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The voice of the Pontiac since 1883

Wednesday, August 11, 2010

88 cents

Bridge re-opens

JULIELEE STITT
Equity Reporter
QUYON August 11, 2010

The main artery of Quyon is accepting traffic again, as the bridge connecting the two ends of Egan Street re-opened.

According to Pontiac Mayor Eddie McCann, the project's completion didn't come a minute too soon.

"They had a few delays during the course of the construction, and it got that people were tired of the detours," said the mayor.

The bridge required repair, with the cost of replacing it more economical than mending the existing structure.

Construction started last fall, with the project extending longer than expected.

Construction was budgeted at \$1.6 million, but it will cost more than that due to delays and unforeseen expenses, said Denise Morrissette, from MNA Charlotte L'Ecuyer's office in Campbell's Bay.

Prior to 2009, \$90,000 was invested in the bridge.

The new bridge was raised by three feet, piers were replaced and the shoreline was cleaned up, said McCann.

"But it looks good, they did a good job and people are happy with it," said the mayor.

Work on the bridge was done by Caron Construction Inc.

According to McCann there were delays, causing the public to become impatient.

Quyon resident Rejeanne Larose is happy construction is done and is satisfied with the final product.

"It was long, but I think the new bridge is very nice," she said.

Spanning the gap over the Quyon

Alain Caron of Caron Construction Inc., said that watchman Leonard Lloyd, below, was instrumental in the bridge's construction.



Quyon's Lloyd helps with bridge

JULIELEE STITT
Equity Reporter
QUYON August 11, 2010

Quyon residents have been anticipating the completion of the town's bridge, but few have been watching as closely as Leonard Lloyd.

At sixty-seven-years old, Lloyd watched the bridge being built, taking about 3,000 pictures to document the process.

He stood on the finished structure Friday afternoon, wearing a look of pride as real as the white hard hat he placed with confidence on his head.

"I love it. I never helped to build a bridge in all my life and now I know how," he said.

Lloyd acted as a watchman, making sure people didn't interrupt construction or use the bridge before its completion.

According to a letter of recommendation, written by Alain Caron, whose construction company built the bridge, "With (Leonard's) help, we have been able to minimize complications on the construction site related to theft, vandalism and inclement weather conditions."

Caron went on to describe Lloyd as helpful, effective, dedicated and honest.

Born in Ottawa, Lloyd moved to Pontiac with his family at a young age, he said.

As for why he got involved in the project, Lloyd said the answer was simple.

"I'm useful."

Ontario HST, Pontiac gas, a good combination

LOUISE BROWN
Equity Editor
SHAWVILLE August 9, 2010

Since Ontario instituted the Harmonized Sales Tax on gasoline prices, Shawville gas station owners report higher sales.

Before July 1, Ontario drivers paid a five per cent federal goods and services tax for gasoline on top of excise taxes.

Now that the GST has been blended with the provincial sales tax under the HST, gasoline is taxed eight per cent more.

"It's helping, I think so," said Brian Rogers owner of J&J Grocery.

"It could be because of the tax, it's also because people are on holidays and they're around," he added. "I have not heard anyone say that they are buying here because of the tax."

He said it's hard to compare the sales he's making this summer with last summer because there was so much rain last year, meaning there were less cottagers.

Adam McDonald is convinced the HST is better for his business in Shawville, Bean's Service Station.

Since the HST was applied on July 1, he said he seems to be selling more. He even ran out of gas twice, it was selling so fast.

"Now in Ontario, it matches the Quebec Sales Tax, so it makes it a level playing field," he said.

"People are not going to run to Renfrew to save five dollars."

Out at the pumps on Monday, business was a little slower than it was on Sunday, said Bean's gas station attendant Nicholas Rebertz.

"Usually on Sundays they fill up here and go back home," he said, referring to cottagers from Ontario.

Furniture store owner Lloyd Hodgins said the changes don't affect him, because he's always bought gas locally.

"I own a business and hope that people will do the same for me," he said.

Please see HST page two



Artist Lorene Hodgins McLean stands beside a painting she did. It is featured at her art show held at Impressions Art Gallery in Shawville. The vernissage was on Aug. 7 and the show lasts until Aug. 28.

Andrea Cranfield THE EQUITY

Last picture show ... could be!

ANDREA CRANFIELD
Equity Reporter
SHAWVILLE August 7, 2010

Lorene Hodgins McLean surveyed her art hanging around the room at Impressions Art Gallery in Shawville. Her eyes danced as she saw the place filling up with people admiring her work.

Hodgins McLean was the star of the show. She moved around the room as everyone congratulated her on a job well done. Aug. 7 was the vernissage of Hodgins McLean's show, which is called *Original Artwork: Watercolor, Acrylic & Oil*.

"I think this is going to be my last show ever," said Hodgins McLean. "I'm eighty-eight and a half years old. I probably couldn't get ready for another show like this. I could maybe go in a group show but not one on my own. It's a lot of work."

"She says it's her last show, but I want to convince her to do another one," said gallery owner Raymond Sander-Regier.

Hodgins McLean has been painting her entire life and said she was always interested in drawing ever since she was a small child. Her art has been featured in many shows over the years.

"I've been in so many shows. I enjoy it, I enjoy everybody coming to see my work," she said.

Hodgins McLeans is originally from Shawville. She lived in Ottawa for a while before moving back to Shawville. She started two art clubs, one in Shawville and one in Ottawa "to further art in the community."

Laura Lothian-Bryant came from Toronto with her husband to see the show.

"I think it's great. I really like her new stuff," said Lothian-Bryant. "I'm intrigued with her newer ones. We have relatives here, but we came down specifically for the show."

Hodgins McLean is a family friend and Lothian-Bryant owns three pieces of her art already.

Please see ART page two

Slaughterhouse looks for permanent DG

JULIELEE STITT
Equity Reporter
PONTIAC August 11, 2010

Outaouais Valley Fine Meats Cooperative is looking for a project manager in order to take the next step in securing a locally operated slaughterhouse.

"We need someone with the right background, the right experience, and the right skills to push it forward and make it happen," said Amy Taylor.

Taylor is a rural development officer for the Centre Local de Développement (CLD) Pontiac.

To date, the board of directors has done everything it possibly can to advance the project, said Taylor.

"We're all doing it on a volunteer basis, and we don't have the time to do it, because we're looking out for our own farms," said cooperative President Bob Griffin.

The position would be paid for with money from the MRC-CLD Rural Pact and money from the provincial non-profit social economy files, a fund specifically formulated to get cooperatives up and running, said Taylor.

"Basically, the project is at a point where we need the right person to move it forward," she added.

Griffin said the slaughterhouse would offer something to the next generation of Pontiac farmers.

The plant would be located behind the Polaris dealership in Shawville, off of Hwy. 148.

According to town Mayor Albert Armstrong, the project would have implications extending

beyond the borders of his own municipality.

"It would be good for the whole of the Pontiac, in that the farmers would be able to slaughter the beef and have it cut up locally."

Griffin said the slaughterhouse is about investing in infrastructure in Pontiac, the socio-economic development of the area and the "sustainability of 500 farms."

Whether it's a penitentiary or a slaughterhouse, Pontiac isn't getting the support it needs from government, said Griffin.

"We just keep getting the run-around."

Recently, the project received attention after an editorial by *Pontiac Journal* publisher Fred Ryan.

He criticized local MP Member Lawrence Cannon for his lack of support in the project.

Cannon said that no further funding would be possible due to the status of the slaughterhouse, which will be provincially, rather than federally inspected.

Cannon responded by writing: "Our government has successfully supported federally inspected abattoirs across Canada, and that remains a priority of the federal government. However, the plans for the abattoir in Pontiac have it as provincially inspected; therefore it does not qualify for federal funding."

In his response to the editorial, Cannon went on to say that the federal government has budgeted \$75 million to support the slaughterhouse industry in Canada.

Please see DG page three



Cottagers Tony and Val Keenleyside watch gas prices.



Ron Richard thinks more will buy at home in Quebec.



Lloyd Hodgins says it makes sense to buy at home.

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It's for your own good



The construction on Hwy 148 outside of Shawville will continue for at least another month. Until then, drivers will have to be patient until the culverts are replaced and the road is raised and repaved.

HST: Quebec gas prices at par

Continued from page one
Tony and Val Keenleyside pay close attention to the price of gas in both provinces. They have a cottage on Green Lake, and live in Ottawa.

Tony said. Ron Richard of Otter Lake also predicted that more people will buy their gas in Quebec. Other people haven't noticed the difference yet. Colleen Keohane has spent the summer at her cottage in Norway Bay. She hasn't real-

ly compared the prices between provinces yet. Her son was filling up the gas tank for his fishing boat. "You have to buy gas," Keohane said matter-of-factly. Shawville Jamboree organizer Jim Hodgins was also filling up a tank of gas. He usually buys his gas in

Quebec, but said that the higher prices in Ontario will convince those traveling between the provinces to buy more often in Quebec. "Before you had a tendency to buy in Ontario," Hodgins said. "But I don't like that, so I bought gas here."

Lunch with the prince



Stanley Hogg of Shawville was chauffeured to lunch with Prince Philip on June 30 in Ottawa. About 10 other Cameron Highlanders were also invited to the event.

ART: The grand lady of watercolour

Continued from page one
The vernissage featured 25 pieces of art consisting of both newer and older paintings. The size of the paintings ranged from 14 by 12 feet to four by three feet. There were watercolors, wood cuts, acrylics and gouache, which is an opaque watercolor technique.

"There is quite a variety, there's a good selection," said Sander-Regier. "One of the things I like about Lorene is there are a lot of people who paint the things she paints but nobody paints them the way she does. They are very unique." Sander-Regier said Hodgins McLean is a very

well known artist in the area. "She is kind of the grand lady of watercolour in the area," he said. "Lorene has a way of making the ordinary look extraordinary." As inspiration for her paintings, Hodgins McLean said she simply paints what

she sees. "Anything I like, I paint. If I see something I like to paint, I paint it," she explained. Sander-Regier thought the opening day of the show went well and there was a nice turnout. The show lasts until Aug. 28.

Down came the rain and...



Two women brave the downpour on their way to the shopping plaza on Main St. in Shawville. The flash rainstorm flooded streets for about 15 minutes last Wednesday.

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DG: Slaughterhouse co-op looking for a project manager to advance file on a full-time basis

Continued from page one

Under the Meat Inspection Act, provincially certified plants can only sell within their own borders.

Federally inspected plants don't have that limitation.

According to Cannon's riding assistant Gerry Philippe, the member continues to support the project.

Philippe said they haven't had an official conversation with the board of directors as to how much money the project needs to proceed.

"We have to incorporate a project into a program, right now we can't do that because it's a provincial abattoir, rather than federally inspected and regulated."

According to the riding assistant, had the project continued with a federal status, there was a program that it would have qualified under for funding.

To date, federal involvement has been minimal admitted Philippe, who said they invested originally in the feasibility study, after which point he said the project began to sway between federal and provincial status.

"It could be the Prime Minister representing the riding and it wouldn't have any bearing," Philippe said.

"We have to follow the law, that's the beauty of it all and that's the handicap of it all."

Pontiac Liberal candidate and beef farmer Cindy Duncan-McMillan said if anyone is in a position to advance the project it's the current MP.

"Who's in a better position to make it happen than he is?" she asked, referring to his status on Parliament Hill.

Duncan-McMillan said the slaughterhouse would be a means to add value to farmer's products, and if realized would owe its success to the people steering the project and its merit.

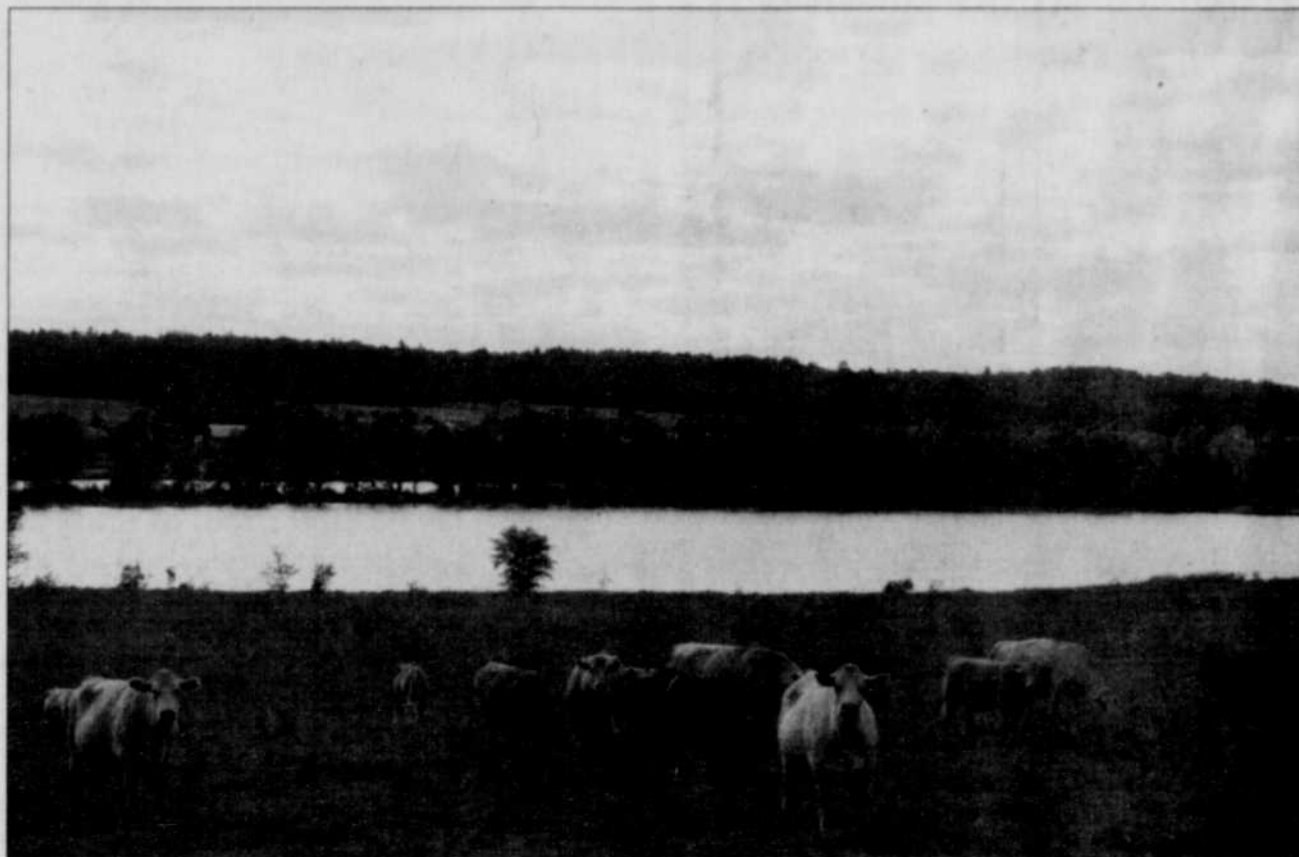
"I have never encountered a more dedicated or determined group of individuals to get a project done," she said.

Pontiac Warden Michael McCrank said while no one is expecting "a bag of money," the project is an important file.

"We've been working on this for a few years, and we continue to think it's a very important file, that's why we've put so many man hours into this," said the warden.

The provincial status may be stopping federal funds for the project, but it may not affect an operational slaughterhouse when it comes to marketing the transformed meat.

OVMFC has said it will accept cattle from Ontario, with some stakeholders in



the project coming from the province, but due to laws regulating provincially inspected slaughterhouses it would be unable to sell the transformed product.

A fact which could change, depending on the outcome of a pilot study, examining the "challenges that currently prevent small and medium sized meat establishments in Canada from meeting the federal

requirements and participating in interprovincial trade."

According to an email from Guy Gravelle at the Canadian Food Inspection Agency, the body is currently working to develop a pilot project that would assess the viability of interprovincial trade.

"The ultimate goal of the pilot projects will be to develop tools to help these plants meet requirements for inter-

provincial trade," wrote the media relations officer in an email.

"Federal, provincial and territorial officials will be working over the summer to determine where and when the pilots will take place," wrote Gravelle.

The implications would be significant for small slaughterhouses, located near provincial borders.

"It would allow slaughter-

houses to widen their market, basically," said Clement Flardeau from the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ).

Griffin said given the chance the abattoir could make money.

"We've been studied to death here with this co-op, and there is money to be made at it."

Regardless of the downpours, annual Luskville picnic was a success

ANDREA CRANFIELD

Equity Reporter

LUSKVILLE August 8, 2010

What started off as a bright and sunny day ended in downpour for more than 200 people attending the 34th annual Luskville picnic on by the Golden Eagle Club. The picnic had to end a few hours early because of the weather but it was an overall success.

The downpours were not

torrential, and people enjoyed the many activities offered while braving the cold rain. There was a barbecue, horseshoes, inflatable bouncy houses for kids, musical entertainment by Hubert Belisle, a picnic, face painting, draws and games for kids.

Romeo Belisle, the president of the Golden Eagle Club, helped to organize the day's activities along with

director Michel Lebrun, vice president Randy Dagenais and some volunteers. Belisle said it was a lot of work getting ready.

The picnic was started just for something fun to do, a family outing, said Dagenais.

"It was cut short because of the rain but it was still a success," said Belisle.

Dagenais added, "It was supposed to last until 8

p.m., but we left around 5 p.m. because it started to rain at 4:30."

The Golden Eagle Club is a hunting and fishing club that has been around for 34 years. There are close to 200 members. The club holds three events per year and the next event will be a hunting party in November.

It was André Liard's first time attending the picnic and he said he had a great

time.

"I have a daughter in the club. She said, 'We're having a party today, do you want to come?' and I said 'Sure!' said Liard, from Wolseley, QC. "I have a grandchild with me, there are a lot of things for kids to do here."

Liard didn't mind the rain too much. "It's not too bad, it could be pouring," he said.

Draws were held and

Jean Pierre Ménard won a

hip of beef. Sharon Stephen won half a pig. Andre Belisle won some chicken, and Jeaneaut Chartrand won the "special prize", a camping tent.

"The picnic was good, it went well," said Dagenais. "We went through about 50 dozen corn on the cob and about 60 or 70 dozen hot dogs, so it must have been a good turnout."



Dave Young tries his luck at horseshoes at the Luskville picnic on Aug. 8.



Kayla Davis, left, and Ally Gautin, right, had a great time at the Luskville picnic on Aug. 8.

Book reading: Why Am I Me?



Lynnette Harris, right, authored a book called *Why Am I Me?* that came out in March. It was illustrated by her best friend Betty Russell. The book answers questions children might have including why they were born in a certain country or why they have different colour eyes than other children. On Aug. 7 there was a book reading at the Shawville Library and Harris and Russell read their book to a group of eager children. The conclusion they say: "Just be happy that you are you. You are special, and there's nobody else that can be you." Harris wrote another book that came out last year titled *I Always Wanted to Please my Mother* about how her mother influenced her throughout her life. Harris said she wanted to write a book that would make kids think. After the reading, kids created their own books using glitter, glue, scissors, markers and paper. Harris said she thought the reading went really well and she really enjoyed it. *Why Am I Me?* is available at the Pontiac Printshop.



Maélie Gagnon, Chad Leblanc-Arthurs and Kylie Parizeau huddle under an umbrella, trying to escape the rain at the 34th annual Luskville picnic put on by the Golden Eagle Club.

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OPINION

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OUR OPINION | More patios please

The backwoods of Quebec is the last place I expected to find such high culture as I found in the last few weeks out here.

The third year of La B.A.R.N.'s creative dance efforts were a great success, with a full house on the last night of Tedd Robinson's latest offering at Lake Leslie.

Luskville's Festival Enchanté's classical music was applauded throughout Ottawa's mainstream media.

For people who are looking for something a little classier than a fiddle and step dance show, Pontiac is shaping up to be a great destination for those looking for highbrow as well as lowbrow entertainment.

No offence is directed towards the efforts of country, folk and bluegrass musicians, of course. This writer could not be a bigger fan of the traditional music that is the backbone of North American society.

A varied and vibrant cultural sphere is necessary for tourism to develop. This includes music, performing and visual arts.

The areas in which Pontiac is lacking, are in the culinary arts.

The opening of a new Caribbean restaurant in Campbell's Bay adds to the hope that this area of Quebec will appeal to jetsetting travelers.

Spending a weekend at Woodhaven in Bristol for a relaxing weekend with my family, I saw Pontiac from a tourist's perspective.

Despite these major advances in higher culture, there was an amazing lack of dining facilities for tourists such as my very well traveled family.

For some, this is part of the appeal of coming out to the region, but for most people, it's a downside.

My mom wanted to just randomly stop in somewhere to eat, but in Bristol, the only place to eat is at one of the golf courses or out of the chip stand (which was "Closed for two weeks," as the sign said outside of the establishment). Coronation Hall had a few desserts, but nothing in the way of a "light lunch," as my mom put it.

We drove to Quyon to try and find something, and had to resign ourselves to a picnic on the wharf. It was a perfect day for a lazy lunch on the patio, but a patio was nowhere to be found, so we bought deep fried treats at the chipstand and sat on the bench as we watched the ferry shuttle travelers from Quebec to Ontario.

For my family, this was a lovely way to spend the afternoon, but for snootier travelers who love to savour the summer sun, this would not be nearly enough.

We traveled to Isle aux Allumettes, because I know how beautiful that island is.

Again, lunch on a terrace was nowhere to be found. We could not even find a suitable place for a picnic, besides the steps of St. Alphonsus church.

We bought some food at Karl's bakery to make our own lunch and my family was so amazed by the pretzels that they bought however many were left in the store.

My parents would not have known about the bakery had I not informed them.

And there was no way they would have randomly set up a picnic on the steps of the church, had I not done that exact same thing the week before during the Tour de L'Isle.

Besides the Chutes Coulonge and the Marchand Bridge, not much is obvious to the passing traveler.

The simple presence of a clean and inviting patio would not only benefit the people living in Pontiac, but it would be an obvious draw to visitors from out of town. Back at Woodhaven, Cafe 349 was the only restaurant the French and American tourists I met at the beachfront B&B would contemplate for their dinner. They complained of the lack of choice, but how are they to know there is anywhere else to eat, if it's not obvious to them where to go?

YOUR OPINION |

Sincere thanks

Dear Editor,

A sincere thank you to all who supported the garage sale at C320 (Tom McCann), Hwy. 148 in July and bought the hand crocheted afghan tickets.

Mike Rusenstrom won the afghan and Dana Scott the toque set.

I had a recent e-mail from the local school

inspector and there are 60 students between Grades one and four who are attending the Jayne E Butt Memorial School in the Philippines.

With your help I will be able to send over \$1,100.00 towards the maintenance of the school.

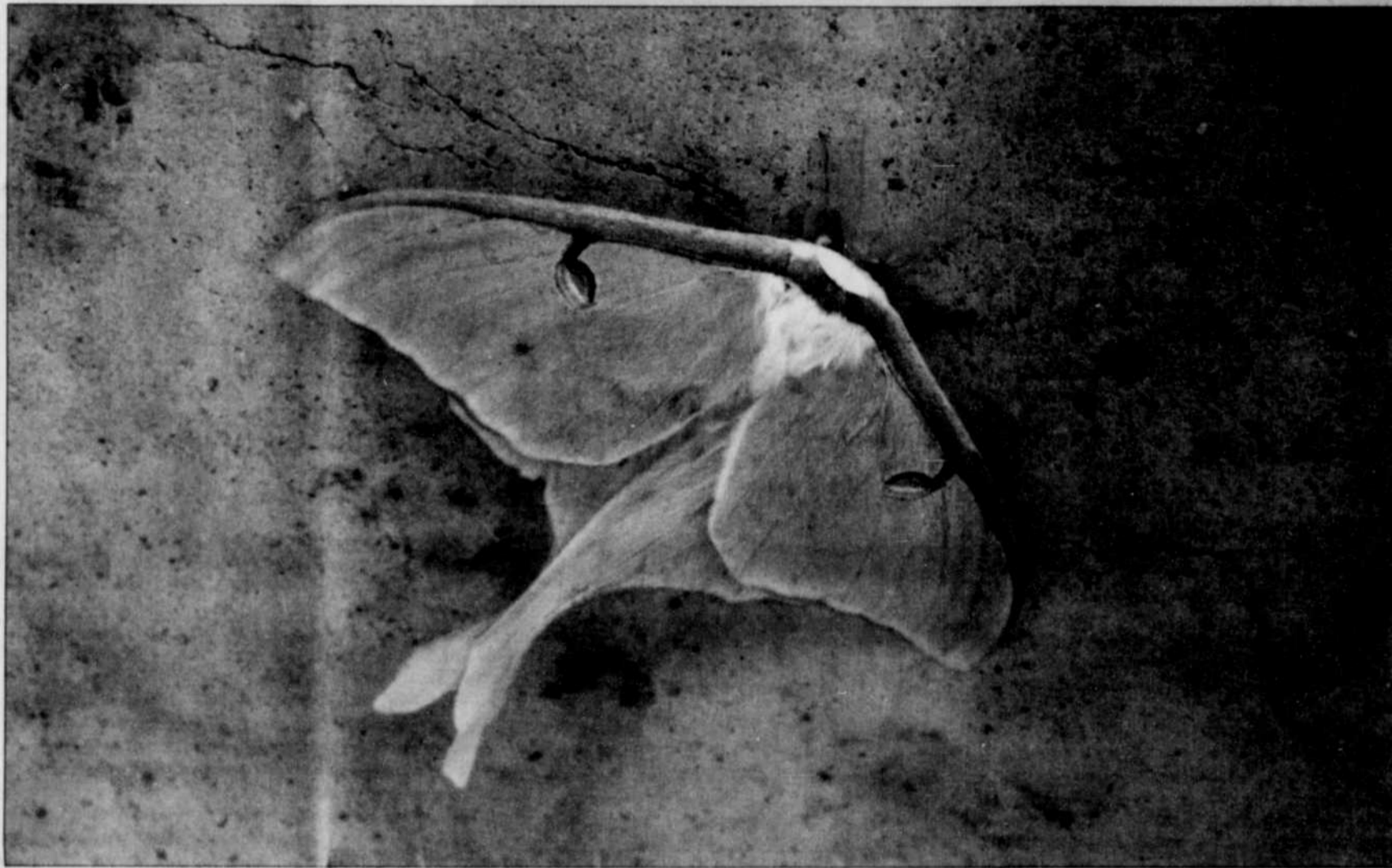
Jean McCann
 Quyon, QC

Letters to the editor

THE EQUITY encourages 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 the e-mail address news@theequity and must bear the complete name, address and daytime phone number of the writer. Mailed letters are accepted at THE EQUITY, 133 Centre Street, Shawville, Quebec J0X 2Y0. Faxed letters are accepted at 819-647-2206. The address and phone number will not be printed. Opinions in the letters published do not necessarily reflect the opinions of THE EQUITY.

Giant luna moth in Ladysmith

Essie Schwartz and her husband found this eight inch luna moth while on their rounds on Fierobin Rd. "We're the mail people so we see a lot of strange things," she said, when she brought the photo to our attention last week.



127 years of news from the Pontiac



Compiled by Heather Alberti-Dickson Publisher

25 Years Ago

August 14, 1985

MAN KILLED IN MANSFIELD: Andre Graveline of Fort Coulonge was killed early Saturday morning outside the Hotel Coulonge in Mansfield following a brawl between a group of civilians and four soldiers from Camp Petawawa. According to Cpl. Hamel of the Campbell's Bay detachment of the QPP, Mr. Graveline was killed by a blow to the throat with a machete. Murray Godin of Mansfield was also seriously wounded in the chest with the machete when he pursued Mr. Graveline's assailant.

LESLIE LAKE, A CHILD'S PARADISE: Leslie Lake Tourist Centre re-opened for campers and picnickers the first weekend in August after a lengthy labour dispute. Situated on Hwy. 301 just west of Otter Lake, the centre contains a multitude of sights and experiences for the fun-seeking camper. A total of 137 camping sites are available and of these 43 sites are completely served with water, electricity and sewage and the remaining 92 sites have access to running water.

50 Years Ago

August 11, 1960

CAR BURNS ON DAY BOUGHT: A car was burned out on the Bristol Road in front of Neil Drummond's farm on Saturday at about 1 a.m. when a car owned and operated by Denzil Henderson went off the road into the ditch and turned over. The driver went to phone the police, and when he came back some 10 minutes after the accident, the car was in flames. Neither Henderson nor his passenger Robert Jacques was injured. The car had been purchased the same day at a cost of \$500 and was a total loss.

COURT HOUSE GUARD DIES ON DUTY:

Mr. Leo Kluge, who was a guard at the Court House jail at Campbell's Bay died suddenly shortly after reporting for duty on Thursday at midnight. He was 69.

BUYS NEW CAR COLLISION NEXT DAY: A collision between two cars occurred yesterday afternoon on the Front Road of South Onslow, at the entrance to the farm owned by Eugene Martineau.

The two cars involved were owned and operated by Martineau and Mrs Harper Poting. Damage to each vehicle has been estimated at about \$200.

Neither was injured in the accident. The Martineau vehicle was a new car purchased by him less than 24 hours previously.

KIDS' PARADE: A group of cheering youngsters headed by Gary Nesseth, Shawville recreation leader, paraded through town yesterday.

Nine vicious gunslingers, Linden Devine, Jim McMullan, Bobby Bean, Brian Allen, Brian Campbell, Benny Tubman, Gordie Black, Warren Hummel and Bruce Judd.

Four comical clowns Alan Dean, Lorn Pirie, Michael Allen and Nil Tubman and two Zorros, Barry Russett and Des Allen completed the boys in the group.

Among the girls there was Katharine Hayes, as a gay old granny, Heather Hayes as a charming circus dancer; Helen Hayes as a beautiful bride, Janet Hummel in a sweet little green outfit, as Pixie the Dixie; Marlene Sparling a Hawaiian beauty; Huguette Dubois as an entrancing princess, Gizelle Dubois a nurse; Suzanne Dubois as a junior tramp; Shirley Devine, a rollicking teddy bear; Earleen Devine as a baby doll; Cerynne Benoit a ballerina; Donna Hummel as a flashing gypsy and Judy Campbell as a cute little pink bunny rabbit.

75 Years Ago

August 8, 1935

LOCAL NEWS: The bodies of Carl and Hilliard Salway who were drowned in the Ottawa River, two miles above Portage du Fort on Saturday, July 27 were found on Wednesday and Thursday of last week. The body of Carl Salway was found by Dr. MacKinnon of Renfrew, on Wednesday afternoon floating near the Chenaux Boom about six miles from the scene of the tragedy. Whilst the funeral service was being held early Thursday morning the body of the younger brother, Hilliard, was recovered by Roma Delorme and Wilfred McCallum, caught in a netting about half a mile below the place of the drowning. Both bodies were viewed by the Coroners of Renfrew and Pontiac Counties who decided an inquest was unnecessary. The funerals were held on Thursday from the home of their father, John Salway, at Stark's Corners to Radford cemetery, both being attended by a large number of friends and relatives of the district. Left to mourn the untimely departure are the widow, formerly Bessie Gordon, of Bristol and little daughter, Mary, of Carl Salway and their father and stepmother, Mr. and Mrs. John Salway, a sister, Miss Viola of Shawville; two brothers, Albert of Montreal and Lawrence, at home, also their aged grandparents, Mr. and Mrs. Samuel Sinclair, of Shawville.

A dispatch says: One of the greatest projects for the advancement of Norway Bay is now underfoot. It is stated on excellent authority that a company composed of Ottawa, Renfrew and Arnprior capitalists have been formed with the intention of erecting a hotel at Norway Bay. Mrs. Mooney, widow of the late John Mooney, of Portage du Fort, was drowned in the river on Wednesday afternoon last. The fatality occurred at a point about the old mill site, and from all we can learn the aged lady was alone at the time, and therefore no one can tell just how she got into the water.

100 Years Ago

August 11, 1910

LOCAL NEWS: Although this particular section escaped the heavy rainfalls reported in other parts of the county last

week, we had thunder storms in abundance with high winds, and decidedly variable temperatures.

Many of our citizens attended the lawn social at the brick church, Bristol, on Monday evening, and report that it was a most successful affair. The attendance was the largest ever seen at a similar event in Bristol. Over \$135 was taken at the gate. The supper was first class with special reference to the pork and beans. The program included several addresses from rev. gentlemen and others. The barn and out-buildings of Mr. Walter Stanton in Onslow were struck by lightning during a storm which swept over that section on Monday night and entirely destroyed, including about 40 tons of hay. The fire occurred between 11 and 12 o'clock, and the reflection was plainly visible here, the impression being that it was only a couple of miles away. Also the buildings of Ben Hudson of Bristol are reported to have been destroyed by fire caused by lightning during the storm of Thursday afternoon.

A dispatch says: One of the greatest projects for the advancement of Norway Bay is now underfoot. It is stated on excellent authority that a company composed of Ottawa, Renfrew and Arnprior capitalists have been formed with the intention of erecting a hotel at Norway Bay. Mrs. Mooney, widow of the late John Mooney, of Portage du Fort, was drowned in the river on Wednesday afternoon last. The fatality occurred at a point about the old mill site, and from all we can learn the aged lady was alone at the time, and therefore no one can tell just how she got into the water.

125 Years Ago

August 6, 1885

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

Down Under dreaming: Marsupials



As readers of this column know, Katharine is travelling in 2010. This is her latest dispatch from Australia's Victoria state, where she and her husband Eric are house-sitting a lavender farm until end-Sept.

ENVIRONMENTAL FORUM

Katharine Fletcher

After being in Australia since April — and after having visited this continent 26 years ago for four months — I can say with some authority that it's practically impossible not to see lots of wild animals if you are in the rural areas or remote outback.

It's an undeniable thrill to see dingoes (wild dog), brumbies (wild horses), or emus (flightless birds resembling ostriches). However, I believe there's a very special excitement to seeing kangaroos, wallabies, wombats, possums, and koalas. This is because they are marsupials.

What's a marsupial?
 Simply put, marsupials are mammals that birth live, immature young that are reared for the first phase of their lives in their mother's pouch. This pouch contains teats, so as all mammals do, young receive nutrients while suckling.

Kangaroo characteristics
 Kangaroos are fascinating marsupials for many reasons, particularly for their hopping gait. They cannot walk because their hind legs are incapable of independent motion — nor can they hop backwards. For them, forward hopping is the only way most of them can move — other than the rarer tree kangaroos, that is. Tree kangaroos possess independent motion in their large hind legs so they can climb trees. But even this 'roo reverts to hopping when on the ground.

Because of their large back legs, they are in a classification known as macropods.

Kangaroo pouches
 Macropod marsupials' pouches open forwards — this is in contrast to the wombat, for instance, whose pouch opens backwards. There are advantages to a rear-opening pouch as the tiny wombat, after being born, can both find and then wriggle easily into its mother's pouch. In contrast, the naked, 1.5 cm-long, blind kangaroo baby must navigate from its mother's vagina up through the forest of her fur (the hairs of which point downward toward the mother's tail) to find the pouch's opening.

It's a miracle these tiny, defenseless babies can find and crawl into the pouch. However, once inside, the baby discovers a warm, secure haven where they can feed upon one of four teats.

Kangaroo capabilities
 Nature is rooted in competition and survival of the fittest. Female kangaroos, like several animal species such as our North American bears, can delay the development of a fertilized egg, holding onto it inside her body until conditions are right for what should be a healthy pregnancy and birth. Human beings do not have this capability, but it's an incredibly useful characteristic. If you're a wild animal and there is a drought, if you are sick, or if there exist a host of other impediments to good chances of survival both for mother and young, the growth or delay of development of the fertilized egg, or blastocyst as it is called,

therefore depends upon the external environment's effect upon the mother — or illness.

Even more astonishing perhaps, once a kangaroo becomes pregnant, she also becomes fertile again. After mating, a blastocyst develops, waiting until the already-developing embryo is birthed. Then it will start to grow. In other words, a sexually mature, healthy female kangaroo is "always pregnant" if we count the presence of a blastocyst as being pregnant.

Pouch politics
 Once the young is secure in its mother's pouch, who knew there would be competition for the four teats? Here's what the Bible of Aussie mammals, *The Australian Mammals Complete Book of Australian Mammals*, tells us:
 "The situation is complicated by the fact that a young macropod does not cease to suckle immediately after leaving the pouch: weaning extends over several weeks, during which period it suckles by inserting its head into the pouch. From the time of birth to the time of weaning, it feeds from the same teat, so its younger sibling must therefore attach itself to one of the other three teats."

Kangaroo stamina
 It is unusual in the animal world for a female mammal to have to contend with breastfeeding her young of two completely different generations. But this is what the amazing kangaroo does.

And that's another thing: I cannot imagine how uncomfortable it must surely be to be standing grazing, and have the baby (called a joey) scramble with its sharp claws so it can jump out of its mother's pouch. Nor can I imagine the young jumping back into the pouch. And now that I've seen this type of jumping in-and-out for myself, I wonder even more for it.

However, kangaroos are obviously exquisitely well-designed not to mind either scenario, and that's quite something when you think about it. How many kangaroos' pouch flap or abdomen are torn and become infected after being ripped by their own young?

Astonishing marsupials
 Because I'm traveling through Australia, locals forgive me for thinking 'roos, possums, wombats, and other critters are so fascinating. If you are a regular reader of this column, you'll know that all animals fascinate me. However, just as in Pontiac, many farmers as well as urban dwellers consider all of these Australian marsupials and other wild mammals such as brumbies and camels, serious pests. Having kangaroos grazing valuable pastureland displaces station (ranch) owners — but "at least" they are a native species.

The feral camel, however, is not: it is a naturalized, introduced escapee, which is proliferating at an alarming rate in the Outback. Their populations are the reason why, right now, the Australian government intends to cull 60,000 feral camels.

Whatever side of the fence you sit on, I think we can all agree these living creatures with whom we share our natural world are fascinating — and well-adapted to their environment.

Katharine Fletcher is a freelance journalist, author and editor who is travelling for a year with her partner, Eric Fletcher. Follow their journey at www.oneuaytickettrip.blogspot.com; contact Katharine at fletcher.katharine@gmail.com

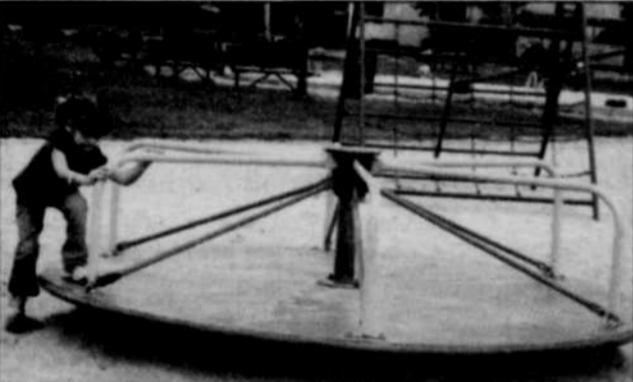
New play structure revealed at family fun day in Fort Coulonge



Alex Paré-Paul whizzes down the slide in the park.



Charlotte Clark explores the new play structure that was revealed at family fun day. The structure cost \$15,000 and was made possible by donations from sponsors.



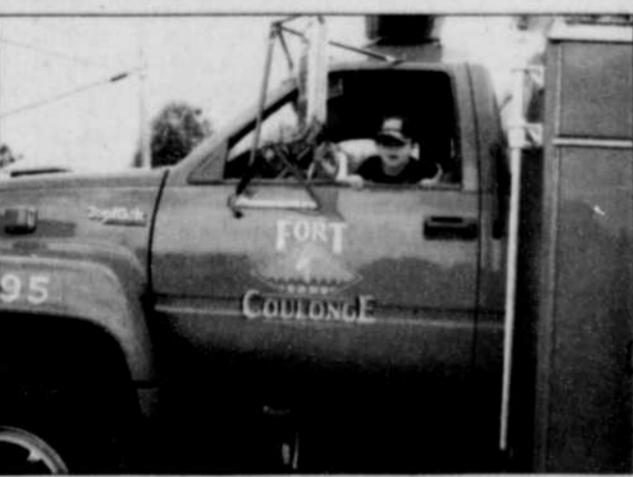
Charlotte Clark tries her best to make the roundabout go as fast as it can before she jumps on.



This is the play structure that was introduced to the park in 2008. It cost \$15,000.



The only thing Nathaniel Hamelin seemed to want to do once he got near the fire truck was get inside.



Nathaniel Hamelin achieves his goal when the firefighters finally let him inside to have a look around.



Fort Coulonge firefighters were on scene with their fire trucks. Kids were able to climb the trucks, and look around inside. From left to right are Carl Murray, Ariane Gagnon, Veronique Caporte, Anne Laroche, Nathaniel Hamelin (being held) and Yannick Côté.

ANDREA CRANFIELD
Equity Reporter
FORT COULONGE
August 8, 2010

Children's laughter coming from Au Parc du Centenaire de Fort-Coulonge could be heard down the street. On Aug. 8, the kids raced around the park from one activity to the next as part of La fête des Amis du Parc.

A play structure recently added to the park was unveiled and it was a success. Children jumped and played on the colourful tubes, slides and walkways for hours.

Gabie Paré, the president of the association Les Amis du Parc, organized the family fun day and was really pleased with the turnout.

"It went super," she said. "The weather was on our side this time. It was amazing. It's hard sometimes to get families to come out of their homes but there are over 30 kids here today."

The structure cost \$15,000 and is suitable for children aged five to 12. Another play structure that also cost \$15,000 was revealed in 2008. Now the two contraptions add a lot of colour and entertainment to the park.

Sponsors of the project were Fonds Agri Esprit de Fac, who donated \$10,000, SADC who donated \$2,500, Chevaliers de Colomb who donated \$1,000, Député Mme. Charlotte L'Ecuyer who donated \$600, Pharmacie Julie Jones who donated \$100, Promutuel LaVallee who donated \$100, Les Filles d'Isabelle who donated \$50 and Lionel Tessier who donated \$50.

"This year we received \$10,000. What a surprise that was. It was wonderful," said Benoit Paré, Gabie's father.

Benoit used to be the

president of Les Amis du Parc before his daughter took over. It's been close to 10 years since the organization was started after the idea was brought up at council. There was a committee of about four people on Les Amis du Parc before Benoit took over. He organized all of the events for about five years.

"The principle is to provide activities for kids and give them things to do," said Benoit.

Au Parc du Centenaire de Fort-Coulonge began to see changes 10 years ago once the committee formed and they started making renovation plans. Now children can enjoy swings, slides, two play structures, a roundabout and some other toys and apparatuses.

"Before we started renovating it was not very functional," said Benoit. "Security was a concern of ours. The SCHL (Canada Mortgage and Housing Corporation) look after criteria for parks. They decided to invest and help make it a real park. We needed money for set up and the toys to be installed. We got between \$30,000 to \$40,000 the first year."

"There was nothing here a few years ago. They started building chairs and benches and it started from there," Gabie added. "I have kids. I'm doing this for them and all other kids too."

In 2006, La fête des Amis du Parc became registered as an association with the government.

"I consider myself non-profit but I'm really not. I'm registered with the government," said Gabie. "They needed to freshen up the park."

Family fun day takes place every two years, and everything is donated by local businesses. There was



Emilie Godin, 5, enjoys a pony ride on Smokey. Pony rides were provided by R.S. Ranch in Mansfield.

a barbecue, pony rides, balloons, cupcakes, face painting, wagon rides to the Patro (pulled by a truck), activities with Fort Coulonge firefighters, playground fun and more. This was the third family fun day.

Tim Graveline and Irene Labelle brought their three children to family fun day and said they thought it was great.

"It was a lot of fun," said Labelle. "The new structure is fantastic."

Graveline added, "I used to play in this park when I was a kid. I think it's great what they're doing. I love it and the kids love it."

Alyssa Labelle, 13 said she really enjoyed the day and had a lot of fun. Her favourite activity was the pony rides.

Gabie hopes to keep adding to the park to get more use out of it. As a high school teacher she thought one possibility would be to add something that teenagers might enjoy.

"I surveyed the kids at school and asked them 'What would you like in the park?' All they said was they wanted tables and chairs," said Gabie.

She thought of Life Trail outdoor fitness equipment



Sisters Kayla Legault, left, and Vanessa Legault had a great time at family fun day on Aug. 8. After waiting patiently for a cupcake, Kayla finally gets to enjoy her treat.

or perhaps, something to do with water.

"It's harder to please teenagers than small kids," she said.

Gabie also hopes to one day build a gazebo for picnics in the park.



Family fun day activities included face painting, a barbecue, pony rides, firefighter activities and more.



See you when you get back.



Lennox Segobaetso, 5, tries to sit still while he gets his face painted.



Danie Paré-Paul, 5, gets her face painted at family fun day.



Wagon rides pulled by a truck to and from Patro were a popular event.



Gabie Paré, the president of La Fête des Amis du Parc prepares cupcakes for the kids.

PONTIAC ARTISTS ASSOCIATION / ASSOCIATION DES ARTISTES DU PONTIAC

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Opening: Saturday, August 7, 2010, 1 - 4 pm
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The exhibition will run August 7 - 28, 2010
Heures d'ouverture: mardi-samedi, 10h - 17h
Hours: Tuesday - Saturday, 10 am - 5 pm

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Avis aux Résidents de Shawville

Selon Règlement numéro 336, mis en vigueur le 1 août 2003, « les résidents de la Municipalité de Shawville doivent acheter des poubelles pour retenir leurs déchets le jour de cueillette des ordures par le 1 août 2003 ou leur déchets ne seront pas ramassés. »

En raison de la quantité de déchets en vrac sur la rue après la cueillette des ordures, il est maintenant obligatoire d'avoir une poubelle en plastique ou en métal. Pour décourager les oiseaux, les ratons laveurs et des autres animaux qui cause un désordre dans les rues du village. Ce n'est pas la responsabilité du vidangeur à nettoyer les dégâts. Merci de garder votre village propre!

Notice to the Residents of Shawville

As stated in By-Law Number 336, put into force on August 1, 2003, "the residents of Shawville must purchase garbage cans to place their domestic garbage on garbage pick up days by August 1, 2003 or else their garbage will not be picked up."

Due to loose garbage left on the streets after garbage pick-up, it is mandatory for all residents of Shawville to place their garbage bags in plastic or metal garbage cans. This will eliminate birds and other animals from creating a mess on the streets. It is not the duty of the garbage contractor to clean up the mess. Thank you for keeping your town clean!

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Tragic poems brought to life at La B.A.R.N.



Submitted by Rod McIvor

Five dancers perform to German opera music in Tedd Robinson's barn on Leslie Lake. The songs had an "emo rating of 10," he said.

LOUISE BROWN
Equity Editor

LITCHFIELD August 8, 2010

Contemporary dance fans certainly got their fix at La B.A.R.N.'s performance of Robert Schumann's *Dichterliebe* this weekend.

Choreographer Tedd Robinson interpreted the love poems written by Heinrich Heine by directing five talented dancers in a performance at his summer venue on Leslie Lake.

Dichterliebe will be performed at the National Arts Centre in Ottawa later, so Pontiac theatre-goers had an opportunity to see the performance before anyone else.

For the first time in three

years, rain pelted the barn's tin roof during the performance which added to the sombre feel of the tragic love songs, but it caused some last minute rearranging of organizers.

"It's my worst nightmare come true," Robinson said to the audience in the packed barn. "Rain and over-stuffed."

Part of the backstage, which normally is outside, had to be moved inside and there was less room to dance, but the performers took it all in stride.

"The sound of the rain in the silence was beautiful," dancer Jennifer Dallas said. She portrayed a mysterious character wearing dark sun-

glasses and a wide brimmed hat involved in all sorts of trysts with two male characters in the performance.

Four rows of church pews were crowded with spectators and more chairs had to be brought in to accommodate everyone who wanted to see the show.

Phrases from the poems like "I dreamed you lay in your grave" and "My heart is wounded" were scrawled in chalk on the rafters of the barn.

"This performance has an emo rating of 10," Robinson said, referring to the 19th century poet's penchant for heart wrenching tragedy.

It's the 200th anniversary of Schumann's birth and

this is the second festival in Pontiac featuring his work. Putting on this performance was a fascinating way to re-interpret something which was originally written so many years ago.

Krista Posnyniak is a former student of Robinson's and a big fan of his work. She travelled to Pontiac from Toronto just for this performance.

"He's the reason I'm dancing," said Posnyniak, with a huge smile.

"Even though it was written so many years ago, it's still stuff we deal with now in 2010, 200 years later," she said. "It's timeless."

All dressed in black, the dancers writhed and acted out Heine's German poems which were sung in the strong voice of baritone Denis Lawlor and pianist Jean Desmarais, who were both fresh from Luskville's Festival Enchanté.

The dancers would frequently break into incredible feats of strength such as posing while hanging from one of the barn's rafters or performing tight acrobatic moves.

It was an abstract work of art, so attendees were not expected to find a coherent narrative coursing through the performance. There were brief glimpses of life though, represented vaguely through dance, giving an impression of a simple moment in time or a shot of pure emotion.

"It's kind of like being at a party and you look around to catch glimpses of life," Robinson explained. "It seems like there's a story, but not really."

Even though the general tone of the poems were depressing, there were moments of humour sprinkled throughout. A brass band came out of nowhere to accompany the dancers as they did the twist and drank martinis while rotating on plastic discs. At another point, Susie Burpee ran around buried in a mountain of white tulle behind the stage, outside in the rain. She was quite obviously representing a wedding her character did not consent to.

Mor Bar Zakai, another former student of Robinson's, originally hails from Israel, but she is now living in Toronto.

She said that Robinson's ability to fuse such polar opposite emotions is what makes him special.

"It's a tragedy, but he manages to make it comic," she said.

Peter Boneham is one of Robinson's oldest friends. He's been teaching with him for at least 20 years and he agrees with Bar Zakai's assessment.

"It has so much imagery," Boneham said. "He's a master with emotions."

Posnyniak simply gushes when asked about Robinson's impact on Pontiac: "You guys are so lucky to have him."

Quyón

Jill McBane
613-294-9191

On Saturday, Aug. 7 the gang from Kennedy beach had their annual golf tournament at the Pontiac Golf Course. As no one handed in their score sheets everyone finished in first place.

A barbecue followed at the home of Robert and Sylvie Labelle. Good food and drinks were enjoyed by all who attended. Can't wait till next year. Thanks once again gang.

Congratulations to Terry Hamilton and Hollie Leach on the arrival of twin girls Kaylee weighing in at 5 lbs. 11 oz. and Jessica weighing in at 5 lbs. 10z. Proud grandparents are Diane and Glen Leach, and Lee and Mary Hamilton, great-grandmother Noella Couglin and great-grandfather Clarence Leach.

Saturday evening friends and family surprised Lynn Leach with a house warming party. Wishing you all the best in your new home Lynn.

Bryson

Anna Stewart
648-2351

Visiting us at our cottage over the past weekend were Shawn Stewart and Chantal St-Arnauld of Vanier, Nicky and Eric Ney also of Vanier, Mike and Julie, Mackayla, Kelly, Jessa Phil of Luskville, Sherry, Chinker and Spencer spent the weekend with us. Spencer is doing fine to our delight.

Jim and I attended the Lion's Corn Roast last Thursday. It was in appreciation for the help they received at the time of the picnic. They had corn and hot dogs. A good group showed up for this event.

Visiting us at our cottage were Helen and Pat Wallace of Ottawa, Keith and Rita Benoit of Calumet Island and Rachel Bazinette of Embrun.

We were out to visit Phyllis and Mervin Smith and we even played the two best out of three in euchre. But we lost by one point in the rubber, not bad eh Mervin? We will be back again.

Birthdays greetings to Tammy Benoit of Bryson.

Also visiting us were Ivan and Ariene Saunders of Bryson and Karen Saunders of Montreal. Heather and Eric were up to visit on Sunday.

Don't forget the Dunraven Graveyard Service on Calumet Island on Sunday, Aug. 15 at 2 p.m. A potluck supper will be served in the town hall after the service. Everyone is welcome.

Come and bring your favorite dish.

Otter Lake

Elizabeth Hahn
453-7326

Happy birthday wishes to Theresa Tubman who celebrates Aug. 14.

Belated anniversary wishes to Pam and Randy Thoms who were married 28 years on Aug. 7.

PASSPORT PHOTOS
DONE HERE!

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Fax: 705-458-4100
Email: info@ontariostockyards.on.ca

AUCTION SALE
For Mr. & Mrs. Lyle Bronson of Arnprior, Mrs. Glahs of Shawville, an Estate from Deep River & other consigners
Saturday, August 14, 2010 at 9:30 a.m.
Held at the Cobden Ag Hall, Cobden, ON
Travel Hwy 17 to Astrolabe Rd. Astrolabe Rd. to the Fairgrounds
Power Pal 1/2 HP air compressor c/w 7 1/2 gal tank, Husqvarna 21LCN trimmer, Stihl FS76 trimmer, blade compatible, 1920's green chesterfield (good quality), large asst of good glass (carnival, depression, cranberry, etc.), bedroom sets, quality furniture, and much more!
Hope you can be with us.
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SPECIAL STOCKER and YEARLING SALE
Saturday, Aug. 28/10 at 10:00 am
at Ottawa Livestock Exchange
Greely, Ontario.
(NEW! Call for consignment please! Thanks)
Next Stoker Sales: Oct. 2, Nov. 13, Dec. 11
Bred Cow Sale: Oct. 23 (only 200 cows)
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Steven Spratt 613-822-1351
Charles J Menard 819-983-1056
Website: www.ottawalivestockexchange.ca

Farm Auction
Tractors, Combines, Farm Machinery and Miscellaneous Items
2763 Bronson-Bryant Rd., Quyón, Quebec - from Quyón, take Clarendon Rd. West, turn left on Bronson-Bryant Rd and follow for 1 mile (sale on right). From Shawville, head east on Hwy 148, turn right before Quyón on Clarendon Rd, then turn right on Bronson-Bryant Road. Follow Auction Signs.
Saturday, August 14 at 10:00 am
The following equipment will be sold at the former farm of the late Ken Bronson and Dave Bronson: Tractors: White 4-210 Articulating Tractor, 4WD w/ cab; White 4-185 Tractor, 4WD w/ cab; AC 7045 Tractor w/ cab; AC 7020 Tractor w/ cab; AC 190 Tractor, open station; White 4-150 Articulating Tractor for parts only; 2 sets of dual wheels, 18.4 x 34, 20.8 x 38; Combines: IH 815 Combine, 12' direct cut head, 843 4-row corn head, 810 pick-up head; IH 715 Combine, hydro, w/ 10' pick-up head; JD 6600 Combine, 4WD, hydro, 216 flex-head, 16' w/ stainless floor, 443 4-row corn head; New Idea 708 Uni-system, 3-row corn silage head, hay head attachment, grain com 4-row head; Tillage: IH 5100 Grain Drill, 21 run, w/ brome and grass seed boxes; IH 475 Hydraulic Disc, w/ wings, 18'; White Disc, 18' w/ hyd wings; Kvermerland semi-mount Plow, 5-furrow, White 445 Chisel Plow, 12', 13 shank, w/ discs; JD Cultivator, 14'; Disc Plow, 4-furrow; Hardi Boom sprayer, 60', 1100 gal; Hardi Sprayer, 3pth, 175 gal, w/ 20' boom; George White sprayer tank, 3pth, 300 gal; 2 IH 135 Plows, 5 furrow, w/ vari widths; Wilmar Fertilizer Spreader; 2 IH Cyclo Corn Planters, 6-row and 8-row; 2 sets of Pony Harrows, 14' and 24'; Haying and Forage Equipment: Tanco Square and Round Bale Wrapper Accumulator (One of a kind); Luknow TMR 2150 Vertical Mixer w/ scale; Case IH 5212 Discbine, 12' cut; JD 935 Discbine, 10' cut; Hesston 6650 self-propelled Swather w/ cab, 15' draper head and 12' hay conditioner head; Gehl 1875 TDC Round Baler, 5x6; Gehl 1475 TDC Round Baler, 4x5; NH 114 Hay Inverter; NH 258 hyd Bar Rake; Little Giant Elevator, 50'; 3 Martin Wagons, 10-ton, running gear only; flat top hay wagon; feeder wagon, deluxe, 18'; bale spear, 3pth; JD 5820 self-propelled Harvester, w/ 3-row com head and hay pick-up (rebuilt engine); NH 900 Harvester w/ 2-row 824 com head and hay pick-up; IH 720 Harvester w/ 2-row corn and hay-pickup; NH 27 Forage Blower; JD 65 Forage Blower; Dion 60 Forage Blower; Westfield 80-57 Grain Auger; Gehl 920 Forage Wagon w/ steel sides and roof; Dion 1016 steel sided Forage Wagon, 10-ton; NI 3612 tandem Manure Spreader; NH 550 Manure Spreader, single axle; Luknow Snow Blower, 10'; Post Hole Auger, 3pth; NH 355 Grinder Mixer; Trucks and Trailer: 1986 Ford 8000 single axle Cattle Truck w/ 24' box - sells as is; 1984 GMC Brigadier tandem Dump Truck, needs head gasket-sells as is; Agro Trend Dump Trailer, 14'; Misc: steel cattle handling tub; manure bucket; Mueller bulk tank, 200 litre; DeLaval 1 1/2" glass pipeline, 160'; DeLaval vacuum pump; DeLaval glass receiving jar; Houle stable cleaner unit; 3 Silomatic silo unloaders, 14', 16' 18'; portable fuel tank; platform scales; other unlisted items.
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Inspired by fairy tales at Stone School Gallery



Andrea Cranfield THE EQUITY

Artist Sylvie Langlois stands beside a couple of her paintings at the vernissage for *Once Upon a Time* in Portage du Fort on Aug. 6. Langlois is one of three artists featured in the exhibit.

ANDREA CRANFIELD
Equity Reporter
PORTAGE DU FORT
August 6, 2010

Once upon a time, people from near and far converged at the Stone School Gallery in Portage du Fort to bear witness to the unification of three very different artists.

Artists Sylvie Langlois, Maureen O'Neill and Edwina Sutherland provided art for the elegant art show called *Once Upon a Time*. The vernissage was on Aug. 6 and the show is on for two weekends, free of charge, ending Aug. 15.

About 50 people showed up to the vernissage and mingled with each other and the artists, while munching on bread and cheese and sipping wine.

"The opening is going very well," said Geraldine Classen, the coordinator of the gallery committee. "It's a lot of work but it's a pleasure and it's very stimulating."

A committee of Pontiac artists organizes the show. This is the third year that the committee has been using the building as a gallery. Every two weeks between May and September, different artists are featured at the Stone School Gallery.

"We usually get about 12 people coming through on weekends. Last year, we had about 1,000 visits throughout the summer," said Classen.

Classen, an artist herself, found the artists for the

Once Upon a Time show by being introduced to their art and then picturing how it would fit in at the show. She saw Sutherland's sculptures on a west end studio tour while she was there to see her friend's work. She thought the sculptures would look wonderful in a big room surrounded by Langlois' and O'Neill's paintings.

"I knew Maureen's work, I knew it was whimsical and had a feeling of strongness. Sylvie does work like a dream. I really like it," said Classen. "I felt that art would fit in with the title *Once Upon a Time*, the title was my choice. I felt the title would bring it all together."

None of the three artists are from Pontiac and met each other for the first time at the vernissage. Classen said the intention is to introduce artists who are from outside Pontiac.

"It draws in clients and customers who have never been here before. They benefit by having exposure in Pontiac, we benefit by bringing people here who have never been before," said Classen.

She added, "We have someone here tonight from Arnprior who has never been here before. She said it's great and she is going to come to all the openings. It's very encouraging."

Langlois is originally from Montreal and now lives in Ottawa. She got involved in the show because a friend of

hers did a show at Stone School gallery last year and suggested she apply. There was a selection process and Langlois' art was chosen.

"I work out of colours themselves. It all comes out of imagination. When I was a child, I loved to look at the clouds and see the shapes. Now I see things in clouds and make them my own, in colours," she explained.

Langlois is a psychotherapist and does art therapy with her clients. She has some training in sculpture and has been painting for the past seven years. She started painting when her children attended Waldorf School where they were exposed to a lot of art

instruction. Langlois was introduced to watercolour and her artistic career began.

She has done local art shows before, but Aug. 6 was the first time her art has been displayed in a gallery.

"The show is going very well. I'm happy to be here," she said.

Langlois is a "movement artist" and she teaches eurythmy in Ottawa, which she defines as visual sound. Although she is a psychotherapist, she is working towards making both painting and eurythmy her full time jobs.

Sylvie Cavanagh, from Gatineau, knew of Langlois' art and decided to come to

Portage du Fort to see the show. Although she said she is not generally interested in art, she really enjoyed the vernissage. "I like how they've set it up with the three artists, they are complimentary to each other," she said. "It's not just one way of looking at the world."

Cavanagh said she would definitely come back again in the future for another show. It is Classen's hope that people like what they see and come back to visit again. "We really want people to know they don't have to be looking to buy a painting to come, they can just come and see what we've done. It's open to everybody," she said.



Andrea Cranfield THE EQUITY

Art enthusiasts discuss the fantastical artwork on display until Aug. 15.



Andrea Cranfield THE EQUITY

People came all over the place to admire the art at Stone School Gallery.

NOTICE IMPORTANT
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Transfert à ATU pour assurances.
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Prenez note que, à chaque dernier mercredi du mois il y aura vente spéciale à 19 heures.
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Please take note that every last Wednesday of each month there will be a special sale at 7:00 p.m.
Next sales are August 25 & September 29, 2010.
All cows and heifers in calf will be verified here by Dr. McLeod to guarantee those sold are pregnant.
Please register as soon as possible.

Villa Day Spa and CSST

LOUISE BROWN
Equity Editor
SHAWVILLE August 5, 2010

Since Shawville spa owner Jennifer Hodgins fired and re-hired her employees on a contractual basis, all of them except her daughter have left.

Hodgins said she put her employees on contract to avoid dealing with bureaucrats at the Commission de la Santé et de la Sécurité du Travail du Québec (CSST). While the change to contract work was not the only reason they left, she said it was definitely a big cause of the exodus.

Back in May, she tried to get some basic information explained to her over the phone in English. The CSST had sent her a statement that she couldn't figure out, so she asked for help.

She was told by at least three people that they were not supposed to be talking to her in English.

In the past, she never had a problem asking them for help, but an email had just

recently circulated about speaking English with clients on the phone.

The email reiterated the point that CSST is obligated to provide information to employees in English, but not to employers, suppliers and partners.

"They told me to hire a translator, and that's just not feasible," Hodgins said.

Employers are the ones who pay into the benefits that CSST then redistributes to employees.

"If you owed me money and you needed to talk to me, I'd try," Hodgins said.

"This looks like a case of people being overzealous," said Noel Gates secretary of the West Quebecers Association.

"It is possible to telephone them and ask for someone to speak English, but you may not always find somebody," he added. "We take it in our organization as a little warning to be vigilant."

Christiane Bernard is an information officer at the CSST. She said that French

is the language of business and officially, all communication with business owners must be in French.

"If someone goes out of that framework, he would be doing it out of the framework we are supposed to function," she said.

That being said, Bernard adds that it is usually possible to find someone at the office who will communicate in English.

"There is common sense to be applied, but many of our workers are not fluent in English."

Since Hodgins lodged the formal complaint with the CSST, Bernard said she hasn't received any more on the same subject.

Hodgins said that's because other business owners are afraid of the repercussions of speaking out.

"I'm the only big mouth," she said with a laugh.

Meanwhile, Hodgins said her message appointment book is full and the controversy has only been good for her business.



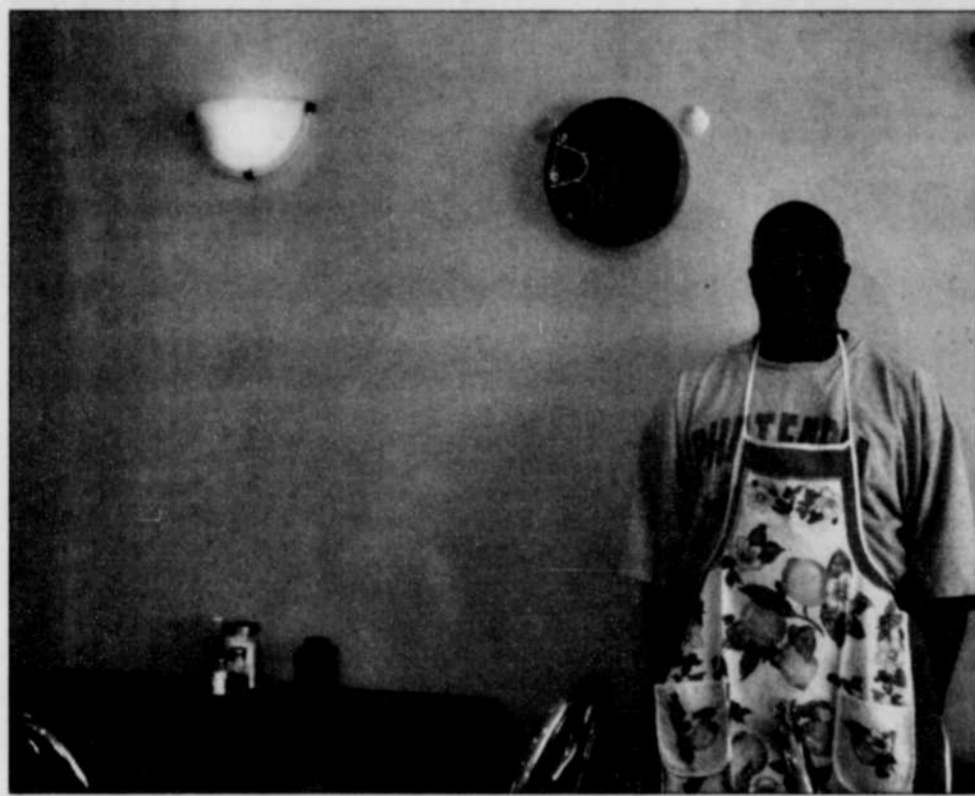
As an employer, Jennifer Hodgins found it impossible to get help over the phone in English at the Commission de la Santé et de la Sécurité du Travail du Québec.

Hodgins was raised by a French-Canadian woman and has always been of the opinion that the problems between Anglophone and Francophone Canadians were blown out of proportion. "I didn't have an opinion before, and now I'm angry," she said.

Hodgins came from Ontario to start Villa Day Spa in Shawville. If she had known about all the difficulties she would have faced, she said she isn't sure she would have invested so much money in the commu-

nity. She sends out a warning to all Anglophones who are attempting to set up a business in Quebec. "If people are going to go into business, they should know, because I did not anticipate this."

New restaurant serves up variety with a dash of spice



Pictured is Philip James, the owner of PJ's Caribbean Restaurant, located in Campbell Bay. The restaurant celebrated its official opening Aug. 1 with a barbecue.

JULIELEE STITT
Equity Reporter
CAMPBELL'S BAY
August 11, 2010

While Pontiac may have a number of restaurants, the variety ends there, said Philip James.

The owner of the newly opened PJ's Caribbean Restaurant hopes to fix that by adding a little diversity, he said.

Located at 11 McLellan, the eatery previously housed Billy T's, and prior to that Peggy's Restaurant.

With upbeat music playing in the background, the smell of sweet and spicy food cooking wafts out to greet people as they enter, an ode to James' home country of Grenada.

The restaurant celebrated its official opening on Aug. 1 with a barbecue, attended by about 60 people, said the owner, leaving at least one local happy.

"I tried the chicken curry and it was out of this world," said Christine Douaire. Douaire lives in

Campbell's Bay and said she is happy to see cultural cuisine breaking into the market.

Originally planned to open in May, James said he encountered setbacks when he was forced to wait for an English course to be offered on restaurant hygiene.

He then had to wait two to three months for his licence, he said.

Something which made Douaire impatient. "I kept asking this gentleman every time I saw him, 'When are you going to open?'"

According to Douaire, the change is refreshing.

"It's about time we had something different," she said.

A resident of Pontiac, James moved to the area in 2007, after having vacationed in the region.

James hasn't always worked in the restaurant business, but grew up in a home filled by the smell of cooking.

His mother owned a small restaurant in Grenada.

"There was always cooking in the house," he laughed.

A graphic artists by trade, when James moved to the area he would spend the weekends throwing barbecues for people that hired him, making the switch from part-time to full-time easier.

James said he was encouraged by friends at the Centre Local de Développement (CLD) Pontiac to open a restaurant after they had tasted his food.

"This is the first restaurant of its kind on this side of the world," said James, adding the closest competition can be found in Gatineau, Ottawa or Montreal.

While business is slow as people start to learn about the new location, James said he has already developed regulars.

"I just want to cook for people, I like to serve and entertain," laughed James.

Sheenboro

Betty Morris
819-689-5023
Lovely warm days and cool nights.

Enjoy!
Vacationing at Bob and Laura Meehan's Fort William cottage were daughter Gabrielle and husband Paul Mills and daughters from Thorn Hill, also daughter Grace and husband Rob Hickson and sons from Stittsville.

Carol Anne Meehan and family spent the holiday weekend at her cottage at the Fort.

Happy birthday to my nephew, Ian Clyde, who celebrates Aug. 10. Ian and my mom, Myrtle, always celebrated together as they shared the same date.

I was sorry to hear Rita

Keogh's husband, Sergis Cortolezzis, passed away. My deepest sympathy to his family.

Happy anniversary to Rosita and Bill Ryan who celebrated in Kingston this weekend. Their picture "now and then" was published in The Citizen Aug. 7. It's their 45th.

Congratulations to the Donnelly and Rowley family on the loss of their son Danny Rowley. He is the son of Rose Donnelly and Jack Rowley.

Louis Schryer, Canadian Fiddle Champion, joined the local musicians at Fort William Friday night for a toe-tapping good time. Chelsea and Kaitlyn Schryer did some first class step dancing. Glenda and Terry Duff's little granddaughter entertained everyone by dancing all evening. Glenda is very good with the fiddle and plays for many of the events in the upper pontiac.

a few days. Rob Muldoon, cousin of the Muldoons was up with them.

Patsy Morris and sister Shirley visited their sister Ruth in Montreal last week. I'm sure those girls must have visited the casino while they were there.

My sympathy to the Donnelly and Rowley family on the loss of their son Danny Rowley. He is the son of Rose Donnelly and Jack Rowley.

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It was nice to see Maggie O'Rourke and Tony Seward back at Fort William this weekend. They had been in Ireland a couple of times this spring.

Happy 44th anniversary to my sister Marilyn and Marc Crozon who celebrated their anniversary last week.

I was driving home from Ottawa listening to the Renfrew Valley Heritage station on 98.7 and was pleased to hear them playing some of Tommy Fleming's songs. We saw Tommy in person when we were in Ireland a few years ago.

There was a beautiful mass at the Mission Church at Fort William on Sunday. Bishop Mulhall was celebrating the mass. There was a large attendance and the choir sang beautifully. Jean Caughey was home with her daughter Mary and son-in-

law Dick Edwards. They attended the service having fond memories of this little church, St. Theresa of the Little Flower, all their lives. Mary and Dick are pleased that the church serves the cottagers during the summer. Their daughter Erin was married there last year as was my niece Allison Clyde and Mark Michaud.

The families of John Paul and Lisa Sallafranque and Steven and Dale Sallafranque called in to wish them a very happy anniversary. It's number 12 for JP and Lisa and 10 for Steven and Dale. My own good wishes go out to the happy couples as well.

An Irish Blessing: May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love.

Caldwell

Hermonie Sharpe
819-647-3459
Our deepest sympathy to friends and family of Cecilia Currie Mills of Toronto. She was a former resident of Yarm. Cecilia graduated from Shawville High and was well known and respected by all who knew her. She was 89 years of age.

Bim and Fern Young enjoyed a scenic tour along the St. Lawrence River from Quebec City to Baie St. Catherine where they enjoyed a three hour whale sighting cruise. They saw many whales and sea otters. They cruised up the Saguenay River where they viewed the boat the Sea Horse where the children were allowed on board. All touched the rock. What a wonderful trip.

Now, they tell me this is old news. But it's new to me. John Kilgour sold his farm. Well, John, Linda and son you will sure be missed from the Seventh Line of Clarendon where you were

born and raised. Also we would like to welcome the new owners.

Visiting us this past week were Tom and Sarah Barclay Sharpe and son Alexander of Scarborough and Shawn Wilson and Cathie Hays of Edmonton. Shawn and Cathie also visited Kent at Dorothy Wilson at Otter Lake.

I would like to say thank you to the one who gave me enough cucumbers for a double batch of seven day pickles. Thanks Ron.

Don't forget the Thursday night Golden Age Euchre Club are having another catered supper. So be sure you have enough games for a free supper.

Visiting Peter and Jacqueline Sharpe in Barrier, BC are Peter's son Nathan and Melissa and daughter Allison of Prince Albert. This is Peter's first grandchild.

Birthday congratulations to Lloyd Murray of Shawville who celebrated his 98th Aug. 9.

Visiting us Saturday were Chad and Christie Parson of Hull and their daughter

Hannah. Change, whether it is for our own good or proves otherwise is hard to adjust to especially for people from the city where they think everything is down pat. This goes without saying is referring to our garbage disposal. There are things that are accepted and plenty of things that aren't. As you know, most of us received a copy telling us all this. This is not easy for people, nor is it easy for our councils. They are doing their best to abide by the law. We all knew at the time we were told of the changes that they weren't going to be easy. But each and every one of us is trying to do our best. I hear there is more recycling being done which is definitely better for the environment.

One thing I did hear and I am behind this 100 per cent is that the holidays for the dump and the council should be posted. Our local paper is there to take your advertisement at any time and you should make use of it. You may say it costs to advertise but it also takes money for special meetings. We live in the country

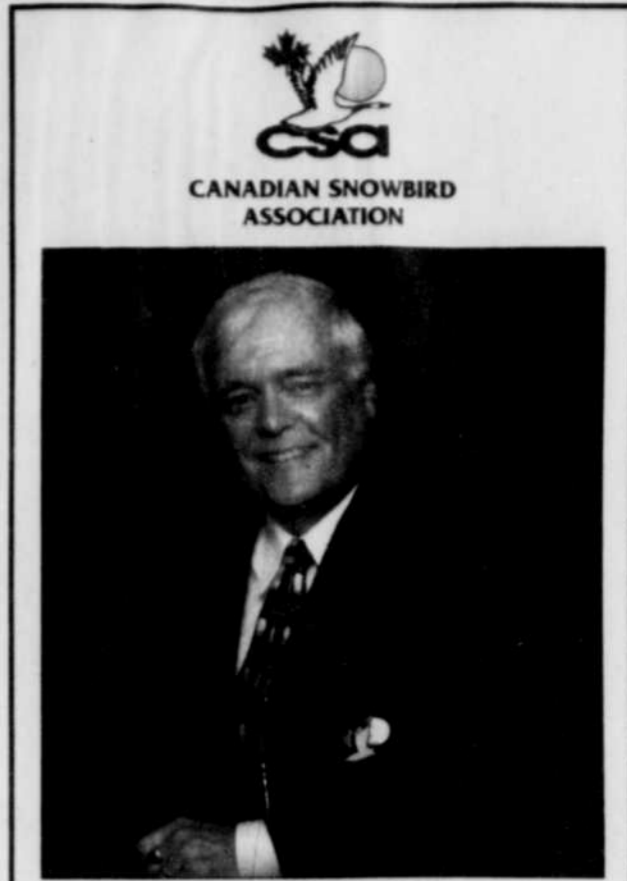
because we enjoy it so let's pull together and help our councils instead of complaining.

I have lived in Bristol for 63 years this past spring and count myself as a Bristol citizen and am proud of it. I am proud of our mayor and councillors which you voted into office. I wish them all the luck in all their decision making. It is not an easy job and they need our support.

Visiting us this past Saturday were Earl and Marlene Beattie of Pembroke. Birthday congratulations to Brenda Rooney who celebrated this past Saturday.

Visiting Robert and Linda Sharpe in Courtenay, BC were his niece Natasha and her husband Sean MacDonald of Orleans, their daughters Emily, Kirstin, and Brandon. They were also visiting with Sarah's mother and sisters in Vancouver.

Birthday congratulations to Carol Tolman Aug. 13 and to my daughter Connie Hunter of Golden Lake who celebrates her big 60th Aug. 16 and also to Beulah Hodgins of Shawville who celebrates her 92nd Aug. 20.



BROCK SHARPE
TREASURER
DIRECTOR - QUÉBEC

The Canadian Snowbird Association (CSA) is pleased to announce the re-election of Brock Sharpe as the association's treasurer and director for Québec for the term 2010 - 2012.

Mr. Sharpe retired in 2001, ending a long career in the commercial real estate development and construction business in Ottawa. Prior to this, he was the director of Administration for the Civil Service Co-Operative, the financial institution for Canadian Federal Public Servants. In his early years he was the manager of the Canadian Figure Skating Association and was responsible for the day-to-day running of the largest amateur sports governing body in Canada.

Mr. Sharpe is a 41-year member of the International Barbershop Harmony Society and achieved numerous successes, singing and coaching in choruses and quartets. For many years, he worked at the board level in the Ontario District and taught Public Relations for the Barbershop Harmony Society across Canada and the USA.

Mr. Sharpe is fluent in French and as a young boy lived in France, travelling extensively throughout central Europe.

Brock Sharpe and his wife Gail live in Ladysmith, Quebec and winters in south Florida.

Founded in 1992, the Canadian Snowbird Association is a national not-for-profit advocacy organization dedicated to actively defending and improving the rights and privileges of Canadian travellers.

PASSPORT PHOTOS
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WARNING

FIRING AT CANADIAN FORCES BASE PETAWAWA

Day and night firing will be carried out at Canadian Forces Base Petawawa until further notice.

The Ranges consist of DND controlled property on either side of Trans Canada Highway 17 between the Town of Petawawa and the Village of Chalk River. The property is bounded on the South by the Petawawa River and the Barron River, on the West by the Algonquin Provincial Park, on the East by the Ottawa River and on the North by a line of irregular shape running in a South Westerly direction from the Ottawa River to the Algonquin Provincial Park. If required, a detailed description of the CFB Petawawa property may be obtained from the Base Construction Engineering Office at CFB Petawawa.

• STRAY AMMUNITION AND EXPLOSIVE OBJECTS
Bombs, grenades, shells and similar explosive objects are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any objects which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defence

OTTAWA, CANADA
17630-77

Canada

VOTRE SANTE | DRE. ISABELLE GAGNON

La hernie discale

Vous est-il déjà arrivé d'éternuer et de ressentir une douleur au bas du dos? Bizarre, non? Lorsque vous êtes assis durant une longue période vous ressentez aussi une douleur au bas du dos? Dès que vous sollicitez légèrement les muscles de votre dos, la douleur se fait à nouveau sentir? Et bien, sachez que vous pouvez souffrir d'une hernie discale. On en entend souvent parler, mais on ne comprend pas toujours exactement en quoi ça consiste.

La hernie discale

La colonne vertébrale est composée de vertèbres, de disques intervertébraux, de la moelle épinière et de nerfs spinaux. Le disque intervertébral est un coussin de cartilage qui relie chaque des vertèbres mobiles entre elles.

Les disques ont trois fonctions principales :

Permettre le mouvement de la colonne vertébrale.

Absorber les chocs et les impacts.

Assurer aux nerfs assez d'espace pour émerger de la colonne.

Le disque est constitué de deux parties: le noyau interne, d'apparence gélatineuse, qui est entouré par l'anneau fibreux, composé de plusieurs couches de cartilage. Dans son état normal, le disque ne déborde ni vers l'avant, ni vers l'arrière, ni vers les côtés.

Un disque ne peut pas se « déplacer » ou « glisser » : il s'amincit, se bombe, se fendille ou se rompt. Une protrusion discale survient lorsque le noyau pousse dans les fibres les plus faibles de l'anneau cartilagineux. Ce bombement peut affecter le canal où se situe le système nerveux. À un degré supérieur, lorsque le noyau traverse complètement toutes les couches de cartilage, on parle alors d'hernie discale. Les fibres de l'anneau sont ainsi rompues et des fragments du noyau peuvent être libérés dans le canal contenant le système nerveux. Le disque perd sa fonction d'absorption des chocs et les mouvements

sont très douloureux. Également, une irritation au niveau des nerfs peut survenir et c'est pour cette raison que l'on retrouve souvent de la douleur qui irradie dans une jambe (sciatalgie ou « nerf sciatique ») ou dans un bras. Si le disque n'irrite pas le nerf, il est possible que la hernie passe inaperçue.

Comment est-ce que ça arrive?

Si les pressions sur le disque sont trop élevées ou si le dos est constamment sollicité par des mouvements répétitifs, une hernie discale peut survenir. Avec le temps, le noyau gélatineux contenu à l'intérieur du disque s'assèche et la colonne vertébrale perd de sa tonicité et de son élasticité. L'âge est donc la cause principale de dégénérescence discale. Les personnes âgées de 35 ans à 55 ans sont le plus à risques.

Le disque est plus disposé à se blesser en rotation ou en flexion: ces mouvements peuvent causer des déchirures à la circonférence de l'anneau fibreux du disque. Une action brusque combinée à une mauvaise posture, comme soulever une lourde charge en position de torsion du tronc, est un geste risqué. Un bon exemple est le mouvement de pelottage de la neige. Des faiblesses dans la paroi du disque sont alors présentes, ce qui est propice à la hernie. Une hernie discale cause des douleurs sévères et aiguës ainsi que des spasmes musculaires importants. La douleur peut aussi s'étendre à une autre partie du corps, qui correspond au nerf touché par le bombement du disque. À long terme, on note une faiblesse et une diminution du tonus des muscles reliés au nerf touché par la hernie.

Prévention

Comment est-ce que je peux prévenir l'apparition d'une hernie discale? Faire régulièrement de l'exercice, s'échauffer avant d'entreprendre une activité physique et éviter les mouvements à risque est obligatoire. Il s'agit du meilleur moyen de conserver la force et la souplesse de votre dos.

Il est aussi important de maintenir un poids santé. Dans certains autres cas, la musculature de l'abdomen et du dos doit être renforcée afin de bien soutenir la colonne vertébrale. Enfin, il faut se réserver des moments de détente et de repos.

Si vous devez rester en position debout, servez-vous d'un tabouret bas sur lequel vous poserez les pieds à tour de rôle, en alternant toutes les cinq à dix minutes.

Si vous devez rester assis durant de longues heures, accordez-vous des périodes de repos. Levez-vous, faites quelques pas de marche et étirez-vous.

Utilisez une chaise à dossier droit qui soutient le bas du dos.

Ajustez la hauteur de la chaise et posez les pieds sur un appui-pied.

Évitez les mouvements de torsion et/ou de rotation, qui risquent de blesser le disque.

La chiropratique et la hernie discale

Parce que malgré notre bonne volonté, il arrive que

la prévention ne suffise pas, il faut améliorer la mobilité de votre colonne vertébrale, réaligner vos vertèbres et rééduquer vos muscles.

Comme le dit le dictionnaire : mieux vaut prévenir que guérir. L'approche chiropratique vise à éliminer les risques de dommage au disque. Des anomalies du mouvement normal et/ou de l'alignement idéal de certaines vertèbres appelées subluxations vertébrales, causent des stress aux fibres du disque. Les soins chiropratiques visent à augmenter la mobilité et l'alignement des vertèbres et à rééduquer les systèmes nerveux, musculaire et squelettique. Les ajustements chiropratiques aident à prévenir l'apparition de lésions discales et agissent sur le contrôle de la douleur.

Le chiropraticien est en mesure de soulager les symptômes intenses dus à la hernie discale; dans la plupart des cas, il est possible d'éviter la chirurgie. Les traitements chiropratiques pour la hernie discale incluent

généralement des mobilisations vertébrales, la prescription d'exercices spécifiques, l'électrothérapie et la traction.

Souffrez-vous de douleurs aiguës au dos ou au cou? Est-ce que vous ressentez des douleurs qui irradient aux bras ou aux jambes? Est-ce que vous ressentez des engourdissements aux bras ou aux jambes? Vous est-il déjà arrivé de « barrer » le dos? Si vous avez répondu oui à plus d'une question, n'hésitez pas à consulter. Parce que malgré notre bonne volonté, il arrive que la prévention ne suffise pas, il faut améliorer la mobilité de votre colonne vertébrale, réaligner vos vertèbres et rééduquer vos muscles. Comme le dit le dictionnaire : mieux vaut prévenir que guérir.

Dre. Isabelle Gagnon est une chiropraticienne qui opère deux bureaux dans le Pontiac, donc un à Shawville et un à Mansfield. Elle peut vous donner des conseils sur une variété de sujets reliés à votre santé.

Les députés confirment 175 logements communautaires

OUTAOUAIS • Le ministre délégué aux Transports et ministre responsable de la région de l'Outaouais, monsieur Norman MacMillan, la députée de Gatineau, madame Stéphanie Vallée, la députée de Pontiac, madame Charlotte L'Écuyer, la députée de Hull, madame Maryse Gaudreault et le député de Chapleau, monsieur Marc Carrière, au nom du ministre des Affaires municipales, des Régions et de l'Occupation du territoire, monsieur Laurent Lessard, ont confirmé que le gouvernement du Québec permettra la construction de 175 logements communautaires et abordables supplémentaires dans la ville de Gatineau, ce qui entrainera des investissements de 21 millions de dollars.

Mes collègues et moi sommes très heureux de cette annonce qui constitue une excellente nouvelle, tant pour les ménages dans le besoin que pour notre économie régionale. Grâce à ces investissements, nous contribuerons à améliorer la qualité de vie de nos citoyens et, du même coup, nous stimulerons l'activité économique de la région», a déclaré le ministre MacMillan.

Rappelons que le dernier budget, rendu public le 30 mars dernier, comporte plusieurs mesures totalisant 323,4 M\$ d'investissements supplémentaires pour aider à mieux loger les ménages québécois. Le gouvernement du Québec a notamment annoncé la construction de 3 000 nouveaux logements communautaires et abordables au Québec. Cela représente 210 millions de dollars additionnels consentis pour le programme AccèsLogis Québec et porte l'objectif gouvernemental de 27 000 nouveaux logements

communautaires à 30 000. Cette somme hausse à près de 1,3 milliard de dollars l'aide totale accordée depuis 2003 à ce chapitre.

Avoir un logement de qualité, c'est essentiel et nous l'avons bien compris. C'est pourquoi nous intensifions nos interventions et déployons beaucoup d'efforts pour qu'un plus grand nombre de Gatinois et de Gatinoises puisse trouver un milieu de vie adapté à leurs besoins», a ajouté le ministre MacMillan.

Je suis très heureux de ces investissements puisqu'ils permettront à la Ville de Gatineau d'atteindre son objectif annuel en matière de nouveaux logements abordables. Les besoins pour ce type de logements sont importants dans Gatineau puisque la Ville connaît la plus forte croissance démographique au cours des 20 prochaines années au Québec», a déclaré le maire de Gatineau, monsieur Marc Bureau.

Mentionnons également que depuis le 1er juin dernier, tout nouveau projet d'habitation réalisé en vertu du programme AccèsLogis Québec doit être conçu de façon à obtenir la certification Novoclimat. L'efficacité énergétique constitue une mesure importante du plan de développement durable de la Société d'habitation du Québec.

Nous avons comme objectif de poursuivre le développement de projets structurants pour l'avenir, des projets plus performants, plus verts et plus sains pour les citoyennes et les citoyens du Québec ainsi que pour les générations futures, qui sont de plus en plus écoresponsables», a fait savoir le ministre Laurent Lessard.

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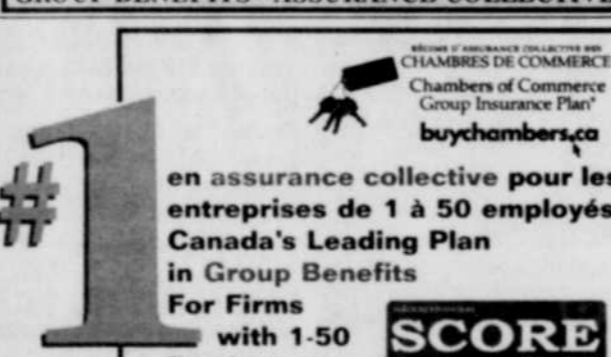
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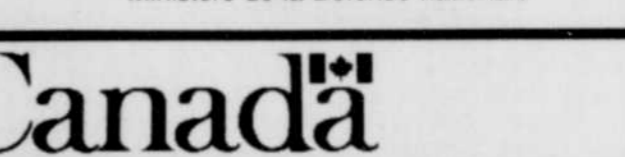
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COMING EVENTS

Wed., Aug 4 - Sun., Sept 12 - Art Show Inspirations featuring works by Nancy Dagenais Elliott, Kathleen Ranger and Stephan Scrak. Café 349, Main St., Shawville ending Sept. 12. x658

Sat., Aug. 7 - PMFGC Catfish Derby at Quyon boat dock, 8 a.m. - 5 p.m. entry fee \$20, information call Ron 819-458-2439. 2bau4

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Sun., Aug. 15 - Norway Bay Community Church Service at 7:30 p.m. with Ellard Perry officiating. bau11

Sat. & Sun., Sept. 4 & 5 - The MICK ARMITAGE BAND performs in the Beer Gardens at the SHAWVILLE FAIR on Saturday and Sunday at 10:00 pm and on Sunday on the Main Stage with special guest ADRIENNE TAYLOR from 4:00 until 5:30. See you at the Best Fair Anywhere! Info at mickarmitageband.com or 613-226-9178 or shawville fair.ca 4bs1

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Fri. & Sat., Aug. 13 & 14 - Huge Yard Sale everything cheap, must go. 358 Wesley Rd., Charteris, off 303 Highway. xau11

Sat., Aug. 14 - 8 a.m. TCRA Ladysmith. Large indoor flea market. Info 647-3905 or 647-3380. xtc

Sat. & Sun., Aug. 14 & 15 - Huge garage sale, 94 route 301, Danford Lake. Antiques, collectibles and more. xau11

Aug. 14 & 15 - Huge Garage Sale, Danford Lake Village, 2394 route 301. Moving sale. Antiques, collectibles - washstands, old nickel cash register, stuffed animals, crocks and lots more. bau11

Sat. & Sun., Aug. 14 & 15 - Sat. 9 a.m. - 7 p.m., Sun., 9 a.m. - 3 p.m. Multi family yard sale 202 River Road, Bristol, QC. xau11

Sun., Aug. 15 & Sun., Aug. 22 - Barn Sale, Antiques, collectibles, signs, sports memorabilia, cards, pictures, furniture, '91 Prowler 5th wheel (must sell) cheap, cheap, juke boxes, pinball machine, tree stand. André Chretien 819-648-2512, 1144 Highway 148, Campbell's Bay, Que. "Classic cars and parts also available." xau18

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Bryson Farms is hiring greenhouse lettuce pickers. We are looking for reliable, team players to join our present staff on Mondays and Thursdays, 8 a.m. - 5 p.m. (year round). No experience is necessary, but we prefer individuals with a background in agriculture. Please email us at info@brysonfarms.com. bau11

Mechanic wanted full-time in Shawville. Send resume to "Box R" c/o THE EQUITY, 133 Centre St., Shawville, QC J0X 2Y0. 2bau11

Bryson Farms is hiring kitchen help. We are looking for reliable, team players to join our present staff (year-round). Applicants must have commercial kitchen experience. If interested please email your Resume to info@brysonfarms.com. bau11

Employee needed to start immediately. Construction labourer. Must have valid driver's licence. Call Clay at Weatherlec 819-647-6706. otc

Team Leader - Poultry Farm River Valley Poultry Farm Ltd. Newburgh, ON. This position requires a reliable individual with demonstrated communication and organizational skills. The ability to multi-task and motivate a team in our fully automated, fast-paced environment is essential. A mechanical aptitude with experience in poultry, dairy or hog farming would be a definite asset. This full-time position offers a competitive salary, benefit and pension plan. Must be willing to relocate to the vicinity of the farm; farm home is available for the right individual. Interested candidates should apply with resume by email to rvalleyhereford@kos.net or fax to 613-378-1646. bau11

D E A T H

Brownlee, Keith Ellis - 1920 - 2010
 Died peacefully in Pontiac Reception Centre, Shawville, Quebec on Sunday, August 8, 2010 at the age of 90 years. Beloved husband of Iva Howard for 61 years. Son of the late Clarence and Evelyn (née Findlay). Predeceased by brother, Irvin (RCAF 1944). Keith will be fondly remembered by Chris Judd's family and Iva's family. Friends called at W. J. Hayes & Sons Funeral Home, 134 Centre Street, Shawville, Quebec on Tuesday, August 10, 2010 from 2 to 4 & 7 to 9 p.m. Funeral Wednesday to St. Paul's Anglican Church, Shawville, for service at 2 p.m. Interment Village Cemetery. Donations to the Pontiac Reception Centre Foundation or the charity of your choice would be appreciated.

Hearty - I wish to express a sincere thank you to Dr. Homayounfar and the anesthesiologist and O.R. nurses for the excellent care shown me during my recent surgery at Pontiac Community Hospital. The team of nurses and other staff in ICU made my recovery very comfortable. Your kindness and consideration is most appreciated. Also, thank you to my family, relatives and friends for their cards, visits and prayerful support. Merrill Hearty

Sally - James Sally and Heather Campbell are excited to announce the arrival of Myanna Lynn on July 13, 2010 weighing 9 lb. 2 oz. Proud grandparents are Daryl and Mary-Ellen Sally and Ross and Edith Campbell. A special thank you to Dr. Wootton and the fast acting Shawville nursing staff.

Happy birthday to Brad Young who turned 19 Aug. 6.

On Saturday, Aug. 7 Rose Hamilton of Quyon, and family, gathered to wish Marilyn Hamilton and her husband Gregory McNulty farewell. Greg and Marilyn

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D E A T H

Young, Troy Turner - Suddenly on August 8, 2010 at his family home in Quyon, Quebec in his 37th year. Troy was the loving son of Garry and Brenda (Richardson). Fun and caring brother of Scott and Jim, of Ottawa, Cherished Uncle of Tiffany, Tessa and Tianna Young of Aylmer, Quebec. He also leaves behind his "Big Brother", Joe Fraser of Quyon and best friend, "Duke" Derek McColgan of Lusville, Quebec. Survived by many aunts and uncles, for whom he cared very much, and many great cousins who he spent time with at family gatherings. Troy was predeceased by his grandparents, Bay and Velva Young, and Jim and Lillas Richardson, and Grandpa Sharpe. Also predeceased by his uncle, Graham Young, after whom he was named, and his aunt, Erna Davis. Friends may call at W. J. Hayes & Sons Funeral Home, 1040 Clarendon Street, Quyon, Quebec on Wednesday, August 11, 2010 from 2 to 4 and 7 to 9 p.m. and on Thursday from 12 p.m. until service time. Funeral Thursday to Quyon United Church for Service at 2 p.m. Donations to the Quyon United Church would be appreciated.

Shawville
 Lyse Lacourse 647-5932
 lysiewheezy@hotmail.com

On Saturday, July 3, a Hamilton family reunion was held in Charteris. The reunion reunited members of the descendants of Mary Morrow (1900-1964) and John Hamilton (1893-1949) late of Thorne. The event was represented by the families of the late Annette (Nettie), Herbert, Vincent and Sylvanus (Benny) Hamilton.

Connie Hamilton-Hodgins organized the event and Scott Hamilton was the host of the Hamilton family reunion at his home. Maureen Hamilton-Philippe and Annette Derouin-Gagnon researched and compiled a draft booklet of the family's history dating back to Thomas Gallagher (born approximately in 1811) and his spouse Margaret Kane of Tyrone, Ireland.

The reunion was a day filled with laughter, entertainment and gave everyone an opportunity to renew and meet and greet new relatives.

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Surprise party

SHAWVILLE - A very enjoyable surprise party was held Friday evening, Aug. 6 at a local restaurant on the occasion of the 85th birthday of Mrs. Eleanor Black of Shawville, QC.

It was given by her son Gordon and his wife Kathy of Ottawa and the guests were all family members.

Only the photos taken will express the surprise on Eleanor's face when the party room door was opened and the guests began singing *Happy Birthday*. She had not even known that there was a party room, in that restaurant and not until the doors

opened and a room full of happy faces, whom she recognized, were staring here in the face, did she realize they had really put this one over her.

But the biggest surprise was when she said it was "the first time in her life that she couldn't think of words to say!"

However she later graciously thanked all those who came for the occasion especially those who had come a distance.

A delicious menu of food was presented and later the evening was spent opening gifts and cards and of course visiting.

Shawville

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 lysiewheezy@hotmail.com

On Saturday, July 3, a Hamilton family reunion was held in Charteris. The reunion reunited members of the descendants of Mary Morrow (1900-1964) and John Hamilton (1893-1949) late of Thorne. The event was represented by the families of the late Annette (Nettie), Herbert, Vincent and Sylvanus (Benny) Hamilton.

Connie Hamilton-Hodgins organized the event and Scott Hamilton was the host of the Hamilton family reunion at his home

OK, the golf is good, but it's really all about good times

ANDREA CRANFIELD
Equity Reporter
NORWAY BAY August 7, 2010

The 10th annual McCambly Golf Tournament took place over the course of the weekend at Norway Bay Golf Course. Thirty-three men participated and well over \$300 in prizes was won.

"People came from all over the region to play. There are people from Norway Bay, Shawville, north of Shawville, Ottawa etc.," said James McCambly who started the tournament because there were no other low net tournaments around.

Anyone who has a handicap from Norway Bay or an index from another golf club is welcome to enter. An index is a way of knowing what a golfer's handicap is at any golf club.

A handicap determines a player's net score from the number of strokes actually played. In this way, players of different skill levels can compete against each other with an even playing field. The lower the handicap score is, the better the player is.

"They used to always have a handicap. Now they have an index. With an index, you

can take it to any club and look at their sheets and say their index is for example, 68.2 or whatever, and you know what handicap you have at any club. It's transportable, it's very, very accurate," said McCambly.

McCambly organized the tournament with Jim Power and Louie Batstone. McCambly has been organizing the tournament every year since it began and he plays in it as well.

McCambly thought he would start a tournament with an entry fee and more prizes to give away that was based on low net scores. People of any age are welcome to play in it.

The low gross score is the total score and the low net score is the total score minus the handicap.

"If you have a handicap and we know over the course of 20 games or so how well you play, that gives you a handicap or index so everybody is playing virtually equal. Gross is the best person wins. Net is everybody is equal," McCambly explained.

"It's a lot of work getting ready for it but it's fun, I enjoy it," said McCambly. "I

like to organize things like that. It's quite a bit of work but everybody says they really enjoy it."

Don McCaffrey has played in the tournament for many years and said he had a great time this year.

"It was fine, wonderful. Even the weather cooperated," he said.

McCaffrey has been playing golf for the past 15 years,

"Ever since I came to the bay."

He plays for the camaraderie and not the score.

"It's so much fun, it's so social. It's not about who wins or loses," he said. "I just like the camaraderie."

On Saturday the winners were as follows: Jim Power was the first place low net trophy winner of the tournament, winning a \$30 prize.

He also won the trophy, which McCambly made 11 years ago. This was his second year winning the tournament. The second place low net score winner was Brian Huck who won \$20. Lee Batstone and John Melbourne tied for third place and received \$5 each.

Kevin Koehane won the low gross score shooting 81. He received a \$15 prize.

On Sunday the winners were as follows: Lee Batstone got his ball closest to the pin on hole number three. Kevin Koehane was closest on hole number five. Steve Moffat got hole number six, John Foster number seven, Wilf Brousseau number eight and nine.

The team winners on Sunday were as follows: Team number one was D. Hamilton, D. McCaffery, T. Gamble and Hillis Connelly. Team number two was D. Macaw, B. Osborne, Tim Oakes and W. Brousseau. Team number three was Koehane, D. Mc Kercher and John Foster.

"A great time was had by the participants, we hope to have 40 next year," said McCambly.

The date for next year's tournament is set only a couple weeks after this year's tournament ends.



James McCambly, left, presents the winning trophy to Jim Power who won the 10th annual low net McCambly tournament at Norway Bay Golf Course. McCambly made the trophy himself 11 years ago.

OVERTIME | LUKE MURPHY Proper rest

Last week I wrote about the importance of athletes training continuously year round, if they want to find success. Of course, it's important to continue to work on your sport, continue to hone your skills and not let your guard down. But it's equally important to get the rest and sleep your body needs. Four things you must do to improve and maintain your health: eat right, exercise, manage your stress level, and get proper rest. Let's talk about proper rest.

Working out consistently is one of the best things you can do for yourself, but there is a limit to your body's stress level. Exercise helps keep the body and mind vibrant, but never overlook the essential need for rest. When you rest, the body rebuilds, repairs, and grows. Doing too much too quickly will result in injury or muscle damage. This is why rest and sleep in your life is so important. You need to find that happy medium.

Getting a good night's sleep is important because your body actually does a lot of its healing during this time. Without rest your body starts breaking down. Think about how you function when you're tired and haven't slept — you can't concentrate, your reflexes are slower, and you might be less patient and more irritable. This goes for your body also.

Most of the time, sleep is taken for granted. Proper sleep in proper amounts is essential. I can't believe the number of people I know who try to function on less than five hours of sleep, when six to eight hours per

night is the minimum requirement. Getting proper rest is important for everyone, and those who have a hard time falling asleep can feel the effects more than others. Trust me, it shows. We know who sleeps well and who doesn't.

For those of you who work out and exercise regularly, integrating recovery time into your training program is important because it's during your rest time when the real effects of your workout begin to take place — your body is able to replenish and repair damages. Without this sufficient time your body will continue to break down from intensive exercise. Symptoms of over-training and improper rest include a feeling of general sluggishness, depression, decreased performance and increased risk of injury, among others.

During sleep, when the entire system is slowed down breathing is slower, heart beats are regular, digestion is lessened, and nerves and muscles are relaxed — the body's maintenance system has a chance to run its course. Thus we understand that rest and sleep is essential for the system to be able to continue in its function and also build up the body.

Remember not to over do it! Too much of anything is a bad thing. You need to be able to balance exercise and rest, or you won't see those improvements you desperately seek. You'll only take a step back.

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

Murphy is a former professional hockey player who now resides in Shawville contact him at news@theequity.ca.

Pontiac Baseball League teams have played 14 games with playoffs approaching

ANDREA CRANFIELD
Equity Reporter
MANSFIELD August 11, 2010

Each team on the Pontiac Baseball League has now played 14 games so far this season.

The six women's teams and six men's teams have been playing some exciting

games of ball all summer at the Amyotte baseball field in Mansfield.

The women play every Tuesday and the men play every Sunday.

The teams play strictly for the love of baseball. It is all volunteer run and there are no prizes or money involved.

The playoffs are on Aug. 20-22 at the Amyotte ball field. Everyone is welcome and people are asked to bring food donations for Bouffe Pontiac.

If there are any questions, please call René Ladouceur at 819-683-2740. Here are the results of the games:

Stats of the ball league as of Aug. 8 Women's league

	WON	LOST
1. Expo Pavlina Zhivkov	12	2
2. Blue Jay's Centre de Service Mansfield	10	4
3. Cardinal du Groupement Forestier	6	8
4. Padres de Creation Pro Cedre	7	7
5. Mets du Pique Patate	4	10
6. Braves du Domaine du Lac Bryson	3	11

Stats of the ball league as of Aug. 8 Men's league

	WON	LOST	TIED
1. White Sox du Esso	9	5	1
2. Red Sox du Rona	9	6	0
3. A's du Metro Beland	8	6	1
4. Brewers du Napa Boisfort	8	7	
5. Cubs du Restaurant Francoeur	7	8	
6. Yankees des Roulotte Mansfield	3	12	

Home runs

Scott Jolin	17	Kevin Soucie	9
Shawn Romain	14	Jason Beaudoin	8
Pascal Asselin	10	Gilles Ladouceur	7

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Quyon catfish derby

ANDREA CRANFIELD
Equity Reporter
QUYON August 7, 2010

"The weather is supposed to be nice. We expect a good crowd. But there's so much going on around here, you never can tell how many people are going to come," said Ron Trudeau, the president of the Pontiac Mallard Fish and Game Club (PMFGC).

Not many people did show up for the annual Quyon Catfish Derby on Aug. 7. Fourteen people registered for the event, about 26 less than last year. There were 58 fish entered into the competition. It was a catch and release derby and only catfish were allowed to be registered.

This year contestants got a number for every catfish that was caught that was 16 inches or more in length. After the derby, there was a draw, and five numbers were called, each one winning \$100.00. There was a \$20 entry fee for the event or a \$50 charge for a family. Last year was different; prizes were awarded for the biggest fish. First prize received \$300, second prize was \$200 and third prize was \$100.

"It was weight last year and tickets this year. This year it's \$100 for every fish no matter what size," said Bob Gravelle who is on the PMFGC board of executives. "Maybe we have to go back to the old way. It wasn't much of a tournament this year. But who knows? Maybe people are busy doing something else."

Even though weight was not a factor this year, Lillian Weber, the membership chairman of the PMFGC said there were quite a few large catfish that were caught.

"The big ones seem to be biting today," she said.

The few people who did take part in the tournament seemed to have a good time.

Rick Larocque, from Norway Bay, comes to the derby every year and said he really enjoyed it this year. He has been fishing for the past 40 years or so and said he's always loved fishing. When not participating in derbies, he likes to fish on his own. Seven fish were caught between him, his wife Rita Larocque and grandson Raymond Perriard, 7.

"The derbies are fun, I like them," said Larocque. "Raymond comes every year too, he loves fishing. We just like to get out in the boat and fish."

Raymond agreed that the derby is fun and said he had a great time.

Since catfish are bottom feeders, Larocque uses minnows as bait and puts his fishing line on the bottom of the river.

"We tried worms but it didn't work," he said.

Larocque and his family arrived at the derby at 8:30 a.m. They came in to shore to eat lunch before heading back out on the water again. They called it a day at 4:40.

"It was fun but that's long enough," said Larocque.

Gerard Trudeau has been fishing for 40 years and said it was a good derby. He liked the fact that it was a catfish derby because he thinks catfish are easier to catch than other fish, although that didn't stop Gerard from reeling in some other catches.

"I caught seven catfish, two pike, five bass and one pickerel," he said. "I just threw them all back."

Gerard said he likes fishing because he just likes the sport of it. He has been in a number of derbies over the years.

After the derby the fishermen headed over to the Legion to eat dinner and talk fish talk.

Ron, who has been president of the PMFGC for the past 10 years said it was a lot of work to organize the derby but there were a lot of volunteers that helped out.

"I do all of the advertising and get everyone organized. I tell everyone about the event and hope everyone shows up at the dock. I just try to get everyone out and make a few dollars," said Ron.

All of the money made at the derby is going towards the next event the PMFGC puts on, stocking the waters with fish and perhaps a charity as well.

"We don't need money except to run the next event. We just go from one event to the next. I'm not sure what charity it will be this year. It's the last event of the year," said Ron. "Our mandate is to look after the lakes and forests. Protection-wise we do what we can."

Every year, the PMFGC puts up to 5,000 trout in lakes and rivers. The fish are purchased from trout farmers who raise them on their farm in Charteris.

"We get them from people who raise them and we put them in lakes so people can enjoy fishing," said Ron. "Last year we put 1,000 trout in the Quyon River. We put them in the lake before winter and it gives them a chance to grow over the winter so when people go fishing they have nice big trout to catch."

If someone allows members from the PMFGC to fish in a lake on their property, the members will fill up the lake with fish for them.

Ron was hoping to make enough money at the derby to donate some to the boardwalk in Quyon. But the PMFGC also needs enough money for the next event. There is going to be a meeting at a later date to discuss funding.

The winners of the derby who received \$100 each were:

1. Gregory Wilkinson
2. Ward Lance
3. Paul Davis
4. Rita Larocque
5. Raymond Perriard

Golfing: "A family connection"

JULIELEE STITT
Equity Reporter
NORWAY BAY August 5, 2010

There aren't many activities grandparents and grandchildren can enjoy together, said Linda Thompson.

The co-owner of Norway Bay Golf Course said golfing is the exception.

"What else can a 17-year-old boy do with his grandparents? I think it's the best sport because of the family connection," she said.

After a month of golf in July, the relationship between seniors and youth golfers capped off Thursday, with the Junior Club Tournament.

With close to 20 players playing, the season ended with healthy and measured competition between players in both the 'A' and 'B' Divisions.

Players in the 'A' section were 14 to 17-years-old, and players in the 'B' division could be as young as 10.

"It's a very adult experience for them," said Thompson, about the competition.

The seniors may have years of experience but many of the young players have grown up on the

greens. Thirteen-year-old Ayden Hodgins is one young golfer who has been on the links for "many years," swinging his first club at the age of five.

"It teaches a lot of different qualities, like respect for the course, patience, and just all around stuff that you need to become a good adult and a good citizen," said Hodgins about the benefits of the sport and interaction with the seniors.

According to Hodgins, golfing with seniors also lessened the chances of cheating.

"Nobody's going to try and get one stroke off, which is good," he said.

In the 'A' division, Riley Young, from Bristol played a close game against Dylan McNamara, with the winner decided on the ninth hole.

Fifteen-year-old McNamara, from Aylmer was the division winner.

He finished seven over par, with a final tally of 39.

According to the defending champion the best part of the "day" was: "Playing against other kids around my age and trying to win the tournament."

While players enjoyed the

competition, the benefits of playing are countless, said Ashley Morin.

She works at Norway Bay Golf course and helped organize players for the tournament.

"It's experience, it's for fun and they get to meet new people, it's a challenge for them," Morin said.

The day was all about players under 65, but the seniors are fundamental to the tournament, said

Thompson. "We have seniors that are the backbone of the junior golf tournament," she said.

Winners were announced at the end of the tournament, with one special gift that went to a player based on chance rather than skill level.

Along with the Norway Bay Golf Course, local Leonard Hall sponsored a club membership to be given to a player for the next season.

The winner was determined by draw.

Hall isn't a golf player, but he plans to continue to co-sponsor the season pass in the future: "Every year, as long as I'm alive," he said.

As for how the tournament went, senior Ed Watters thought it was a success.

"Excellent, they're very courteous and respectful of one another," he said about the young players.



Pictured are two 'A' division competitors, standing together after their final hole of golf. Pictured on the left is Riley Young, and division winner Dylan McNamara. It is McNamara's second consecutive year winning the tournament.



Raymond Perriard, 7, shows off the seven catfish he, his grandmother and grandfather caught at the catfish derby in Quyon on Aug. 7. Raymond was one of five winners and received \$100.



Sean Wilkinson releases the catfish he caught at the catfish derby in Quyon on Aug. 7.

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2009 Ram 1500 Quad Spt	Black, 5.7-L, 4wd, loaded, r-start, 20", boards, t-tow, cd	27 k
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2006 Chev Silverado 4-dr	Maroon, 5.3-L, 4wd, loaded, Z-71, steps, t-tow, liner, cd	71 k
2006 F-150 XL R-Cab	Maroon, 4.6-L, 2wd, auto, air, 20" chrome whls, t-tow, cd	101 k
2006 Ram 1500 Quad	Inferno, 5.7-L, 4wd, SLT, loaded, s-roof, p-seat, t-tow, cd	61 k
2006 Chev Silverado	Grey, 5.3-L, 4wd, loaded, cd	71 k
2005 Ram 1500 Quad	Garnet Red, 5.7-L, 2wd, loaded, p-seat, tonneau, fogs, cd	66 k
2005 Ram 1500 R-Cab	Garnet Red, 4.7-L, 2wd, loaded, s-steps, t-tow, cd	55 k
2004 Ram 1500 Quad	Blue, 4.7-L, 2wd, cruise/tilt, tonneau, t-tow, stereo	120 k
2000 Dakota C-Cab	Blue, 3.9-L, 4wd, auto, air, t-tow, tonneau, fogs, cd	115 k

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2009 Commander Ltd.	Black, 5.7-L, loaded, h-leather, 7-pass., nav., slider, dvd	25 k
2009 Nitro Sport	Sunburst, 3.7-L, 2wd, loaded, alloys, t-tow, satellite, fogs	32 k
2008 Nitro Sport	Sunburst, 3.7-L, 4wd, loaded, alloys, t-tow, fogs, cd	34 k
2008 Patriot North	Silver, 2.4-L, auto, loaded, cd/cassette	60 k
2005 Freestyle	Silver, 3.0-L, loaded, alloys, cd	125 k
2005 Grd Cherokee Ltd.	Black, 5.7-L, loaded, h-leather, slider, auto-air, cd	170 k

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