

A taste of Brazil right here in the Pontiac, page 3

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THE EQUITY

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88 cents

Blazes controlled by local fire crews

WILBUR MCLEAN

Equity Reporter
CLARENDON • The Shawville-Clarendon Fire Department were kept on their toes last week with a series of fires scattered throughout Clarendon.

All the fires were controlled quickly by the department and no injuries nor damage to homes were caused as a result of the fires.

The closest call of the four fires was in Charteris on Wesley Road on Wednesday, April 22.

A grass fire began on Wesley Road but spread quickly in the direction of an unused shed and a nearby barn that held hay.

The firefighters were able to control the fire before it spread to the hay barn, which lay adjacent to the home on the property.

"It started way off in the corner by the road so I don't know what happened," said the property owner. "I don't know if it was someone who threw a cigarette from the road or something."

Shawville-Clarendon Fire Chief Lee Laframboise later said that some disposed ashes in the yard may have caused the fire.

The homeowner tried to put the fire out herself but was unable to so the fire department was contacted.

About 10 firefighters were on the scene within minutes.

"The wind was blowing the right way," said Laframboise. "If it was blowing the wrong way, the home could have been in trouble."

The hay barn was about 50 feet away from where the fire was eventu-



Wilbur McLean, THE EQUITY

Shawville-Clarendon firefighters work to extinguish a blaze that stirred up three days after the department originally attended to it on Thursday. The fire was on the 12th Line in Clarendon and began as a grass fire but spread to an unused building nearby.

ally stopped. The diameter of the burned area of grass on the lawn was about 100 feet.

"It always looks a little scary when you first show up, but it was fine once we got going," said Laframboise.

Two calls, one fire

The fire department was also called out to a property at 12th Line in Clarendon on Monday, April 13 and again on Thursday, April 16.

An unused home was destroyed by the fire during the first call, left in a pile of rubble that evening.

However, the fire flared up again almost three days later and firefighters had to return to the scene to

extinguish the blaze. "You never like having to go back to the same fire," said Laframboise, who indicated there was no electricity in the home.

The property was at C93 12th Line in Clarendon about one kilometre west of the Hwy. 303.

Laframboise said the property has had a few fires over the years.

"We've been here a few times before," he noted.

About 10 firefighters were on the scene.

Fifth Line grass fire

Finally, the Shawville-Clarendon Fire Department quickly attended to a grass fire on a property at 259 Fifth

Line in Clarendon at the intersection of Fifth Line and the Sand Bay Road.

About a dozen firefighters were on the scene and stopped the spread of the grass fire, which was called in by a neighbour.

The call was made to firefighters at about 5 p.m. Thursday.

Permits required to burn

Laframboise reminds residents that it is legal to burn controlled fires, for example grass fires, as long as a permit is first received from the corresponding municipality.

The permits are free but carry with them a number of stipulations.

Those caught burning without a permit can be fined.



Shawville-Clarendon firefighters were kept busy last week with four calls in the span of three days. Left, firefighters attended to a grass fire on Fifth Line in Clarendon that was quickly controlled by the department. Right, firefighters were in Charteris for a fire that began as a grass fire but spread to a nearby barn that was unused. The fire was extinguished before it could spread to a nearby hay barn.



Wilbur McLean, THE EQUITY

Oh boy! It's Luba Goy!

Royal Canadian Air Farce star speaks in Bristol

CAROLE ST-AUBIN

Equity Reporter
BRISTOL • A sold out crowd of 165 women filled the Jack Graham centre in Bristol on Saturday where the Women's Wellness Network held their fourth annual seminar.

The Women's Wellness Network is a group of local women working to promote a healthy balance of the mind, body and spirit by sharing and promoting information, skills, and community resources while encouraging a mentoring and supportive atmosphere.

Spectators were thrilled to welcome famed Canadian Air Farce comedienne Luba Goy to the day's celebration with a lively Giebe Collegiate cheer as she took the limelight.

Goy who grew up in Ottawa and now resides in Toronto, says she has enjoyed being a summer visitor to the Pontiac for more than 30 years at a friend's cottage in Otter Lake.

After she studied at Giebe Collegiate Institute in Ottawa, Goy went on to study and graduate from Montreal's National Theatre School.

The Juno Award winning actress is perhaps more commonly known for her antics as part of the Royal Canadian Air Farce comedy troupe who debuted on CBC radio in 1973, then on television in 1980 when it became a regular staple on Canadian television for the next 28 years, until its run ended earlier this year.

"Now that I am unemployed, I was thinking of starting up a business, a one-woman show: Rent-a-Luba. \$150 if I sing, \$200 if I don't," she joked.

Goy's long list of accomplishments are a testimony to her ambitious nature.

Among the many awards she received as a member of Air Farce, was the Governor-General's Award for Performing Arts.

"What a great country this is, she quipped, "Where you can make fun of the government and get an award for it."

Goy was also Lotsa Heart Elephant and Gentle Heart Lamb in the animated Care Bears television series.

She had her audience in stitches throughout her hour-long performance.

"Let that laughter out, because it will find another way to exit," she said with a warning wave of her finger.

Goy says she demonstrated her ability to speak like a duck when one of her teachers asked her about an overdue report, to which her teacher replied that

this was a skill that would never amount to anything.

"Boy was she wrong," she said, "I could always go work at the airport."

She then proceeded to validate her point using the duck voice to demonstrate how a message seems to get muddled over the loud speaker at the most pertinent moments.

The comedienne also regaled the crowd with Kim Campbell, Joe Clarke, Preston Manning, Jean Chrétien, and Margaret Atwood impressions.

When asked what her message for the women gathered there would be during a short interview after the show, Goy told THE EQUITY, "It's important to laugh and find humour in life, but more importantly we should live the life we love."

The day's agenda began with an introduction by Muriel Davies and Connie Renaud who promoted the Feel Fit initiative to set personal fitness goals.

Fifty-six members have signed up for the six week program where they will set their own fitness goals.

"At the end of the six week period, they will gather to share their results and re-establish their goals if necessary," said Renaud.

Local physician Dr. Donna Courchesne also addressed the effects of obesity, outlining how personal lifestyle choices can have an impact on family health and fitness.

After a short break, De-Ann Sheppard who has 20 years experience in nursing spoke about traditional and alternative practices for a healthier way of life.

Trained in Neuro-Linguistic Programming and certified in hypnotherapy, Sheppard has been a Nurse Practitioner and therapist in Renfrew County for 10 years.

Guests also enjoyed a lunch of Mediterranean pasta and garden salads, roasted veggie and chicken pesto wraps and chocolate dipped cookies and chocolate truffles which was catered by GiGi's Café.

Summer resident to the Pontiac, Bonnie Brayne says she really enjoyed the day's events and would enjoy attending the seminar again next year.

"It was excellent, a very instructive day with good speakers and lots of information," said Brayne.

"The tickets were sold out before they were even printed," said Davies, who was pleased with the turnout of the event.



Carole St-Aubin, THE EQUITY

Luba Goy displays the traditional Ukrainian frock with dazzling beadwork that she wore at a soiree where she was honoured to meet the Governor General Michaëlle Jean.

Police bust drug operation in Mansfield

CAROLE ST-AUBIN

Equity Reporter
PONTIAC • An April 9 search at a Chemin de la Chute home in Mansfield involving eight Sûreté du Québec officers and two regional investigators with a canine unit resulted in the arrest of two individuals.

Forty-six speed pills, 30 grams of marijuana, 2 grams of cocaine, \$620 and firearms were confiscated from the home by police, where a 37-year-old woman and a 22-year-old man were arrested for possession with the

intent to traffic. The two suspects were later released with the promise to appear in court on May 19.

Police chase ends in sand pit

A police chase ensued when an officer tried to pull a vehicle over for speeding on Dempsey street in Fort Coulonge on April 10.

Refusing to pull over, the driver led police on a high speed chase over a distance of 12 kilometres. The chase ended at a sand pit in the Trait-Carré road area of Mansfield.

The 33-year-old man resisted

arrest and upon restraint was taken to the Hull detention centre where he was held for dangerous driving, fleeing, obstructing and assaulting an officer.

He was due to appear in court on Monday.

Twenty-one dogs ceased from a Rapides-des-Joachims home

Four Sûreté du Québec agents from the Campbell's Bay detachment accompanied by SPCA agents from Gatineau and Montreal ceased 21 huskie dogs at a Rapides-des-Joachims home on April 16.

After several public complaints were received, a police investigation led to the conclusion that the dogs were not being properly cared for.

According to a Sûreté de Québec spokesperson, the owners were cooperative with both the police and the SPCA agents who collected the dogs.

The animals were then brought to the Outaouais SPCA centre in Gatineau, where they will receive the care required.

Charges could be laid following a report from a veterinarian who will examine the dogs.

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126 years of news from the Pontiac

THE WAY WE WERE

Compiled by Heather Alberti-Dickson Publisher

25 Years Ago

April 18, 1984
NEAR DISASTER AT TROUT FARM: One of the many considerations which helped Frank and Eileen McRae decide to build a trout farm near Beechgrove last year was the ready supply of fresh water provided by a small stream flowing across their property. This weekend that stream turned into a torrent that at one point threatened to wash their entire operation into the Ottawa River.
"PONTIAC IS CANADA AT ITS BEST" HON. JEAN CHRETIEN: The new Forest Inn was a great attraction to the hundreds of people who attended the big Liberal Brunch on Sunday. Then the guest of honour arrived. After that all eyes, having feasted on the decor of this newest Pontiac County establishment were on the man many believe will be the next Prime Minister of Canada — the Honourable Jean Chretien. He delivered a great speech and from all appearances he made some firm, fast friends among the people here.

50 Years Ago

April 23, 1959
MAIL BY TRUCK STARTS MONDAY: A change in the mail service for Pontiac County goes into effect next Monday morning when a truck system using Highway 8 will take over from the CPR which has been the mail carrier in these parts for many years.
ELMSIDE RALLIES TO AID BURNED-OUT FAMILY OF 8: Mrs. Joe Storie and her seven children were homeless last Thursday evening as their frame house in Elmside burned to the ground. Most of the men in the vicinity were at Ardley Elliott's auction so it was up to a hastily organized Elmside Women's Fire Brigade to render emergency assistance. As the women struggled to clear some of Mrs. Storie's valuables out of the house, George Pirie came "leaping over the fence to the rescue" to use Mrs. Storie's own words. He helped the children who came running from the Elmside School to get their belongings out of the house. Joe Twolan and school principal Keith Hale, the only other men available at first, also helped in clear-

ing things away from the flaming house.

75 Years Ago

April 19, 1934
LOCAL NEWS: A steady train of more than 24 hours over the weekend interfered with syrup making operations in this district to a considerable extent. However, with favourable weather, it is expected this year's manufacture will greatly exceed that of last year.
 The Nicholson Co. of Montreal have made arrangements with J.R. Booth have sent some 25 men in to cut poplar and basswood on the Black River. Half of the men are from Campbell's Bay and Calumet Island and the balance from the Black River settlements. It is the intention of the Nicholson Co., to cut some half million feet or more, and this will mean work for at least two months, as this time will have to be driven down the Black River to Waltham after the cutting is finished. At Waltham it will be taken from the river and trucked to the CPR where it will be loaded on

cars for shipment to Montreal, the ultimate destination being Liverpool, England.

100 Years Ago

April 22, 1909
LOCAL NEWS: The Quyon butter and cheese factory, situated at Quyon village will be sold by public auction at 2 o'clock on Friday, April 30.
 The barns and outbuildings on the McLean farm, in Eardley, now the property of the Whalen Estate were destroyed by fire last week. The fire is supposed to have arisen from sparks from the neighbouring saw mill carried by the high wind which prevailed. Among the valuable contents of the buildings destroyed were 30 sheep and nine tons of hay, the property of the tenant, Mr. McMullin.
 Mr. Jack Dolan, of Portage du Fort, dropped in Saturday evening to give us the details of a very serious scalding accident which occurred on Friday evening on board of the steamer J.L. Murphy, which is being fitted up for the summer's towing. The victims of the accident were the second

daughter in Franktown, and there were only the girls at home; they thought they smelt something burning, and one of them — Sarah — on going upstairs, found the room on fire. She gave the alarm to the rest, and they ran out and shouted. Mr. Creighton, who lives about half a mile from the scene of the fire, on hearing their cries, accompanied by his two boys ran with all haste. Mr. John Duff, although about a mile from the place, also heard the shouts and he too made all haste. On arriving, finding it impossible to save the house, they set to work to save the furniture. The roof was by this time almost falling in, still these men bravely kept to work, not without considerable danger. Getting the upstairs cleared, they soon swept the lower flat, taking out everything. While taking out some of the heavier furniture the heat was so great as to almost set fire to these brave workers. By this time, quite a number of the neighbours had arrived, who went to work to save the granary which was full of grain. Fortunately, there was a stream of water running close by and the men were enabled to keep the roof of the granary thoroughly saturated with water till the excessive heat subsided.

125 Years Ago

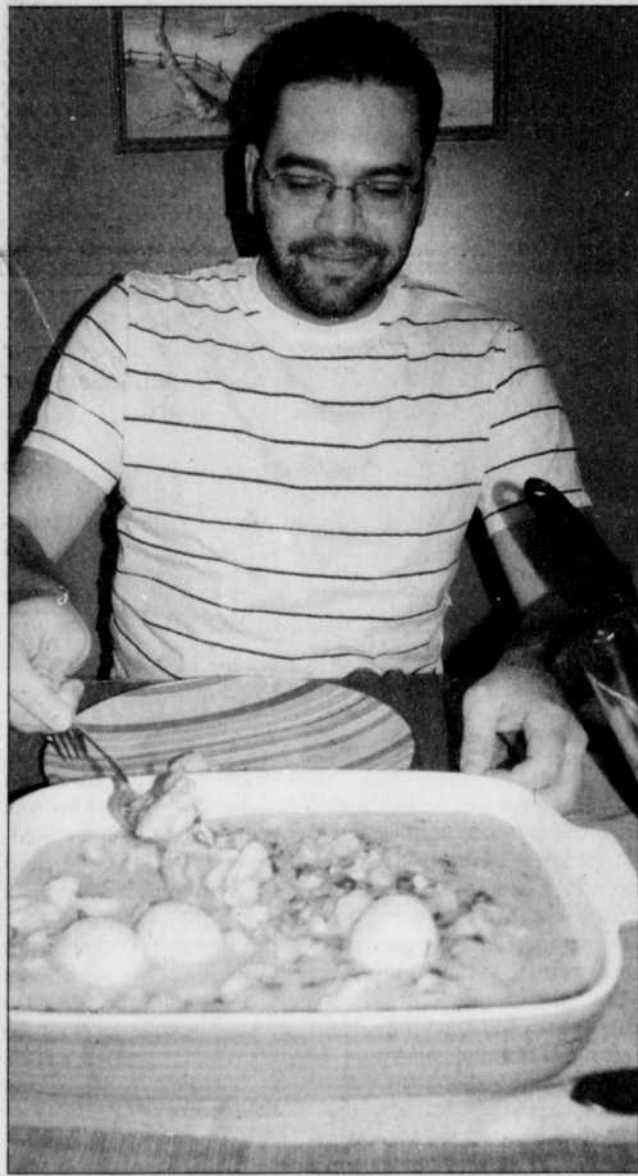
April 17, 1884
LOCAL NEWS: On the morning of Tuesday the 8th inst., the house of Stephen Smith, Esq., Bristol, was consumed by fire. The origin is still a mystery. Mr. Smith had just left with a load of wheat for the grist mill. Mrs. Smith was away from home visiting her

The ice on the Ottawa River at Fort Coulonge is a thing of the past, and bark canoes and rowboats are being overhauled. The water has risen very little so far, and unless we have heavy rains, the Ottawa is not likely to be unusually high this spring.

An epicurian delight and taste of Brazil in Pontiac



Savio Morais and wife Thiefe serve up some savoury Brazilian dishes to THE EQUITY intern Jamie Doggart.



Savio Morais takes a scoop of Mariscada, a popular Brazilian fish stew dish.

LEAH IVERSON
Equity Reporter
CAMPBELL'S BAY • Savio Morais sways to the sounds of 50's Brazilian musician Vinicius de Moraes as he pours a glass of fine Argentinian wine.
 He raises his glass and chants "Saude", clanging the wine glass with the others around the table.
 "That means, to health," he explains, turning his attention to the colourful painting hung in the dining room. "My sister painted it. It's the view of a beach in Brazil."
 The scenic painting, he says, reminds him of the beauty of Fortaleza, the city in Northeastern Brazil where he grew up.
 The state capital of Ceara, this scenic coastal city is home to more than three million residents, making it the fourth largest city in Brazil.
 Known for its white-sand beaches, markets selling embroidery, leather goods and ceramics, music festivals and Fortal, a carnival

held in July, the city is full of rich Brazilian culture.
 Morais reminisces about Fortaleza as he prepares for dinner more than 5,000 miles away in Campbell's Bay, where he now calls home.
 Despite being so far away from his native country, he manages to keep his culture alive by one thing — food.
 Morais and his wife Thiefe have been spicing up the Pontiac ever since they arrived a year ago, by cooking a plethora of delicious Brazilian dishes, and sharing them with their new neighbours.
 "We like to invite the locals over to try the food," he says, carrying a hot dish letting off a savoury seafood aroma. "I find Canadians are more willing to try new foods. And in the Pontiac, people are even more open."
 When the couple hosts dinner parties for guests who are new to Brazilian cuisine, they often start off simply by serving appetizers that don't shock the mouth off the bat with spicy

flavours.
 This particular night, Morais decides that Portuguese bite-sized cod cakes will do the trick, served alongside an Italian salad dressed with oil and balsamic vinegar. The breaded, potato filled appetizers are commonly served as starters in Brazilian cuisine.
 While the cod cakes include few ingredients, the main dishes are a bit more complicated.
 With heat rising off the ladle, Morais places a generous portion of Mariscada on the plate.
 Mariscada is a Brazilian seafood stew that mixes fish, shrimp, scallops, coconut milk, eggs and onions in an African sauce called palm oil, which results in a combination of flavours that send tastebuds on a whirlwind.
 Cooking with multiple ingredients is not only the norm in Brazil, but it's what defines their dishes.
 "Brazil is home to people from many different backgrounds, and we draw from all of these cultures when it

comes to our food," he says.
 "Many dishes have African, Portuguese and Italian influences. It's part of our culture to mix things together."
 On the subject of different backgrounds, Morais himself is quite the mixture.
 "I'm a mix of Italian, Dutch, Portuguese, Aboriginal and African, and my wife is Spanish and Aboriginal," says Morais, who speaks fluent Portuguese, Spanish, Italian and English, and added French to the list shortly after moving to Quebec.
 And with each dish served, there's usually a cultural history behind it.
 While scooping some feijoada next, Morais explains that the Portuguese meat stew is said to be tied back to the days of slavery.
 "They say that it was a luxury dish for African slaves living on Brazilian colonies," he explains while pouring a glass of Guarana, an energizing fruit drink which goes down like pop.
 Much to Morais' surprise, the guarana drink is one of

the only items that he has to import to the Pontiac. He says he finds most ingredients in the local grocery stores.
 Cooked with sausage, bacon, ribs, black beans, onions, peppers and bay leaves, feijoada is sure to rid of any hunger pains, while providing a spicy kick requiring a refreshment to follow.
 For this task, Morais suggests maracuja, a Portuguese fruit juice that leaves a refreshing aftertaste. Before taking a bite, Morais sprinkles farofa over the food for extra flavour. Farofa is a manioc flour mix that is wildly consumed in Brazil and can be eaten as a side dish or over a meal.
 Because the meal is so protein heavy, he suggests eating orange slices or bay leaves to help with digestion.
 To finish the Brazilian dining experience on a high note, a sliver of Portuguese cheese called coalho is served over a vitamin-filled guava fruit for dessert.
 While these delicious con-

coctions are common in the Morais household, the couple often holds Brazilian parties to share the unique dishes with others.
 "My co-workers love it when I bring in new food to the office, like Brazilian chocolate or cheese rolls," says Morais, who spearheads a newcomers program through Jeunesse-Emploi du Pontiac that helps integrate new residents. "We have people who come for dinner and bring dishes from their own cultures, so we can enjoy different types of food all at once."
 Whether it's a Portuguese meat stew, Brazilian seafood blend or any other type of foreign dish, Morais' philosophy is before you say you don't like it, just try it once.
 "I encourage people to taste new foods because it's a chance to discover what you like and dislike," he says, adding, "It's always best to be open to try new things, whether it be food, art, music or anything else. You might find something you really love."

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Mishipashoo: Ottawa River's "Monster"

This column first appeared in Katharine's Ottawa Riverkeeper column at ottawariverkeeper.ca — check this site to read her monthly columns, and to inform yourself about Riverkeeper events and issues.

British Columbia has the Sasquatch. Loch Ness has Nessie. The Ottawa River has Mishipashoo (various spellings: Mishipishu, for instance).

Our lesser-known creature has been described variously as part wild cat, part horned beast, which lurks in the water waiting to capsize canoes with a flick of its tail. What proof is there that Mishipashoo existed? Unlike various modern-day sightings of Sasquatch which keep this creature alive in our mind's eye, Mishipashoo is remembered through First Nations art and legend.

Copper Thunderbird depicts Mishipashoo

Perhaps best known through the paintings of the late First Nations shaman and artist Copper Thunderbird (Norval Morrisseau), some dismiss the existence of Mishipashoo as fanciful nonsense. Morrisseau painted several images of the horned, four-legged creature with a ridged back: some resemble a water buffalo — others depict a ferocious-looking beast.

Others believe First Nations peoples who paddled the Great Lakes, Ottawa River and other watersheds thousands of years ago encountered creatures now extinct. Such animals are dubbed "monsters," they claim, because they don't exist today. Indeed, some postulate Mishipashoo's spiked back and tail suggest it could have been a stegosaur (www.bearfabrique.org/evolution/mishi/mishi.html).

Champlain's journals

Certainly, when Samuel de Champlain wrote his journals documenting his explorations in the 1600s along the Ottawa, he described his First Nations guides' tobacco ceremony at treacherous spots such as Ottawa's Chaudière Falls. Champlain explained that while prayers were intoned, a wooden plate was passed among the group onto which everyone placed offerings of sacred tobacco. At the close of the ceremony, the tobacco was thrown into the river.

Prayers for safe passage

In such a manner, Champlain wrote, prayer was employed to grant safe passage from Iroquois attack at the Chaudière Falls

and many other rapids. (Today, you can imagine this ceremony at Gattineau's Voyageur Park, at the western confluence of Brewery Creek, the watercourse which makes an island out of Old Hull.)

However, others suggest these sacred ceremonies were to appease river spirits: in return for sacred gifts plus ongoing reverence for nature, paddlers hoped their canoes wouldn't capsize. The website www.bearfabrique.org explains ceremonial offerings to Mishipashoo, an Ojibwa name it claims means "great water lynx".

"Native legends say that this water spirit inhabits large bodies of water, like Mazinaw Lake. Natives would offer tobacco to this spirit before embarking on a journey across such waters. The tobacco was offered with a prayer to appease this spirit with the hope that it would not whip up its great spiked tail and tip their canoe."

As all paddlers know, overturning in rapids or flatwater is not only a fuss: it imperils our gear, provisions — and sometimes, our lives. And after we've capsized, sometimes there are scratches resembling clawmarks on our canoe's keel or sides...

No wonder Mishipashoo was thought to lurk below the surface of the water, in wait for hapless paddlers.

Need for proof — or not?

Being of this century and time, however, many of us look to science to prove the existence of such life forms. And there lies the problem for fact-lovers: as far as I know, science hasn't proven Mishipashoo ever walked the earth — or swam in the Ottawa River.

However, many of us are aware of pictographs, graphic images left on rocks by First Nations and other people throughout the world. For example, on a sacred rockface overlooking Harrison Lake in B.C., I was shown a pictograph of a Sasquatch by Chehalis First Nations Willie Charlie. He explained to me that he and his people believe in Sasquatch: "We need no proof," Charlie said, with quiet certainty.

And perhaps you've heard of Agawa Canyon, at Lake Superior National Park in Ontario, which is famous for its red-ochre pictographs. Here we can find the river spirit Mishipashoo: its horned head and spiny back and tail is drawn in the cliffs for passers-by to wonder at.

Metaphor for power

in our community would be burning infinitely. Who would put them out?

The most popular annual events in Pontiac would cease to exist: goodbye Shawville Fair, Pontiac Rodeo, Danford Lake Mud Run, Quyon JamFest and all the others. Each of those events would go bankrupt quickly if they were forced to pay people for all the work that goes into their preparation and execution.

What about the boards of directors for important groups like TransporAction, the Pontiac Hospital Centre and nursing homes in Pontiac?

Without people making executive decisions that they feel best support the people they represent, the processes these organizations are involved in would be slow and cumbersome.

Let's not forget the community members who band together whenever one of their own need a helping hand.

Whether a victim of injury, sickness or disaster, there are always volunteers willing to join in unison and organize a fundraiser or benefit party to help one of our own who has fallen upon hard times.

How many people in our community would be out of luck without these volunteers to provide an avenue for aid?

All in all, a Pontiac without volunteers would not be a very good place to live. Thankfully we need not worry about such a place.

-WM

OUR OPINION |

Where would we be without volunteers?

THE EQUITY had an interesting conversation a couple of years ago with the organizer of a local community event.

It was held casually, after notebooks and cameras had been put away but led to the amount of organization required to put on this particular event.

The conversation, paraphrased, went something like this:

"So you work at this about 20 hours a week for about six months of the year to prepare?"

"Yes."

"And you already have a full-time job that you work year-round?"

"Yes."

"And there is no tangible benefit whatsoever?"

"Hmm, no I guess not."

"So why bother going through all that work?"

The volunteer paused for a moment, before responding:

"If we don't do it, who else will?"

That sense of community-mindedness seems to dominate the mindset of volunteers, of which there are many in Pontiac.

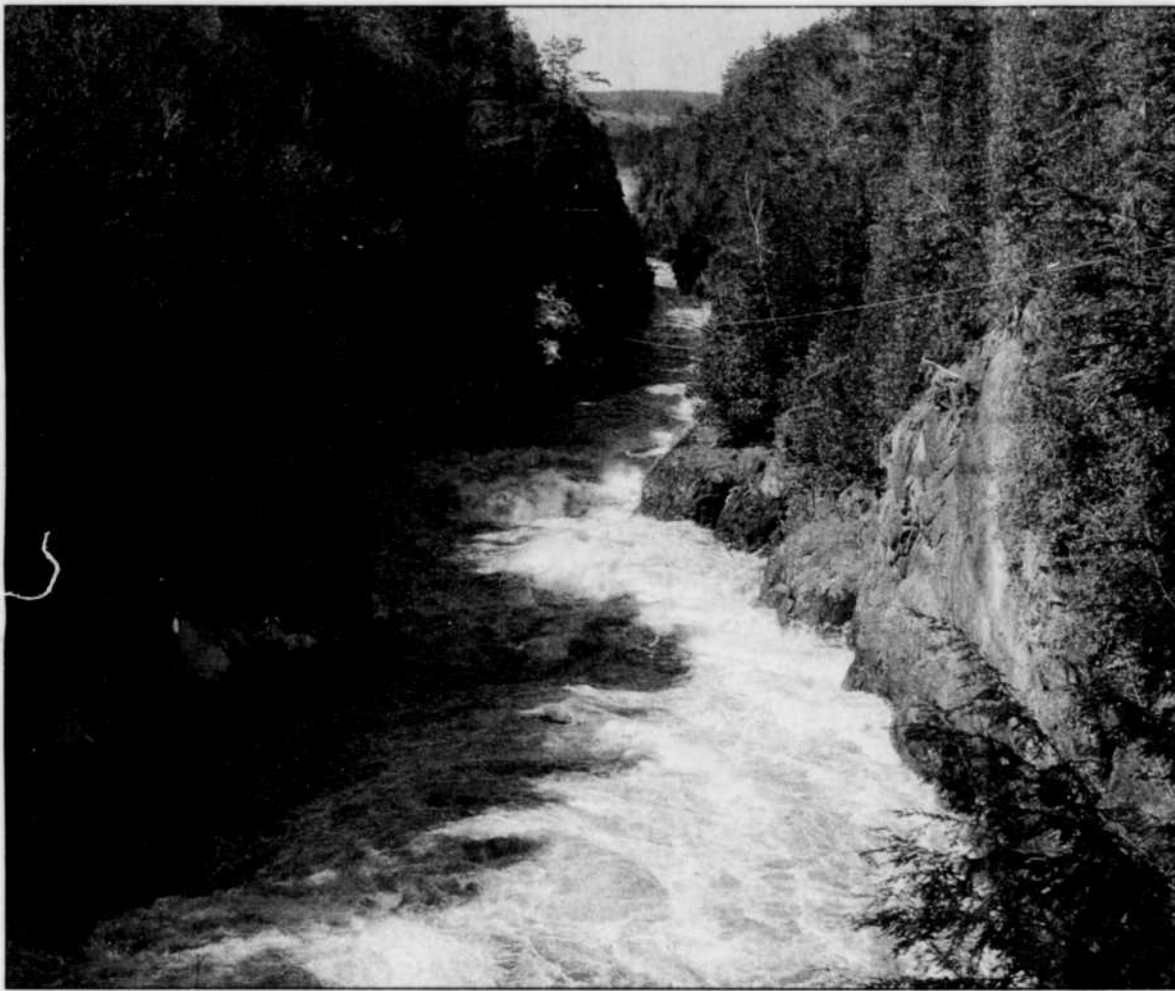
This week is National Volunteers Week in Canada and it may be a prudent time to take note of how much volunteers affect the community in which we live.

Where would Pontiac be without volunteers?

Well, first of all, those fires that occur occasionally

Down the river

Wilbur McLean, THE EQUITY



YOUR OPINION

A distasteful situation

Dear Editor,

I'm annoyed. I had to do something that was so distasteful, and it wasn't really even my fault! When I mentioned to a couple of friends what I had to do... well, the looks on their face said it all. Let me back up a bit. I'm a farmer's wife. I guess because we work with animals, people figure us to be animal lovers. It's true, we usually are, but that doesn't mean we want every stray or unwanted animal dumped at our door!

Someone chose to do that to us. A couple of weeks ago, on a Monday morning, as we were going about our routine, I realized there was a cat I didn't know outside the front door. Well, turns out there was two of them. One was obviously pregnant. She had four kittens the next day, but due to all the trauma she had been through, only one survived. The two of them are having an easy life — living in our mudroom for now. Time will tell if they adjust to life in the barn later or not.

The other cat? Well, she refused to adapt to life in the barn. We always feed our barn cats — so we would take her down to the barn and show her where the food was, every time she came back up to the house. She just refused to stay there. This cat so badly wanted to be someone's lap cat. She would hang around the house, hollering at every door and window, and would dash inside every time someone opened a door. We have our wonderful carpenter friend here doing some work — so the door was getting opened more often than usual. So, you can imagine how many times I had to catch this cat and put her back out. It got to the point that she started running away from me (because she knew what was going to happen) and would

dash downstairs to the basement. The final straw that broke the camel's back came when I caught up with her once again, only this time, she was starting to mess in the pile of bark leftover from the wood for the furnace. This silly thing was living outside — yet came in the house and...

Well, I had enough. The kitty has gone to kitty heaven. I am truly sorry if that offends you, but, let's back this bus way up. How in the world did this become my problem? I did everything I could to try to find another home for these cats. I called the vets' offices and they helped me reach Pontiac Animal Aide. Chris was as helpful as she could be — but there was no where for them to go. All the shelters are stuffed full, and some of the Humane Societies are dealing with viruses and don't dare take in any new pets. I asked everyone I knew if they wanted a free cat, I even tormented some people about them, sorry about that. The pets in the house were not amused, having these strangers around, so we did what we could.

Here's a thought for you. If you are not prepared to invest in an animal for say the next 10-15 years — don't get it! All babies grow up, and lose that cute factor. Deal with it. Don't dump it on my door step. The thing that confuses me the most about this situation was that these animals had been treated well. They were not afraid of us at all. Their coats were nice, healthy and shiny. Someone had been doing the job well, what happened? Of course, just my luck, I am a sucker for animals, but I'm getting older, and seem to have less patience for some things.

Tena Caldwell
Shawville

A rail link is sorely needed

Dear Editor,

Freight and passenger rail transportation are crucial to our economic growth. How so?

First, it will help keep our families here in the Pontiac if a comfortable commute is available, avoiding traffic while working, reading or resting on board a rail car.

Second, some city folk are only too happy to move to a country setting if public transit is readily accessible. This means new housing construction, services and retail.

Third, and not the least important, it is a decided economic advantage to business and industry for the transportation of goods.

Fourth, our tourism industry stands to benefit with incoming skiers in the winter, cyclists in the summer and much more.

Fifth, there is also a need for transportation between centers by such clientele as seniors, health care patients, travellers connecting to flights etc.

We all know that, among other advantages, public transit reduces fuel and parking costs for the user and of course gas emissions for communities.

All municipalities on both sides of the river support the current study and the inter-regional group initiated by the SADC Pontiac Community Futures (organized Rail Day last October) has been mobilizing resources to successfully launch a commuter service and to resume freight transportation. CN has now purchased our rail link from OCR and has placed it on the abandonment list! This means timelines are now in effect for CN to sell the line

or, ultimately, lift the rails and terminate rail prospects for our future. The Quebec government supports such public transit which is part of local infrastructure.

Public input is key to reaching these objectives and commuters are invited to help by completing the survey whose deadline has been extended until May.

The purpose of the current online survey (Click or follow the rail survey link from www.commercepontiac.ca) is to make a realistic assessment, based on commuter behaviour and ridership, of the capital and operating costs of a commuter rail service between Pembroke and Ottawa via the Pontiac on the existing rail line.

For Internet dialup clients without access to the Pontiac's broadband service, like myself, the SADC Pontiac continues to invest in and support local public Internet access centres available to all across the county and located in Campbell's Bay — at the SADC and at the CREP; Fort-Coulonge — Maison de la famille; Chapeau — Allumette Island Connects; and in Sheenboro. Internet access is also available locally at various locations including public libraries.

Those persons without Internet and wishing to help by filling out the survey may also do so by contacting Brittany Morin at the SADC (819-648-2186).

Louise Donaldson
Executive Director
SADC Pontiac Community Futures

A thought on windmills

Dear Editor,

It struck me that the debate over windmill generated power and the gun registry have certain commonalities. Both concern the use of private property. Both have anti-lobbies that are strong on opinion and emotion but weak in the science. Yes, I am in favour of privately owned windmills for generating electricity. And I would have one on my two acres if I could afford it. I lived in the Netherlands for four years and was frequently in the neighbourhood of those giant behemoths. My experience was positive. Those stately brutes were not all that noisy and they did not slaughter the bird life. The vanes move at a speed where birds do not

hit them with any regularity. Denmark, for instance, gets about 40 per cent of its power from windmill farms.

These windmills are not some urban, hippy conspiracy to foist unwanted windmills on rural dwellers. Rather these windmills are a 'green' source of energy that is very suitable to a country like ours with its wide open spaces. I am open to arguments against them backed by science but I am tired of whining that is based on emotion and demonstrates a lack of knowledge of the subject.

Ronald Wilson
Westmeath ON

St. Alphonsus CWL meets for April

CHAPEAU • Members of the St. Alphonsus CWL met on Tuesday evening, April 14.

President Gail brought the meeting to order and led us in league prayers. The agenda was then presented.

Correspondence included notes of appreciation. Sister Pauline Colterman sent news and a recent photo of Erick. Suzanne Mullens acknowledged Joan's dedication as past president.

Reports were presented by the various committees.

Two funeral luncheons were served last month. Several members were in attendance on March 10 for the Marianhill birthday party. Our appreciation to the Island Girls for providing the entertainment that day. You were certainly a hit!

The card party for the Coady Institute (St. Xavier's) will be held on Friday, April 24.

Discussion will continue on the activity kits given out.

Tuesday, June 9 is the date for our June din-

ner. More details will follow.

Inquiries will be made concerning our donation for Development and Peace. Cards from this organization regarding mining excavations and the safety of wells were also handed out.

We will have representation at the Convention in Whitney.

Mass will be offered for members on April 26, feast of Our Lady of Good Council.

Those attending the Leadership Day in Arnprior found it very interesting and returned with several articles to share.

First Communion will be celebrated in our parishes on Sunday, May 10. The children will be presented with a souvenir of this special occasion in their lives.

The evening closed with prayers.

Wishing your Easter blessings as plentiful as the beautiful blossoms of Spring!

Submitted by Jane Carroll, Communications Officer

Letters to the Editor

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

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Spring Home & Garden Guide

When spring has sprung a roofing need

CAROLE ST-AUBIN
Equity Reporter
PONTIAC • The sunny days of spring often encourage the desire to begin home renovation projects.

One of the major ventures home owners will undertake at this time of the year is roofing. Roofers agree the ideal time to undertake roof renovations is in the spring before the weather gets too hot, or early fall before the weather gets too cold.

Periodic inspections by a qualified contractor will help homeowners determine when its time for maintenance repairs or complete replacement by helping to spot potential problems before they cause costlier damages.

One of the key components in determining the ideal time to repair or completely redo a roof is usually based on the age of the roof or the extent of existing problems.

"It is important for home owners to inspect their roof once the winter season is over, especially when they know they're at the latter stages of their roofing material's lifetime," said local contractor Cletus Pieschke of Pieschke Construction.

A common problem home owners contend with is a leaky roof, and the leaking will often occur around penetrations such as chimneys, vents, flashing or skylights.

Other potential problems to check for outlined by the Canada Mortgage and Housing Corporation are curling or cracking shingles, bare spots, nail pops, moss build up, wide spaces in the shingles, or even missing shingles.

Ice damming and excessive moisture problems in the attic area can cause damages not only to roofing material, but can also cause structural problems by the weakening or deterioration of the framing.

Certified master roofer, Clay Rebertz of Weathertec Exterior Finishing emphasizes that some of the important aspects to consider when repairing or re-doing a roof are the proper application of goose necks that are generally installed over venting fans, and how they need to be kept free of snow in winter.

Vented soffits ensure the roof's eaves have a sufficient opening to permit air to be drawn upward from the eaves.

Proper insulation and ventilation, as well as installation of an ice or water membrane for three feet or even up to six feet on a low sloping roof offer the best protection and are considered the most important aspect of a properly done roofing project.

"Replacing a roof is a big investment for homeowners," said Pieschke, "but it's as important to make an informed decision as it is to get the job done properly."

When replacing the shingles, it is also important to change the vents flashing, and valleys, and according to Pieschke, to maximize that investment.

Properly installed eavestroughs do not only contribute to the aesthetic look of a home, they collect the dripping water from a roof and provide basement protection for your home by preventing the saturation of the soil at the base of your foundation.

It is important however to clean them in late fall to ensure snow melt will drain properly, according to Rebertz, who also suggests home owners do not scrape the roof completely clean, making sure to leave a base of two to three inches of snow on the roof to prevent scraping off of the shingle surface which can contribute to a speedier deterioration of the shingles.

Other tips for a problem

area of a homeowner's roof to prevent deterioration may include the installation of heating cables.

The lifetime of a roof covering should be considered when choosing the ideal one. Shingles can be rated between 20 and 40 years and will vary in price accordingly.

Different designs and styles can provide various levels of wind resistance as well, according to Rebertz.

Metal roofing also comes with varied lifetimes, and different roof slopes may require different profile rated covering.

Ice guards installed above walkways are also recommended to prevent snow from sliding off the roof when choosing a metal covering.

The timely repairs of a homeowner's roof can protect the structure and finish of their homes from damages. Proper stripping of an existing roof as well as a proper installation of new roof covering can provide home owners with years of protection.

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Les soins palliatifs – un succès au Pontiac

PONTIAC • Les soins palliatifs au Pontiac servent bien à leurs fonctions. En novembre 2006, le Conseil d'Administration du CSSS du Pontiac a attribué 3 chambres d'hôpital spécifiquement aux soins palliatifs. La création de l'unité de soins palliatifs a grandement contribué à l'amélioration du concept de soins centrés sur le patient et sa famille. Les chambres sont spacieuses et aménagées de façon à promouvoir l'intimité de la personne tout en permettant un accès en temps opportun aux services médicaux et aux bénévoles.

Les soins palliatifs ont vu le jour à l'Hôpital Royal Victoria de Montréal, ce concept de soins est maintenant reconnu au niveau international. Les soins palliatifs réfèrent aux services spécialisés pour des personnes en fin de vie ayant comme objectif de réduire la souffrance et les effets indésirables de la maladie. De plus, le principe des soins palliatifs est de s'assurer que personne ne soit seul en fin de vie. L'équipe de gestion du CSSS du Pontiac a reconnu le besoin de soins palliatifs dès 1996. Par ailleurs, c'est en 2004 que Madame Gail Ryan mettait en place une équipe multidisciplinaire en soins palliatifs. L'initiative a été motivée par sa philosophie que personne ne devrait être seul dans ses derniers

moments de vie, ainsi que par sa préoccupation pour les besoins d'intimité de la personne en fin de vie et sa famille. Le mandat de l'équipe multidisciplinaire était de s'assurer d'améliorer la qualité des soins palliatifs au Pontiac afin d'éviter que la clientèle visée ne soit obligée d'obtenir des services de fin de vie des centres de Renfrew, Aylmer ou Ottawa.

Plusieurs personnes ont contribué au projet de soins palliatifs dont, notamment Madame Anna Anderson qui fut embauchée par le CSSS du Pontiac à titre de consultante clinique dont un de ses mandats était d'élaborer un « Guide des soins palliatifs » pour le centre.

Ce formidable document fut adopté par la région de l'Outaouais à titre de guide de référence en soins palliatifs. Le guide fut revu par l'équipe de l'Université McGill de Montréal et celle-ci songe à adopter le format. D'autres contributions importantes sont Mesdames Pauline Ringrose infirmière, Anne Marie Bretzlaff infirmière et Linda Malenfant travailleuse sociale. Ces trois dames sont responsables de la formation et du suivi des bénévoles dans le centre, de la formation du personnel et de la mise à jour des documents de référence en soins palliatifs incluant les guides de formation. Au même moment que le

CSSS du Pontiac se positionnait sur l'importance des soins palliatifs, le gouvernement fédéral offrait des possibilités de financement et deux demandes furent déposées au montant total de 151 000\$. La communauté s'est mobilisée autour du projet et le Club Rotary de Shawville en a fait son projet personnel en s'engageant pour 50 000\$. Le Club Rotary, par l'entremise de Monsieur Donald Dodds, a invité Mesdames Anna Anderson et Linda Hay toutes deux spécialistes en soins palliatifs et suivant des présentations de celles-ci, le Club Rotary s'engageait dans le projet. Un montant de 100 000\$ fut amassé par des dons individuels des généreux membres de la communauté.

Monsieur Richard Grimard, directeur général du CSSS du Pontiac a rapidement identifié des locaux pour l'unité des soins palliatifs afin de recréer un environnement chaleureux adapté aux besoins de la personne en fin de vie et sa famille. Le recrutement et la formation des bénévoles ont été initiés.

Tel que noté par Madame Anna Anderson, les bénévoles de notre communauté chaleureuse sont l'ajout parfait à ce service puisque ceux-ci peuvent agir à titre de liaison entre le patient, sa famille et le système de santé. Le premier groupe de bénévoles a terminé le programme de formation en mars 2007. L'unité

de soins palliatifs a vu le jour en avril 2007 suivant le projet de construction de l'unité.

Madame Shirley Green bénévole et coordonnatrice des bénévoles en place depuis mars 2008 est fière de l'engagement et du dévouement des bénévoles depuis leur entrée en scène il y a deux ans. Un groupe de 21 bénévoles comble une bonne partie des heures présence de l'unité de soins palliatifs à l'hôpital. Cependant, Madame Green, réitère l'importance d'augmenter le nombre de bénévoles afin de couvrir les demandes sept jours par semaine à l'unité ainsi que de développer le service à domicile et en soins de longue durée. Madame Green a recruté un groupe de bénévoles qui supporte le système à distance soit en contribuant aux soins palliatifs par des dons, tel que Madame Margaret Lang qui participe avec un groupe de personnes à confectionner des articles en tricots pour les patients. Des dames provenant de différents groupes contribuent par des collectes de fonds ainsi que par des dons de tricot. Madame Green apprécie beaucoup les efforts de ses dames Elle souligne « Vous savez qui vous êtes et sachez que je vous remercie du fond du cœur ». Madame Green encourage les personnes intéressées de devenir bénévoles en soins palliatifs de communiquer avec elle au

819 647-3241. La communauté entière doit être fière du succès des soins palliatifs dans le Pontiac. Voilà une idée traduite en réalité grâce à une communauté engagée et organisée.

On ne doit pas regarder en arrière mais plutôt s'engager dans le futur. La direction du CSSS du Pontiac évalue actuellement ses services sous l'angle de l'amélioration continue de la qualité. Le personnel et l'équipe médicale participent à une formation continue en soins palliatifs. La communauté rêve, d'un jour d'avoir accès à une maison de fin de vie ainsi que de supporter pleinement les personnes en fin de vie qui désirent rester à la maison durant cette étape difficile de la vie. Le succès des soins palliatifs est défini et supporté par une équipe intégrée en soins palliatifs incluant entre autre des médecins, infirmières et des bénévoles formés en soins palliatifs. Je n'ai aucun doute que le succès se poursuivra.

Encore une fois, vous avez fait la preuve de votre engagement dans la communauté. Vous avez supporté l'initiative, avez travaillé fort, donné généreusement et certains sont devenus bénévoles contribuant ainsi à un service de soins palliatifs de qualité – un projet que tous peuvent bénéficier à un moment donné de leur vie.

Appel à sensibiliser à l'économie d'énergie

PONTIAC • Dans le cadre de sa campagne du Diagnostic résidentiel mieux consommer Hydro-Québec lance maintenant le volet scolaire et invite les écoles primaires de l'Outaouais à suivre le courant collectif afin de sensibiliser les jeunes à la consommation d'énergie responsable. Destiné aux élèves de 5e et 6e année, le volet scolaire consiste à faire remplir le Quiz Diagnostic junior aux jeunes et à les mobiliser autour de leurs habitudes de consommation d'énergie à la maison.

Au cœur de la communauté et particulièrement sensibles à l'environnement, les jeunes peuvent être de réels ambassadeurs pour notre cause. En les sensibilisant au sujet de leur propre consommation d'énergie, Hydro-Québec veut non seulement aider à former de futurs citoyens responsables, mais aussi encourager les familles à réduire leur consommation d'énergie en remplissant leur questionnaire du Diagnostic résidentiel mieux consommer », explique Bernard Massé, directeur

régional, Laurentides, et directeur Réseau de distribution d'Hydro-Québec.

Grâce à du matériel pertinent et des accessoires amusants fournis aux enseignants, Hydro-Québec propose une approche ludique pour apprendre aux jeunes à mieux consommer l'énergie à travers des gestes simples.

La façon d'utiliser les appareils électriques, la lumière, le chauffage et l'eau chaude est aussi abordée pour enseigner à ne pas gaspiller. À

remplir sous forme de jeu, le Quiz Diagnostic junior permet de stimuler les échanges autour de l'efficacité énergétique tout en se divertissant. De plus, les classes ayant fait l'activité peuvent s'inscrire à un concours et ainsi courir la chance de gagner un ordinateur portable. Les enseignants du troisième cycle des écoles primaires de cette région ont reçu le matériel à la fin du mois de mars. Un numéro de téléphone sans frais est aussi à leur disposition : 1 877 904-3317. Rappelons que le

Diagnostic résidentiel Mieux consommer est un service gratuit permettant aux clients résidentiels admissibles de connaître entre autres, la répartition de leur consommation d'énergie selon l'usage (chauffage, cuisson, lessive, éclairage, etc.). À la suite d'un questionnaire rempli par un client, Hydro-Québec émet un rapport de recommandations personnalisé proposant des mesures pratiques pour l'aider à réduire sa consommation sans toutefois compromettre son confort.

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Enquêtes criminelles de la Sûreté du Québec de la MRC de Pontiac

PONTIAC • Le 9 avril dernier, vers 20h30, huit agents de la Sûreté du Québec du poste de la MRC de Pontiac, deux enquêteurs du Bureau Régional d'Enquêtes de l'Outaouais ainsi que le maître-chien ont effectué une perquisition dans une résidence du Chemin de la Chute à Mansfield. Suite à des informations reçues du public et à une enquête de quelques semaines, les

agents se sont rendus à la résidence et ont procédé à l'arrestation de deux personnes, une femme de 37 ans et un homme de 22 ans de Mansfield. Lors de la perquisition, 46 pilules de « Speed », environ 30 grammes de marijuana, environ deux grammes de cocaïne ainsi qu'une somme de 620,00\$ et des armes prohibées ont été saisis. Les deux personnes arrêtées ont été remises en

liberté sous promesse de comparaître le 19 mai prochain à la Cour du Québec de Campbell's Bay pour répondre à des accusations de possession de stupéfiants dans le but d'en faire le trafic. Pour transmettre de l'information pouvant aider les policiers dans leurs enquêtes, les citoyens peuvent contacter la ligne Info-Crime au 1-800-711-1800 ou le 310-

4141 et ce, en toute confidentialité. Vendredi le 10 avril dernier, une poursuite policière a été déclenchée dans le secteur de Fort-Coulonge et Mansfield. Vers 18h00, un agent de la Sûreté du Québec du poste de la MRC de Pontiac a voulu intercepter un véhicule sur la rue Dempsey pour une infraction au code de la sécurité routière relativement à la vitesse. Le policier a alors allumé ses

gyrophares afin d'intercepter le véhicule fautif mais ce dernier a refusé de s'immobiliser. La poursuite policière a duré une dizaine de minutes et s'est déroulée sur une distance de 12 km pour se terminer dans une carrière de sable dans le secteur du Chemin Trait-Carré à Mansfield. Le jeune homme de 33 ans de Fort-Coulonge a résisté à son arrestation. Après avoir été maîtrisé par

le policier, l'homme a été détenu au centre de détention de Hull et a comparu lundi matin au Palais de justice de Gatineau pour faire face à des accusations de fuite, de conduite dangereuse, d'entrave au travail d'un agent de la paix ainsi que de voies de fait sur policier. Jeudi le 16 avril, quatre policiers de la Sûreté du Québec du poste de la MRC de Pontiac accompagné de

deux membres de la SPCA de Gatineau ont procédé à la saisie de 21 chiens Huskies dans la municipalité de Rapides-des-Joachims. Suite à plusieurs plaintes du public, une enquête a démontré que les animaux ne recevaient pas les soins nécessaires à leur bien-être. Les deux représentants de la SPCA se sont chargés de récupérer les chiens et de les reconduire dans leurs locaux

de Gatineau afin qu'ils puissent y recevoir les soins dont ils ont besoin. Le propriétaire des chiens a été rencontré et a coopéré avec les policiers et la SPCA. Suite au rapport du vétérinaire qui examinera les chiens, des accusations pourraient être déposées contre le propriétaire des animaux. La Sûreté du Québec tient à remercier les représentants de la SPCA de Gatineau et de Montréal.

Un résident de Fort-Coulonge reçoit une amende pour avoir transporté du tabac de contrebande

QUEBEC • Revenu Québec annonce que M. Serge Noël, de Fort-Coulonge, a été reconnu coupable, le 30 mars 2009 au palais de justice de Campbell's Bay, d'avoir transporté du tabac de contrebande sans détenir de permis, tel qu'exigé par la Loi concernant l'impôt sur le tabac.

La juge Christine Auger, de la Cour du Québec, a condamné M. Noël à payer une amende de 20 000 \$. De plus, Revenu Québec a obtenu de la cour une ordonnance permettant de

confisquer et de détruire le tabac saisi.

Cette condamnation a été possible grâce à la vigilance des policiers de la Sûreté du Québec de la MRC de Pontiac. En effet, à la suite d'informations reçues au sujet de la contrebande de tabac, les policiers ont intercepté un véhicule suspect. Leur intervention a mené à la saisie de 12 boîtes de 50 sacs de 200 cigarettes non identifiées conformément à la Loi concernant l'impôt sur le tabac.

Revenu Québec rappelle aux personnes qui exercent des activités commerciales liées aux produits du tabac qu'elles doivent détenir les permis exigés par la Loi pour manufacturer, importer, transporter ou

vendre en gros des produits du tabac.

De plus, toute personne qui effectue la vente au détail de produits du tabac au Québec doit proposer des produits comportant les marques d'identification

prescrites, avoir payé à son fournisseur accrédité des droits constitués, entre autres, de l'impôt sur le tabac du Québec et du droit d'accise du fédéral et percevoir, lors de la vente, ces mêmes droits.

Des tableaux interactifs sont distribués dans les classes des écoles primaires

CAROLE ST-AUBIN
Equity Reporter
PONTIAC • Grâce à l'établissement Primaire Pontiac, les écoles primaires de Chapeau, Fort-Coulonge, Otter Lake, Campbell's Bay, et l'Île-du-Grand-Calumet ont reçu des tableaux interactifs (Smartboard) dans chacune de leurs classes, dès le début Avril.

L'écriture au tableau, le déplacement d'objets, la modification de documents, l'ouverture de fichiers, la création de courriel, et la capacité d'accéder à l'internet au mouvement du doigt sont comptés parmi les avantages les plus importants des tableaux.

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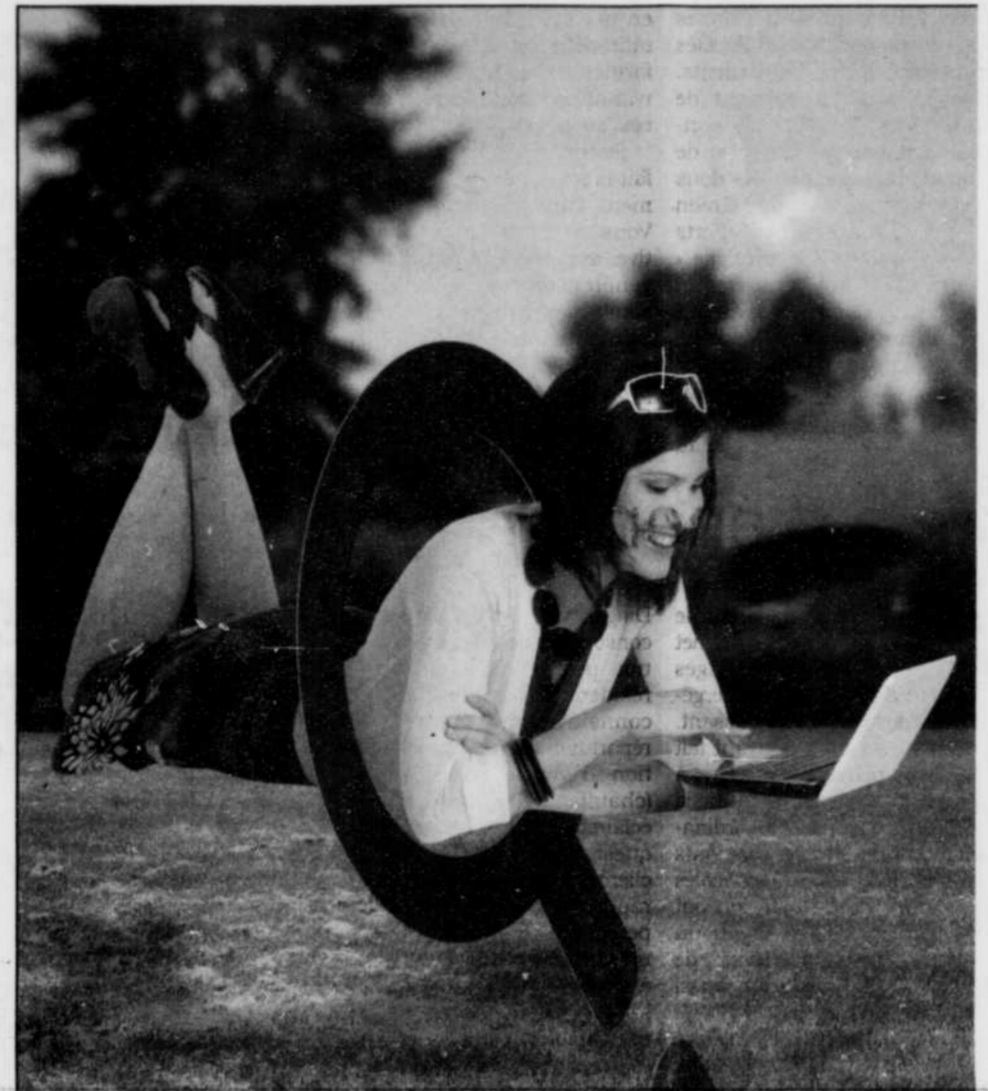
suite, leur permettra de devenir familier et compétents avec cette technologie moderne.

En essai depuis 2007-2008, huit tableaux ont été répartis dans huit classes. Puisque l'expérience a été si positive, l'établissement a décidé de faire la mise en place dans chaque classe du secteur.

L'achat des écrans faisait part du budget des commissaires, selon Lise Fleury de l'École de l'Envolée qui ajouta « nous sommes très fiers de cette acquisition importante pour nos étudiants. »

Une journée à portes ouvertes est prévu en juin prochain à l'École Notre-Dame-du-Sacré-Coeur à Chapeau.

Ainsi, des démonstrations auront lieu dans plusieurs écoles à la rentrée des classes en septembre prochain.



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From our three secondary schools, four students from PHS elected to participate.

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Plan stratégique / Vision Pontiac 2020

Participez aux consultations sectorielles !

Donnez au Pontiac une vision d'avenir en participant au processus de planification stratégique à travers les 5 consultations sectorielles qui auront lieu à l'école Jean-Paul II (salle VCN), Campbell's Bay, à 18h30 aux dates suivantes :

- Tourisme :22 avril
- Culture et sociocommunautaire :28 avril
- Commerces et industries :4 mai
- Forêts et milieux naturels :6 mai
- Agriculture et agroalimentaire :13 mai

Information : Bernhardt Beaudry : 819 648-5689 (135) bbeaudry.cld@mrcpontiac.qc.ca

Strategic Plan / Vision Pontiac 2020

Come and share your vision!

Come and build the road to our future with concrete new opportunities for the Pontiac. Join us and contribute into this strategic planning process by attending one or more of the following sector meetings taking place at the Community Learning Centre in Campbell's Bay (6:30 pm):

- Tourism:April 22
- Culture & Community:April 28
- Business & Industry:May 4
- Forestry & Natural Environment:May 6
- Agriculture and Agri-Food:May 13

Information : Bernhardt Beaudry : 819 648-5689 (135) bbeaudry.cld@mrcpontiac.qc.ca

SADC Pontiac
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Vous avez besoin de financement pour réaliser votre projet communautaire?

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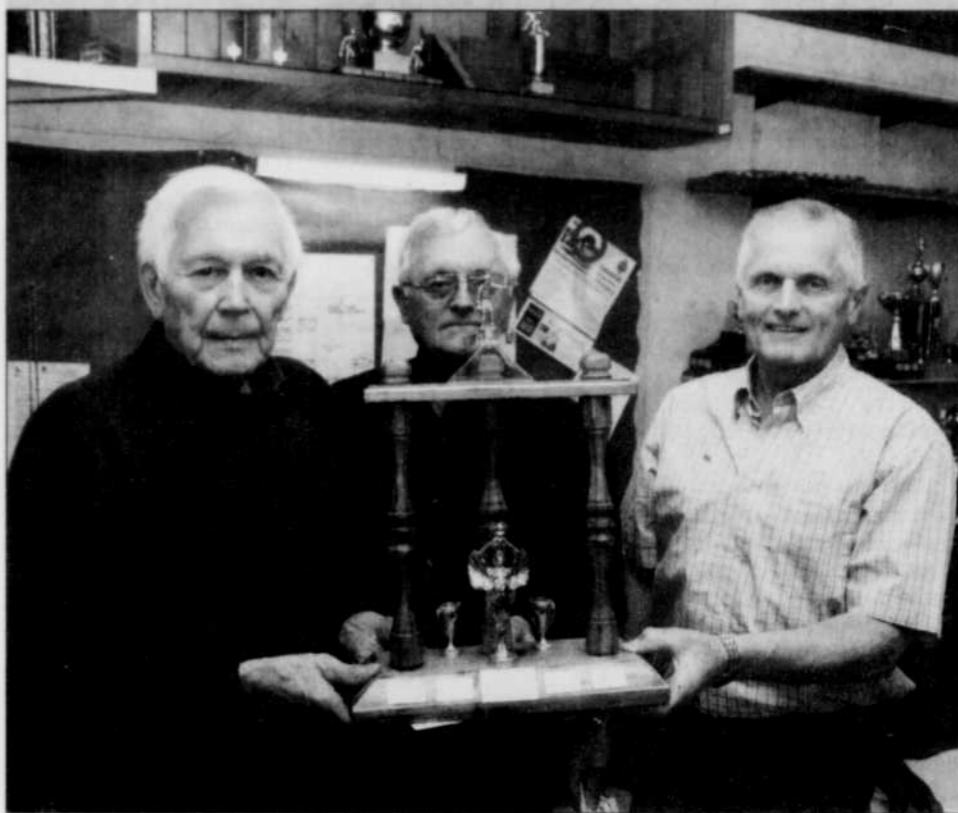
Curling club 'A' champs



The Ellison rink won the big double at the Shawville Curling Club, capturing both the league trophy and the playoff trophy in the Wednesday night competitive league in the 2008-2009 season.

Curling Club 2008-2009

Senior men's champions



The championship trophy for the senior men's league of the Shawville Curling Club was presented recently at the seniors' curling banquet.

Bean can winners



The Bean Can Trophy for the Thursday winners of the senior curling at the Shawville Curling Club was presented recently.

Hayes Trophy



Bert Murphy presented the Hayes Trophy to winners Dave Draper, Brian Young, Rick Younge shown from left to right, and James Howard who is absent from the photo.

Junior Trophy



Wade Ellison, second from right, presented the Junior Trophy to Nathan Rioux, Brian Young, and Larry Howard pictured from left to right.

Ladies First Trophy



Barry Draper (left) presented The Ladies First Trophy to Phyllis Wilson, Nancy York, Helen Routliffe and Laurie Barber shown from left to right.

Trudeau Collision Trophy



Winners of the Wednesday night C Division (Trudeau Collision) trophy are pictured from left to right: Bucky Harris, Adam Bernier, Andrew Simms, and presenter Wade Ellison.

Pattie Lid Trophy



The recipients of the Pattie Lid Trophy this year were, from left to right, Lindsey Howard, Beryl Smart, Phyllis Wilson, Doris Hanna, Darleen Murphy, and Helen Routliffe.

The Shawville Curling Club wrapped up its season recently with year-end banquets for both the senior (day) players and the evening players.

Trophies were given out for draws won throughout the year by a variety of teams in a variety of different competitions within the curling club.

On this page is a selection of the trophies presented at the two awards banquets, both of which were held at the Shawville Curling Club and included a meal.

The evening players' banquet was held Friday night while the seniors' players had their banquet a week earlier in the afternoon.



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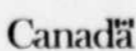
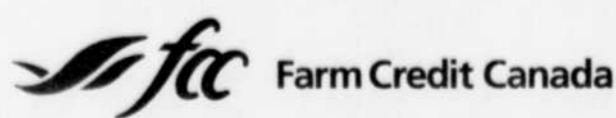
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Community matters



Shawville RA prepares for busy summer season ahead

WILBUR MCLEAN
Equity Editor
SHAWVILLE • Volunteers of the Shawville Recreation Association prepared for their upcoming summer season with their annual general meeting recently.

With soccer, softball, ball hockey and summer day programs all running for the area's young people, the summer is the busiest time of year for the R.A.

Soccer is proving to be a strong draw for the R.A. as 2008 had about 250 registrants for the soccer program, while softball had about 75.

The R.A. turned a profit in

2008, totalling \$12,066.06. That money is earmarked for a number of projects, including fixing the aging canteen at the R.A. grounds in Shawville as well as upgrading the fencing in that area.

The group will also contribute to the reconstruction of the tennis courts in

Shawville.

One court was recently revitalized by the upstart Pontiac Tennis Club, but another court remains earmarked for improvements and there are still no operational lights for tennis to be played after dark.

Softball suffered a small

loss in 2008 of \$172.62, which President Kathy Murray explained was the result of purchasing brand new equipment last year.

A profit of \$9,598.88 was attributed to the summer program, a day camp for young people in the area. That program benefited from a num-

ber of municipal grants and assistance from Quebec en Forme.

Murray noted the assistance from those groups would be scaled back in 2009 for a variety of reasons.

The new board of directors of the Shawville R.A. was also elected at the meeting.

Continuing as president is Kathy Murray, who declared the coming year would be her last serving as the head of the association.

First vice president is Wendy Hearty, second vice president is Tina Atkinson, treasurer is Fiona Younge and secretary is Rhonda

Meisner.

Within the next few weeks, youth soccer will begin. Following the conclusion of that season, softball will occur.

A six-to-eight week indoor ball hockey program will also take place in the Shawville Arena.

Palliative Care at the Pontiac Centre for Health and Social Services/CSSS du Pontiac

PONTIAC • Palliative Care in the Pontiac is doing well. Since the Board of Directors of the CSSS du Pontiac dedicated three hospital suites in November 2006 to palliative care, patient and family centred care has vastly improved. Families now have spacious rooms that allow privacy, with medical and volunteer support close at hand when they feel most vulnerable.

However, in 2004, Gail Ryan, motivated by her philosophy that no one should die alone and knowledge that families need privacy at this significant time, organized a multidisciplinary committee. The mandate was to find a way to improve services for palliative care in the Pontiac so that local residents would no longer need to relocate to Renfrew, Aylmer or Ottawa to get the end of life care they wanted.

Several key people stepped forward. Anna Anderson, who was hired by the CSSS du Pontiac as a clinical consultant, wrote the manual Palliative Care Reference Guide. This valuable guide has been adopted regionally and McGill University is seriously considering adopting the Pontiac's format. Pauline Ringrose, nurse, Ann Marie Bretzlaff, nurse and Linda Malenfant, social worker recruited and trained the

current volunteers and staff members. As well, these three professionals updated staff training documents and created information pamphlets relating to Palliative Care.

Around that same time, a funding initiative of \$151,000 came from the federal government, and the community rallied. The Shawville and District Rotary Club committed \$50,000 to the project after Rotarian Don Dods invited Anna Anderson and Linda Hay to share their expertise of and

experience with Palliative Care to their group. Another \$100,000 was collected from other area groups and generous individuals.

With funding in place, Richard Grimard, executive director of the CSSS du Pontiac, identified space in the hospital that could be renovated to provide a home away from home atmosphere for patients and their families. Volunteers stepped forward. As Anna Anderson notes, "Volunteers from our caring community are a natural fit, and can act as a

bridge between the patient, the healthcare system and the family." The first group of volunteers graduated in March 2007. Palliative care was launched in the Pontiac in April 2007.

Shirley Green, the convener of volunteers, is extremely proud of the dedicated volunteers and their level of commitment now and over the past two years. A strong team of 21 well trained volunteers currently fill most shifts. However, Green stresses, "There is always a need for more vol-

unteers. Our goal is to have someone on duty seven days a week, three shifts per day. We'd love to offer services for patients who stay at home or are in other local facilities but to reach that goal we need many more volunteers to step forward".

In addition, Green has set up an outreach program for volunteers who want to support the palliative care program from their homes. Margaret Lang has knitters from all over the area creating beautiful shirtings and spiral socks as gifts for the

patients. Local women's church groups fundraise as well as knit.

Shirley Green encourages anyone who is interested in joining the palliative care volunteer team to call her at 819 647-3241.

Our community can take immense pride in the success of Palliative care in the Pontiac.

No one is looking back; everyone involved is looking ahead. The hospital administration is evaluating the current situation, looking at what works well and at what

needs to be improved upon or changed. Medical staff training is being planned and implemented.

Dreams of operating an independent hospice and reaching out to people who wish to stay in their homes are talked about by many in the community. All realize that a fully integrated service comprised of physicians, nursing staff, and volunteers specifically trained in palliative care treatment are the only way to maintain the current success.

Submitted by Joan Dunn



Leah Iverson, THE EQUITY
Cook Melinda Dubeau shows an example of some of the frozen meals-to-go offered to seniors in need by the Pontiac Respite Centre in Campbell's Bay.

'If there's a need, we are here'

LEAH IVERSON
Equity Reporter
CAMPBELL'S BAY • When it comes to cooking a nutritious and well-balanced meal, sometimes it's hard to find the time, or the motivation.

and let them know what we are serving that day," said Bowen, who noted that the cooks for this program come in separately from the kitchen staff at the respite centre. "We have all their medical information written down, like if they are diabetic or have special food allergies."

While the hot meals are only offered in Campbell's Bay, the frozen meals are open to seniors across the entire Pontiac.

With 16 meal options to choose from such as roast beef, chicken breast, spaghetti and beef stew, all served with mashed potatoes and vegetables, most seniors order in bulk so their fridge is stocked with delicious dinners for weeks at a time.

The frozen meals-to-go have taken off. A total of 52 seniors used the program consistently last year alone.

"We delivered 3,659 meals in 2008," said Bowen, who added that the program is only available to seniors that require help with cooking.

"If there's a need, we are here."

Melinda Sloan-Dubeau has been cooking meals-to-go for five years and said the program not only helps seniors keep their bodies healthy and strong, but also reassures families that their nutritional needs are being met.

"For some seniors, cooking meat, potatoes and vegetables all at once is too much for them," she said.

"By giving them a pre-made meal with all the food groups, their family knows they ate well, and they feel better as a result of proper nutrition."

The task can be even harder on some seniors, who often live alone or are too weak to cook extravagant meals.

The Pontiac Respite Centre took notice to the number of seniors not getting proper nutrition, and decided to take it upon themselves to make sure nobody goes hungry again.

"We were approached by the Church of Faith, Praise and Prayer back in 2003 who asked if we could provide meals to one of their seniors. We also had social workers requesting the same thing for their clients," said Anna Bowen, secretary of the board at the short term care unit for ailing patients.

"These seniors were malnourished, and there was a need for some sort of program to help."

This jump-started the meals for seniors program, an initiative offering an array of hot or frozen meals to seniors who are unable to cook for themselves.

How it works is simple — the food is cooked fresh at the respite centre and delivered right to the seniors' doors, without them ever having to slave over a stove.

The hot meals are delivered in Campbell's Bay only. When they first started, they had one or two deliveries, but the number has grown to 10-12.

"We have a list of people who usually order the hot meals, and we call them

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NOTAIRES - NOTARIES

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Notaries & legal counsels
Me Mireille Alary
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NOTAIRE - NOTARY

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

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

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Submissions > DEADLINE

COMING EVENTS

Sat., April 25 - 11 a.m. Eco Trade Fair breakfast meeting at Ladysmith Hotel Tel: 819-647-5685 Venetia. xa22

LAKESIDE
 15, Main St.
 Portage du Fort, QC
 819-647-5399

MATINEE
 Saturday, April 25
 3:30 p.m. - 7:30 p.m.
GERRY LEE
 Country and Country Rock

RIVER CLUB CHAPEAU
 presents
CHRIS GARDENER AND WHITE WATER BOYS
 Sat., April 25th
 3 p.m. - 7 p.m.
 Hwy. 148, Chapeau

Sun., April 26 - Quyon Legion, Branch 231 serving breakfast 9 a.m. - 1 p.m. Everyone welcome. Cost \$5 per person. ba22

Stained Glass adult classes for beginners in Renfrew starting April 28 at Stained Glass Design Studio. For info see www.foundryartists.ca or call Kathryn (613)433-4224 Kathryn Bossy, Stained Glass Design Studio and the Foundry studio and gallery, 29 Bridge Street, 2nd floor Renfrew, (613)433-4224 3xa29

Fri., May 1 - Animal Aide Pontiac presents 'Spring Fling'. A luncheon with door prizes and raffle. Bake, crafts, plants and book tables. 443 Main St., Shawville (in front of Decor Sylvia). 11 a.m. - 4 p.m. Adults \$5. Everyone welcome. 2xa29

May 3 - Hot Roast Beef Supper, Foresters Falls Orange Hall, 4 p.m. to 6:30 p.m. Adults \$12, children 6-12 years \$5. Under 6 years free. Sponsored by LOL 5521 and LOBA 1302. Everyone welcome. Handicap access. 2xa29

Sat., May 23 - 10 a.m. - 4 p.m. Eco Trade Fair, Ladysmith T.C.R.A. Tel: 819-647-5685, Venetia. 5xm20

July 3, 4, & 5 - Quyon JamFest, Quyon fairgrounds. Confirmed line up - Gail Gavan, Darlene Thibault, W.R.D., Louis Schryer, Dennis Whitty, Adam Knapp, Mike Fahey, Peter Dawson and many more great entertainers. Info 819-458-1239. 9xj3

July 4 - Aug. 2 - Pontiac School of the Arts: Register now for kids and adults courses! www.pontiacschoolofthearts.com 819-647-2291. 8bjy1

July 16, 17, 18 & 19 - The 4th Annual Shawville County Jamboree at the Armstrong Heritage Farm on Hwy 148. For more info visit www.armstrongheritagefarm.com. July 16 is Open Mic night! 9xjy15

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MISCELLANEOUS

2 Pine quilt racks, 37" long x 18" wide x 34" high; 36" long x 15" wide x 34" high; Kirby vacuum (used only 5 times) c/w attachments; Rug cleaner (used once) 819-455-9576 Edith. 2ba29

Dai Bassett of Valley Heritage Radio, the Singing Farmer, "3 Thumbs Up" CD, including the single "Shawville Fair 2005" and the story "Dai and Will's trip to Ottawa-Wa-Wa" available at Marcotte's in Quyon, Henderson's in Norway Bay, Bretzlaiff's in Ladysmith, Kluge's in Campbell's Bay and in Shawville at The Equity and J & J Grocery and Stedman's or at www.singingfarmer.ca or at 613-625-1515. Entertainment available. etc

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

The Quebec Community Newspapers Association can place your ad into 28 weekly papers throughout Quebec - just \$160. Book 3 weeks within a 6 month period and receive the 4th week free! One phone call does it all! Call Marlene at QCNA 514-453-6300. Visit: www.qcna.org. qa22

Future steel buildings durable, dependable, pre-engineered, all-steel structures. Custom made to suit your needs and requirements. Factory direct affordable prices. Call 1-800-668-8653 ext. 170 for free brochure. qa22

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. 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 today to take advantage of this special: 819-647-2204. etc

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Piano for sale, Mason and Pisch upright, 819-648-2884. 3xa22

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Affordable phone reconnection. Bad credit - no problem! Call Tembo Telecom and ask about our new customer special. Sign up online and save \$20. 1-877-266-6398; www.tembo.ca. qa22

Home phone disconnected? Call Home Phone Reconnect Toll-free: 1-866-287-1348 Reasonable rates, friendly service. Don't be without a home phone. 1-866-287-1348. ba22

PETS

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

FARM PRODUCE

Bird seed for sale - Black oil sunflower and mixes! Call Barclay Dick & Son Farm Supply near Douglas 613-649-2620 or 2440. 8xm13

Straw for sale - Large square bales, stored indoors. Call Barclay Dick & Son Farm Supply near Douglas 613-649-2620 or 2440. 8xm13

Farmers! Spring specials on grain, grass seed, fertilizer. All your cropping needs! Call Barclay Dick & Son Farm Supply near Douglas 613-649-2620 or 2440. 8xm13

Open house specials! Truckload salt sale! Livestock mineral and feed discounts. Spring specials on grain, grass seed and fertilizer. Call Barclay Dick & Son Farm Supply near Douglas 613-649-2620 or 2440. 8xm13

Wrapped hay, 4 x 5, first, second and third cut hard core \$20 per bale 613-582-3539 or 613-582-3893. 4xa29

4 x 4 round wrapped hay for sale, first and second cut, Stanhow Inc., Lee Stanley 819-647-3961. 3xa22

LIVESTOCK

Ponies, miniature horses, horse saddles, pony saddles, pony cart, pony harness for sale 613-294-6680. xa22

CARS & TRUCKS

2006 Chev Malibu auto, 4 door, 91,000 km, excellent condition \$7,500 819-647-2651. 2xa22

1999 Chev Malibu, 4 new tires, 4 snow tires on rims, new battery 819-458-2722. 3xm6

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 819-647-3313

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TRAILERS

1974 Prowler 21', sleeps 4, good condition, propane, fridge and all in working condition. Call 819-453-2202. xa22

FOR RENT

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

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

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

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

Shawville - Spacious one bedroom basement apartment. Shared washer/dryer. Non-smoking. No pets. References required. \$350.00 plus utilities. Available immediately. Call 819-332-0870 evenings or 613-816-4509. 3xa22

Shawville - House for rent, 3 bedroom, garage, no pets, references \$600 per month 819-684-5611. 2xa29

FOR RENT

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

Shawville - 2 bedroom apartment on ground floor for quiet person or couple. No pets, heat included, fridge and stove, 819-647-6464. 2ba22

Shawville - Spacious one bedroom apartment (living room, kitchen), dishwasher included, washer and dryer hookup, close to hospital, very quiet area. Perfect for 1 person or couple. References required. Call Cyril 819-647-2697 or André 450-708-1043, email andre.dulude@videotron.ca xa22

Shawville - Two bedroom apartment, lower level, fridge and stove, yard, parking, no pets, \$400 per month, 819-684-5611. 2xa29

Shawville - 3 bedroom town house \$500 plus utilities. Call Rick 819-647-5362, Myles 819-647-5512, Mike 819-647-2659. etc

REAL ESTATE FOR SALE

Allumette Island - building lots for sale on Highway 148, 10 minutes from Pembroke, at least 200 ft by 200 ft., in village. Serious inquiries only 819-689-5576. 4xa29

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

Shawville - \$184,900, 278 Dundas St. Brick Bungalow 3+1 bedroom home situated on a quiet street. Hardwood and ceramic floors on main floor. 3 bathrooms. Finished, newly carpeted basement. New windows and doors (2007). Roof to be done Spring/Summer 2009. Detached double car garage. Large fenced-in backyard. Only an hour from Ottawa. 24 hours notice needed for viewing. Serious inquiries only. Krista 819-647-6791. 4xm13

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Quality cedar saw logs wanted. Call Tom at McCann's Forest Products 613-628-6199 or 613-633-3911. 4xm6

WANTED TO RENT

Single mom looking for 2 - 3 bedroom in Pontiac asap, reasonably priced 819-918-6413 or 819-647-5964. xa22

THANKS

Belanger - Thank you to all our relatives and friends who had Barbara in their thoughts and prayers during her illness. Your cards, visits and phone calls were greatly appreciated by her as well as us. Special thank you to the great staff of Pontiac Community Hospital, I.C.U., General Care as well as the encouragement of the therapy department. You all made her last days as pleasant as possible. Lorenzo and Family

Fraser, Laurentia - 1940-2007 In loving memory of a wonderful wife, mother and grandmother. A million times we've needed you, A million times we've cried. If love alone could've saved you, You never would have died. In life we loved you dearly, In death we love you still. In our hearts you hold a place. No one else will ever fill. It broke our hearts to lose you, But you didn't go alone. Part of us went with you, The day God took you home. Forever in our hearts - Tommy, Shelley, Todd, Trevor, Tara and Families

Desabrais - Gerry husband and grampa passed April 19, 2007. In tears we saw you sinking, We watched you fade away, Our hearts were almost broken, You fought so hard to stay, But when we saw you sleeping, So peacefully free from pain, We could not wish you back To suffer that again, You left us beautiful memories. Always remembered, always in my heart. Gloria

Murrell - In memory of our beloved parents, grandparents and great-grandparents, Rose Murrell, April 12, 2006 and Melvin Murrell, April 20, 1998. We will always remember the way you smiled The things you used to say And all the things you did for us In your kind and loving way. We hold you close within your hearts And there you will remain To walk with us throughout our lives Until we meet again. Sadly missed and fondly remembered. Brenda Papineau, Directrice générale 0-2-A22

Black - Wm. Hewitt Sept. 3, 1946 - April 28, 1998. In loving memory of a dear son and brother who passed away 11 years ago. Sadly missed along life's way, Quietly remembered every day, No longer in our life to share, But in our hearts you are always there. Love Eleanor and Gord

Black, William (Bill) - April 28, 1998. In loving memory of Bill - a special husband, father and grandfather. It's hard to believe eleven years have gone by, Sometimes we still find ourselves asking why, The unforgettable times that we had with you, Are what has helped us make it through. You gave us such love, in your own special way, And you're truly loved, missed and thought of each day. Love and memories are forever. Irene, Bill Jr. and Family

THANKS

Dale - Words can not express my appreciation to my God given neighbours, Leo Fortin and Helen Dubé for their quick response to Lifeline Alert call Feb. 7 when I broke my hip outside. To the ambulance attendants for their care, proficiency. To Drs. Courchesne, Benoit, Dr. Talko, a job well done. To CLSC who have helped at home. To all those who sent beautiful cards, words of encouragement, phone calls and hospital visits. To all the nurses and aides in Hull Hospital and Shawville. Care and meals were superb. Sincere thank you to all. Lila Dale

Rebertz/Michlouski - Sincere thank you to the Bristol Fire Department for their quick response to our brush fire, April 16. Clay Rebertz and Kathy Michlouski

St-Aubin - Alvine and Michel wish to thank their family, relatives and friends for joining them in celebrating their 40th wedding anniversary on Saturday, April 11th in Bryson. Thank to Father Ouellette for blessing the renewal of their marriage vows. Many thanks for the lovely presents, gifts of money, good wishes, e-mails and phone calls. People came from near and far and made that day a very memorable one. Thanks to the Bryson Lions Club, for the use of the hall, and for all the help. Thanks to Elke's Catering and staff for the delicious meal. Nelson Towns Band made certain guests were well entertained as well, thank you!

MEMORIAM

Black - Wm. Hewitt Sept. 3, 1946 - April 28, 1998. In loving memory of a dear son and brother who passed away 11 years ago. Sadly missed along life's way, Quietly remembered every day, No longer in our life to share, But in our hearts you are always there. Love Eleanor and Gord

MEMORIAM

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Cobb - In memory of our dear parents, Amelia who passed away April 13, 1993 and Russell who passed away April 20, 1985. The rolling streams of life goes on, But still the vacant chairs, Recalls the voice, the smile Of those who once sat there, Lovingly remembered by Elizabeth and Ivan and Alex and Brenda

Desabrais - Gerry husband and grampa passed April 19, 2007. In tears we saw you sinking, We watched you fade away, Our hearts were almost broken, You fought so hard to stay, But when we saw you sleeping, So peacefully free from pain, We could not wish you back To suffer that again, You left us beautiful memories. Always remembered, always in my heart. Gloria

Kingsbury, Stephen D. - On April 23, 2006, God came down, And took you away from me. Why, I would ask, could you do this to me? Why, I would ask, could you be so mean? I know now the answers, you see. Why He took you away from me. You are just one of many to be. An angel to watch over me. I cherish the memories of the past. Of how things used to be. And now you watch over me. One day you see, I will be, Up there in Heaven, you and me. Love you Dad. Jennifer Kingsbury Larose

Kingsbury, Stephen In loving memory of our brother and Uncle Steve who passed away April 23, 2006. He left us quietly His thoughts unknown But left us a memory We are proud to own Always remembered, Never forgotten. Harry, Pat, Derek, and Jarett

Lance - In loving memory of a wonderful mother, Nan, and great-nan, Sadie, who left us to be with the Lord on April 22, 2003. God saw you getting tired He did what He thought best. He put His arms around you And said, "Come and rest". It broke our hearts to lose you You did not go alone So much of us went with you The day God called you home. We miss you every day. Love Brenda, Cyril, Kim, Tim, Sara, and Will, Steve, Leanne, Ryan and Connor

Murrell - In memory of our beloved parents, grandparents and great-grandparents, Rose Murrell, April 12, 2006 and Melvin Murrell, April 20, 1998. We will always remember the way you smiled The things you used to say And all the things you did for us In your kind and loving way. We hold you close within your hearts And there you will remain To walk with us throughout our lives Until we meet again. Sadly missed and fondly remembered. Brenda Papineau, Directrice générale 0-2-A22

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MEMORIAM



Hodgins, Norma - In loving memory of a dear mother, grandmother and great-grandmother who passed away April 23, 2008. If roses grow in Heaven Lord Please pick a bunch for us. Place them in our Mother's arms And tell her they're from us. Tell her that we love her and miss her, And when she turns to smile, Place a kiss upon her cheek And hold her for a while. Because remembering her is easy, We do it everyday, But there is an ache within our hearts That will never go away. Love always Doug, Bruce, Reuben, Donna and Families

Hodgins - In loving memory of a dear sister-in-law, Norma who passed away April 23, 2008. I miss you and love you. You were one of the best. Also Herbie who left us so fast. Sadly missed Irene Smith and family

Wiggins, Wayne - Sept. 21, 1950 - April 25, 2008. In loving memory of a dear husband and father and father-in-law. Often we think of you, Our hearts are filled with pain, This earth would be a Heaven, Could we hear your voice again. But still we don't forget To hear your voice and see your smile And greet you at the door. But all we can do, is go And tend your grave, And leave behind tokens of love. We like to think, when life is done Wherever Heaven may be. That you'll be standing at the door In Heaven to welcome us. You are with us, in our hearts forever. Forever loved and dearly missed. Darlene, Kim and Chris

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Take control of your working life! Join a world renowned franchise network. Low investment. For more information visit www.chemdry.ca or call toll-free 1-888-CHEMDRY (1-888-243-6379). qa22

TENDERS

Municipality of Thome 775 Route 366 Ladysmith, QC J0X 2A0 TENDER NOTICE PUBLIC NOTICE is hereby given by the undersigned Director General of the aforesaid municipality that sealed tenders, clearly marked "Winter Road Maintenance" are called for the snowplowing and sanding for the 2009-2010, 2010-2011, and 2011-2012 winter seasons for approximately 74kms. Tenders MUST pick up a copy of the proposed contract in order to submit a bid AND by appointment visit the roads with the Municipal Road Foreman, copies are available at the Municipal Office in Ladysmith. Tenders MUST be specific in their bid (rate per KM). Tenders must be received no later than noon on Friday, May 29, 2009 at the Municipal Office. Tenders will be opened at 7:30 pm on June 2, 2009. Lowest or any tender not necessarily accepted. Brenda Papineau, Director General 0-2-A22

Municipality of Thome 775 Route 366 Ladysmith, QC J0X 2A0 DEMANDE DE SOUMISSIONS AVIS PUBLIC est par les présentes donné par la Directrice générale de la susdite Municipalité que des soumissions scellées, clairement intitulées "Entretien, chemin d'hiver" est demandé pour le déneigement et sablage pour les saisons 2009-2010, 2010-2011, et 2011-2012 pour environ 74kms. Les soumissionnaires DOIVENT obligatoirement obtenir de la municipalité une copie du contrat afin de déposer leur soumission ET sur rendez-vous visiter les chemins avec le contremaître municipal. Les soumissionnaires doivent être précis sur leur soumission (taux par Kms). Les soumissions seront acceptées jusqu'à 12h00 le 29 mai 2009 au bureau municipal à Ladysmith. Les soumissions seront ouvertes le 2 juin 2009 à 19:30 heures. Le moins-disant ou n'importe quelle soumission ne sera pas nécessairement acceptée. Brenda Papineau, Directrice générale 0-2-A22

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Euchre draws for dialysis



The Bristol Pontiac Euchre Club recently donated their proceeds from 50/50 draws to the Pontiac Community Hospital Foundation's dialysis fund, a total of \$500. From left are Esther Dakin, Greg Hayes of the foundation, Elaine Hodgins and Barry Hodgins.

Waltham

Helen Perry 689-2652 jacobg42@hotmail.com

Birthday wishes are extended to Julie Romain, who celebrated her birthday April 16. We sure hope that you had a lovely birthday Julie.

Larry and I were very saddened to hear of the passing of my cousin Carle Merpaw's husband

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Bryson

Anna Stewart 648-2351 Saturday morning Jim and I, with Helen and Pat Wallace and Terry and Betty Nugent of Ottawa met at Fortin's Sugar Bush for brunch. The food was delicious. This is the last weekend for the sugar bush. See you again next year.

If you would like to have great food visit Starflo's (Voyageur) Restaurant on Hwy. 148 near Bryson. And if you are looking for great fun go there for karaoke on Friday night, sometimes starring Heather Stewart and Cindy Belland. This is what I am told. There are a lot of great singers in their area and they have a great time. Flo and Starleen are great hostesses. Lynette Harris would like

to thank everyone who called her with such positive feedback after reading her book I Always Wanted to Please My Mother. She has been told that her story reminded many people of their childhood in the Pontiac, their troubled marriage, being a single mom or their own mother's hard working days. She has now sold over 140 copies and continues to sell them. I have read the book and found it very similar to my home life. I really enjoyed it.

We attended the parade in Mansfield for the Pontiac Lions Novice A team. They won the Quebec Cup in Rouyon Noranda a couple of weeks ago. The children, including our grandson Jacob Stewart and our little neighbour Zack Bechamp along with the coaches

rode on the float pulled by Jamie Stewart. It was something to be very proud about. They held had a barbecue in their honour. Unfortunately we had to leave before the meal. But it was a special time for the little hockey players and their families. Congratulations again.

On May 9 there will be an old time square dance at the Shawville Lions Hall hosted by the President Choice Walkers with proceeds going to the Cancer Relay for Life.

Music is by the Brysonnaries. It starts and 9 p.m. till 1 a.m. For more information call Kim Crawford at 819-647-5289.

Otter Lake

Elizabeth Hahn 453-7326 Denise Gravelle Saunders of Belleville spent the weekend with her mom, Hilda Mayhew and her sister Elizabeth Gravelle Hahn the weekend of April 4.

Easter weekend dinner guests with me at my home were Patricia and Carson Russell of North Gower, Michael Russell of Ottawa, Pam and Randy Thoms, Kathryn and Graham of Kanata, Natalie Hahn of Toronto, Pat Hahn, Dolores Bertrand, Travis and Julia Proulx of Pembroke, Terry Picard of Petawawa, Alexis Durocher of Fort Coulonge, Rami Gravelle of Bristol, Hilda Mayhew. Garnet Mayhew also dropped in for a visit. Missing from our family gathering were Kelly, Craig, Matt, Blake and Hilda and Liz. Mrs. Mayhew's 102 birthday was celebrated along with Pat Hahn's who has birthday the same day. They

received many beautiful gifts and lovely cards.

Calling at Mrs. Hilda Mayhew's home on her 102nd birthday, April 9, were Elizabeth Gravelle Hahn, Gilbert Bussiere, Edith Brisbois, Doris Gauthier, Liz Gravelle, Willard and Roselee Mayhew, Lionel Gravelle, Florence Wadge, Doreen Dagenais, David Dagenais, Joan Dubeau, Ted Richard, Betty Sparling, Garry Richard and his son Morgan, Past Hahn, Tandy Thoms, Kathryn and Graham, Garnet Mayhew. She received many beautiful gifts and cards, flowers, many telephone calls from far and near. Her grandson Terry called from Thailand, relatives from Mission, B.C., Victoria, Ottawa, Belleville, Pembroke, Toronto, Kanata, North Gower, Renfrew. She also enjoyed all of five birthday cakes.

Sincere sympathy to the family and friends of Marcel Fleury who passed away suddenly on Sunday,

April 12 at the age of 44.

Golden age club euchre results for April 14 first prize Beverly Dubeau and Roger Sincennes. Second prize: Sandra Robinson and Ronald Beaudoin. 50/50 winner: Bob Billings. Door prize: Medard Allard. Dessert was provided by Mabel Peck and Gisele Beaudin.

Dart league results for April 16. First prize: Denise Dubois and Ronald Beaudoin. Second prize: Luise Schulz and Moe Lajoie. 50/50 winner: Laurier Francoeur. Door prize: Velma Lafleur.

What a wonderful night. Joanne Mason took her mother, Olivette and grandmother, Maudie, to see Elvis. Yes, Elvis (Shawn Klush) and The Sweet Inspirations at Centrepoint Theater in Ottawa.

Olivette got a big surprise. She got a scarf and a big kiss from Elvis. They also visited Olivette's son and his wife Jennifer and grandchildren Keira and Garrett.

Danford Lake

Stephanie Milford 467-1091 The frogs sure were out last night singing!

They sure were putting on a show for us. I love to lie in bed and listen to their springtime song. The grass is starting to turn green in patches, the trees are slowly starting to bud, the pussy willows are out and the birds are singing like crazy! Spring ladies and gentlemen, is finally here!

Belated birthday wishes to Peter David April 9 and to long time family friend Margaret Fierobin April 14. Happy birthday wishes to Lance Cole, April 21, Steven Lafleur April 22, and Colin Lalumiere April 23. I hope I got that right! Jean Mathews April 28 and to my brother Karl April

29. I have been learning to play piano and to be honest it is very fun! I can either do the bass on the left hand or the melody on the right hand right now. I haven't mastered the art of the two hands at the same time.

It is with a saddened heart to have heard of the passing of local radio DJ, cousin, and friend Stan Callaghan. Stan battled prostate cancer for a long time and left us peacefully Saturday morning with his wife Barb at his side. Stan hosted his radio show Country Roads on CHIP radio for a long time and everyone loved him and his show. He will be missed by many. Funeral arrangements are set for Wednesday afternoon in Vinton at 2 p.m. and the

family will be accepting condolences one hour prior to the funeral mass. Stan's family asks for your prayers for strength during this hard and trying time. Our prayers and thoughts are with you all at this time.

The yard sales have started. My sister and I saw one Easter Monday. Sometimes you find real treasures.

Have you given much thought to planting your garden yet? I know someone who is all set to plant the garden right now if she could. Slow down honey, the spook of frost is still in the air!

Get well wishes to Ken McDaniel of Brennan's Hill who is a patient in the hospital right now. We're waiting patiently for you to come home to us Ken!

Campbell's Bay

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

Kensley passed away at hospital in Shawville after a courageous battle with cancer on April 12. He is survived by his wife Patsy Sharpe.

Cherished father of Chris (Wendy), Lori (Junior Amyotte) both of Campbell's Bay, Tricia of Vancouver and the late Gregg. Friends were able to call at Ringrose Bros. Funeral Home Campbell's Bay, Quebec on Thursday, 2-5 p.m. and 7-9 p.m. and after 9 a.m. on Friday, April 17 to St. John the Evangelist Church, Campbell's Bay. Interment was at St. Andrew's United Church Cemetery Fort Coulonge. It is sad to have your husband and sister die in the same week. I express my sympathy to this family and former neighbours.

Jean Cuthbertson spent Easter with Brent and Audrey Belsher at their home in Renfrew. Faye and Lou Stafford are home from Myrtle Beach. They enjoyed the weather and had a great time. Gwen Black spent Easter with her daughters as well.

It is nice to spend the holiday with family.

The Golden Age Club held its euchre on Tuesday evening at the clubhouse. Ladies high was won by Shirley Marion second was a two-way tie between Lucy, Kelly and Anna Porter. They split the prize. Men's high was a three-way tie between Keryn Burman, Gordon Porter and Boyd Ebert. They split the prize. Second was won by Larry Lamadeline. The door prize was won by Shirley Marion and the 50-50 by Dorcas Sparling. Lunch was served following the euchre.

Marielle Kluge celebrated her 80th birthday April 9. Her family held a dinner in her honour at Northfork. Over 40 family members were in attendance to wish her all the best on this happy occasion. May she enjoy many more happy healthy birthdays.

Audrey and Brent Belsher of Renfrew visited on Sunday with Jean Cuthbertson. Birthday wishes go out to Wayne Harris, Chuck Lloyd, Maneth Molina Richard Capson, Richard Castonguay, Maureen Gagnon, Roy Bertrand, Diane Biosvert, Bradley Frost, Brent Sloan, Dennis

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WAL-MART CORRECTION NOTICE Westinghouse Decorative Solar Garden Lights (#1664591) advertised in our current flyer (ending April 24th). will not be available. We apologize for any inconvenience this may have caused.

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AUCTION SALES Held at Cobden Fairgrounds and Ag. Hall Friday, April 24, 2009 at 6:30 p.m. Farm Machinery & Farm Related Items For Myles & Shirley Delarge of Renfrew and Other Consigners Saturday, April 25, 2009 at 9:30 a.m. Tippet Richardson and Guest Consigners A Large Quality Sale Many collectables, good glass (carnival, Fire King, crystal), outstanding furniture, good tools, appliances and much more. Hope you can be with us! Visit our website for more details: www.revelstewart.com STEWARTS' AUCTIONS - Cobden, ON 613-646-7649

OTTAWA VALLEY ABERDEEN ANGUS SALE 2009 BYTOWN BONANZA SALE Hobbs Bros. Sale Pavilion 2394 Dwyer Hill Road, Ashton, Ontario Saturday, May 2, 2009, 1 pm Selling approx. 40 lots - cows with calves, bred females, 4-H prospects. Bulls sold by Private Treaty. Auctioneer: Ross Bailey 905-985-0697 Sale Managers: Hobbs Bros. 613-257-2537 Sale Day 613-257-7583

AUCTION SALE SATURDAY, APRIL 25, 2009 at 11:00 a.m. for CARL & RUTH WILSON of Forester's Falls, Ont. Sale held at Ted Richardson's Farm 328 Government Road, R.R.#1, Forester's Falls, Ont. off Hwy 17 east of Cobden onto Forester's Falls Road, follow approx. 7 miles to Government Road. Turn onto Government Road, go approx. 1 mile to sale. Signs posted. Kubota M6950 DT 4WD tractor with Quicke 640 quick-attach loader; Kubota M6950 tractor, 2WD; Kubota M5030 4WD tractor with Kubota 530 quick attach loader; Tube-Line TL5500 bale wrapper with Honda motor, fully auto, 6 yrs. old; N.H. 848 round baler; Case IH 580X91 haybine; full line of farm machinery; Kubota 3500 watt gas generator; 2 - bundles of 50 split cedar rails (ant.); sap boiler pan, 50-60 sap pails, spiles; misc. farm items. Mr. & Mrs. Wilson have sold their farm. Everything has been well cared for and is to be sold. APPROX ONE WAGON OF SMALL ITEMS, BE THERE EARLY. Terms: Cash or Cheque with ID - Lunch Available Auctioneer: Preston Cull, R.R. #1, Douglas, Ont. 613-649-2378 Owner or Auctioneer not responsible in case of accident or theft.

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Pancake please



Six-year-old Michaela Stevenson holds out her plate to receive delicious pancakes from Wayne Bretzlaff during the Zion pancake supper recently at the Zion Lutheran Church in Schwarz. In addition to the pancakes, the supper included beans, sausages and potato pancakes.

Sheenboro

Myrtle Sullivan
689-2236
The air is fresh, the sun is warm, ponds are overflowing, streams run fast. Buds swell and shoots reach for the sky. Green is everywhere. Gals are prettier than ever and lads have a sparkle in their eyes. Nature has given birth to a new beginning. It's spring time in the valley.

A roaring happy birthday to my son-in-law, Marcel Crozon. Marcel has had a tough couple of years but he is back now and stronger than ever. He just got back from a family trip to Hawaii and I expect he will be up at the cottage before long.

Welcome back to Suzanne and Garry Gagnon who were in Dominican where they attended the wedding of their son Bobby.

Louise Benoit spent this weekend with Doris and Donat Ranger. Louise just got back from a trip to Africa where she had a wonderful time. Louise went with Doris and Donat on their trip to Ireland in 2002.

Happy birthday to Shamus Morris. There was a birthday celebration for Shamus at the Beagle Friday night.

Happy 80th to Donald Retty April 22, and to Roy Perrault April 21.

Last call for St. Alphonsus CWL membership fees. Deadline is April 30.

There will be a card party on Friday, April 24 at 7p.m. at Harrington Hall. Proceeds will go to the Coady Institute (St. Xavier's) which helps people worldwide to overcome poverty and build their own future. Lunch will be served and everyone is welcome.

The Waltham Firefighters Auxillary will be having a community yard and bake sale on Saturday, May 9 at the Waltham town hall. If you have items to donate, please contact Linda Venne or Lynn Amyotte.

There will be a cemetery clean-up in Sheenboro on Friday, April 24 at 6 p.m. Please contact Billy

Brennan for details. A March For Life will be held on Parliament Hill on Thursday, May 14. To reserve a place on a bus please contact Corrie in Pembroke at 613-687-2115 and Wendy in Barry's Bay at 613-732-7933.

Mark Saturday, May 2 on your calendar because, St. Paul the Hermit Parish Council is pleased to announce that it will be holding its third CaSheenO fundraiser at the Sheen hall. This fun filled evening is quickly approaching and promises to be another huge success. Once again the CaSheenO committee will be gratefully accepting any items suitable for our live auction that will be held at the end of the evening. Your auction items can be dropped off to Jeanie Lebel, Betty Morris or Heather Lemke. I can personally vouch for this "must attend" evening. As in past years there will be many games of chance such as crown and anchor wheels, black jack, horse races, sevens and our world famous minnow races. These special racing minnows will be imported once again from renowned Nas-Carp Minnow breeder Mike Chaput of Mike's Bait and Tackle. There is no experience necessary to participate as there will be a talented group of wheelers and dealers ready to help you win! Gamblers will make a \$10 or \$20 donation at the door, and will receive a package of special CaSheenO money to play with. You will be able to play the various games with this money from 7p.m. till 10 p.m. Then the minnow races will be held, followed by the auction. You use the CaSheenO money you have accumulated throughout the evening to bid on the auction items. There will be a free lunch for you to indulge in while you spend your newfound millions at the auction.

My son-in-law, Dave, was in to see my brother Hubert at Country Haven Home in Beachburg. He is doing well and is pleased to be getting lots of phone calls from friends and relatives locally

Vinton

Diane Boisvert
648-5296
I haven't taken my winter tires off yet because I'm still afraid of one more snow storm. I know you don't want to hear that but we never got our March storm this year and that makes me a little leery. There were people who had already taken the winter tires off a few weeks ago and there was a greasy snowfall and there were a lot of vehicles that went into the ditch that day. You can never be too careful.

Happy birthday goes out to Danny Lepack, Susan Belanger April 22, Stephanie Jolin April 23, Marcel Boisvert and Diane Pepin April 24, Kartika Castonguay April 25, Kelsey Belanger April 27 and Jeff Belland, Patrick Ethier and Morgan Benoit April 28. Happy anniversary to Louise and Jean-Pierre Landry April 22, Marlyn and Armand Paquette April

23, Denis and Sharon Lariviere April 24.

Well the fishermen will be happy and getting geared up to fish trout soon. It's that time of year again when the boys disappear on the weekends. I always laugh watching them get ready. It is the only time they never forget anything. But ask them to go to the store for three articles and they will be sure to come back with two or something you didn't even ask for. It just goes to show that they can focus when they want to.

This past week has been a devastating week for Patsy Kensley. First she lost her sister, Barbara Belanger (née Sharpe) on Saturday, April 11. Barbara was the wife of Lorenzo and mother of Sharon, Patricia, Anne and Jimmy. Then her husband Raymond passed away the next day, April 12. I wish to extend my deepest sympathy to all the families.

Caldwell

Hermonie Sharpe
647-3459
Our deepest sympathy goes out to the family and friends of Barbara Sharpe Belanger of Campbell's Bay who passed away on Saturday, April 11 at the age of 69 years.

Our deepest sympathy to the family and friends of Arthur Strutt of Shawville, beloved husband of Gwenyth Shaw. Art passed way on Friday, April 10.

Birthday congratulations to Brenda Smith on April

12. We think of you often and wish we could run into your restaurant for a coffee or lunch. Your restaurant was so central and handy for everyone.

Belated birthday greetings to Mervin Conroy who celebrated this month.

Sympathy to the family and friends of Della Smith who passed away recently.

Don't forget to be sure you have enough games for your free dinners at the various euchre clubs. The Thursday night senior euchre club are holding their spring dinner at Auberge in Portage du Fort

on April 30, the Quyon senior euchre club are having a chicken dinner catered to by Billy T and the Wednesday night Bristol Senior is a potluck supper on May 6.

It is so nice to have the people from Norway Bay back from Florida but we have a very sobering news. This year as Mel and Millie Bowes will be moving away to Almonte where they are retiring. We'll sure miss you both.

Don't forget that we have another euchre to go to now as Stark's Corners started this past Friday

night and as the crowd wasn't too big we thought we would remind you.

We are so glad to hear that Bill Orr and Ron Workman are recuperating nicely. We wish you both get well wishes.

So glad to hear that Yvon Landerman is able to be home from hospital.

Birthday congratulations goes out to my great-granddaughter and Ruth's granddaughter Hannah Parsons who celebrated her first birthday this past Sunday, April 21. Also to my granddaughter, Natasha McDonald of

Orleans who celebrated her 34th on April 26 and to Marlene Beattie of Pembroke on April 30 and Shirley Cloutiere on April 30.

Birthday congratulations to Gail Orr Tubman who celebrated this past Saturday. May you enjoy many more. Pine Lodge is a favourite spot and that was where her friends and relations enjoyed a birthday dinner Saturday night.

The frogs are croaking and the wild geese are back so that's a good sign that summer is just around the corner.

Quyon

Jill McBane
458-2366
Congratulations to Catherine Armitage who celebrated her 65th birthday in style over the weekend, with family members from Toronto, Peterborough and Quyon surprising her for a nice supper in Ottawa.

The Quyon Women's Institute was decorated in pink and filled to capacity on Sunday, April 19 as Suzanne and Lisa Cheslock hosted a well organized baby shower for expectant mom, Tammy Cheslock. Tammy who is expecting her first baby with husband Nick Armitage in June welcomed family, friends and relatives. Guests were

treated to salads, vegetable trays, cheese trays, sandwiches, two dessert tables and loads of fun. Tammy opened gifts for three hours which included baby toys, clothes, strollers, cradles and car seats. The biggest value during the baby shower was friendship, love, and excitement for a new little girl joining the community of friends and family!

My daughters, Jennifer and Jackie and myself hosted a baby shower for Jodie Wickens on Sunday morning at Jennifer's house. She received many nice gifts. Things have sure changed since our kids were little. Jane presented her with some memorabilia from when Matt was a baby, which was very interesting. We had some good laughs as we have all changed a lot over the years.

The fifth annual campers party was held at the institute Hall Saturday evening with a great crowd attending. There were many musicians taking part and lots of prizes given out during the evening. Everyone enjoyed a few dances, a good visit, a good lunch and a wonderful evening. A big thanks to Gary Cummings who organized the music and to all the musicians. The music was awesome.

Congratulations to Matthew and Teri McKay on the arrival of their baby boy, Maxwell, born Jan. 8. Grandparents are Kim and Mark McKay.

Quyon C Kidz Kan is proud to announce they will pay for two lucky players to play this years Minor Soccer in Quyon. To participate in this soccer sponsorship please register your child's name with Elizabeth at 458-1578 or Donna at 458-3774 by Friday, by April 24. Only sponsored players will be contacted.

Well it's cottage time again and it's great to see everyone. Sand Bay is returning to life with cottagers returning to rake up their leaves and get their summer homes back into shape. The great weather this past weekend had neighbours out talking to each other and comparing winter stories. It's great to see them all back.

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The staff administration of **PONTIAC HIGH SCHOOL** thanks its Secretarial Staff for their hard work and dedication throughout the year. Sincere thanks to **NANCY BULLIS, NANCY HOBBS, BARBARA ZIMMERLING and JANEY ORR-MacDOUGALL**

The **MUNICIPALITY OF ALLEYN AND CAWOOD** wish to thank **KIM CARTIER-VILLENEUVE and DANIELLE** for their hard work, dedication, caring and always being team players.

Sincere thanks to **DENISE, LUCIENNE and LUC** for their efficient and dedicated service. **BRIAN STANTON CO. LTD.**

For a super secretary **BETTY-LOU TRUDEAU** thank you for 22 years of dedication and hard work. **TRU-LINE COLLISION** Victoria St., Shawville 647-2937

We recognize the important role that our secretary **NELDA BRETZLAFF** plays in our business. Our utmost thanks! **BEAN'S SERVICE STATION** Hwy. 148, Shawville 647-2545

Thank you for your dedication **TRACEY HÉRAULT.** **MUNICIPALITY OF PORTAGE DU FORT.**

Recognizing Administrative Professionals

A bouquet of appreciation

CAROLE ST-AUBIN
Equity Reporter
PONTIAC • Secretary's day, which is now more commonly known as administrative professional's day, has undergone a few changes over time, just as the role and the tasks of a secretary has over the years.

The recognition, which began in 1952 promoting the importance of an administrative assistant's job, has since grown to become one of the largest workplace tributes in the world.

Celebrations will often include community events, social and corporate activities to recognize staff members, and present them with gifts of appreciation such as flowers, gift certificates, lunch at a restaurant, or time off; though often times a simple verbal acknowledgment can be greatly appreciated.

Official sponsors of the Administrative Professionals Week are now suggesting employers demonstrate their support for their staff members by providing them with training opportunities, self-study materials, or seminars.

I think the effort one puts into their work, with the occasional going of the extra mile to get things done in an efficient and professional way is the basis of a good work ethic, no matter what

field of work you choose.

The pride that you take in a job well done, and personal sense of accomplishment you will inevitably feel, is often a reward in itself.

From personal experience as both employer and employee I can vouch for the value of knowing that when a person's endeavours are appreciated and not being taken for granted, it can go a long way in the delivery of continued productivity.

I believe administrative professionals are often found among those unsung heroes who often go unnoticed for all the little things they do, their great ability to multitask, and their organizational abilities, which all help keep businesses running at a constant pace.

As a part-time administrative assistant for a family-owned business for the past 20 years I take great satisfaction in knowing that my proficiency has contributed to the smooth operation of the business in question, saving both money and time.

Had it not, I would not have had the opportunity to work outside of my home simultaneously.

Come to think of it, instead of a thank you this year I think someone owes me a nice dinner or a bouquet of flowers!..or have I just given myself one?

Thanks to a great secretary **JOAN ZIMMERLING** from **PONTIAC CONTINUING EDUCATION CENTRE**

Thank you to **RUTH STRUTT** for all her hard work and dedication and happy retirement to **LORNA YOUNGE** thank you for your years of service. **MUNICIPALITY OF CLARENDON**

For their hard work and dedication, we salute **BRENDA and GINGER** for a job well done. **MUNICIPALITY OF THORNE**

TOM ORR CARTAGE CONSTRUCTION would like to thank **RHONDA MEISNER and CARLA DAY** for their dedication and hard work. Hwy. 148, Shawville 647-2670

Sincere thanks to our secretary **GLORIA RICHARDSON** for her invaluable service. **SHAWVILLE AUTO SERVICE** Main St., Shawville 647-3881

Sincere thanks to **TRACEY HÉRAULT** we appreciate your dedication. Mayor, councillors and taxpayers **MUNICIPALITY OF BRYSON**