendon Street. Currently there are two drivers for two vehicles, a car and a van. Don's Taxi offers flat rates when traveling out of town and the drivers will wait for someone to take them back home. "We cater to seniors and make sure they get looked after and don't hurt them-

self," said Martin. "We help seniors into the car, open the door, etc."
Don's Taxi also does deliveries on just about anything from groceries to prescriptions at the pharmacy. There is a truck available for larger deliveries. "We do all aspects of deliveries, whatever people need," explained Martin.
Another reason for wanting to start a taxi service was to stop young people from driving while impaired, Martin said.
John Atkinson who owns Atkinson's Bar in Shawville said the new passenger service certainly does stop people from drinking and driving. He has already had people use it to get from Atkinson's to Ladysmith, Quyon and elsewhere. "We needed one badly," said Atkinson, referring to a local taxi service.



Don Martin, the owner of Don's Taxi stands beside a car and a van used for his new taxi service.

PNMT: Hockey tournament could be gone next year

Continued from page one:
Powell acknowledges that it takes a lot of time and effort to get ready for the tournament. The first board meeting was held in September, giving the executives nearly half a year to prepare. He was hoping some new people would get involved

this year so the tournament veterans could show them the ropes. Come next year, they could then take over and run it themselves. "It's a good thing. It's great for the kids and good for community. Everything about the tournament is positive, there is nothing negative about this. It's good

for kids, businesses and the community."
Tanya Greer has a son who plays novice hockey and he comes out to watch the Pontiac National Midget Hockey Tournament in February. She decided to come out to the meeting on Oct. 6. "I want to see the tourna-

ment continue, I'm going to help out with what they need help with," said Greer. "Teams come from everywhere, it's a huge thing for the community. Lot's of people come out and watch."
Powell agrees that many people come out to watch the tournament and it is a huge event in the communi-

ty with wonderful crowd support, but nobody seems to want to help out with running it. "It would be a shame for it to end just because a town has lost interest. When we had no idea it would be forever. We get great community support for the tourna-

ment but we need people to get involved and help keep it going," said Powell. "It's time for change. We're getting older and when you get older you get tired," he concluded. "If anyone is interested in helping out, please contact Tim Powell at 819-647-2372."

BUSINESS: Early birds learn some valuable info

Continued from page one:
In agricultural buildings such as barns, the wiring has to be exposed so that it's visible. When someone from

Valley Mutual performs an inspection and the wires aren't exposed, they have to pull the wires out of the wall so that animals such as

mice don't chew on them. "I saw a place once and I can't believe it didn't burn," Larivière said. "Mice had chewed all through the plastic coating leaving the wires exposed."

In commercial buildings, the Valley Mutual team looks at the compressor, panel, lighting and emergency lighting to make sure everything is in proper working order. They are also looking for a second exit. Of course, there are different ways to work around certain situations.

Recently, Valley Mutual insured a church that only had one door. The church was built of rock and concrete so there was no easy way of adding another exit. The clients were worried they wouldn't be insured. Valley Mutual was able to accept it because there were many long windows that could be used as an escape

route in case of an emergency. "There are exceptions, when we do inspections, a lot of the time, it's case by case," explained Dumouchel. Heating systems were another topic brought up by Dumouchel at the breakfast. He said wooden heating systems are popular and there is nothing wrong with them when they are well installed. Outdoor furnaces are also accepted but there are regulations.



Patrice Dumouchel, a prevention counselor at Valley Mutual Insurance, discusses fire safety and prevention at the SADC's monthly business breakfast on Oct. 6.

"It's always important to do maintenance, for example look in your chimney, if it is dirty, you have to clean it. If we see someone didn't do maintenance, we will give them our recommendations," said Dumouchel. Some people choose to use oil tanks for heating. They are good for 25 years if kept inside and 15 years if kept outside. There are a

huge amount of oil tanks that need to be replaced, said Dumouchel. "It will take you two seconds to know if an oil tank is leaking, the smell will be unbelievable," exclaimed Larivière. Dumouchel explained that when it comes to heating systems in commercial buildings, it's very important to get them verified. People should have them checked once a year. Alarm systems are another very important part of fire prevention, particularly kitchen sprinklers in restaurants.

"It's hard to believe in commercial and residential buildings, they still don't have an alarm system," said Dumouchel. "There are a lot of times, people aren't aware they have fire protection under their alarm system," he

added. Another important point to keep in mind is that the battery should never be removed from smoke detectors. And of course, fire extinguishers should always be on hand in every building. "A huge amount of people don't have fire extinguishers. We recommend keeping them under the kitchen sink," said Larivière. "In 7.5 seconds the fire extinguisher is gone, so it's important to know how to use it properly." Breakfast attendees chimed in throughout the meeting asking questions, clearly engaged in the conversation. Rhonda Perry, a financial analyst and assistant executive director at SADC, said of the breakfast, "It was very informative and there was a good exchange."

Fire safety and awareness pays off for everybody

CAROLE ST-AUBIN
Equity Editor
SHAWVILLE Oct. 7, 2010
Approximately 15 to 20 people attended a safety and awareness session held in collaboration with the Shawville and Clarendon Fire Department at the Anglican Parish hall in Shawville on Thursday.

Attendees were greeted at the door with information on developing a safe evacuation plan for their homes, a free smoke detector, and an entry in draw for \$500.

"This is the first time we had an informative session like this, and the purpose is to make people more aware and give them some tips on prevention," said General Manager, Denis Larivière. When asked what some of the leading causes of house fires were in the area Larivière replied, "We get four to five grease fires per year, but mostly they are

electrical fires." His team of preventionists do more than 120 inspections each month, and some of the things they look for, especially in Pontiac's older homes, are the heating systems, such as CSA-approved wood stoves. "The old hand-made stoves are no longer acceptable," said Patrice Dumouchel, a preventionist for the company.

Also they look at the age of the electrical systems, and would suggest to have a master electrician come in to check the integrity of the wiring if they spotted some aluminum electrical wiring commonly used in the 70s. "It is no longer up to code because it has been found to be conductive of heat," Dumouchel explained.

The experts also question home owners to see if they have had problems with breakers jumping or will look circuit overloads. They also check for signs of humidity around the electrical panel which is indicative of potential corrosion inside the panel that could become problematic at some point in time. They also do a thorough examination of chimneys, the distance of the pipes from any wall and whether a proper shield panel is in place near fire stoves or furnaces.

As firefighter Greg Hayes began the demonstration, he quizzed audience members on their knowledge of different types of fires and what to do in the event that they occurred. For instance, one of the simplest ways to put out a fire on the stovetop is to carefully put a cover on the pot or to use a cookie sheet to cut off the feed of oxygen to the fire. He also talked about the different types of fire extinguishers, and how important it is to have a properly located one in a home. "The best place to keep it is near a door, that way if you cannot put it out completely you still have a possible exit," said Hayes. The importance of having fire detectors and doing a regular monthly check of each unit was also discussed. As was drawing a floor plan of your home to better plan the evacuation of all family members, with at least two possible exits from every room. Hayes also talked about carbon monoxide poisoning, and how even though it is colourless, odourless, and tasteless it could become a silent killer. Some of the symptoms of carbon monoxide poisoning might include dizziness, nausea, vomiting, loss of muscle control and weakness.

When asked if he thought the evening went well, Larivière replied, "I was hoping for a better turn out, but I still think it was a success. I would do this again, but maybe we'll try it at each of our four locations on a rotation basis." Larivière and Administrator Eric Smith presented a \$500 donation to the Shawville and Clarendon Fire Department.

Presentations were made to the winner of the \$500 draw, plus a donation to the Shawville and Clarendon Fire Department on behalf of Promutuel La Vallée. Standing from left to right are, Denis Larivière, Jack Lang, Jason Wilson, Greg Hayes and Peter Smith.

Don Campbell who attended the informative session said, "I found some of the information helpful, and I learned a couple of new things." Jill McBane said she also found the information extremely helpful, and said that it's a good idea to be reminded of all the tips they discussed, from time to time. When asked if he thought

the evening went well, Larivière replied, "I was hoping for a better turn out, but I still think it was a success. I would do this again, but maybe we'll try it at each of our four locations on a rotation basis." Larivière and Administrator Eric Smith presented a \$500 donation to the Shawville and Clarendon Fire Department.

Bryson

Anna Stewart
819-648-2351
Birthday greetings to Mable Flood! Wishing you all the best. Visiting us over the past week was Bernice Stewart of Leveck. On Oct. 5 the Bryson Lionettes held their annual potluck supper to celebrate our 44th anniversary. It was well attended with about 45 guests including our spouses, friends and Lions. After a great meal it ended with a few rowdy games of euchre. We all had a great evening. With Jim Stewart and Richard Piche being the big winners of the night. Saturday, Heather, Sherry, Bernice and I went to Hull to watch my grandson

Jacob Stewart play their game of hockey. They lost their game but we had a lovely day. The leaves were just beautiful as was the weather. After a lovely meal we returned home. Being Thanksgiving weekend, everyone is having their meal with their family. Arlene and Ivan Saunders had theirs Saturday with their children Karen of Montreal, Glenna and Nick Lombardo of Ottawa. Georgette Piche had hers with her family Friday evening. We are having ours on Monday. So, this year everyone is having it on different days. I hope everyone had a great meal and a happy weekend with their families. This year ours is extra special with all of our worries behind us. Thanking God for sparing our grandson Spencer Lepine's life and get-

ting all of the cancer in his brain, and also for sparing our son Shawn's life after his heart attack. He is now back at work. And also for the wonderful recovery of our son-in-law Raymond (Chinker), Spencer's dad made after his hip replacement. All in all it was a stressful year but that is in the past and we can get on again with our lives. But we also had great times celebrating our 50th anniversary with such great family members and friends and for our great health. We have much to celebrate this year. Visiting us over the weekend was Renee Deschamps and her daughter Lilly Deschamps O'Brien of Ottawa. Winners of the Golden Age Euchre this past week was: Door: George Huckabone,

men's first: Jim Stewart and Sonny Germain, men's second: Tom Hearty, Ladies first: Joan Sicard, Ladies second: Anna Stewart and Anna Porter, 50/50: Patricia Lamothe. There were only two tables at the Lions euchre on Sunday. Mervin Smith and Bernadette Piche were the winners of eight games each. Mervin also won the door prize. Lynette Harris and Dennis Boucher are pleased to announce the marriage of their daughter Stephanie to Josh Farnell. The wedding was celebrated in Ottawa Sept. 19. Guests travelled from Kingston, Montreal, Hearst, Kapuskasing and Smooth Rock Falls. The couple later embarked on a Caribbean cruise before returning to their home in Ottawa.

YOUTH: Pontiac is welcoming as always

Continued from page one:
"Taking them to all the popular touristic attractions, cultural events, and getting them to meet potential employers is a seduction, yes, but each participant must have possibilities; they must have a bachelor's degree or diploma of professional studies and they must be bilingual and have their own means of transportation," said CJEP Service Coordinator, Christine Bérubé. Bérubé acknowledges that it is important to fulfill the professional positions currently available,

as well as those that will become available in the future. This will enable Pontiac residents to continue enjoying and benefiting from the existing and a continually-increasing number of much-needed services in the area. Fifteen migrations were successful between April 2009 and March 2010. New residents occupied the following fields: daycare providers, teacher's assistant, youth intervener, psychology, bookkeeping, youth facilitator, and migration agent.

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Hockey season is only just beginning

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE Oct. 8, 2010

Bantam
The Bantam 'CC' Lions traveled to Maniwaki on Saturday to play a game over the holiday weekend against the Mustangs. Despite numerous penalties they were able to finish the game in a 6-6 tie.

Nicholas Graveline netted two goals with assists by Chris Hearty, Carter Pirie, and Cody Laurent. Julien Lepine made a goal assisted by Graveline and Laurent. Chris Hearty scored once with another assist going to

Laurent.
Carter Pirie also made a goal assisted by Hearty and Matt Curley. Curley tied the game with assists by Hearty and Tyler Brady.

Peewee
The Peewee 'CC' Lions tied two games in a row this past weekend. The first game was against the Voisins de Papineau and the game finished with a score of 2-2.

Jared Murray scored the first goal assisted by Patrick St-Cyr. Darron Bruce scored the second goal unassisted. Jeremy Poulin was awesome in nets.

The second game was a scoreless game against the Loups des Collines, which kept everyone on their toes the whole game. Nicholas Brown also played amazing in nets.

Midget
The Midget 'CC' Lions played the Aylmer Voiliers on Oct. 9 in Fort Coulonge. The game ended in a 3-0 loss for the Lions.

The Midget 'CC' Lions played another game this past weekend on Oct. 10 in Shawville. The outcome was better than their game the day before and the Lions managed a 3-3 tie against

the Papineau Voisins.
Scoring for the Lions were Brady Trudeau with two goals and Josh Bourgeois??, Stephane Paré, Brandon Nugent, Steven Day, Justin McGuire and Kevin McKinnon made assists.

Pontiacs
On Oct. 8 the Shawville Pontiacs played the Almonte Thunder in Almonte losing 4-6. Andre Flequel and Matt Desjardins each scored a goal in the first period. Desjardin's goal was assisted by Jimmy MacMillan.

The Almonte Thunder also scored two goals in the first

period keeping the game tied.
In the second period the Almonte Thunder scored three goals, while Dylan Wisotski scored the lone goal of the period assisted by MacMillan and Michael Baker.

In the third period each team scored once, Flequel scoring once again for the Pontiacs, assisted by Wisotski.

Alex Clarke played nets. On Oct. 10 the Shawville Pontiacs faced the Stittsville Royals and won 5-2. MacMillan was able to put a goal in the net in the

first period, assisted by Dave Hobbs and Jason Forward. The Stittsville Royals made no goals in the first period.
In the second period, each team scored once, Wisotski making the goal for the Pontiacs, assisted by Spencer Pirie.

In the third period the Pontiacs really shook things up and scored three times. Goalie Clarke only allowed one goal in the net in the third.

Pirie, MacMillan and Flequel made goals and Wisotski, Flequel, Hobbs and Pirie made assists.

Arthritis now affecting the lives of more than four million Canadians

A third in a mini-series of common health issues among the elderly

CAROLE ST-AUBIN
Equity Editor
PONTIAC Oct. 13, 2010

Though perhaps more common seen in elderly patients, arthritis in its many forms, currently affects more than four million Canadian aged 15 years and over.

Arthritis is a disease which causes severe joint pain and inflammation, can seriously impact one's quality of life by rendering everyday tasks such as getting dressed, opening a door, or even holding a fork, difficult.

physiotherapist, Céline Romain says she has worked with most frequently in Pontiac health centres.

"Outside of physical therapy exercises some of the services the CSSSP can offer patients who are recovering from surgery, or patients that are suffering with arthritis or arthritic conditions includes help with walking aids, tips on positioning when a person is at rest, using splints, arm supports, heat for pain relief, or a paraffin wax bath," said

Romain.
Smaller home-sized baths are available for purchase in pharmacies and larger department stores in the area, according to Romain.

"Sometimes it can be the offer of psychological or physical help that we can offer a patient. It is sometimes difficult for them to come to terms with their limitations and accept the help," she added.

Other services that are available are occupational therapy, where a therapist

will come to the patient's home to see if there are any adaptations that must be made, such as adding ramps, railings or bars, but the waiting list for the services is rather long at the moment, according to Romain.

"The most important thing for arthritis sufferers is to remain active and do exercises that will help them keep their mobility," she explains.

"We often do functional task-oriented exercises with

patients. We work on strengthening, grasping and improving fine motor movement that requires dexterity."

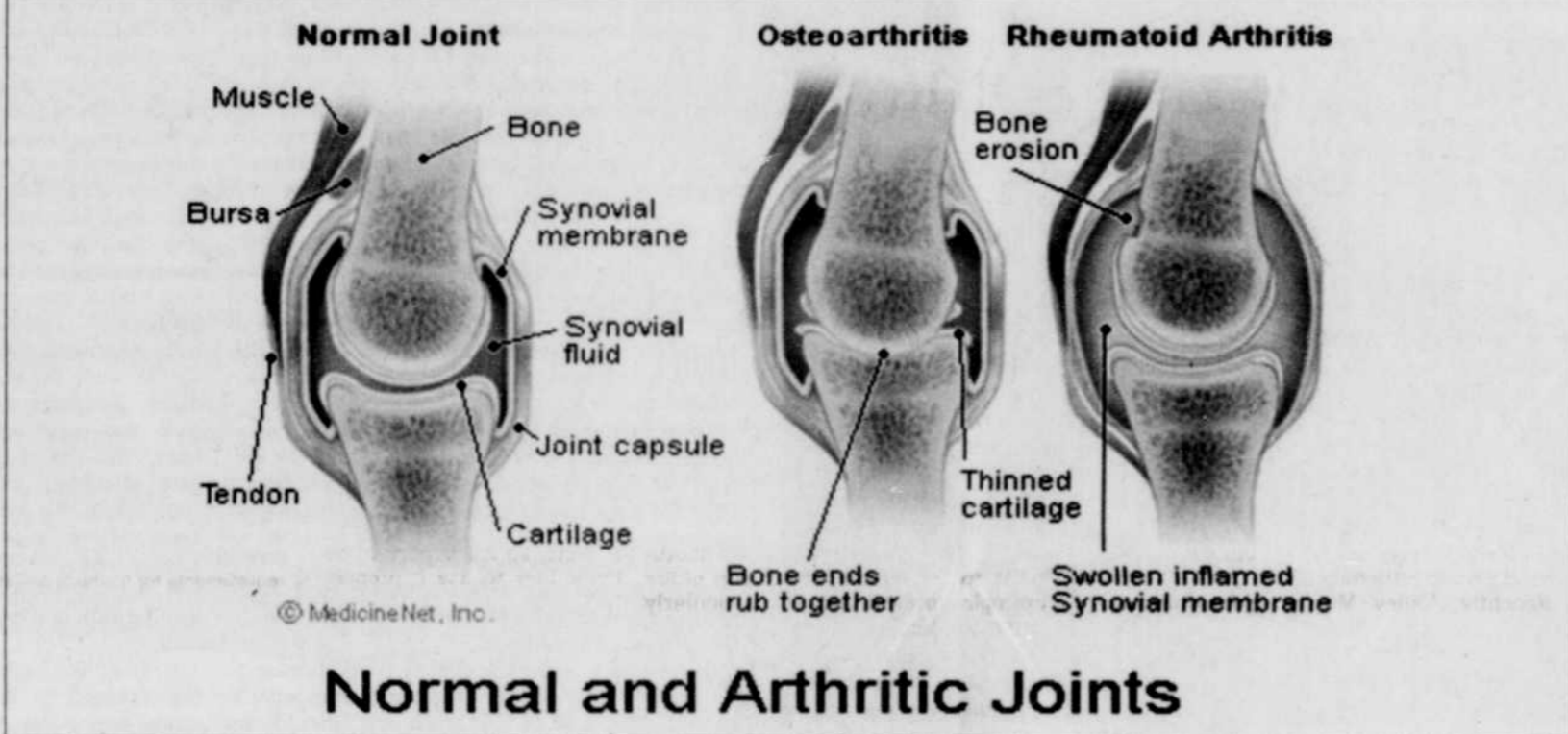
Remaining active helps to strengthen the muscles around joints which helps to stabilize the movement of the joint, which in turn helps the joint produce more lubricant to protect the joint surfaces.

There are more than 100 types of arthritis, according to Romain who listed osteoarthritis, rheumatoid

arthritis, psoriasis arthritis, juvenile arthritis, osteoporosis, ankylosing spondylitis, fibromyalgia and lupus among them.

Local health care providers can assist patients with the many other aspects and impacts of living with arthritis and arthritic disease.

Information and facts are available at local health care facilities and can also be found online at the Arthritis Society of Canada website at <http://www.arthritis.ca>.



Normal and Arthritic Joints

QCGN proposes paradigm shift in relations between English minority and French majority

QUEBEC CITY • In its brief to the Committee on Culture and Education looking at Bill 103, the Quebec Community Groups Network proposes a paradigm shift in the relations between the

English minority and French majority in Quebec.
The QCGN is proposing two fundamental shifts in perspective to help Quebec society move through the social and economic chal-

lenges ahead, said QCGN President Linda Leith. "First, we suggest that the French-speaking majority recognize itself as a secure and dominant majority with the power and the responsibility to protect the institutional vitality of its vulnerable minorities, including the English-speaking communities of Quebec," she said. "Second, we believe we should be working together to improve the social cohesion of Quebec's

French- and English-language communities."
"Let us leave behind 'us versus them' thinking," Leith suggests. "The English-speaking Community of Quebec is in the unique position of being a minority within a majority that is also a minority. As such we understand the need for Quebec to take special measures to protect and preserve its language and culture. Although Quebec's

English-speaking citizens are not concerned with the preservation of their language, we are very much concerned with our capacity to continue as viable and sustainable communities, especially in the regions outside of Montreal."

The QCGN focused its presentation on proposed amendments to the Charter of Human Rights and Freedoms which, if enacted, would erode the vitality of

Quebec's English-speaking community. Leith noted the QCGN is concerned that the Government of Quebec chose Bill 103, which was drafted in response to the Supreme Court of Canada's Nguyen decision on access to public schools, to make important non-related amendments and additions to both the Charter of the French Language and the Charter of Human Rights and Freedoms.

Increasing awareness about safety: 4-H to hold four regional farm safety days

STE-ANNE-DE BELLEVUE Rural youth aged six to 25 years old in Quebec will become more aware about agricultural safety hazards and responding to farm accidents as a result of four Regional Farm Safety Days to be held this fall, organized by Quebec 4-H.

safety and first aid.
Caitlin MacDougall, Quebec 4-H Agricultural Liaison and project co-organizer, states that "learning about farm safety is very important for youth, no matter their age, because of the high number of fatalities and accidents that occur in agricultural settings every year."

Formal introduction
Everyone in a rural community can name a few people who have been either personally hurt or affected by a farm accident. "The difficulty for Anglophone youth to receive safety information in English is another reason why the project was initiated."

Dates for the Regional Farm Safety Days have been tentatively set for Oct. 17 in Ormstown, Oct. 23 in Brome and Oct. 30 for the Sawyerville area, the Shawville date is yet to be announced.

There is no cost to participants, but they must pre-register with Quebec 4-H. Lunch, take home bags, and door prizes will be included.

The project will enable primarily Anglophone youth to benefit from workshops focused on Tractor and PTO Safety, Chemicals and Toxic Substances, Personal Protective Equipment, Grain Safety, Lawnmower and Chainsaw Safety and First Response among others.

Approximately 150 rural youth are expected to participate in the Safety Days, which will be led by local volunteers and specialists in

For more information about this project or Quebec 4-H contact Caitlin MacDougall at agliaison@quebec4h.com or 514-398-8738. For more information about CASA or CASHP visit www.casa-acsa.ca.



An adult and a puppy Great Dane meet in the line-up to register for the walkathon held on Sept. 19 by the Outaouais Society for the Prevention of Cruelty to Animals (SPCA). \$23,000 was raised to help care for stray animals picked up in the City of Gatineau and the Outaouais. The SPCA enforces the animal protection and control bylaws for dogs and cats for the entire Pontiac MRC as well as the Municipality of Pontiac. Lost and abandoned pets are held for a few days either at a small shelter in Mansfield or a store-front in Aylmer before being transported to the main shelter in Gatineau. If the animals are not claimed within five days of arriving at the main shelter, and are suitable to be placed in a new home, they are put up for adoption.

RESTO-BAR CHEZ KIM
(Albert's Hotel) Calumet Island, 819-648-2110
Darts have started
Thursday nights at 7 pm

Don and Judy Campbell
would like to invite their many friends to a party at the Shawville Lions Hall on Saturday, October 16, 2010 to share with them the celebration of their marriage
8 p.m. - midnight.
At the request of the bride and groom your presence will be the only present necessary.

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SPORTS PROGRAM
Fall-Winter
The MRC Pontiac and its partners are pleased to offer Pontiac youths the opportunity to participate in their favourite organized sports.
Sport: Recreational hockey
This activity allows youths to play hockey in a fun environment for children ages 5 to 17 years. Beginning on October 30th at the Shawville arena
Time: 5-10 years old from 10 am to 11 am
11-17 years old from 11 am to 12 pm
Cost: \$100 (16 sessions)
Shawville arena and Fort-Coulonge arena (alternating)
* We need volunteers!
Sport: Indoor soccer (New)
These soccer sessions will give you the chance to develop your soccer abilities for children ages 5 to 17 years.
Time: 5-10 years old from 1:30 pm to 3:00 pm
11-17 years old from 3:00 pm to 4:30 pm
Saturday, October 30, November 6, 13 and 20.
Cost: \$10 (4 sessions)
High school gym in Fort-Coulonge
Coach: Nicolas Possetti
Registration: Wednesday, October 20th at the MRC Pontiac, 602 Route 301, Campbell's Bay, from 6:30 to 8:00 pm.
For more information please contact Stéphane Durocher at 819 648-5689 ext.: 239 or by e-mail: s.durocher@mrcpontiac.qc.ca

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OPINION

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OUR OPINION | What makes us unique?

Travellers coming into the area often have misconceptions about the language in which they'll be greeted or even how they'll be received as 'outsiders'. For the most part I believe they are usually surprised, and some will even admit leaving a bit changed from the experience of having visited.

I recently ran into a couple of people who were travelling here from the U.S. In conversation my curiosity got the best of me and I asked them about their original perception of us as Quebecers.

The first thing they answered was that they figured we all spoke solely in French, and that no one would understand them.

When I think about that I'm pretty confident in saying that most of our francophone residents would probably make an effort to communicate with them anyway, and in the absence of being able to do so successfully, they would go out of their way to find someone who could translate.

Our conversation then turned to how friendly, genuinely warm and inviting they thought we were here.

Of course, there may be some exceptions to be found in a traveller's experience, but I wholeheartedly agreed that our hospitality is probably one of our greater assets.

We should all be capitalizing on this. If you're good at something, why not use it to

your advantage?

I know we can't all be opening a bed and breakfast or a restaurant, but promoting our tourism should be a breeze for us when we put our best foot forward. I believe that most of us are people-oriented persons by nature.

Now I can't say I was surprised when I asked one of the travellers whether we were really that different from American people, and she answered that we were.

There is currently a lot of anger in the United States, she explained, whereas here, one truly felt safe.

I'd have to agree with that, I can't think of any place where I, myself, could feel any safer than I do here.

We have a relatively low crime rate, which is not to say of course that we are above or beyond becoming victims to them, as we do from time to time. But overall, it's a decent place to live and to raise a family.

It gave me a strong sense of pride to hear a stranger say they recognized that as a predominant aspect of living here, following a mere couple of days' visit. I think it's wonderful and we should all feel proud that we look out for one another, and that we share that same desire for a peaceful rural life.

Carole St-Aubin

And a pumpkin in a pine tree

Steve Forbes, THE EQUITY



127 years of news from Pontiac

THE WAY WE WERE

Compiled by Heather Alberti-Dickson, Publisher

25 Years Ago

October 16, 1985

PONTIAC LEGION DIAMOND JUBILEE: Pontiac Legion, Branch 162, held a Diamond Jubilee Dinner at the R.A. Hall in Campbell's Bay on Saturday, Oct. 12. The dinner was to celebrate both the 60th anniversary of the Royal Canadian Legion in Canada and the 40th anniversary of Branch 162. Members of Pontiac Branch 162 who received Diamond Jubilee Medals with Pontiac President Donat Rivest were: Bill Clarke, Rolly Haley, Ray Bowie, John Godin, Gregorie Loiselle, Richard Bowie, Peter Kluge, Donat Rivest and Ray Johnston.

BETHEL PENTECOSTAL TABERNACLE CELEBRATE 60TH ANNIVERSARY: The Bethel Pentecostal Tabernacle in Shawville, celebrated its 60th anniversary over Thanksgiving weekend. Banquet Night, held at the Forest Inn Bryson, brought together pastors who had served in the Shawville Bethel Pentecostal Tabernacle over the years, some from as far away as Vancouver.

50 Years Ago

October 13, 1960

BISHOP BLESSES NEW SCHOOL: In spite of lowering skies, raw gusting wind and rain showers, the new Separate School at Maryland was blessed and officially opened on Sunday afternoon, with some 200 parents and students on hand to witness the event.

MCBANE'S HOUND WINS DOC ARMITAGE TROPHY: Quyon and District Fox Hunters Association held their 11th annual field trial at Quyon on Saturday, Oct. 1. There were 66 hounds entered in the trial. There were plenty of good chases with very favourable weather. This trial is run to qualify for the All Canadian Championship Trial to be held in St. Scholastic, Quebec. The winner of the Doc Armitage Trophy for best hunting hound in the County of Pontiac was Captain owned by Winston McBane.

75 Years Ago

October 10, 1935

LOCAL NEWS: On Sunday, Oct. 26 the Clarendon Pastoral Charge will celebrate the 21 anniversary of the dedication

of the United Church at Yarm. The Ladies Guild of St. Paul's Church will hold a chicken supper at Shawville Theatre on the evening of Friday, Oct. 11. The congregation of Austin United Church will hold a chicken supper and Program at Austin Community Hall on Wednesday evening, Oct. 16. Admission for supper and program: Adults 35 cents; children under 12, 15 cents.

Mr. T. Clifford Wilson has purchased the Shawville Boot and Shoe Business from Mr. B.C. Horner. Mr. Wilson took over the business on Friday and intends doing some painting and renovating. Later on it is his intention to install an up-to-date shoe repairing department.

100 Years Ago

October 13, 1910

LOCAL NEWS: Partridges are reported to be more plentiful this autumn than for many years past.

Everyone who is interested in Sunday School and Temperance work should attend the Convention in the Brick Church, Bristol, on Oct. 18 and 19. Entertainment provided for visitors and the best program yet.

Mr. William Smith, engaged up to a few months ago with Mr. Herbie Smith, harness maker, contracted typhoid fever while working but has so far recovered as to be enabled to return to his home in Bristol.

Mr. Louis Herman's store will be closed Wednesday and Thursday of this week owing to his absence in Ottawa attending the services in connection with the observance of the Atonement.

Miss Maud Curley of Onslow died on Sunday, Oct. 2, a victim of consumption. She was in her 31st year.

Willie Dale, aged six years and six months, son of Mr. Edward Dale, of Lower Litchfield, died suddenly on Wednesday morning, after a spell of vomiting. The child had been ill from pleurisy, but had pretty well recovered, although naturally of a delicate constitution.

125 Years Ago

October 8, 1885

LOCAL NEWS: Missing from our files until Nov. 5, 1885.

MY WORLD |

ANDREA CRANFIELD

A lot to be thankful for



This past weekend I went to Peterborough to visit my family. Peterborough is an interesting little town with lots to do, but this weekend was a little different than most.

A couple of days before I got there, I was informed that there would be an "Unveiling of the wall" and my family was planning on attending.

On Saturday, after eating lunch with some aunts, uncles, cousins, my parents, etc. we all headed out to Confederation Square to watch the unveiling of the Veterans' Wall of Honour. The project cost more than a million dollars and took more than 12 years to complete.

Black cloths cloaked 12 boulders bearing the names of more than 11,300 veterans from Peterborough who had fought in the first and second World Wars and the Korean War. After the ceremony, which included speeches, song and prayer, veterans pulled the cloths down to unveil the names of those who had fought in battle, including my grandfather who passed away in 1990.

There were more than 2,500 people present. Some were veterans dressed in uniform who gave salutes as tears came to their eyes during the ceremony. Families huddled together and it was an emotional moment for many. It would have been an honour for my grandfather to see his name recognized for his courageous efforts in the war had he been alive today.

My 91-year-old grandmother was unable to make it to the ceremony. She was understandably worried about the big crowd and didn't feel she could stand for that long. But she was proud that my grandfather's name was up there, as were hundreds of others which was made obvious by their expressions when they saw their loved ones names on the stones.

Afterwards, my boyfriend and I went to visit my grandmother to tell her all about it and show her the photos. She tried not to cry as she saw the photo of my grandfather's name etched in stone.

This Thanksgiving, I realized first of all, how important it is to give thanks to those who sacrificed so much for their country. It is a great thing for towns and cities to have something commemorating the veterans who fought in war.

And secondly, although my grandfather left me way too early, I am really thankful for those who are still a part of my life and I want to spend as much time with them as possible, because as we all know — life is way too short.

YOUR OPINION |

More than just an adult related health issue

Dear Editor,

Louise Brown draws attention to diabetes as an adult related health issue (THE EQUITY Oct. 6, 2010).

Diabetes is a serious life threatening health issue that affects all ages. Many young people are faced with the routine of injections throughout their daily lives and the community seems to be content that as long as it is controlled that no damage is done.

Control, of course, is a major issue for youth who live with the illness. Damage is being done as diabetes is a silent killer.

Science has allowed diabetics to regulate and

control, but not cure. Many are required to do this with the use of an insulin pump.

Although many private health plans do allow for financing, the Quebec Government fails to recognize the insulin pump as a necessity and refuses to fund the insulin pump as an essential support for living.

Please check out Ana Myosotis on Facebook and contact Charlotte L'Écuyer as your elected representative in Quebec to demand funding for insulin pumps.

Keep up the good work.

James Shea
 Aylmer, QC

YOUR HEALTH | DRE. ISABELLE GAGNON

Backpacks



Kids have been back at school for over two months. Back-to-school time is always one that encourages us to have a fresh start.

However, the good habits we were determined to stick to often are forgotten by now. A great thing to evaluate at this time of year is whether your child is properly using his backpack.

A young and healthy back

Did you know that kids and teenagers are also at risk of suffering from back pain? That unfortunately it doesn't only affect adults?

It is estimated that more than 50 per cent of kids will suffer from at least one episode of low-back pain before adolescence.

On top of a sedentary lifestyle and excess weight, poor use of backpacks is a contributing factor.

During childhood and adolescence, bones aren't completely formed. Supporting too much weight or carrying an ill-adjusted backpack can have permanent effects on their health: poor posture, misalignment or deviations (scoliosis) of the spine, back, neck and arm pain, muscle tensions, headaches, injuries to the nervous system. Starting today, teach your child to prevent these injuries.

Back facts: backpacks

A heavy backpack can injure the back, neck, and shoulders, cause numbness in the arms, and reduce blood flow to the surrounding muscles and tissues. They also create poor posture by encouraging your child to lean forward and round his shoulders, which reduces the ability to maintain balance and restricts movement.

To prevent back and neck pain from an overloaded backpack, it is important to know the correct way to choose, pack and carry a backpack. Here are some tips to protect your back from your backpack.

Choosing a backpack

1. When choosing a backpack for your child, keep in mind that the fashionable one may not be the best one for his back.
2. Choose a backpack that is proportionate to your child's body size and not larger than what is needed. The top of the backpack should not extend higher than the top of the shoulder, and the bottom should not fall below the top of the hipbone or rest on the buttocks. Your child should be with you at the time of purchase.
3. Select a backpack made of lightweight material such as nylon rather than leather.
4. The shoulder straps should be at least two

inches wide, adjustable, and padded.

5. A backpack should have a padded back for added protection and comfort.

6. A hip strap or waist belt helps to effectively redistribute as much as 50 to 70 per cent of the weight off the shoulders and spine onto the pelvis, equalizing the strain on the bones, joints, and muscles.

7. Choose a backpack that has several individual pockets instead of one large compartment, this will help to distribute the weight evenly and keep contents from shifting.

Packing a backpack

1. Backpacks should never exceed 10 per cent of your body weight. For example, a child who weighs 60 lbs. should carry a backpack that weighs less than six lbs.

2. Ensure the weight is evenly distributed in the backpack. Pack the heaviest items closest to the body as this reduces the strain as the weight is closer to the body's own centre of gravity.

3. Don't overload the backpack; only carry the items that are needed. Once a week, help your child sort through his backpack and get rid of things he doesn't need.

4. Pack odd-shaped items on the outside, so they don't dig into the back.

Carrying a backpack

1. Help your child slip on his backpack in a safe way. Rest the backpack on a flat surface at hip level, and instruct your child to put one strap at a time and to adjust both straps properly once on his back.

2. Wear both shoulder straps and adjust them so the pack fits snugly to the body and doesn't dangle loosely to the side. You should be able to slide your hand between the backpack and your back. This positioning will reduce strain on your back, shoulders, and neck.

3. Using the hip strap or waist belt reduces strain on your back and transfers some of the load to your hips.

4. A backpack that is too low will cause you to lean forward and carry the full weight on the upper back.

5. To lift the backpack, remind your child to use the strength in his legs and to stand up by straightening his legs while keeping his back straight.

By following these precious tips, you will help your child avoid back pain and will teach him good habits that will serve him all his life!

Dr. Isabelle Gagnon, is a chiropractor who has two practices in the Pontiac, one in Shawville and one in Mansfield.

Who were they?



Photo submitted by John Atkinson

We are asking anyone with information about The Beavers, their members, their coaches or any facts regarding the games and locations they played, to forward the information to us here at THE EQUITY. It would be our pleasure to publish the information.

Correction

Incorrect information appeared in the Truck Pull story on page six of the Oct. 6 issue of THE EQUITY. It was Roscoe Congdon who was quoted as saying he enjoys the truck and tractor pull at Oktoberfest. THE EQUITY apologizes for the error.

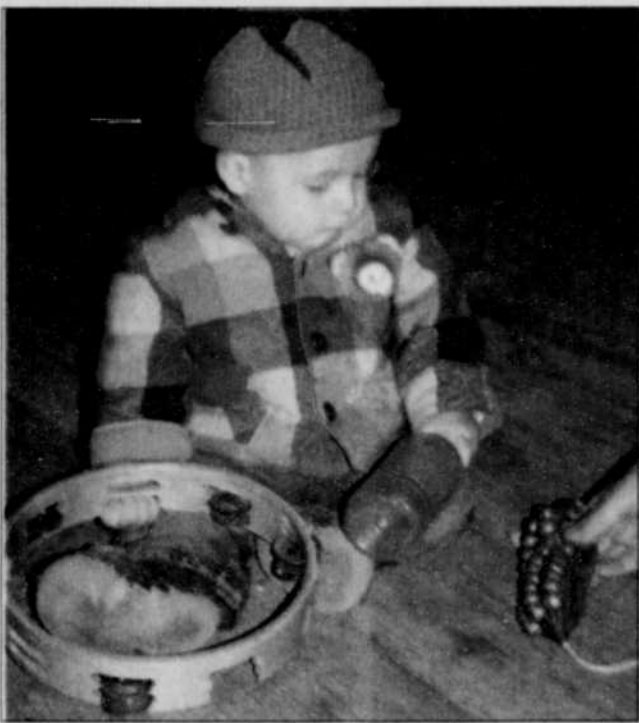
Celebrating two successful years of harvest the good old-fashioned way in Bristol

CAROLE ST-AUBIN
Equity Editor
PONTIAC Oct. 9, 2010

The sun shone brightly as the leaves fell dancing to the ground. Mimicking the leaves, people inside Coronation Hall danced around and around to the sounds of Wakefield band, God Knows What, in celebration of the Graham family's second anniversary in business at Coronation Hall Cider Mills in Bristol. Complementing the band's self-descriptive sound of Celtic, Irish, Scottish, Quebecois music with a dash of Cajun and Klezmer mixed-in, Cape Breton-born Ananda Kelly who calls square, Celtic and ceilidh

THE EQUITY, as they smiled at the many memories they shared in the old dance hall. They said they were very happy to see it being used to host dances once again, and were enjoying the music. Harold Johnson, who'd recently been to Coronation Hall Cider Mills on an organized tour said he heard about the dance then. He came all the way from Cobden with his daughter and a friend to enjoy an evening of dancing. "I live in a nursing home in Cobden and I don't get out much, but when I heard about this I wanted to come and dance," said Johnson with a smile. Earlier as part of their

receiving the Pontiac Chamber of Commerce and CLD Pontiac's Entrepreneurship Award. Also, having been the recipient of an agro-innovation prize that emphasizes the exceptional path of an outstanding person in agriculture in the Outaouais Region. Other milestones in the family owned and operated business was obtaining their alcohol permit, allowing them to produce alcoholic cider, as well as the theatre production of the Dagg Haunting produced by Greg Graham and performed by the Pontiac Community Players.



Nine-month-old Rohan Gillis displays an early interest in musical instruments as his mother, Ananda Kelly prepared to call for the old time dance at Coronation Hall on Saturday night.



A group of participants enjoyed line dancing under the tutelage of Suzie Bourassa from Gatineau. Coronation Hall has been hosting line dancing every Wednesday throughout the summer.

(traditional Scottish-Irish) dances. Spectators were immediately enthralled with the upbeat sound from the moment they arrived. It wasn't long before their feet were moving on the old wooden floorboards of the 1939 hall. Reminiscing as they enjoyed the music, were Winnie and George Pirie, who recently celebrated their 50th wedding anniversary. "This is where we had our wedding reception," they told

anniversary celebration, the Grahams were offering a savoury soup and a bun for sale in the adjoining tea room, as a continuous flow of people stopped by to buy some fresh baked goods. Norma Graham said, "It's hard work, but it's also a lot of fun. She says they enjoy meeting folks all over the world. Some of the accomplishments Greg Graham said they were most proud of in the past year of business was

"We're hoping to host more cultural events next year," said Greg Graham, adding that he envisioned a murder mystery for July and a main theatre production in July. New raspberry flavoured cider and hard cider were also added to their list of produce this year, as well as some mechanized equipment that will help them speed up production in the press room. Greg adds that he's been experimenting with a cranberry-apple flavour and that he'd like to bring in some new flavours for next year's production in both the regular and hard ciders. Also, the Grahams have been accepted as producers for the Marché de la Solidarité Régionale de l'Outaouais, an internet store, or e-market. Members order the fresh produce through online orders and once the Grahams receive the order they deliver the goods once a week, and the company itself delivers them to the clients. "We've only just started



Caller Ananda Kelly does the Hokie Pokie with Isaac Graham, Reese Rusenstrom and Gavan Rusenstrom, pictured from left to right.

with them about a month ago, but already the sales for our cider and apple pies has been very good," said Greg. Coronation Hall Cider Mills products can be found in various stores in the Pontiac region as well as the Rainbow Health Food Store in Ottawa, the Sol Health Food Store and the new Metro store in Aylmer.

The warmth of a country kitchen welcomes many guests

CAROLE ST-AUBIN
Equity Editor
PONTIAC Oct. 7, 2010

When travelling off the beaten path as one follows the winding Old Nichabau Road in Chichester, a broad peripheral view of the valley suddenly opens even wider to showcase Northfork Country Kitchen Bed and Breakfast sitting against a mountainous backdrop at Art and Frances Fleming's homestead. Frances, a retired teacher, and Art a retired construction worker began by offering sleigh rides in 1988, and it wasn't until 1992 that began catering meals on a small scale. But it is a scale that has grown, according to Frances who says, "It works for us, because we're always booked solid." Art jokes that he hasn't retired, but rather, that he has merely changed jobs. Somewhere along the line the couple began renting out a cabin on a mountain, just a five-minute walk away from their home. Since then the Flemings have added two guest houses for accommodations, and when they began the B & B about 10 years ago, they also made two extra bedrooms in their home available to customers. "We have these four ladies who have been renting the

cabin on the mountain for the past 19 years. They come twice a year," said Frances, "they just love here." Perhaps what keeps them the busiest at Northfork is when they are working to preparing to cater a reception. The biggest one held so far numbering well over 500 guests. "We hosted the last wedding of the season on Oct. 2 and it went beautifully," said Frances. "Watching them working in the kitchen is like watching a dance," said guest Pat Chittick, a retired teacher from Maine, who had just witnessed a dinner hosted at the B & B the previous night. "Everything just works seamlessly it seems," as she continued in amazement. The Flemings already have eight weddings booked for next summer. "Almost every Saturday from the end of June is booked," said Frances. Adding, "Weekends are big. But we're busy the whole year. Staff parties begin at end of November and run until after Christmas in January or February. Despite both having overcome health issues in recent years, the Flemings say they just keep going. "What would we do out here if we didn't have people

coming over like this," Frances questioned, adding however that if they don't feel like opening, they just don't do it. Designated a three star B & B accommodation by Québec Hébergement, the Flemings have played host to visitors from around the world. "We've had a lot of people come from all over Canada, the U.S. Europe and Australia. We've also hosted a Muslim wedding this summer," said Frances. For Art and Frances it's all about meeting new people and knowing they are comfortable during their stay. "We just enjoy the people," said Art with sincerity. When asked about one of his most memorable moments Art said, "There's some you like to forget but some you can't forget," joke Art mischievously, but then he began to talk about something that clearly had an impact on him. "There was a guy who came here last December, he was diagnosed with and was terminally ill with cancer," he said. "Four people had to lift him onto the sleigh and then I took him for a sleigh ride in the bush," he continued. "Well he walked in here last night to shake my hand and he told me how much he



Art and Frances Fleming serve up a lot of hearty and wholesome goodness from the warmth of their kitchen.

had really enjoyed that ride and said that has never stopped since that day," he added. "I told him if you come back in December, I'll drop whatever I'm doing and I'll bring you for another ride." "Just seeing so many people come and knowing that they feel at home and that they're happy is what we enjoy best," said Frances before she began recounting one of her favourite memories. "There were people from Columbia here for a dinner, who had never seen snow before, and we had just had the first snowfall of the year. The kids had a ball rolling down the hill in the snow," she said as she smiled fondly.

But it is receiving a cheque accompanied by letter from a previous visitor explaining to the Flemings how they forgot to pay for their stay, because they felt so at home, that proves there are still people appreciating the hospitality of folks like Art and Frances Fleming, who are always willing to go out of their way to make anyone's visit a memorable one.

Shawville
Lyse Lacourse
819-647-5932
lyse_wheezy@hotmail.com

Happy Thanksgiving!
There was a dance held at Coronation Hall Saturday, Oct. 9 for the first time in a few decades. Square dancing and round dancing took place. Line dancing classes were also held at Coronation Hall on Saturday afternoon. Ken and Gwen Evan's Uncle Collins married a very lovely lady, Diane, on Saturday, Oct. 9. Ken, Gwen, Haley, Amy, Jack and Ken's mom Dorothy attended the wedding in Lanark. On Sunday the Evans family helped Collins celebrate his 80th birthday in Almonte by playing and singing a few of his favourite songs. Congratulations Collins and Diane on your wedding. Welcoming our new octogenarian Collins on turning 80 on Sunday, Oct. 10.



Guest Pat Chittick from Maine looks relaxed as she takes a moment to relax on the Fleming's porch. She says she snapped hundreds of pictures during her stay there and says she wants to come back with family members for another visit.

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That's a lot of turkey at Danford Lake traditional Thanksgiving dinner



Mark McLaughlin of Venosta couldn't wait to dig in at the Bethany Hall Thanksgiving dinner in Danford Lake on Saturday.

CAROLE ST-AUBIN
Equity Editor

DANFORD LAKE Oct. 9, 2010

People lined up to feast on traditional Thanksgiving fare at Danford Lake's Bethany Hall on Saturday, with a person waiting to take a seat the moment they were vacated.

Hungry folks came from near and far to sample a warm turkey dinner prepared by more than 15 ladies who were busy in the kitchen since the previous day.

"I wouldn't miss this for the world," said Mark McLaughlin from Venosta, as his plate was being loaded up.

He said he's been attending the bountiful meal for as long as he could remember.

"Each member of the Bethany Hall Committee brings a turkey, some gravy and dressing," said Odette Joly, Committee President.

More than 10 varieties of pies, all donated by members of the community, were served for dessert, with tea or coffee.

"We typically serve anywhere from 300 to 400 people every year," said Joly.

Raffle tickets were being sold for a chance to win a huge basket filled with canned and dry goods, as well as a turkey.

"All of the food for the basket and decorations for the hall were donated as well," added Joly.

Though they've been hosting the turkey dinner for more than 30 years and it is one of their largest fundraising events, Joly said the group also hosts garage sales, seniors cards and darts games, a sweetheart auction and a seniors supper throughout the year.

Merlin Peck was also on site with a giant pumpkin from his garden. He had a draw for the closest guess of the pumpkin's weight, with the proceeds being donated to the Danford Lake Youth Association.

The winner of the Thanksgiving basket was Karen Crookshank of Ottawa, and the winners with a weight guess for the pumpkin weighing 259.5 pounds were Haley Peck and Cassidy Peck. They each won \$172.



Jossie Picard, left, and Jane Ritchie are two of the volunteers who were selling raffle tickets for a draw on a large basket of goods donated by generous members of the community.

Waltham

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

Get well wishes are extended to Trish Boytell, who had surgery in the Hull

hospital this past week. Our thoughts and prayers are with you Trish.

Monita Marion celebrated a birthday Oct. 7. We hope that you had a nice day Monita!

Monita Marion is celebrating her birthday Oct. 14. Enjoy your day Mona!

I hope everyone had a wonderful Thanksgiving weekend with family and friends.

On Saturday, Jodi, Mike and Rhonda and Mark hosted a 40th wedding anniversary party in our honour at Jodi and Mike's in Embrun. It was so nice to

get together with our family and friends. A heartfelt thank you is extended to our children for hosting such a wonderful get together. It was deeply appreciated.

Thanksgiving has such a powerful meaning in Canada. This huge country with its small population

was mostly a disappointment to the early explorers from Europe and elsewhere. They were looking for gold and precious metals, silk and what was considered valuable resources of that time.

They found a cold and mostly unpopulated land-

mass with only some fish and beaver pelts to justify the effort of the early settlers. In 2010, Canada is recognized as one of the best places on the planet to live in peace and prosperity. The land and the natural resources combined with the courage and determina-

tion of our ancestors has given this generation an enviable homeland. Giving thanks is so important, because it reminds us that we have been gifted. And in remembering how fortunate we are, we place value on being Canadian and arriving at this time and place in history.

We may thank God, our fellow Canadians and our ancestors for our good fortune. And in recognizing our blessings we may resolve to pass on this greatness to future generations. This will be the true measure of our heart felt Thanksgiving.

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It's time for that tune up

ANDREA CRANFIELD
Equity Reporter
PONTIAC Oct. 13, 2010

With winter fast approaching, the winterization process of the house, the car and the tractors needs to start taking place.

Getting the car ready for winter is important, as no one wants to have their car break down in the middle of a snowstorm or be stuck in a ditch in two feet of snow.

First and foremost, winter tires need to be installed. Legally, every car in Quebec has to have four winter tires by Dec. 15.

"I don't know why it's so late. I think they should be switched in November," said Mike Hodgins of Mike's Auto Tech in Shawville. "They have a softer compound that grabs the snow and they disperse water and ice better. You can get 15 per cent better braking with winter tires. The technology with winter tires is so advanced, there is a tremendous difference between them and all season tires."

After the winter tires have been put on, Murray Richardson from Shawville Auto, said they should be checked regularly throughout the winter to ensure they have enough air. Winter tires can be removed any time after March 15.

Richardson recently learned about a trick for motorists to ensure their winter tires are safe.

There is a number on the tires representing the date, telling drivers how old they are. A three-digit number indicates the tires were made in the 1990s and a four-digit number means they were made in the 2000s.

"A lot of new tires have been sitting for six to eight years on the shelf. There is no law for it. There have been a lot of accidents because tires sit and dry out. The rubber dries out and peels off. They could sit in one store and move to another store and sit for years," said Richardson. "I don't think so much around here, we use snow tires and they are manufactured every year."

Another important tool for keeping safe is checking to make sure there is always enough antifreeze in the vehicle. Hodgins said it should be checked in the spring to make

sure its good for low freezing.

There is an antifreeze tester that costs between \$10 - \$20. With this tool, people can check the antifreeze themselves instead of taking their car to a garage to get it done. It is a small device that establishes the freeze point of the car's antifreeze.

Radiators need a certain amount of antifreeze to lower the freezing point, which protects the engine from becoming damaged. The antifreeze tester warns drivers of an impending freeze.

Car batteries should be strong enough to carry the car through the winter so it's important to have them checked before the snowy weather hits.

"Make sure you have a good battery. Sometimes you can have a summer battery, which means that it's weak but it will start your vehicle in the summer. It doesn't need reserve cranking amps," said Hodgins. "Once it cools down, those batteries will fail. If you don't have a good battery, it isn't going to start."

To get a battery tested, it has to be taken to a mechanic. They perform an electronic battery test to judge the cold cranking amps of the car's battery. Cold cranking amps is a rating that measures a battery's ability to start the engine during cold weather.

"We get people coming in because their batteries aren't good," said Richardson. "In the cold weather the battery has to be stronger. Just have the battery checked to be safe."

Another important safety tip is making sure the windshield wipers work properly. Drivers should also stock up on windshield fluid before winter hits. It's a good idea to keep some extra fluid in the trunk.

"Make sure your windshield washer bottle is always topped up," said Richardson. "And make sure you've got winter windshield washer. In the summer it's just soap, in the winter, it's an antifreeze."

There are windshield wipers available that are made specifically for the winter months. Winter wipers have rubber coverings that keep ice from collecting on the blade. There are also heated wipers that melt the snow and ice on the wind-

shield.

"Winter wiper blades can be an advantage. There is new technology out there for different wiper blades with better compounds," said Hodgins. "Having good tires, wiper blades, defoggers that work means that you're driving in confidence, instead of wondering 'Can I see?' Etc."

Another important element to safe winter driving is having good brakes. Besides making sure the car's brakes are in good working condition, drivers should learn how to stop on the ice and snow without skidding.

Motorists should report any squeaking or grinding noises to their mechanic before the winter hits, so that any necessary repairs can be performed. Drivers should also watch for even braking.

"If the brakes are grabbing more on one end than the other, you can go into a skid on the icy snow. It's a good thing to have them inspected for the winter," said Hodgins.

Some other important things to have checked are the hoses, radiators, belts and exhaust. "Make sure the exhaust is good because cars are sitting idly a lot in the winter and it can be dangerous having exhaust coming in," exclaimed Richardson.

Block heaters need to be working with fine precision. For one thing, drivers want to stay warm while they are driving their car but it's also important for visibility.

"You should always make sure the heater fan works on all speeds. The defrost mode has to work as well as the rear defrost mode. If you don't have visibility, you're not driving safely, which puts you at a disadvantage on the road," said Hodgins.

A general tune up is always a good idea to have done while the weather is still semi-warm, so a mechanic can make sure the car is fully operational. They may also find something that needs repairs or needs to be replaced that would have become problematic during the winter.

"A general checkup is recommended for everybody. You don't want to be stopped in the road and have your car freezing up," said Richardson.

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Father and son earn top prizes with their ponies

ANDREA CRANFIELD
Equity Reporter
QUYON Oct. 13, 2010

Donald Trudeau and his son Danny Trudeau from Quyon attend as many as 47 fairs a year to show their ponies in driving classes.

"We must be doing alright because we're winning," said

Donald.

This year, father and son traveled to Spencerville, Perth, Navan and more. Trudeau said they have received about 60 first place ribbons this year.

"Some spectators told me at Metcalfe Saturday 'Keep your ponies in the trailer and they will just give you the red ribbon and give the rest of us a chance,'" said Trudeau.

They show with two-wheel and four-wheel vehicles in Shetland pony, road pony, pleasure pony and short tail classes.

"They are all driving class-

es. No saddle classes for us, it's too hard on the back," explained Donald.

Donald has been showing since 1960. At 76 years of age, he said it's becoming harder to do. Danny has been showing since he was three years old and Donald's youngest son, Jeffrey, started showing when he was five.

Donald remembers once when his sons dressed up for a show. "The youngest one dressed like a girl in a wedding dress. The other one dressed in a suit. The youngest one took a mickey of tea and handed it to the

older one. The crowd would go crazy."

Sometimes Donald would spend large chunks of time away from home attending fairs with his ponies. He would show at one fair over the weekend and drive to the next fair in time to show the next weekend.

In 1965, he spent 27 days straight away from home on the road with his ponies.

He currently has six ponies he shows. Some of his ponies were considered "un-trainable" by previous owners, but Donald said it just takes some work.

"We have one pony that nobody could harness. He went to five different training stables. We bought him for \$500. We bought him for fun, and he has won every time we showed him," said Donald. "We had to do a lot of work, he'd just back up and back up and wouldn't go forward."

Donald worked out the pony's kinks by tying a plastic bag to the end of a whip. When the pony wouldn't go forward he'd put the bag by the pony's ears.

"We wouldn't hit him, just scare him. He took the notion that he didn't like the plastic bag and he went and he's been going ever since. You have to think of something to try," he said. "There are different things you have to do."

Five years ago Donald trained a pony and sold him for \$31,000 to a trainer in the U.S. They owned him for about a week and went on to sell him for \$125,000.

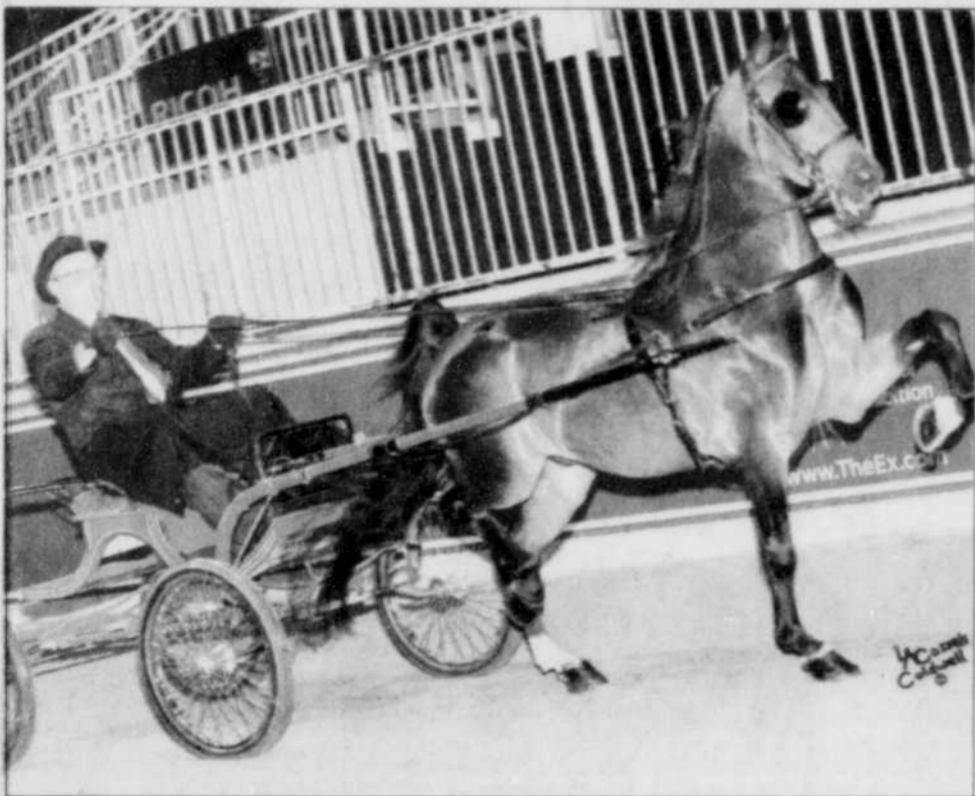
"You have to have

patience and you have to know what to do," said Donald.

He recalls at the Richmond Fair showing against a pony that cost \$20,000 and another one that cost \$14,000 and nei-

ther one got a ribbon.

"We paid \$500 for our pony and we won," said Donald. "We keep them going to win. We have to win. We think 'If we don't win this Saturday, they're not going to beat us next Saturday.'"



Danny Trudeau shows off what his pony can do. Danny and his father Donald Trudeau attend up to 47 fairs a year showing their ponies.



Donald holds a trophy he won at the Shawville Fair. He stands by just a few of the many ribbons he has won this year with his ponies.

Kars Aces win Greater Ottawa Fastball League championship

SHAWN LAFRAMBOISE
Special to The Equity
QUYON Oct. 5, 2010

The Kars Aces defeated the Quyon Flyers two games to none in the best-of-three Greater Ottawa Fastball League (GOFL) finals last week.

After a lengthy 27 day hiatus, the series got underway in North Gower on Tuesday October 5th, with the Aces prevailing by a score of 2-1. The Flyers bats started off cold, as Kars pitcher Brad Porter struck out the side in the 1st inning. Kristian Knapp led off the bottom half of the first with a solo homerun to put the home team up 1-0.

Quyon got their lone run in the 7th inning. Joe McCleary started the offense

with a 2-out single. After a Steve McCord single, McCleary scored on a Tim Craig ground ball that was misplayed at second base. Porter was able to pitch out of the jam however and preserve the victory.

Rain forced game two to be moved from Wednesday night to Thursday with the Flyers facing elimination. Kars took the lead once again in the 1st inning, going up 1-0. Quyon responded quickly, with Matt Greer leading off the home half of the inning with a solo homerun to right field to tie the game at 1.

The score remained the same until the bottom half of the fourth inning. Shawn Laframboise led off with a single up the middle and

advanced to third on Joe McCleary's single. Drew Hathway followed that up with a sacrifice fly to give Quyon the lead. The Flyers would add one more in the inning with a runs batted in (RBI) single from Tim Craig.

Kars catcher Dave Tubman brought his team within one after leading off the 5th inning with a solo homerun, but it was the 6th inning that proved to be the difference in this game.

In the 6th, after back-to-back doubles by the Aces, it looked like the Flyers would escape the inning giving up only one run. A slow rolling grounder misplayed at first base extended the inning and proved costly, as Tubman hit his second homerun of the night

putting Kars up 6-3.

Quyon threatened in the bottom of the 7th. After back-to-back singles from Luke Young and Curtis Daley, Matt Greer cashed both runners in with a single of his own. Porter was able to buckle down and get the next three outs to win the game and the championship by a score of 6-5.

The Flyers would like to thank all of their fans and sponsors for their support over the course of the season.

As another season draws to a close, the Quyon players have their sights set on next season and that elusive championship.

Hope to see you all out at the ballpark sometime in 2011!



Pitcher Drew Hathway contemplates his next move as Matt Greer looks on.



Curtis Daley waits for the perfect pitch during game two of the GOFL championship series.



Pitcher Drew Hathway watches as the baseball races towards catcher Joe McCleary during the GOFL tournament.

Golfers wrap up the 2010 season at Mickey Creek

VINTON Oct. 13, 2010

The final playoff and tournaments of the 2010 season were played at Mickey Creek on Oct. 2 and 3.

It was a good year at Mickey Creek, with Dwight Davis of Fort-Coulange scoring a hole-in-one on July 2. Tuesday Mixed Seniors Golf held their annual tournament on Sept. 14. A special dinner and trophy night was held on Sept. 21.

Trophies were awarded as follows: low gross ladies, June Gordon; low gross men, Gillie Presley; low net

ladies, Irene Gratton; low net men, Pat Mahoney.

Wednesday evenings were very busy throughout the season, with 19 teams playing in the Wednesday Skins League.

Everyone gathered for a steak supper on Sept. 15 with Stephane Paré's Long Ball Gang coming in as the Top Skins Team. Players included Stephane Paré, Luc Dumouchel, Don Garvey and Doug Rose with 39 skins won on 80 birds and two eagles.

The final awards for the

Thursday night Hotshot League was held on Sept. 30, with the trophies for the A-Division going to the team of Wayne Corriveau and Jacques Mousseau.

The B-Division winners were the team of Bob Smith and Pat Moorhead.

The Grinders Division was won by the team of Wayne Narlock and Joe Belanger.

The two Club Winners were Dwight Davis and Carl Kappes.

Wayne and Sue Narlock donated a membership for the 2011 season at Mickey

Creek, and the winner of the draw was Gillie Presley.

The Friday Night members league held their dinner and trophy night on Friday Sept. 17. The season's champions were the team of John Lamothe and Richard Guilleme.

The 2010 playoff champions were: Dough and Sheila Love for the 'A' division; John Lamothe and Richard Guilleme for the 'B' division; June Gordon and Pat Mahoney for the 'C' division.

Individual awards went to the player with the most

'closest to the pin' wins, with Vera Mayor taking eight wins for the ladies and Dwight Davis with five wins for the men.

A draw for a 2011 membership at Mickey Creek was won by Doug Love.

Organizers Richard and Shirley Marion expressed their gratitude to Wayne and Sue Narlock as well as their staff members for their generosity and hard work during the 2010 season.

Submitted by Shirley Marion.

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for the January 5, 2011 edition of
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Advertisement: Includes a one column (1 1/2" wide) photo and 50 word write-up. Additional words welcome at 15¢ (plus taxes) per word. Cost: Photo in colour \$39.49 + \$2.37 GST + \$3.14 GST = \$45.00.

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Information: Photos may be of any size, reduction or enlargement will be made to adjust the size to 1 1/2". Photos may be picked up after January 5, 2011, or, enclose a stamped self-addressed envelope and it will be returned. Deadline: Dec. 31, 2010.

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SAMPLE



Marissa Anne Riviere
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Des citrouilles et encore des citrouilles



Lissa Laroche et ses enfants Méric Héault, à la gauche, et Maude Héault, à la droite, se sont mis les mains à l'oeuvre au marché des producteurs à la Maison Bryson de Mansfield ce samedi 9 octobre dernier.

Une aide financière de 157 500 \$ pour soutenir la restauration de l'église Saint-Alphonsus

CAMPBELL'S BAY • Au nom de la ministre de la Culture, des Communications et de la Condition féminine, Mme Christine St-Pierre, la députée de Pontiac Charlotte L'Écuyer annonce l'attribution d'une aide financière de 157 500 \$ pour soutenir la restauration de l'église Saint-Alphonsus à l'Isle-aux-Allumettes.

L'aide versée permettra la restauration des vitraux de l'église Saint-Alphonsus et l'installation d'un système de protection incendie. Le coût total des travaux est estimé à 225 000 \$. Le ministère de la Culture, des Communications et de la Condition féminine y investit 157 500 \$ alors que les communautés locales complètent le financement.

« Je suis très heureuse de cette annonce puisque l'aide versée permettra la préservation de l'édifice pour être en mesure de transmettre aux générations futures cet héritage inestimable », a déclaré Charlotte L'Écuyer.

Restauration de 100 bâtiments religieux à travers le Québec

Pour l'année 2010-2011, 17 840 000 \$ serviront à la restauration et à la mise aux normes d'édifices du patrimoine religieux. Ce sont 100 lieux de culte et autres bâti-

ments à vocation religieuse construits avant 1945 et ayant une valeur patrimoniale significative qui bénéficieront de ce soutien financier. De plus, un montant de 760 000 \$ est réservé pour la restauration du mobilier et des œuvres d'art que ces édifices renferment ainsi que pour les frais administratifs du Conseil du patrimoine religieux du Québec incluant des frais consacrés au développement de son expertise architecturale. C'est donc une aide financière globale de 18 600 000 \$ qui servira à la restauration du patrimoine religieux québécois.

La subvention du ministère de la Culture, des Communications et de la Condition féminine couvre un maximum de 70 pourcentage du coût total des travaux estimés à plus de 26,4 M\$, alors que les propriétaires de ces lieux de culte compléteront le financement de ces projets.

« Nous devons poursuivre nos efforts afin que ces monuments déterminants de l'héritage culturel et historique québécois soient mis en valeur et demeurent en bon état pour les générations présentes et futures », a fait savoir la ministre Christine St-Pierre.

Depuis 1995, le ministère de la Culture, des Communications et de la Condition féminine a accordé au Conseil du patrimoine religieux du Québec près de 240 M\$ en vertu du programme Aide aux immobilisations. Avec la participation financière du milieu, ce sont quelque 355,5 M\$ qui ont été investis jusqu'à maintenant dans la restauration des biens mobiliers et immobiliers les plus significatifs du patrimoine religieux québécois.

Les sommes annoncées aujourd'hui proviennent du Plan québécois des infrastructures, rendu public en novembre 2007. Rappelons que le volet culturel de ce plan entraînera des investissements de 1,2 milliard de dollars jusqu'en 2013. Avec la participation des partenaires, la somme globale est évaluée à plus de 2 milliards de dollars et permettra au ministère de la Culture, des Communications et de la Condition féminine d'accueillir un plus grand nombre de projets dans le cadre de ses programmes et de favoriser, comme il le fait aujourd'hui par cette annonce, le rayonnement des villes et des régions partout au Québec.

La Financière agricole dresse un bilan annuel dans la région de l'Outaouais

QUEBEC • La Financière agricole du Québec dévoile aujourd'hui le bilan 2009-2010 de ses activités en matière de financement et d'assurance auprès des entreprises agricoles de la région de l'Outaouais.

Ce bilan témoigne de l'importance de l'accompagnement de La Financière agricole auprès des entrepreneurs agricoles de la région et de son engagement à les soutenir avec efficacité et efficacité. Par ses interventions structurantes, La Financière agricole exerce un rôle majeur, à la fois comme partenaire stratégique des entrepreneurs agricoles et partenaire d'affaires des petites et moyennes entreprises agroalimentaires. « Je mentionne M. Jacques Brind'Amour, président-directeur général de La Financière agricole du Québec.

Acteur clé du financement agricole

Dans la région de l'Outaouais, on compte 1 217 exploitations agricoles. Celles-ci génèrent des ventes annuelles de 60 millions de dollars. Les prêts consentis par La Financière agricole représentent, pour 2009-2010, 10 millions de dollars. De ce montant, seven millions ont été octroyés à des entreprises laitières et

bovines. Pour sa part, le volume de financement forestier a atteint 745 000 dollars. Un appui ferme à la relève Au cours de 2009-2010, La Financière agricole est intervenue directement pour appuyer financièrement 12 jeunes de la région dans leur projet d'établissement ou de démarrage en agriculture. Les aides financières accordées ont totalisé 213 000 dollars.

À cela s'ajoutent des tarifications avantageuses dans l'application des autres programmes, notamment au chapitre du financement et du Programme d'assurance stabilisation des revenus agricoles (ASRA).

Un soutien indéniable en matière d'assurance et de protection du revenu

Les entreprises agricoles de plusieurs secteurs ont dû composer, dans la dernière année, avec un contexte économique exigeant, notamment causé par des prix de marché à la baisse et la remontée du dollar canadien. Ainsi, 25 millions de dollars ont été alloués aux producteurs de la région. Plus spécifiquement, des contributions gouvernementales de 353 000 dollars proviennent du programme Agri-investissement. Les interventions du programme Agri-stabilité auprès des participants de la région

sont, quant à elles, de l'ordre de 2,5 millions de dollars. En plus, des compensations de 21,5 millions ont été versées en ASRA, principalement pour le secteur bovin. Par ailleurs, des conditions climatiques défavorables ont affecté certaines productions. Ainsi, par l'intermédiaire du Programme d'assurance récolte (ASREC), des indemnités de 685 000 dollars ont été accordées, principalement pour les cultures céréalières.

À propos de La Financière agricole

Avec un encours de prêts qui atteint 4,3 milliards de dollars et des valeurs assurées qui s'élèvent à 4,9 milliards de dollars, La Financière agricole joue un rôle de premier plan dans le développement du secteur agricole et agroalimentaire québécois. Pour assurer la stabilité économique et financière des entreprises, elle met à leur disposition des produits et des services de qualité en matière de protection du revenu et d'assurance agricole, de capital de risque, ainsi que de financement agricole et forestier. Pour ce faire, elle compte sur une équipe multidisciplinaire qui oeuvre dans un réseau de centres et de comptoirs de services répartis sur l'ensemble du territoire québécois.

St. Jacob's/Toronto
Farmer's Market, Vaughan Mills & Yorkdale Mall
3 Day Tour - November 5 - 7, 2010

Join us this fall on a tour through Southern Ontario visiting the rural village of St. Jacob's and its famous "Farmers Market".

Highlights Include:
Over 100 specialty shops & artists' studios
Handcrafted Mennonite quilts
Local produce, handmade furniture, clothes, tools & more!

Vaughan Mills & Yorkdale Malls!
Fully Escorted Tours, call for our full catalogue!
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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, du 18 octobre, 2010 au 22 octobre, 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, from October 18, 2010 to October 22, 2010. The Municipality apologizes for any inconvenience this may cause.

ACTIVITÉS SPORTIVES
Automne-hiver

La MRC de Pontiac et ses partenaires sont fiers d'offrir aux jeunes Pontissois l'occasion de pratiquer leur sport favori tout en étant bien encadrés et animés.

Activité : Hockey récréatif

Cette activité permet aux jeunes de jouer au hockey tout en s'y amusant. Jeunes de 5 à 17 ans.
Le samedi matin débutant le 30 octobre à Shawville.
Heure : 5-10 ans de 10h-11h
11-17 ans de 11h-12h
Coût : 100,00\$ (16 sessions)
Aréna de Shawville et aréna de Fort-Coulonge (alternance)
* Nous recherchons des bénévoles pour accompagner les enfants.

Activité : Soccer intérieur (Nouveau)

Développer et améliorer vos habiletés de joueur de soccer. Jeunes de 5 à 17 ans.
Heure : 5-10 ans de 13h30 à 15h
11-17 ans de 15h à 16h30
Les samedis : 30 octobre, 6-13 et 20 novembre.
Coût : 10,00\$ (4 sessions)
Gymnase de l'École secondaire Sieur de Coulonge
Entraîneur : Nicolas Possetti

Inscription : mercredi le 20 octobre de 18h30 à 20h à la MRC de Pontiac, 602, route 301 nord à Campbell's Bay
Pour plus d'informations vous pouvez communiquer avec Stéphane Durocher au 819 648-5689 poste 239 ou par courriel : s.durocher@mrcpontiac.qc.ca

THE EQUITY
Bridal Supplement
Coming February 9, 2011

All advertising must be in our office by Friday, January 14th.
Full colour announcements: \$65.00
Black & white announcements: \$40.00
includes 50 word writeup, additional words at 15¢ per word. Plus tax.
Married or engaged couples wishing to publish their photo and write-ups, please contact: Katherine at THE EQUITY by Friday, January 14th.
Tel: 819-647-2204
Fax: 819-647-2206
133 Centre Street, Shawville, Quebec J0X 2Y0
E-mail: kathy@theequity.ca

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COTTAGER TO CONTRACTOR
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AVIS AU PUBLIC
EXERCICES DE TIR À LA BASE DES FORCES CANADIENNES PETAWAWA

Des exercices de tir auront lieu de jour et de nuit à la Base des Forces canadiennes Petawawa jusqu'à nouvel ordre.

Les champs de tir sont une propriété administrée par le MDN et située des deux côtés de la route transcanadienne no 17, entre le village de Petawawa et le village de Chalk River. Elle est limitée au sud par les rivières Petawawa et Barron, à l'ouest par le parc provincial Algonquin, à l'est par la rivière des Outaouais et au nord par une ligne de forme irrégulière qui va en direction du sud-ouest depuis la rivière des Outaouais jusqu'au parc provincial Algonquin. Au besoin, il est possible d'obtenir une description détaillée de la propriété de la BFC Petawawa en s'adressant au chef du Génie construction de la BFC Petawawa.

MUNITIONS ET OBJETS EXPLOSIFS PERDUS
Les bombes, grenades, obus et autres objets explosifs semblables sont dangereux. Il ne faut pas en ramasser ni en garder comme souvenirs. Si vous trouvez ou si vous avez en votre possession tout objet que vous croyez être un explosif, veuillez le signaler à la police locale; on veillera alors à son enlèvement.

Il est formellement interdit de pénétrer dans ce secteur sans autorisation.

OTTAWA, CANADA 17630-77
PAR ORDRE
Sous-ministre
Ministère de la Défense nationale

Centre de santé et de services sociaux du Pontiac

VACCINATION GRATUITE / INFLUENZA

L'hiver est la saison de la grippe. Pour recevoir le vaccin par le Centre de santé et de services sociaux du Pontiac cette année, vous devez vous rendre à une de nos cliniques sans rendez-vous aux dates et lieux mentionnés ci-dessous. Assurez-vous d'avoir en main votre carte d'assurance maladie (RAMQ).

FREE IMMUNIZATION / INFLUENZA

Winter is flu season. To receive the flu shot by the "Centre de santé et de services sociaux du Pontiac" this year, you must present yourself at one of our walk-in clinics at the dates and locations given below. Please make sure you have your medical card with you.

Les personnes atteintes de maladies chroniques (cœur, poumons, reins, diabète, cancer, obésité importante etc.), celles de 60 ans et plus, les aidants naturels, les membres du personnel soignant, les femmes enceintes, ainsi que les enfants de 6 à 23 mois sont particulièrement invités à se faire vacciner.

Anyone with a chronic disease (heart, lungs, kidneys, diabetic, cancer, important obesity, etc.), persons 60 years of age and over, caregivers, health care workers, pregnant women and children from 6 to 23 months of age are especially targeted to be immunized.

2 novembre BRYSON November 2
Salle des Lions 13 h 30 à 19 h / Lions Hall 1:30 p.m. to 7 p.m.

3-17 novembre FORT-COULONGE November 3-17
(3 nov.) Salle de l'Âge d'Or 13 h 30 à 18 h 30 / (Nov. 3) Golden Age Club 1:30 p.m. to 6:30 p.m.
(17 nov.) Salle de l'Âge d'Or 15 h à 18 h 30 / (Nov. 17) Golden Age Club 3 p.m. to 6:30 p.m.

8 novembre RAPIDES DES JOACHIMS November 8
CLSC 9 h à 12 h / CLSC 9 a.m. to 12 p.m.

8 novembre OTTER LAKE November 8
Centre récréatif 15 h à 19 h / R.A. Centre 3 p.m. to 7 p.m.

9-23 novembre CHAPEAU November 9-23
(9 nov.) CLSC 13 h à 19 h / (Nov. 9) CLSC 1 p.m. to 7 p.m.
(23 nov.) CLSC 15 h à 19 h / (Nov.23) CLSC 3 p.m. to 7 p.m.

10 novembre QUYON November 10
Salle des Lions 13 h 30 à 19 h / Lions Hall 1:30 p.m. to 7 p.m.

15 novembre ILE-DU-GRAND-CALUMET November 15
Salle de l'Âge d'Or 15 h à 19 h / Golden Age Club 3 p.m. to 7 p.m.

16 novembre CAMPBELL'S BAY November 16
Centre récréatif 13 h 30 à 19 h / R.A. Centre 1:30 p.m. to 7 p.m.

24 novembre SHAWVILLE November 24
École McDowell 13 h 30 à 19 h / McDowell School 1:30 p.m. to 7 p.m.

PASSPORT PHOTOS
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\$10.00 including taxes.
No appointment necessary.
Also: Health Card, Native Status, FAC

Pontiac Printshop
Home of THE EQUITY
133 Centre St., Shawville
819-647-2204

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

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819-647-2206 Fax
 prepress@theequity.ca E-mail ads
 news@theequity.ca E-mail news and letters
 www.theequity.ca Website
 Submissions > DEADLINE 1:00 p.m. Monday

COMING EVENTS

Sept. 15 - Oct. 25 - Art Show featuring works by Nancy Alexander and Joan Gray at Café 349, Shawville. 5x013

Sat., Oct. 16 - Happy 25th Anniversary Donald and Louise Scully From: Amanda and Chris, Kerry-Lynn and Curtis and April. Party to be held at Resto-Bar Chez Kim's on Calumet Island. Music and lunch provided. x013

Fiddling and Stepdance Classes for adults and children. Paulette Gauthier 819-647-2339. 3x020

Thurs., Oct. 21 - Harvest Supper at St. Paul's Anglican Church Hall, Shawville from 4:30 p.m. to 7 p.m. \$12/adult; \$6/child; \$36/family. Everyone welcome. 2x020

Oct. 24 - Quyon Pastoral Charge Annual Harvest supper, Quyon Lions Hall 4 - 7 p.m. Adults \$12, under 12 \$7. 2x020

Sat., Nov. 26 - Ottawa Valley Antique Association Dinner and Dance, Shawville Lions Hall. Dinner 7 p.m., Dance 8:30 \$15/person. Reserve tickets at (819) 647-5035. 3x027

MISCELLANEOUS

Inglis 18.5 cu. ft. fridge, Kenmore 18.5 cu. ft. fridge (like new); Kenmore portable dishwasher; Moffat washing machine, two dryers, Kitchen Aid, 7.6 Cu. ft. freezer 819-647-1983. bo13

Hot tub (Spa) Covers. Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-652-6837. www.thecoverguy.ca. q013

Radial arm saw with stand, good condition. Wood outside door 32" with hardware; black aluminum combination door 34", 4 tires 14" used, large snow scoop 819-647-3838. 3x013

Tires B.F. Goodrich set of 4 on G.M. rims 205/70/R15 \$225.00 819-647-2060. x013

Two - 39" beds, pine with headboards and footboards, box spring and mattresses and linens included \$300/pair 647-3019. x013

Maple table and six chairs, good condition, 2 extra boards for table 647-5510. 3x013

4 new American Racing 16" black and chrome custom wheels fits GM bolt pattern, mounted with new Good Year Eagle LS tires, size P22560R16; Quasar cabinet TV, good working order.; Husqvarna 454 chainsaw, good working condition 819-647-3927. bo13

The Quebec Community Newspapers Association can place your ad into 25 weekly papers throughout Quebec - just \$160. Book 10 weeks within a 6 month period and receive the 11th week free! One phone call does it all! Call Marnie at QCNA 514-453-6300. Visit: www.qcna.org. q013

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 133, rue Centre St., Shawville, Québec J0X 2Y0
 Tél.: 819-647-2204 Fax: 819-647-2206

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MISCELLANEOUS

A free telephone service - Get your first month free. Bad credit, don't sweat it. No deposits, no credit checks. Call Freedom Phone Lines today toll free 1-866-884-7464. q013

4 Snow Grip tires and 1 rim also with tire 265-70-R17, 819-648-2477. bo13

Norwood Sawmills - LumberMate-Pro handles logs 34" diameter, mills boards 28" wide. Automated quick-cycle-sawing increases efficiency up to 40%. www.NorwoodSawmills.com/400OT - FREE Information: 1-800-566-6899 Ext:400OT. q013

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Recession buster: Place two classified ads and get the third one free. This is a limited time special, so dig out those items you don't use and place them for sale... make some cash! Valid on "Items for Sale" and "coming events". Must be paid in advance (Visa and Mastercard accept by phone). Copy can be the same or different, price charged on higher value, ads must run consecutive weeks for same copy or current week for different copy. Call The Equity, 133 Centre St., Shawville, today to take advantage of this special: 819-647-2204. xtc

Like new tires. Most sizes. Lalonde's 819-647-5824 Comme nouveau pneus. Un bon nombre de tailles. Lalonde's 819-647-5824. otc

History of St. Charles Borromeo - new book. Available in English or French. \$17.95. Limited copies printed, don't miss out. Pontiac Printshop, 133 Centre St., Shawville, 819-647-2204. xtc

Building sale! Rock bottom prices! 25x30 \$4,577. 30x40 \$6,990. 32x60 \$10,800. 32x80 \$16,900. 35x60 \$12,990. 40x70 \$13,500 40x100 \$23,800 46x140 \$35,600. OTHERS. Ends optional. Pioneer MANUFACTURERS DIRECT 1-800-668-5422. q 013

Antique walnut furniture 2 China cabinets and 1 buffet \$350 each, excellent condition 819-648-5403. 3x020

W.W.G. Fence & Deck Manufacturer. Sales - installation - custom design. Cedar - Pressure treated - chainlink - PVC - etc. Work Guaranteed - free estimates. END OF SEASON SALE. 1-877-266-0022. www.wwginc.com. q013

#1A Steel building sale! Save up to 60% on your new garage, shop, warehouse, 6 colours available! 40-year warranty! Free shipping first 20 callers! 1-800-457-2206. www.crownsteelbuildings.ca. q013

RENT

Office/commercial space downtown Shawville. Home 613-582-3488, cell 613-639-3163. otc

Clarendon - 3 bedroom lakefront house. Electric/wood heat; stove, fridge, dishwasher, washer/dryer. No dogs/smokers. \$850 house2rentonlake@gmail.com x013

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

Shawville - 1 bedroom seniors apartment, no pets, washer and dryer provided 819-647-6900. 3x027

REAL ESTATE FOR SALE

Home Cottage Building deals! NO-CRETE TM prefabricated panel - instant foundation system - basement \$69.99/foot, crawlspace \$49.99/foot! ICF concrete \$19.99/5.33SF block. 792SF - 2484SF shell erected + exterior lock-up + interior framing from \$29,975.00!! www.greenpanel.com - 1-800-871-7089. Local dealers / installers!! q013

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\$500\$ 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. q013

Need yard work done before winter, wood piled, etc? Call Hayden 819-647-5167. xtc

Debt Consolidation Program. Helping Canadians repay debts, reduce or eliminate interest, regardless of your credit. Steady Income? You may qualify for instant help. Considering Bankruptcy? Call 1-877-220-3328 FREE Consultation Government Approved, BBB Member. q013

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Criminal record? We can help! The National Pardon Centre... is RCMP Accredited. For better price and better service visit: www.nationalpardon.org. Call 514-842-2411 or 1-866-242-2411. q013

HELP WANTED

Inso-Tec looking for employee for insulation work, fax resume 819-647-3357. otc

Person to work on farm, milking cows and doing chores or general farm work Stanhow Farms 819-647-3961. Leave message. bo13

LOST

Reward \$100, red canvas boat cover lost on Hwy. 148 between Luskville and Bristol, July 2010. Ray 819-682-9757. x013

MOTORCYCLES

2002 500 Vulcan Kawasaki motorcycle low mileage. Asking \$3,500.00, Jill McBane 613-729-4312 or 613-294-9191. xtc

CARS & TRUCKS

2004 Chev Silverado 4.8; 2003 Chev Silverado 5.3; 1981 Chev pickup 6 cyl; 1965 Chev 4 x 4 frame; 12 x 8 steel truck bed; 1980 Olds '98 big 350 big block; 2003 Pontiac Sunfire 2.2 ecotech with 4 summer and 4 winter tires 819-647-5413. 3x020

FARM PRODUCE

Hay for sale, 4 x 5 round bales, first cut hay, \$20 per bale. Call 613-646-7377. 3x020

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. q013

Maple Syrup evaporator, wood-fired, approximately 100 taps 819-689-5421. x020

DEATH

Reaney, Reuben - Passed away at Country Haven, Beachburg, ON, Oct. 11, 2010. Beloved husband of Leona Reaney. Friends may call at W. J. Hayes and Sons Funeral Home, 134 Centre St., Shawville, QC on Wednesday, Oct. 13 from 2 to 4 p.m. and 7 to 9 p.m. Funeral in the chapel on Thursday at 11 a.m. Interment Austin United Cemetery, Sand Bay, QC Reception to follow in funeral home.

HELP WANTED

Bartender positions available: We are looking for mature, energetic, personable people to join our team. You must be flexible to work A.M. and P.M., weekdays and weekends. Valid driver's licence is an asset. Send your resume to: Box T, c/o The Equity, 133 Centre St., Shawville, QC J0X 2Y0. otc

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THANKS

Henderson - We would like to express our most sincere thanks and appreciation to all our neighbours and friends for the many acts of kindness shown towards us at the sudden passing of Mandy. We are proud to be a part of such a caring community. Andy, Shane, the Ladouceur and Henderson families

RECENT

Office/commercial space downtown Shawville. Home 613-582-3488, cell 613-639-3163. otc

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PUBLIC NOTICE

Triennial Roll, 2nd Year PUBLIC NOTICE is, hereby, given by Ginger Finan, Director General/Secretary Treasurer of the Municipality of Thorne that: The summary reflecting the roll's condition for the second year of the triennial roll 2010, 2011 and 2012 of the Municipality of Thorne has been deposited in my office on September 15, 2010; That for the fiscal year 2011 of the real estate assessment roll and rental roll 2010, 2011 and 2012, of the Municipality of Thorne, a revision request as provided by Section 1 of the Chapter X of an Act respecting municipal taxation based on the motive that the evaluator did not make a modification that he should have made in accordance with section 174 or 174.2, can be deposited anytime during the financial year within which occurs an event justifying a roll modification or during the next financial year, if the assessor does not make this modification; The revision request must be filed on the form made to this effect and accompanied by the amount of money prescribed by the by-law number 47-97; otherwise, it will be assumed that the request was not deposited. The form and the by-law number 47-97 are available at the address mentioned below and at the City Hall of the municipality; The filing of the request is made when the form mentioned, duly completed, is handed or sent by registered mail to the "MRC PONTIAC, 602 Route 301 nord, CP 460, Campbell's Bay, QC, J0X 1K0"; When the request is made by the handing of the form duly completed, it is reputed to have been deposited on the day of its reception. When the request is sent by registered mail, the request is reputed to have been deposited on the day it was sent. Ginger Finan
 Director General/Secretary Treasurer September 16, 2010 1-0-013

Rôle Triennal 2e année PUBLIC NOTICE est, par les présentes, donné par Ginger Finan, Directrice Générale/Secrétaire Trésorière de la Municipalité de Thorne que : Les sommaires reflétant l'état du rôle d'évaluation foncière pour la deuxième année du rôle triennal d'évaluation 2010, 2011 et 2012 de la Municipalité de Thorne, a été déposé à mon bureau le 15 septembre 2010; Que pour l'exercice financier 2011 des rôles d'évaluation foncière et locative 2010, 2011 et 2012 de la Municipalité de Thorne, une demande de révision prévue par la section 1 du chapitre X de la Loi sur la fiscalité municipale, au motif que l'évaluateur n'a pas effectué une modification qu'il aurait dû y apporter en vertu de l'article 174 ou 174.2, peut être déposée en tout temps au cours de l'exercice financier pendant lequel survient un événement justifiant une modification du rôle ou au cours de l'exercice suivant, si l'évaluateur n'effectue pas cette modification; La demande de révision doit être faite sur le formulaire prévu à cet effet et être accompagnée du montant d'argent prescrit par le règlement numéro 47-97, à défaut de quoi elle est réputée ne pas avoir été déposée. Le formulaire ainsi que le règlement numéro 47-97 sont disponibles à l'adresse mentionnée plus bas ainsi qu'à l'hôtel de ville de la Municipalité; Le dépôt de la demande est effectué par la remise du formulaire dûment rempli ou par son envoi par courrier recommandé à la "MRC PONTIAC, 602, route 301 nord, CP 460, Campbell's Bay, QC, J0X 1K0"; Dans le cas où la demande est effectuée par la remise du formulaire dûment rempli, elle est réputée avoir été déposée le jour de sa réception. Dans le cas où elle est envoyée par courrier recommandé, la demande est réputée avoir été déposée le jour de son envoi. Ginger Finan
 Directrice Générale/Secrétaire Trésorière Le 16 septembre 2010 1-0-013

PUBLIC NOTICE

2011 and 2012 of the Municipality of Thorne has been deposited in my office on September 15, 2010; That for the fiscal year 2011 of the real estate assessment roll and rental roll 2010, 2011 and 2012, of the Municipality of Thorne, a revision request as provided by Section 1 of the Chapter X of an Act respecting municipal taxation based on the motive that the evaluator did not make a modification that he should have made in accordance with section 174 or 174.2, can be deposited anytime during the financial year within which occurs an event justifying a roll modification or during the next financial year, if the assessor does not make this modification; The revision request must be filed on the form made to this effect and accompanied by the amount of money prescribed by the by-law number 47-97; otherwise, it will be assumed that the request was not deposited. The form and the by-law number 47-97 are available at the address mentioned below and at the City Hall of the municipality; The filing of the request is made when the form mentioned, duly completed, is handed or sent by registered mail to the "MRC PONTIAC, 602 Route 301 nord, CP 460, Campbell's Bay, QC, J0X 1K0"; When the request is made by the handing of the form duly completed, it is reputed to have been deposited on the day of its reception. When the request is sent by registered mail, the request is reputed to have been deposited on the day it was sent. Ginger Finan
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 Directrice Générale/Secrétaire Trésorière Le 16 septembre 2010 1-0-013

MEMORIAM

Bretziuff - Treasured memories of a dear father, grandfather and great-grandfather Alfred Bretziuff who passed away Oct. 19, 1989. There is no parting from those we love. No distance can divide. For always in memories' garden. You are present by our side. Remembering you can cause a smile, Bring laughter or a tear. How precious are these memories. That keep you ever near. Lovingly remembered, Gwen and Serge, Denver and Nelda, Darrell and Debbie, Grandchildren and Great-grandchildren

Desabrais, Michael - In loving memory of a dear father, father-in-law, grandfather and great-grandfather who left us Oct. 13, 1979. Those whom we love go out of sight. But never out of mind. They are cherished in the hearts. Of those they left behind. Beautiful memories he left behind. Lovingly remembered, Your family

Mulligan, Athol - Oct. 16, 2009. It is hard to believe that a year has already gone since you left us. A year since last I saw your wonderful smile or heard your cheerful voice. Although you are gone from this earth. You live forever in our hearts. We love you Dad. Maureen, David, Ernie and Family

Stafford - Phyllis October 12, 1995. In loving memory of a wonderful Mom and Nanny. God saw you getting tired and a cure was not to be. So, He put His arms around you. And whispered "Come with Me." With tearful eyes I watched And saw you pass away. Although I love you dearly, I could not make you stay. A golden heart stopped beating. Hard working hands at rest. God broke my heart to prove to me He only takes the best. 15 years have come and gone. It seems like only yesterday. Missing you more every day. All our love, Theo, Debbie, Andrew, Kelsey and Conner Steven, Angela, Riley and Quentin and Karley

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Sheenboro



Betty Morris 689-5023
 Last weekend Chapeau held their annual turkey supper at the Sports Complex. It was a huge success serving around 760 people. They are great cooks and everyone enjoyed the delicious meal.

Belated birthday greetings to my sister, Marlyn Crozon, and my niece, Erin Clyde, who both celebrated birthdays last week. Hope you have a great year girls.

It was nice seeing Marlyn and my brother-in-law Marcel up for a quick trip last week.

Jim and Mary Michaud spent a week in Calgary visiting their son John.

Belated birthday greetings to my friend Heather Lemke. A few neighbours and friends gathered here to celebrate with Heather last week.

Helen and Leona Darcy were up visiting the area and spent time with Ray and Mary Walker.

I'm happy to hear my Uncle Hubert is out of hospital and on the road to recovery. He celebrates his 85th birthday Oct. 22 and we will be there to celebrate with him.

It was nice to hear from my uncle Gilbert Nephin from Antikoken and my Aunt Ivon Kohlsmith from Kitchener.

Mrs. Shea was up visiting her grandchildren Claudia, Anna and Abram Gleason last weekend.

The children are so lucky to have such loving grandparents who spend a lot of time with them.

Wayne and Lynnanne Storm were home to the cottage last weekend.

We celebrated my grandson, Brett McDonald's, birthday at my daughter Shannon and Steven McDonald's on Thursday. Brett has turned 14 and is a wonderful young person.

Happy anniversary to Robert and Klinda Poirier

Caldwell

Hermonie Sharpe 647-34590n
 Thursday, Oct. 7, we had a pleasant surprise. The forecast was rain but by afternoon the sun was still shining.

It's coming close to Thanksgiving and even if most of the men are gone hunting most of the women are at home. Yes, pumpkin pie is on the baking agenda and of course the turkey has to be stuffed.

We are supposed to have company for Thanksgiving in Surrey, BC, Robert Sharpe in Courtney, BC, Donald Sharpe in Peterborough, Susan Sharpe in Odessa and Peter in Barrier, BC.

We also had a big chat with Millie Boyd from Boyle, Alberta. The weather is somewhat similar to our weather. Millie was having her son Jim, his wife and wife's mother for Thanksgiving Monday.

There is a very bad cold or flu going around as well as a stomach flu which sure isn't too pleasant.

Visiting us Thanksgiving Sunday were Neil and Margaret sharpe of Shawville.

Joanne Sharpe gave us all a scare the weekend before Thanksgiving. She ended up in the hospital with intravenous, blood transfusions and antibiotics. She and her husband Donald were able to spend Thanksgiving with daughter Stephanie, her husband Jason Howe and son Gabriel at their new home in Ayer.

You are one hardy lady Joanne. She also lost her hearing along with her other problems.

The Thursday night euchre club are holding a supper Oct. 28 at the curling rink and the supper at the curling rink for the summer euchre players is this coming Sunday.

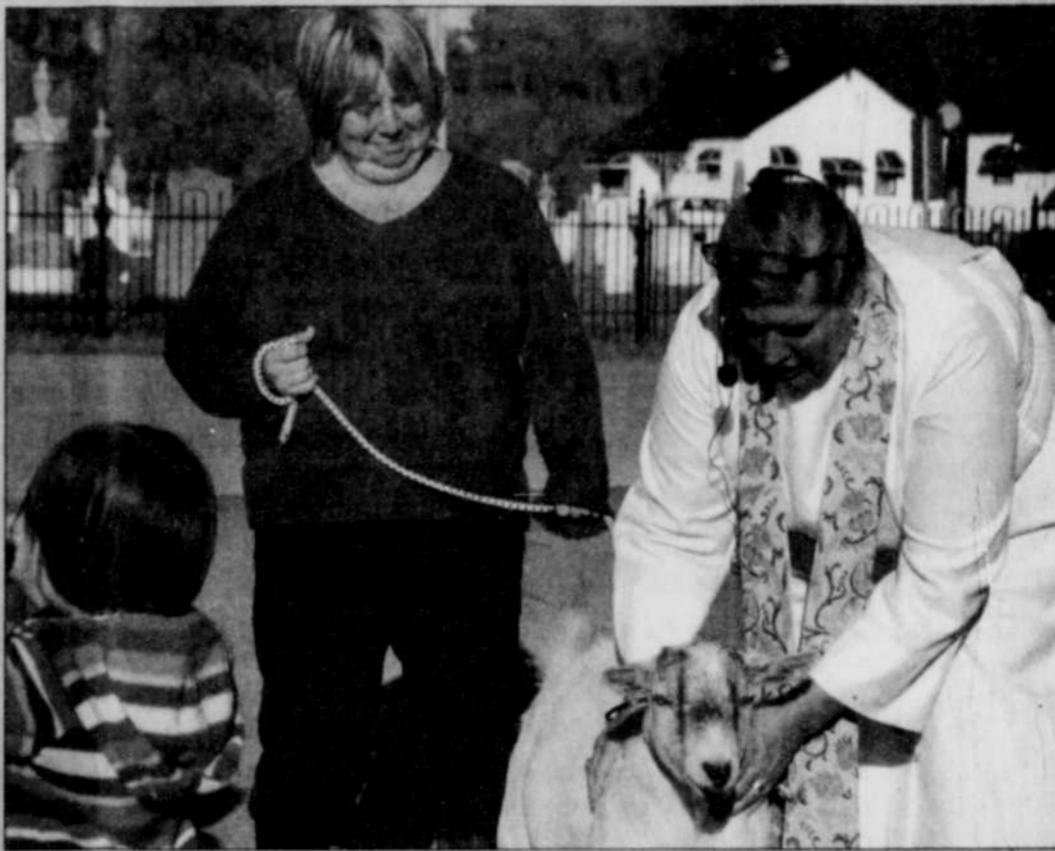
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Reverend Brownlee blessed them all



All photos by Carole St-Aubin
At left, Donald G. Hodgins brought his dog Lynda to receive her blessing. He says the dog has been a constant companion since she was rescued. Rev. Brownlee didn't forget anyone, waiting just outside the church was Ann Hodgins, right, who received a blessing for her goat Bobby as Ann's grandson Cowan Stewart, Sam Judd and Laura Mayhew watched. Ann also had a sheep named Betty along to receive the traditional blessing as well. She said she likes bringing the animals out for the children to enjoy.



Guinea pigs, turtles, chickens, cats, dogs, goats and sheep were all welcome to St. Paul's Anglican Church in Shawville on Oct. 3, in celebration on the eve of the Feast of St. Francis of Assisi. St. Francis was the patron saint of the animals and it is customary for churches to hold these ceremonies. After a small service, Rev. Mavis Brownlee invited members to bring their pets forward to receive their blessing. Snacks were also shared amongst the children as well as their pets. Pictured below are Isaac Judd and Alex Mayhew hovering around the Guinea pigs as Rev. Brownlee prays over them.



Otter Lake

Elizabeth Hahn
453-7326
Congratulations to my daughter Patricia and her husband Carson Russell who were married 42 years Sept. 28.

Denise Saunders of Belleville spent a few days visiting her mom, Mrs. Hilda Mayhew and her sister Elizabeth Gravelle Hahn.

Recent visitors with Mrs. Hilda Mayhew were June Richard-Francoeur and her sister, Nancy Mae Richard, daughters of the late Silas and Olive Richard Garnet Mayhew and Willard Mayhew.

My great-grandson Travis Proulx of Pembroke turned 12 Sept. 21. He invited all his grandparents and great-grandparents to his home to celebrate. His mom and dad and sister Julia served a lovely barbecue supper along with a delicious ice-cream cake. Everyone had lots of fun.

Golden Age Club euchre night results for Oct 5: First prize: Mabel Peck and Martin Blaskie. Second: Rita Blaskie and Ellard Robinson. 50/50: Roger Sincennes. Door prize: Pat Bisson.

Dessert was provided by Eddy Chamberlain and Medard Allard.

Dart league results for Oct. 7: First prize: Barb Lintell and Paul Blaskie. Second: Debbie Lackey and Henry Longpré. 50/50: Marie Pilon.

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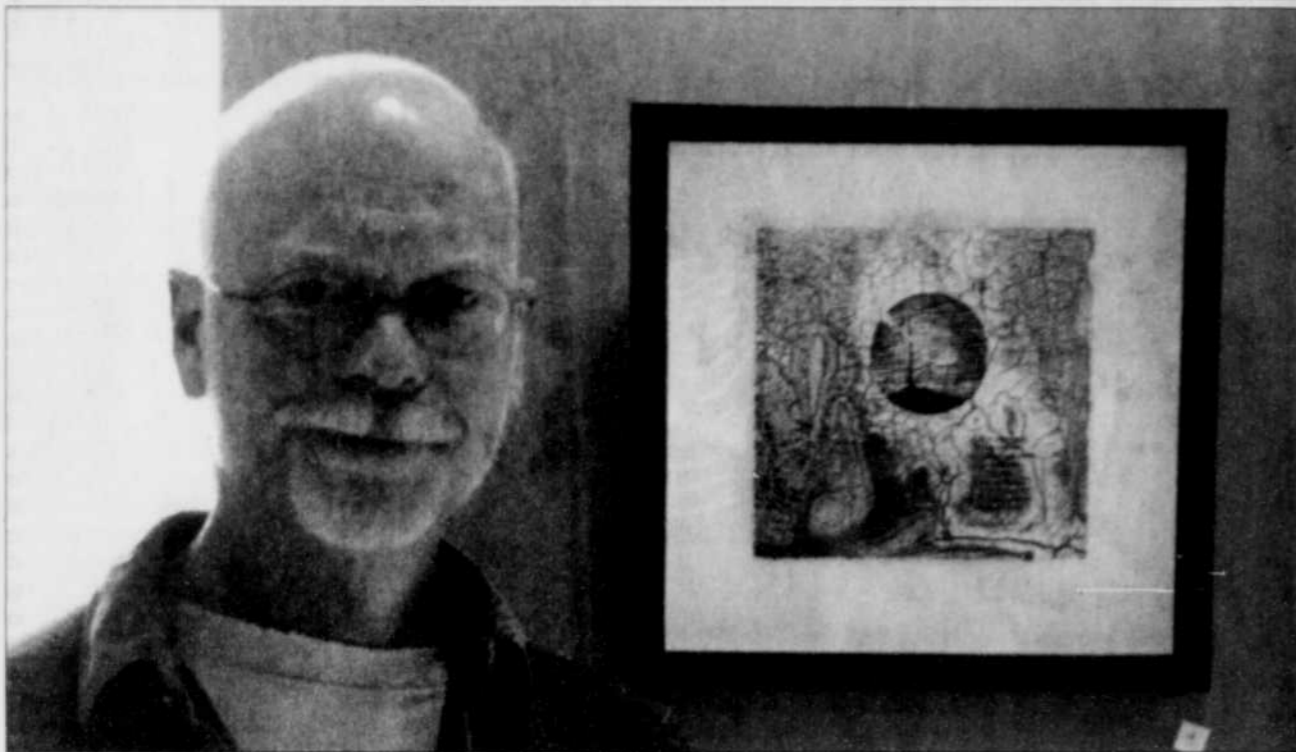
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Raymond Sander Regier's latest exhibit features art that he reclaimed from other art galleries.

Reclamations: Sort of new

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE Oct. 2, 2010

Raymond Sander Regier recently reclaimed some artwork from a couple galleries he had shown in over the years. He took back about 100 pieces altogether and chose 19 of those for October's art exhibit at his own gallery, Impressions. A vernissage held on Oct. 2 showcased the works he had chosen.

The exhibit is fittingly called Reclamations: Sort of new. The paintings are a variety of printmaking, collagraphy and dry point collagraph. There is a new piece being featured that has never been shown before.

"Basically it's work that's

been out of the region for a long time. The pieces expand over a number of years. As far as the styles, there are differences," said Sander Regier. "There is quite a variety of work and quite a variety of techniques."

One of the galleries in southern Ontario holding Sander Regier's art shut down. The gallery called him to let him know, and he went to pick up the pieces.

The other gallery was changing their format and the way they were exhibiting art, which didn't fit with what Sander Regier wanted to do with his art. So he collected his pieces from that gallery as well.

Last winter he went to collect his first piece of art

and just picked up the last piece about two months ago.

"It's work that for the most part hasn't really been exhibited in the area. It hasn't been seen in the area. Some I actually forgot about," Sander Regier laughed. "Some I left at the galleries and they had been there three, four, five, six years."

Ruby Ewen, an artist herself, attended the vernissage and said there were some wonderful pieces of art on

the walls and some that really stuck out to her.

"There are a few really outstanding prints and I think that the people in Pontiac should be really aware of Raymond's work and what's going on with his work. He's really been able to translate the Pontiac into print images. I think his work is wonderful," said Ewen. "People should frequent the gallery because he always has stuff going on that's quite remarkable."

Stepping up to the plate



Photo: Donald Trudeau

Donald Trudeau from Quyon had a Daschund that gave birth to a litter of puppies about two weeks ago. At about the same time, his cat gave birth to a litter of kittens. The mother of the Daschund puppies fell ill and didn't have enough milk to feed her babies. One day, Trudeau brought the mother cat in to meet the puppies and the puppies began to nurse from her. The cat would go outside and feed her kittens, then come inside to feed the puppies. Trudeau said the cat doesn't mind at all, she just lays there while the puppies nurse. The puppies have since moved out and are now fed by milk in a syringe.

Creamed, waxed and minty, honey has never tasted so good

ANDREA CRANFIELD
Equity Reporter
LADYSMITH Oct. 1, 2010

Oktoberfest featured a variety of vendor booths with different products. Artisans, craftsmen, seamstresses, cooks and beekeepers filled the TCRA and surrounding area in Ladysmith selling everything from Christmas ornaments to pickles onions.

Jean-Marie Sempels, from Miellerie Sempels in Quyon had an outdoor stand where shoppers passed by to sample his tasty products. On his table, were displays of many different types of honey including ones with ginger, roses, mint, lilac and cognac.

A small pail full of small wooden sticks was available, so that people could try samples of the different kinds of honey. Sempels was also selling chapstick, massage cream, candles and more.

"The thing that distinguishes us from different beekeepers is that we make a lot of different things such as creamed honey, creamed cinnamon honey and combed honey that comes straight from the hive with the wax still with it," said Sempels.

These unusual products

were also selling at his stand. Sempels, along with his wife and children, make everything themselves. He began making honey 25 years ago and has been coming to Oktoberfest for the past 15 years to sell it.

Sempels was born in Europe and raised in Africa. He then lived in Calgary for a while working as a geologist, before he moved to Pontiac and started making honey.

"I decided I didn't want to have kids in the city so I came here, bought some land and that's it," he explained.

He learned to make honey from reading books and "just doing it."

"I started out with one hive. I was really afraid of the bees and I got stung a lot because I was afraid. They are like dogs, they can sense fear," said Sempels. "But I just kept doing it. At first I made a few jars, then some pails and then more and more."

Sempels goes to a lot of farmers markets to sell his products and said he really likes Oktoberfest because it's a friendly place, which makes him feel at ease.

"Oktoberfest is great, it's very nice. I like coming here.



Jean-Marie Sempels gives out samples of honey from his stand at Oktoberfest.

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