



THE EQUITY

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The voice of the Pontiac since 1883

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88 cents



Sheen honours their fallen A wreath was laid by Paul Keon in memory of his father Dr. Harold Keon of Sheenboro who was a veteran fighter pilot in World War II.

CAROLE ST-AUBIN
Equity Editor
SHEENBORO Nov. 6, 2010

It was a sunny but crisp autumn morning as more than 200 Sheenboro residents crammed into St. Paul the Hermit Church for a special Remembrance Day service that began with a mass presided by Fr. Chabot and Fr. Tardiff.

Following the service, Laurie Leahy (Keon) stepped up to the pulpit to deliver a dedication to her father, Dr. Harold Keon.

Dr. Harold (Hal) Keon was the sixth of Lorne and Loretta's (nee Ryan) 13 children. He was raised in Sheenboro where his family farmed and ran the general store and bar.

When he was accepted into Queen's University in Kingston, Keon declined to join the Royal Canadian Air Force, where he became a pilot-in-command for the

training of radio wireless operators before he was posted to a combat flight training squadron in Ternhill, England in May 1944.

Upon completion of his combat training, Keon was posted to a 440 Squadron flying a Hawker Typhoon. His last operational mission, she recounted, was a reconnaissance flight over Germany on Aug. 25, 1945.

According to his daughter Laurie, the pilot summarized his feelings in a log book with one word: "FINIS!"

Laurie went on to say that her father never really talked much about the war other than the occasional funny story or when he spoke of the kindness the people of England demonstrated to allied soldiers.

Hal Keon then went on to pursue his medical career when he graduated from the University of Ottawa in 1952.

As his practice grew, she went on to

say, so too did his family of eight children.

Keon went on to practice medicine in a Chapeau hospital which opened up in 1954. He continued to practice there and at his private office until his death at the age of 55 in 1977.

"He was as proud of his roots, his family and his community as they were of him," said Laurie in conclusion.

The next speaker was Commander Steve Waddell of Royal Canadian Navy.

Waddell was deployed with a NATO task force to the Adriatic Sea in the earlier days of the Yugoslav Civil War.

He has since circumnavigated the globe and has deployed to the coastlines of both Iraq and the former Yugoslavia in order to enforce United Nation sanctions against those countries.

Waddell went on to explain how the Royal Canadian Navy has played a key role in the both world wars and how they

continue to do so to this day.

He is now employed as the Director of Maritime Strategy in the Maritime Staff Headquarters in Ottawa, where he lives with his wife Shauna Perrault Waddell and children Nathaniel and Rebekah. Cdr Waddell is the son-in-law of proud Sheenboro native, Jack Perrault.

A parade was then led outside by flag bearers Catherine Keon, Christine Adam (Keon), Patty Rebis (Keon) veterans of Sheenboro and the surrounding area, Knights of Columbus, MRC Warden Mike McCrank, Mayors from Sheenboro, Chichester, Waltham, Allumette Island, Dr. Wilbert Keon, Commander Steve Waddell of the Canadian Navy and Jack Perrault. The names of veterans from both World Wars and the Korean War were called out before the placing of the wreaths took place.

A light lunch was served at the town hall immediately following the ceremony.

Murray makes honour roll

CAROLE ST-AUBIN
Equity Editor
PEMBROKE Oct. 20, 2010

At a Oct. 20 celebration, Shawville native and Ottawa Senators' General Manager Bryan Murray was inducted in the Upper Ottawa Valley Sports Honour Roll.

Also honoured were Brian Dinwoodie, a World Winter Games Special Olympics medalist from Pembroke and Ann Cochrane, the first woman to be inducted into the Upper Ottawa Valley Sports Honour Roll, who was honoured for her many years of contribution to a variety of sports including golf, girls and women's softball and figure skating.

Murray spent more than 30 years in the NHL, managing, coaching or doing both with teams in Anaheim, Florida Panthers, Detroit and finally with the Ottawa Senators.

Murray also coached in Hershey, Regina and Rockland Nationals to the Centennial Cup Championship after leaving the Pembroke Lumber Kings.

Bryan's brother, Terry

Murray, is the head coach for the Los Angeles Kings.

"It's always nice to get the recognition, but it's especially meaningful when it's somewhere a little closer to home where your friends and family can be a part of it," said Murray.

Attending the event was Murray's wife Jerri and several family members including his mother Rhoda.

Brother Bill Murray said it was a nice event and that the family was always proud of his achievements.

If he had a message to give to aspiring young athletes Murray said he'd tell them that their dreams are never too far out of their grasp.

"They should do what they want to do, just take a chance and do it. They should always challenge themselves to move on from one step to the next step. It takes time," said Murray.

Murray said that he's had to make sacrifices along the way but added that with a lot of hard work and perseverance he was very fortunate that it paid off for him in a such a successful way.

Shooting incident on Allumette Island

CAROLE ST-AUBIN
Equity Editor
PONTIAC Nov. 10, 2010

A shooting incident occurred in Allumette Island on Nov. 3.

According to the Sûreté du Québec, a young girl accidentally shot herself in the foot.

An investigation surrounding the incident is ongoing at the time.

Other police news

The theft of a generator occurred at a communication tower in Clarendon between Oct. 20 and Nov. 3.

Police are still investigating

and are asking anyone with information that might prove helpful to contact them at 310-4141.

Two other thefts occurred in the Shawville area between Oct. 29 and Oct. 30, where tools were reported stolen from a shed. This investigation is also ongoing.

Public relations

On Halloween night the SQ visited each municipality to make their presence known as well as distribute candies, bracelets and reflective objects to trick-or-treaters.

Lone entrepreneur against the whole province

ANDREA CRANFIELD
Equity Reporter
BRISTOL Nov. 2, 2010

Entrepreneurs from all over Quebec will compete for a chance to win \$1,000 at the fifth annual National Entrepreneurship Day (NED) on Nov. 16. The Réseau des Carrefours Jeunesse-emploi du Québec organizes the event as part of the Youth Entrepreneurship Challenge with support from Secrétariat à la jeunesse.

The purpose of NED is to promote youth entrepreneurship and highlight the importance of an entrepreneurial society. All of the entrants are featured on a website dedicated to the competition. People can visit the website and vote for who they think is deserving of the prize and whoever receives the most votes wins. Nov. 2 was the first day for on-line voting and voting closes on Nov. 16. The winners are announced the same day.

Voters can come from anywhere but the entrepreneurs must be from Quebec. Although this is the fifth year for the competition, the online rally has only been taking place for the last three years. Entrepreneurs must be under 35 years old, from the Quebec region, and they must own a business.

There are four entrepreneurs entered

from the Outaouais region and Ray Bretzloff, owner of Pure Life Adventures in Ladysmith, is the only person from Pontiac entered in the competition.

Lucille Bélair, who was formerly a youth entrepreneurship officer with the Carrefour Jeunesse-Emploi du Pontiac (CJEP), entered Bretzloff because she thinks he has a great business. Part of her mandate as a youth entrepreneurship officer was to choose someone she deemed worthy to win NED.

"I had a choice of one person to enter and I had a partnership with him. I found it was a great business for promoting Pontiac so I picked Ray," she

explained. "We encourage people to vote to Ray because he's a local and the only one from Pontiac."

Bretzloff added, "I'm proud that Lucille sought me out. She called me and said 'I like your business and I think it has a good chance at winning this and I'd like you to represent Pontiac.' I was very proud."

Pure Life Adventures is an adventure

"I'm proud of how far I've come. It started off with homemade brochures and now it's a full-time business," said Bretzloff.

He said it wasn't scary when deciding to open his own business because he didn't know what it entailed.

"When I started I wasn't scared, I was excited. There's a lot of hard work but a lot of reward. I needed to learn about business, sales, marketing and accounting," Bretzloff explained. "For me it wasn't good enough to be a good guide and rescuer and things like that. In the last 10 months I really learned how to run a business."

For example, Bretzloff now knows how to do all of his own accounting and is currently reading a marketing textbook. He says the most rewarding thing about being an entrepreneur is the responsibility.

See **LONER** page eight

Pure Life Adventures started up, Bretzloff was only working part-time. It wasn't until Jan. 1, 2009 that Bretzloff decided to run his company on a full-time basis. Since then, he has hired guides, which has created more job opportunities in Pontiac. He has new website radio commercials and said sales have been increasing. He also recently won the SADC's entrepreneur of the year award in October.



Ray Bretzloff is the only person from Pontiac entered in the National Entrepreneurship Day contest.

Ladysmith home destroyed

CAROLE ST-AUBIN
Equity Editor
LADYSMITH Nov. 2, 2010

Flames laid waste to a Ladysmith home on the evening of Nov. 2.

The first firefighter at the scene was alerted by a passer-by at approximately 8:05 p.m., according to Fire Chief, Mike Guitard.

Guitard, who was at a council meeting when the fire broke out, said, "It was pretty well engulfed by the time we were alerted."

The 911 call was received at approximately 8:12 p.m., according to Guitard who said there might have been a time lapse by the time someone had actually called it in to 911.

The Otter Lake Fire Department was called for assis-

tance and arrived at the scene at 8:39 p.m., according to the Fire Chief who said they needed extra water.

"The home was completely lost by that time, and our main concern at that point was in keeping the very close neighbouring house safe from the flames," Guitard told THE EQUITY.

The owners of the home, who recently purchased the home and were doing renovations, were not home at the time the fire broke out, and when the construction crew had no idea about the fire until they arrived to work at the location the next day, according to Guitard.

According to the Sûreté du Québec the cause of the cause of the fire is still under investigation.



Pictured is the remains of a home at 1233 on Hwy. 303 in Ladysmith. The owners had recently torn down a part of the old structure and had a new foundation poured, where they had planned to add to the existing structure.

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M & R Feeds celebrating 30 years

ANDREA CRANFIELD
 Equity Reporter
 PONTIAC Nov. 10, 2010

M & R Feeds is celebrating their 30th anniversary next year.

"It's hard to believe," said owner Brent Clifford who opened the first M & R Feeds store in Micksburg, Ont. in 1981.

Currently three M & R Feeds stores are in operation in Shawville, Pembroke and Micksburg. All three locations operate as retail store and warehouse facilities. The Shawville location also manufactures feed for animals on site.

"The Shawville location is the only location where we do milling of feed. The Shawville location then supplies other locations as well as some wholesale accounts," explained Clifford.

M & R Feeds sells livestock and poultry feed, crop inputs such as seed, fertilizer, herbicide as well as farm supplies such as gates, feeders, cattle handling equipment and water bowls.

The grand opening of the Shawville location is being celebrated on Nov. 13 but

Clifford said it's really a celebration of all three stores. The store was previously located in Quyon and moved to Shawville Apr. 1 of this year.

"We believe the Shawville location is better suited for the agricultural community of Pontiac and there was a good store and warehouse facility that belonged to the Hobbs family where they operated a similar business for many years," said Clifford.

He said it was scary when he decided to open up his own business but he saw a demand for the products and services he now sells in his stores.

"I was working in the same business and there was an opportunity to open a store at that time. I guess I felt there was opportunity for me to maybe drive my own destiny," Clifford said thoughtfully.

He decided on Micksburg because it is a farming community so his products and services would cater to the needs of the community. He took the plunge and 30 years later M & R Feeds is still going strong.

"Much like any other business that gets started you work lots of hours and you keep trying to grow and get better. I'm very fortunate because I've been able to have some excellent staff that has continued to work for me for many years," said Clifford. "It makes it all very rewarding. It makes it easier to be successful whenever you have consistent, hard working employees with you."

Clifford still remembers in 1981 about four months after he opened the store, the interest rates at the bank exceeded 22 per cent, whereas now he said they are at about four per cent.

"If you're thinking about opening a business, the interest rates are good right now," he laughed.

Clifford said one of the most rewarding parts about owning his own business is seeing how it helps others. M & R Feeds provides programs for livestock producers. They also host meetings to bring customers in the farming community together where they can hear presentations by experts in the field.

"They can hear about the latest technologies or ideas. It gives customers a chance to network with people who share similar interests," said Clifford.

One time, M & R Feeds organized a bus tour for dairy producers. They were able to meet other dairy producers who exposed them to different ideas.

"You can learn by how others are doing things. It was very well attended and people appreciated it," said Clifford.

Most recently, M & R Feeds held a meeting with beef producers in Shawville that had a good turnout. Information was provided to attendees that explained the potential for marketing cattle.

"We're not just trying to sell products, we're trying to market services and provide information and solutions to customers," said Clifford. "When a farmer has success with growing crops based on information we've provided or services we've provided, it's a big plus for us. Whenever customers make money and are successful that's what makes us successful."

Some employees who work for M & R Feeds on a full-time basis go to school to upgrade their training on nutrition and farm production so they can deliver that information to customers, which Clifford said helps customers prosper.

"When we have customers with good milk production for example, and they don't have very high costs and the animals are healthy, it reflects very well on the programs we provide for livestock producers. We're always trying to come up with services and products that more people are looking for and also to give new ideas on how to increase revenue and increase viability for farm operation."

Please see M & R FEEDS, page three



Steven Poulin has worked at M & R Feeds in Shawville full-time for the past year-and-a-half.

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 AGRICULTURE IN PONTIAC AND THE VALLEY.

Eric & Heidi Doyle

M & R FEEDS: Shawville location celebrates grand opening

Continued from page one

Les Thompson owns a dairy farm in Pontiac and has been a loyal customer of M & R Feeds for the past 15 years. He also teaches the agricultural program at Heritage College in Campbell's Bay.

Thompson has a high classifying herd and a dairy herd. He said M & R Feeds probably has the best program out there to balance rations of food for his animals.

"Many rations don't bal-

ance fiber properly. Of all the ratios I've seen, their program balances the best and my cows are always healthy on it. It helps a lot for the total cost of production and we get longevity with our cows and have very few vet bills. We've had such good success with Purina rations. The cows start off healthier and remain healthy," said Thompson.

Purina is a brand of feed that M & R Feeds sells.

Thompson added, "That relates to overall profit.

Balanced ratios are so important and can have a big effect on total net profit. Ten years ago I wouldn't have believed what we've accomplished was possible."

Thompson has never actually been into an M & R Feeds store. There are nutritionists available that come to his farm on a regular basis and he gets the feed delivered to his house.

All of his conversations have been with field representatives over the tele-

phone. He said the field reps always give really good advice about crop management and food analysis.

"It's like on-line banking," he laughed.

He added, "They provide all of the services we need to manage a high producing, high classifying dairy herd. We're in top 10 to 15 per cent in Canada for both. We would have switched companies long ago if it wasn't working."

Thompson said the most important thing is that his

cows are healthy. He has a vet to his farm maybe three times a year, usually for some sort of accident that is not nutritionally related.

"I'd rather spend time doing feed rations than treating sick cows," he explained.

Clifford definitely appreciates the positive feedback he gets from his customers. He said he's received some nice cards and letters over the years from people who appreciate the service M & R Feeds offers.

He pulled out a card that he has kept over the years and read a few lines:

"I've had the best customers service.... Their advice is always helpful and they are always cheerful, making shopping in the store a more pleasant experience."

"I kept that letter. It meant a lot to me to have someone say something like that," said Clifford, who said that any time he gets something nice he shares it with the staff because they

are the ones driving the positive comments. "It's nice whenever people go out of their way a bit to say Thanks."

Goals for the future are improving the website so more people can be aware of the products M & R Feeds carries.

"Times have changed and we need to try to make ourselves more visible," explained Clifford.

He also wants staff to upgrade their training on a regular basis. He plans to

continue holding meetings to bring customers together for information sessions.

At the grand opening of M & R Feeds on Nov. 13, there is going to be a barbecue. A few nutritionists are going to be there to answer questions about livestock and poultry. There are also going to be some company reps on hand. Clifford is hoping to work with a local service club to do some fundraising and there are going to be reduced prices on many products.

Plethora of Pontiac musicians share their wealth of talent with Ottawa

ANDREA CRANFIELD

Equity Reporter

PONTIAC Nov. 10, 2010

This isn't a typical Pontiac country jam, this is a whole adventure. A bus is picking

Pontiac music fans up from Shawville and Quyon and driving them to the Westboro Legion on Nov. 21. There, Pontiac's most talented musicians are showing those

in Ottawa just what Pontiac has to offer. The jam is called "A Pontiac Party in Westboro."

"We're celebrating and profiling a variety of the entertainers that hail from Pontiac," said Lorne Daley, who organized the event. "I'm trying to profile the talent of Pontiac and share the wealth with Westboro Hall. I think it's going to be a great show. We have a wealth of entertainers that hail from Pontiac."

Daley is a musician and will be performing at the show. He has played at the Westboro Legion before and when he approached them about doing a country jam, they donated the hall for the event, which holds 250 people.

Money from the show is going towards the Quyon Revitalization Project, which aims to restore the riverfront in the Quyon area including renovating the ferry dock and building a new boardwalk and hall.

Some of the musicians performing at the event are Domenic Darcy, The Mick Armitage Band, Lorne Daley with his brothers, Joanne Dubeau, Charlie Muldoon, Cal Cummings, The Mountain View Boys, Friends in Harmony and Gail Gavan, who was recently inducted into the Ottawa Valley Music Hall of Fame.

Maynard Robinson is pro-

viding entertainment in the form of square dancing for the guests. Wilf Arseneault, Peter Dawson, Al Bragg, Gil Charron and Benny Tevens are playing as the backup band for the day.

A bus is leaving Atkinson's Bar in Shawville at 11:45 a.m. and stopping at Marcott's in Quyon at 12:30 p.m. to pick everyone up before heading over to the Westboro Legion where a day of music, dancing, food and fun awaits. There will also be a raffle and door prizes.

"It will be nice to have a show of support for the musicians with a busload of people from Shawville and Quyon that came down," said Daley.

Bonnie Hodgins and her husband Jim Hodgins organize the Shawville Jamboree. They are also musicians who have been entertaining Pontiac crowds for years. Bonnie said she is very excited about the event and her and Jim are proud to help the revitalization project in any way they can.

"A lot of talent is going to be there. If anybody misses it, they are going to be missing a good show. I think it's going to be great," said Bonnie. "There's a great bunch going down. There are a lot of really talented people playing and there's a really good backup band too."

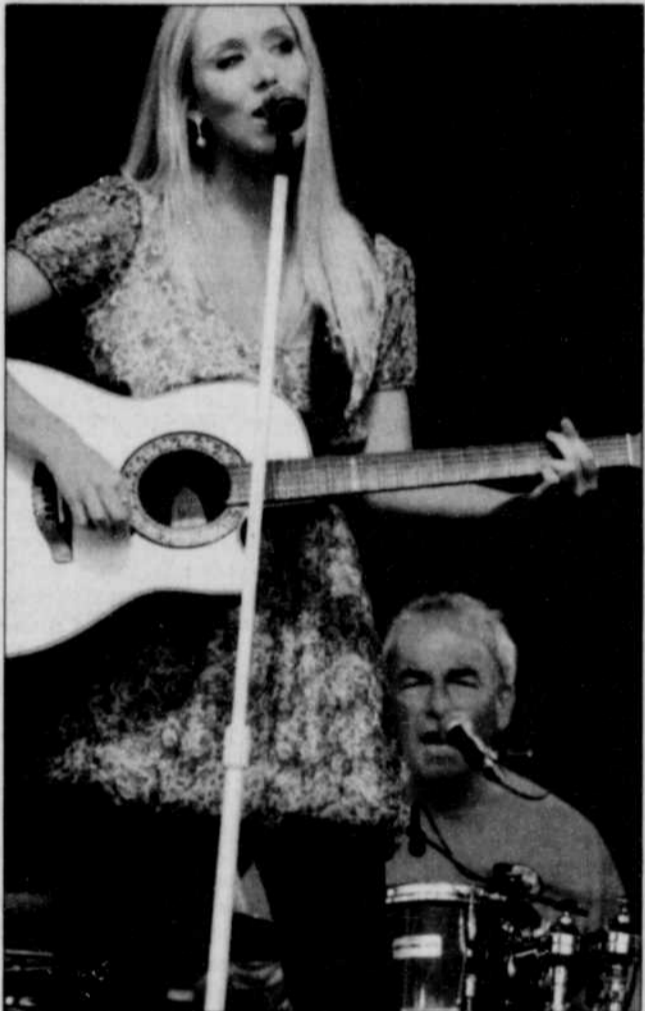
Adrienne Taylor is the youngest performer at the

country jam. She writes her own songs and is one of Pontiac's up and coming young artists. When Taylor found out the money from the event was going towards the Quyon Revitalization Project, she was more than happy to play.

"I'm really excited. There's going to be a lot of Pontiac artists there. It's supposed to be a huge thing," said Taylor. "I'm really happy to volunteer for it. When I found out the money was going to the revitalization project, I said 'Yes I'll definitely do it.' I'm excited to play with everyone."

Mountainview Turf is sponsoring a large portion of the event making it possible to charge concertgoers \$5 per person for a return trip. In order to attend, everyone must pre-register for the bus before Nov. 18. Tickets are available in Pontiac at Atkinson's Bar in Shawville and Marcott's Gas Bar in Quyon.

"I think it's going to be a great show, there's a good variety of entertainers coming down," said Daley. "We're basically taking the culture of Pontiac to Ottawa and putting on a show. It's going to be a great time."

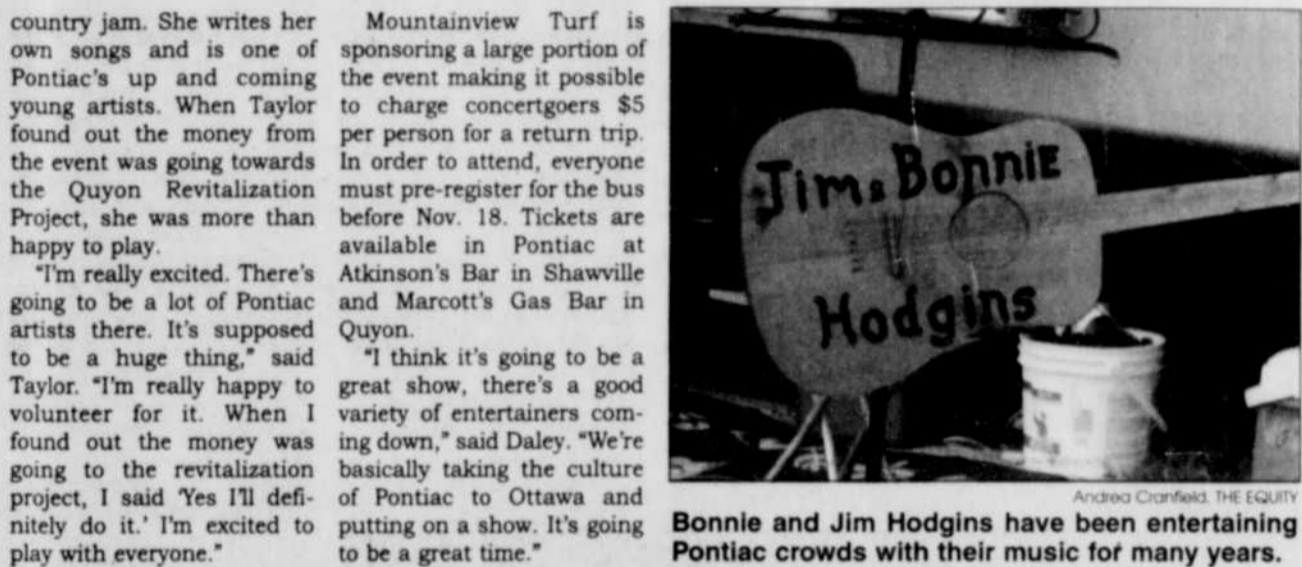


Adrienne Taylor and Mick Armitage, two Pontiac favourites, jam together on stage.

Fundraising fun



PHS students-government organized a fundraising BBQ and a "Hands on the car" event on Oct. 22. The winner of this event took home Senators ice-level tickets, donated by Bryan and Jerri Murray. The winner of the competition was Vanessa Prevost at 9:30 p.m. after standing with both her hands on the car for more than five hours. Courtney Yach was the runner up and third place winner was Jordan Greer. A second pair of Senators tickets was donated by Hotel Ladysmith for a raffle. Head girl Jillian Pasch said that they made the competition harder and harder towards the end by not letting contestants lean on the car, then they made them stand on one foot, then the other while still touching the car in order to speed things along. The students sold all of their hot dogs and hamburgers and would like to thank everyone for their support. Seen above are Matthew Graham, Jordan Greer, Vanessa Prevost, Courtney Yach and Tianna Utronki on the right side of the car and Riley Gagnon, Bayley Lemay, Ashley Young and Ryan St-Laurent on the left side of the car. Below from left to right are Mariah Nixon, Michelle Brunet, Briana Marshall, Christine Morin and Kaigh-Anna Lafleur.



Bonnie and Jim Hodgins have been entertaining Pontiac crowds with their music for many years.

GRAND OPENING

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The Editorial page

OUR OPINION

All the things we take for granted

Most of us have heard the old saying: you don't know what you've got until it's gone, and some of us can even attest to it as being more than just some random fabled saying, we've all had to deal with loss.

It can range from simple things to some of the things that a lot of us take for granted, such as our health or even our senses, or perhaps on a deeper level, the loss of the things that matter most to us in life; our loved ones.

We have all closed our eyes or closed the lights to stumble around in the dark at some point in our lives. Perhaps as children we tried hard not to speak to anyone for prolonged periods of time, trying to strictly use signs and signals to communicate, only to realize it's not as easy as we thought it would be.

Loss comes with a period of adjustment, but none of us can truly know how difficult that might be unless we suddenly find ourselves in

that particular situation. For a lot of people living with the loss of something as precious as one's hearing, sight or speech is a reality and not just something they can turn on or off at will, so we can never really vouch for what it's like unless we've lived it.

I suppose we can only really grasp the bits of wisdom that we can from it all and learn to appreciate what we do have and not take things or people for granted or abuse them. We are far more fortunate than we realize in a number of different ways, and if one is healthy, one is wealthy.

Other things that are often overlooked are the things that people do for, or have done for us in the past. And during this Remembrance Week, we are reminded of the many soldiers who gave up their lives and their own freedom (as well as those who continue to do so in their service to our country) so that we can enjoy our life still to this day.

Something that struck a chord in me while I attended a Remembrance Day ceremony over the weekend was the fact that a son was seeking the acknowledgment due to his father for his

service during the war. This man, who was supposed to have received the highest award for displaying bravery and gallantry in the face of the enemy, the Victoria Cross, died at the age of 102 and still had not received the acknowledgment for his deed as he should have.

This to me demonstrates only one of the very many grave errors and mis-steps that our members of government continue to make when it comes to honouring those, who in my eyes, matter the most; the many people who are the reason we are sitting in the comfort of our own homes surrounded by our families, our friends, our jobs and all of the benefits that come with being called a Canadian.

Today I heard someone voicing their discontent and disgust with our government for not declaring Remembrance Day a national holiday, and in light of the blatant disrespect our war veterans are made to endure, I tend to agree.

Citizens should rally, should band together and take a stand so that our veterans, the true heroes of this country, are honoured and no longer taken for granted.

Carole St-Aubin editor@theequity.ca

YOUR OPINION

My Remembrance Day hero

Dear Editor,

Canadians don't have many real heroes to admire or to point to as role models for young people any more. People who put their careers, or even their lives, on the line for the people they serve. But Col. (ret) Pat Stogran, the Veteran Ombudsman who so fearlessly exposed the disgraceful treatment of our veterans by the government of Stephen Harper, and who has done both, having fought in battle himself, is indeed one of those rare individuals.

Nowadays, people are hesitant to stand up to their bosses, for fear of reprisals. And this is especially true in the federal government, ruled by a prime minister who demands absolute control over everything and everyone. Those who chose to disagree with him publicly have had their reputations tarnished and their employability quotient reduced to near-zero, including every ombudsman, commissioner and government watchdog.

Pat Stogran chose, during his three-year term of office, to do what his job description called for. To defend and to promote the rights and needs of our injured and dying military veterans.

He was so successful in that role that it cost him his job. He exposed the hypocrisy between what government officials said publicly, and actual practices. He embarrassed the government, and obliged them to respond to veterans actual needs, and you embarrass this government at your own peril. (Stogran applied through three different formats to get his old job back, and wasn't given the courtesy of even one reply.)

How many of us would have had Col. Stogran's courage to stand up for what's right and true as he saw it. Especially when the reputation of the big blue bullies in Ottawa is so well known? How many of us would put duty to others before personal comfort and career? How many of us, really, act as if they actually believe that when the interests of others are at stake, we must do whatever it takes to defend those others, no matter the career costs?

Col. Stogran is one of that increasingly rare breed of men. In my eyes, a true hero, not just a 'talking head' concerned primarily with their own welfare and well-being. Any person who acts with such self-conviction, with so little gap between what they say and they do, is my kind of hero. In my opinion, the veterans of this country have been exceptionally well-served by his actions in exposing and confronting the betrayals of our heroic veterans by the current Conservative government in Ottawa.

David D Harper
Bryson, QC

Perhaps they aren't aware of the broken-hearted moms whose sons or daughters didn't return home, or those who have come home broken and maimed. Perhaps they should wake up, perhaps take a trip down to the Veteran's Hospital in Ottawa. Perhaps they should hold the hand and comfort those reliving the horrors of war during the night.

Perhaps then they can think about which flag should fly where.

Les and Rossie Smart, Shawville, QC

Grave situation

Dear Editor,

Late yesterday afternoon I received this story from my daughter Erica, whom had gone for a walk along the PPJ Cyclopath (the old abandoned railway line reserved for cycling and walking) which travels from Bristol to Waltham.

As Erica and Andy live in Campbell's Bay, it is conveniently located as a place to walk with their dogs. Yesterday a lovely sunny day, Meagan Rebertz and Erica Beardsley were walking their dogs and stopped to admire flowers and pick some long grass, a mile or so from the town where there was a small pond less than 30 feet from the cycle path. The dogs, including one year old Max, a beautiful 20 pound American Spaniel, decided to do their favourite thing and explore the pond close to the cyclopath. Unknowingly, as Max trekked to the water a beaver trap instantly killed him.

One must at this point place themselves in the position of finding someone they love in this state. Unless you have experienced it you do not know what we are feeling.

It is so sad that he is gone. But the consequences of this deadly situation could have been much graver! Please consider this, had a family been there and a child wandered into that area or an adult not knowing, how much graver a situation could happen.

We are devastated by this as while our daughter was on her honeymoon my wife and I took care of both of their dogs, Molly and Max. They were wonderful characters the week we had them, both enjoying my grooming and our dog's company.

This happened on a beaver's path running from the cycle path not 30 feet away and not signed at all, and it should never have happened!

As I understand the MRC have asked someone to trap beavers there and authorized this. Therefore it would be their responsibility for this situation. What's going on must be better monitored.

Here we are trying to promote tourism. Something's wrong with this fall picture!

Seriously when trapping so obviously close to something public it should be signed and posted with gravest of consequences. Or at very least posted in the obvious places where the traps are located.

Dear MRC members all fields, bush and other dangerous territories should be mandatorily well marked so the public is not at risk.

Barry Beardsley, Bristol, QC

PS. This was a *horribly sad day for me and Meagan. I will never forget the cyclopath it was a tragic end to a lovely warm sunny fall day. I hope Max's life has saved somebody else from severe injury in the future.* - Erica

Somewhat nosy

Andrea Cranfield, THE EQUITY



THE WAY WE WERE

by Heather Alberti-Dickson, Publisher heather@theequity.ca

25 Years Ago

November 13, 1985

Remembering our veterans: Cool temperatures, overcast skies and fresh fallen snow set the stage for Remembrance Day services observed in Campbell's Bay on Sunday, Nov. 10. The service honoring the more than 114,00 Canadian men and women who died in two world wars and Korea was held at the Centopath, adjacent to the Pontiac County Building. The walk to the Cenotaph included the Pembroke Legion Band, members of the Royal Canadian Legion Branch No. 162 followed the colourguard of Canadian flag-bearer Gordon Bennett, Quebec flag-bearer Greg Loiselle and Legion representative Cyril Lepine.

Fort Coulonge Golden Age opens: On Sunday, Nov. 10 at Fort Coulonge, a dream was realized with the official opening of the Club de l'Age d'Or et des jeunes on Baume St. Construction on the log building was begun last spring after the Club de l'Age d'Or received a substantial grant from the provincial government for the completion of a club house, that would serve as well as a gathering place for the young people of the area particularly the guides and scouts.

Strike ends at Telebec: Striking Telebec workers in the area of Shawville, Mont Laurier and Saint Andre Avelin are now back on the job after an agreement was reached on Nov. 4.

Soldier guilty of manslaughter in machete killing: Corporal Martial Duchesne, the Camp Petawawa paratrooper charged with the killing of 26-year-old Andre Graveline at the Hotel Coulonge in August, was found guilty of manslaughter by a Quebec Superior Court on Nov. 4.

50 Years Ago

November 10, 1960

Game Wardens busy stopping cars on Nov. 8: Three roadblocks were set up on the highways around Hull on Sunday night by provincial game wardens stopping all cars moving into the urban area. The main purpose of the roadblocks was to check for guns and game being

carried without a license or without a transport tag.

Quyon child dies of burns: Four-year-old Eddie Ayotte, alone at his home in the Pontiac section two and a half miles west of Quyon saturated his clothing with gasoline as he played with a can of his father's chain saw fuel. He poured some of the fluid into a small bottle and then went to pour some onto the fire in the stove. The child's clothing took fire and he ran screaming outdoors where a passing motorist, Ernie Chevrier saw him. Chevrier poured a bucket of water on the burning child and wrapped him in a blanket. The mother, Mrs. Marshall Ayotte was summoned from a neighbour and little Eddie was then taken to Dr. Hodson and thence to the hospital where he passed away on Monday evening.

75 Years Ago

November 14, 1935

Local news: Mayor E.C. Lawn of Campbell's Bay was chosen official standard bearer to contest the Quebec Provincial election on Nov. 25 at the convention of Pontiac Liberal Association held at Campbell's Bay on Tuesday afternoon. Although nine were nominated the convention was carried on in an orderly manner, each aspirant declaring to stand with the result of the voting. Mr. Andrew Sly, VP of the association presided.

Holy Trinity Church, Radford, was taxed to capacity on Sunday afternoon last, when during the afternoon service, several ornaments were dedicated by the Rector to the Glory of God and in memory of the late James Hanna and Mervyn Henry Eades.

Final tribute to the memory of Peter B. Moyle was paid Thursday morning, Nov. 7 at his funeral held from his residence at Campbell's Bay at 9 o'clock to St. John the Evangelist Church, where requiem high mass was chanted by the parish priest, Rev. Father W.L. Murray with Revs. Frs. H. Martel and L.L. Enright in the sanctuary, following which the body was taken to Quyon Roman Catholic cemetery for interment.

After an illness of two weeks the death occurred at his home on Monday night of Thomas A. Lucas in his 73rd year. Mr. Lucas was born at Bristol Ridge and was a member of

a family of six boys and three girls his father being Robert Lucas and his mother the former Miss Dorothy Corrigan of Bristol Ridge.

The first snowfall of any significance came during the early morning hours of Tuesday. Residents awoke to find mother earth in its winter garb, about six inches of the beautiful having fallen during the night. A few sleighs were noticed during the day and for a time motorists experienced some difficulty getting around.

100 Years Ago

November 10, 1910

Local News: THE EQUITY sent to any address in Canada from now till Jan. 1, 1912 for one dollar.

To show the difference in cost of running the municipal machinery of a township in Ontario as compared with one in this province, we may mention for example the township of Gloucester, which pays its clerk, \$70 per month and employs a tax gatherer at \$300 per annum. In Bristol or Clarendon, one officer does the whole thing, at about one-quarter the cost. And the Ontario officials are not supposed to be getting any more than they earn. Strange!

Mr. Gregory Bentley, the young man who was the victim of the shooting accident at Cheneaux boom recently, has so far recovered as to leave hospital for his home in Portage du Fort. He did not do the shooting himself. The gun was in the hands of a companion, who was sitting in the stern of the boat, and in lifting the gun to aim at some object it accidentally went off, the bullet entering Bentley's leg. Gregory's many friends here are pleased to know he got along so well.

Captain Ricard of the steamer Hiram Robinson was plainly perturbed last Thursday by the presence of oil which seemed to cover the surface of the lake. The captain felt then, and he still holds to the same opinion, that the oil came from one of the islands at the foot of the lake and that it denotes the presence of large bodies of mineral; others however, believed that the oil came from the Arnprior lumber mills at the edge of the Chats lake.

125 Years Ago

November 12, 1885

Local news: Missing from our files.

Thankful for the reminder

Dear Editor,

I am not excusing anyone's ignorance, however, I like many others am thankful for the reminder. How timely it comes, so close to Remembrance Day.

Perhaps Mrs. Louise Brunet, or whoever engineered the opening of Heritage Campus, Campbell's Bay, are very fortunate not to have to wonder where a loved one remains lay. Perhaps they came from another country and don't realize how lucky we are to walk the free roads of Canada and stand proud and tall under our own flag.

David D Harper
Bryson, QC

Disappointing trend



CHECK IT OUT!
JENNIFER
DAVIES, MLIS news@theequity.ca

Over the years the library has seen a disappointing trend in membership. When children are young, their parents and grandparents bring them to the library on a regular basis. What we are noticing (and this is not unique to the Shawville-Clarendon Library) is that as the children get older, their use of the library dwindles. Maybe coming to the library isn't cool, maybe other activities are now taking away the library time, or children are using the libraries at their schools. Whatever the reason, if there is anything the library can do to reverse this trend, please let us know.

Despite the lack of tweens and teens in the library, we continue to make purchases to suit their interests. Several new series have been added to the collection. Suzanne Collins' popular trilogy *The Hunger Games*, *Catching Fire* and *Mockingjay* are all available. Rick Riordan, the author of the *Percy Jackson* books (which are all owned by the library) has started two new series. One is *The Heroes of Olympus* and the other is the *Kane Chronicles*. Both series have the first book published, and they are at the library. As the subsequent books are released, the library will be purchasing them to complete both series.

Parents often comment there aren't many books for young boys. New purchases include the *Game Time* books (there are currently three of them) by David Skuy. These books feature Charlie Joyce, a young hockey player, and his experiences in trying out for new teams and at hockey school. This series is aimed at readers

Jennifer Davies, is a local librarian at Shawville and Clarendon Library.

aged nine to 12. Another set of books for young boys are by author Irene Punt. These books are for younger readers seven to nine, and are also about a young boy, Tom, and his hockey team, the Glenlake Hawks.

The library is continuing to add to existing series as well. We currently have all of Mary Pope Osborne's *The Magic Treehouse* series, as well as the Geronimo Stilton books. As new ones are published we purchase them for the collection. New and upcoming releases of young adult books include: the fifth book in the *Diary of a Wimpy Kid* series, *Stephan's Diaries* (books one and two) by LJ Smith, author of the *Vampire Diaries* series, *Night Star*, the fifth book in the *Immortals* series by Alyson Noel, *Misguided*, the sixth book *Blue Bloods* book, by Melissa de la Cruz, as well as *Awakened*, eighth in PC and Kristin Cast's *House of Night* series. All of these are on the 'to be ordered' list.

Not only are there books in the library, there are four computers with high speed internet access available for members' use. However, all teens 15 and under need a parent's signature before they can use the computers. The parent must come into the library with their child, and staff will go over the rules with them both.

So, while there are not a lot of tweens and teens using the library, there is a lot here for them. We hope that we can get this age bracket back in our doors so they can discover all that the Shawville-Clarendon Library holds for themselves.

Until next month, keep reading.



THE EQUITY

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Correction

Incorrect information appeared in the "20-year-old faces charges" story on the front page of the Nov. 3 issue of THE EQUITY.

The fight did not occur in the bar, but rather, it occurred in a parking lot outside the bar.

THE EQUITY apologizes for the error.

Cabaret Pontiac still showcasing young talent



A group of brightly-dressed dancers, Halyma, Isaden, Vashti and Kalyani performed a couple of Bollywood-type pieces at the annual Pontiac Cabaret show on Friday evening.

CAROLE ST-AUBIN
Equity Editor
MANSFIELD Nov. 5, 2010

Young artists from all over Outaouais stood in the limelight on Friday evening, as the l'Association pour la relève des arts de la scène (ARAS) du Pontiac hosted its sixth annual Cabaret.

More than 30 young artists including dancers, guitar and accordion players, country, rock and rap singers all took the stage to perform for a crowd of enthusiastic spectators of all ages.

After a few opening jokes from aspiring stand-up comedian, Timmy Laroche,

Kelsey Bowie and Casey Belanger were the first to step before the crowd singing Taylor Swift's *Breathe* and *Leave the Pieces by Wreckers*.

When asked if they were nervous before the show, the duo responded that they'd both performed so many times that it no longer bothered them to take to the stage.

Next in line was Karine Villeneuve from Gatineau, a first-time performer at the Pontiac Cabaret. Villeneuve said she found out about the opportunity through a music website. She performed a Céline Dion song titled, *Pour que tu m'aimes encore*, and

had most of the crowd singing along when she performed *Halleluiah*, a song written by Canadian singer-songwriter, Leonard Cohen.

Chris Kyte of Renfrew, a repeat entertainer at Cabaret Pontiac delivered a pleasant rendition of Miley Cyrus' *The Climb*, and Orianthi's *According to You*.

A funky beat box performance by Raphael Berthaud followed, and the bashful young artist received thunderous applause from the audience.

Danny Sylvestre was next in the spotlight where he performed a couple of rock ditties, *Three Little Words*

and *Cougar*.

Next, Joey Vaillancourt crooned a Wade Hayes song titled *When the Wrong One Loves You Right*, and a Kenny Chesney song, *Please Come To Boston*.

Vaillancourt has also performed at Cabaret Pontiac on numerous occasions.

Fort Coulonge artist Erin Davis, who said she enjoyed supporting a local cause and that she aspires to auditioning at the next Canadian Idol competition, sang AC DC's *Highway to Hell* and Aretha Franklin's *Respect*.

Next in line came a young Hip Hop artist from Gatineau area, De-Si-Belle, who introduce a host of area Hip Hop artists in a song titled *Hip Hop 07* and a very moving piece about the hardships she faced during the first two years of her daughter's life, titled *Ne Pleure Pas*.

After a short intermission a group of dancers dressed in bright red saris performed a Bollywood-type piece for a receptive audience. The group was then followed by French artist ZPN who sang *Je Crois* and *French Kiss*.

École de Danse Corriveau, including dancers Smantha Corriveau, Marie-Josée Corriveau, Genevieve Corriveau, Mélo die Béla ir, Kendra Wilson and Leanne Vibert performed a piece titled *Club House*.

Other artist included Andria Bretzlaff, Aless Giana, Amy Graveline, Pat Vaillancourt, and Hip Hop group Godlalune who performed pieces titled *La Belle et la Bête* and *Confus*. The young Gatineau performers, Sébastien Bigras (alias G-

netik) and Michel Asselin (alias Snooz) have been performing together throughout the province since 2006. The duo said they enjoyed performing to smaller audience because it was a more intimate surrounding.

Some of ARAS Pontiac's sponsors for the evening included École Secondaire Sieur de Coulonge (ESSC), Caisse Populaire Desjardins de Fort Coulonge, Pontiac CLD and the Pontiac MRC.

A cantine was also provided by the students and teachers of ESSC in an effort to raise funds for their upcoming Greece trip.

Goals of ARAS Pontiac include promoting and supporting the emerging artists of Pontiac as well as provid-

ing a local entertainment venue that everyone can enjoy.

They were successful in raising more than \$1,135 for the event and they gave away door prizes which included a piece of artwork from Sébastien Beaudoin, two tickets for a supper and show at the Médiéval restaurant which is due to open in the Hull area in January.

Other prizes included a massage from Eric Alain of Fort Coulonge, a PartyLite gift and a gift basket from la Boutique l'Artisan from Shawville.

Part of the proceeds from the evening's show was going toward the purchase of an electric fireplace for seniors at the Sacré Coeur manor in Mansfield.



Watch out Canadian Idol, Erin Davis of Fort Coulonge is coming your way. This young artist performing at Cabaret Pontiac hopes to audition for the popular show one day, but in the mean time she piped out a couple tunes for a receptive crowd at ESSC on Friday.

Friends from Renfrew and Pontiac prepare for Dominican experience

Friends for Life International gathered recently to do some serious packing in preparation for their volunteer work in the Dominican Republic. They arrived in Punta Cana on Nov. 6, heavily laden with bulging hockey bags full of vitamins for expectant moms, babies and toddlers.

CALDWELL

Hermonic Sharpe
647-3459

This is November 2010 we are into now and as usual November is a dark, dreary month, with a few surprises of better weather in between.

The Christmas suppers are beginning early this year. Contact your local Golden Age Club and euehre clubs for dates and times.

This past Wednesday night we had a delicious pot luck supper put on by the members of the Wednesday Night Golden Age Club. Congratulations one and all and thanks for the support from Quyon. It means a great deal when one club helps another. There were 38 attending and the bingo after always gives that extra touch.

Both Quyon and Bristol have bingo with the euehre games on Tuesday in Quyon and Wednesday in Bristol. A call of congratulations to Mildred Thomas this past Wednesday to Orville BC. She had just had her 90th birthday. I told her she has joined the 90 club. Mildred has had Bill and Marquita Ades of Oshawa visiting for two weeks. They were there for her birthday along with nephew, Todd Hodgins and wife Janet and baby girl Orson of Vancouver. They brought her beautiful flowers. Sybil of Ottawa had her birthday announced on CHOV and the Chronicle paper in Orville not only announced her birthday but had a beautiful birthday cake delivered to Mildred's home.

They were also taken out for meals. So glad her health is much better and that she and Ron are enjoying living in Orville and able to be in their own home.

Lots of luck to you both in the future. Get well wishes are sent to Rev. Leslie Grant who underwent heart surgery again, first in Hull and now in the Heart Institute in Ottawa. Our thoughts and prayers are with you and

Yes, the Canadians have arrived with their hockey bags!

The packing party was indeed organized chaos as most of the 18 volunteers sorted and carefully wrapped medical supplies in cloth diapers, baby and adult bibs and receiving

blankets. The items were sewn lovingly by the group's Angel from St. Joseph, QC. Frances is tireless in her efforts, year after year. Added to the bags were donated baby clothes, blankets, sheets and towels. Don't forget the toothbrushes, toothpaste and the toys!

For some, this will be a return, self-financed trip to provide humanitarian aid combined with projects providing long-term benefits for the poor.

For others, this initial adventure will expose them to life in the Batays for displaced Haitians living in horrendous conditions.

"Angels" Rod and Joyce raise funds on an on-going basis. This year, their efforts brought in \$1,750.00 which purchased three Physician Travel Packs. Every dollar donated will provide at least \$10 of medicine at the pharmaceutical company level.

Participants of this year's project are from Ottawa, Pembroke, Pontiac, Toronto, North Bay and St John, NB. They will be taking 14 Physician Travel Packs, each containing 50 pounds of meds, as well as approxi-

mately 28 hockey bags of clothing and donated medicines, medical equipment, each weighting 45 pounds or more. Included with the group are six audiologists who will be conducting hearing clinics in a number of schools. They bring their own equipment as well as contributed six of the Physician travel packs. This is a very important program as many of the children suffer from impaired hearing in such a poverty stricken area.

All that needed doing now was the last minute check of the travel reminders. Documents in order and inoculations complete with a promise to report back, the volunteers bid Adios to family and friends.

Submitted by Rose-Anne Boucher, Friends for Life Dominican Republic.

WALTHAM Helen Perry
689-2652
jacobg42@hotmail.com

Congratulations are extended to Angie (Lampkin) and Danny Bechamp of Barhaven, on the birth of their beautiful son, Jack on Oct. 31 at the Queensway Carleton Hospital. Jack weighed in at 7 lbs. 11 oz and measured 21 inches. He is the third grandchild for Lyne and Ray Bechamp and the fourth grandchild for Jeanine and Mike Lampkin. He is a little playmate for big sister Olivia.

Well, the deer hunt is on, and I understand that quite a few hunters here in Waltham have gotten their deer. On Monday morning a few little tikes from Waltham had a chance to tour our fire station. This has become an annual event and is very popular with the children

and firefighters. It's a great opportunity to impress these little guests with some basic safety messages and expose them to a local community based service. They were treated to treats and juice. This is certainly one of the most enjoyable and heart-warming events for the Waltham fire department.

Tomorrow is Remembrance Day, let us offer up a silent prayer for all our fallen soldiers, who gave unselfishly of themselves so that we could live freely in our beautiful country Canada.

Remembrance Day celebration. Veteran Don Reid carried up our Canadian flag. Gerald Dempsey read the poem *In Flanders Fields*. A minute's silence was observed followed by the choir and the congregation singing *O Canada*.

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Main St., Shawville • 819-647-2822
Fun Dart League
starts Wednesday, November 24
at 7:00 p.m.
For more information contact:
Tayna at 819-647-6312
Louise (after 5 pm) at 819-647-2822

6th Annual McDowell Home & School
CHRISTMAS CRAFT FAIR
Saturday, November 20, 2010
10:00 a.m. to 3:00 p.m.
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Remembrance DAY november 11th

Campbell's Bay Memorial Service draws a crowd



A parade of military representatives from World War II and CFB Petawawa and the Royal Canadian Legion, Pontiac Branch no. 162 led the events of the day at the Campbell's Bay Remembrance Day Service held on Sunday.

CAROLE ST-AUBIN
Equity Editor

CAMPBELL'S BAY Nov. 6, 2010
A parade consisting of War Veterans, a troop of Royal

Canadian Regiment soldiers from CFB Petawawa and Legion members marched down John Street to the Campbell's Bay cenotaph on

Sunday to kick off their Remembrance Day Service. Once the more than 100 people gathered sang the National Anthem, it was fol-

lowed by the chilling sound of the bugle playing Last Post.

Throughout the ceremony and laying of wreaths, a few spectators could be seen wiping away the stray tears that came with the painful memories of those who fought their courageous battles to defend their country's honour.

Once the many wreaths were laid, a series of prayers were heard the ceremony ended with the song God Save the Queen.

When the crowd began to disperse,

Kleason Vaillancourt who was originally from the Black River area near Fort Coulonge approached the Cenotaph. As he wiped away the tears, THE EQUITY asked the man if he had lost a family member in the war.

He shook his head saying no, but he added that he just found out his father, André Vaillancourt, should have received the Victoria Cross, a medal of highest military decoration which is awarded for valour "in the face of the enemy" to members of the armed forces of various countries.

"It touched my heart to hear that music. I never felt that way before," said Vaillancourt.

"Ninety-seven years later we find out that he should have received the Victoria Cross, but nobody has ever seen it," said Vaillancourt, "not even my father who died ten years ago at the age of 102."

"Of his 16 children, 11 of us are still alive, the oldest is

88 and the youngest is 67," he added, vowing that he'd continue muddling through the shroud of mystery that surrounded the illusive Victoria Cross his father should have had in his possession.

Vaillancourt was meeting with Richard Bowie who was going to try to help him find his father's name on the list of names of those who have received the honour.

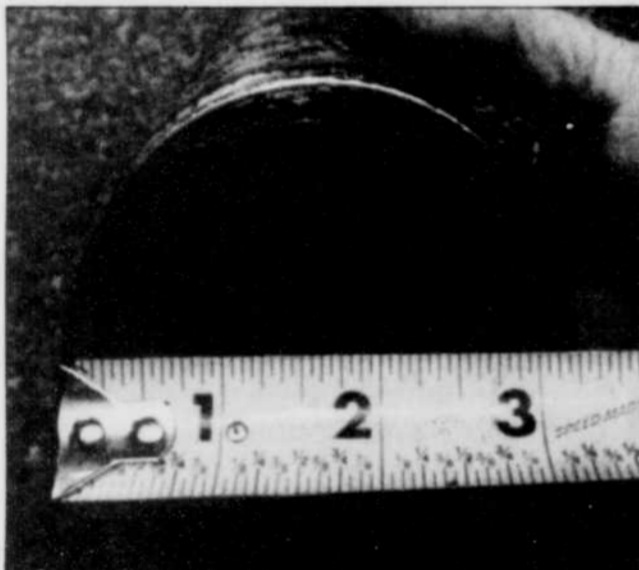
The Legion Branch no. 72 from Pembroke, where Vaillancourt now lives is also working on helping him to retrieve the medal.

Vaillancourt said he'd come back to Campbell's Bay to lay a wreath in his father's honour next year, with his father's medal in his possession.



Pictured is Rolande Ladouceur who was chosen to lay a wreath at the Campbell's Bay Cenotaph in honour of all Canadian mothers who lost children during the war.

Life and the untimely death of a historic doorstep



Although the live artillery shell from WWI was small, it was very dangerous.

TOM MURDOCK
Special to The Equity
QUYON Nov. 10, 2010

It all started in 1917, when officer Des O'Connor returned home to Quyon from the First World War overseas with a war souvenir. It was an 18-pound artillery shell. It was a common thing for soldiers to bring back war souvenirs and we all assumed it was a dud.

For the next 93 years, it was used as a doorstep at the main entrance door of his home on Clarendon Street in Quyon. When Des and his wife passed away, their daughter Justeen O'Connor, a school teacher, continued to use it as a doorstep until her passing about 10 years ago.

Over the past 93 years, the house was used as a milliner shop, a Bell telephone center, a boarding house for teachers and an ice cream shop called O'Connor's Ice Cream Parlour.

A lot of famous people visited over the years to have an ice cream cone.

A few worth noting are John Diefenbaker, the Prime minister of Canada, Charlotte Witten, the mayor of Ottawa and Tom Fuller, the founder of Fuller Construction and owner of the tall ship Black Jack. John Egan's sons also stopped by for some ice cream. Egan was the founder of Quyon.

Ministers, priests, bishops, teachers, principals, school board members and federal

and provincial Conservative Party candidates would drop in for a cone and plan campaign strategies. The O'Connor's were strong Conservative supporters.

It was a place for the local people of Pontiac to drop by and have a cone. The who's who made it a point to drop by when visiting Quyon to say hello and have a cone.

On weekends, Justeen and her friends would play cards all the time, while like a 'centry at his post' stood the artillery shell.

In 1961, Justeen who never married, adopted Don Murdock, 12, due to both of his parents passing away within six months of each other. Don is my brother.

Don used to roll the shell down the hallway and at one time, thought about dropping it off the roof of the three story house when he was playing war games, but didn't.

Over the following years, Don got married and had two girls Lisa and Julie. When visiting Justeen, they used to play with the shell.

Lisa got married and had two girls, Meagan and Grace and they used to play with the shell as well, as did a number of kids over the years, including myself (Tom Murdock).

So this year in October, Don and Louise sold the house and decided to move to Shawville. Don asked me if I wanted the shell, as I like to collect antiques, so he gave it to me as a birthday present on Oct. 8. I had it in my truck for a few days.

I wanted to find out more about the shell, so I took it to the surplus gun store in Luskville on Oct. 13. When I showed it to the owner's son, Mr. Menard, who was working that day, he checked it over, made a few calls and told me he was 90 per cent sure it was a live round. He said to call the military armory division and have them check it out.

When I got home, I called the Canadian Forces Base (CFB) in Petawawa and spoke with explosives expert Chris Hibbs. I described the shell and he told me he was sure it was a live round and to place it in a safe spot and call the local police, MRC Des Collines.

So I called the MRC Police and spoke with bomb squad Sergeant Tomy Bourque and explained the situation.

Within 15 minutes, a great response time, officer David Frigon arrived at my shop, Murdock Glass. He took photos and measurements and weighed the shell.

Officer Frigon then called back to sergeant Bourque and told him not to put it in his cruiser or bring it to MRC headquarters. He said to store the shell in a safe place until they contacted CFB Val Cartier.

Sergeant Bourque called me back on Oct. 14 and said the bomb squad would be at my shop on Friday by noon.

On Oct. 15, at 11:45 a.m., MRC Police officer Veronica Gagne and two CFB army explosives experts arrived with the bomb truck.

I brought out the artillery shell to them. Within 30 seconds upon seeing and checking it out, I was told it was a live round.


After 93 years, the explosive contents were extremely unstable. I asked them what they would do with the artillery shell and if they could disarm it so I could have the shell. They said it was too dangerous to disarm it. As it was unstable, it would be taken back to the CFB Val Cartier to be exploded.

Thus the death of a doorstep had come full circle



The live artillery shell, which was used as a doorstep for almost one hundred years weighed 18 pounds.

for what it was meant to do. This was the best birthday gift I never got to keep, but the story will live on through THE EQUITY. The great thing about this true story is that no one got hurt. But if you have a war souvenir and are in doubt about it, call the proper authorities and have it checked out before someone does gets hurt.

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Le jour du Souvenir,

JE VOUS INVITE À AVOIR UNE PENSÉE POUR TOUS CEUX ET CELLES QUI ONT DONNÉ LEUR VIE POUR NOTRE PAYS DE MÊME QUE POUR TOUS CEUX ET CELLES QUI, ENCORE AUJOURD'HUI, SERVENT LE CANADA AVEC COURAGE ET COMPASSION.

On Remembrance Day

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NOVEMBER 11th Remembrance Day

Six Campbell's Bay brothers served and returned from WWII



At 18 years old Richard Bowie joined the Royal Canadian Navy, Army and Air Forces during World War II.

CAROLE ST-AUBIN
Equity Editor
CAMPBELL'S BAY
Oct 24, 2010

To this day it is with pride and a strong sense of duty that Richard Bowie, 85, of Campbell's Bay talks about joining the ranks alongside his fellow countrymen and his five brothers to serve in World War II.

He recalls when he took up active service at the age of 18 in April 1944 to become the sixth son of Fred Bowie and Catherine (nee Griffin) to join in active duty for their country.

Brothers Clement and Charles served in the Royal Canadian Army, the first in Italy, and the second in Canada; Cletus and Griffin served in the Royal Canadian Air Force, the first serving in Britain, and the second serving as a Bombarrier in Europe; Raymond and Richard who served in the Royal Canadian Navy.

Two other younger Bowie brothers also served in the military shortly after the war; Keith who served in the Air Force here in Canada and Frank, who served in the Army of occupation in Germany. The Bowie family also consisted of three other siblings, sisters Grace, Muriel and Frieda.

Bowie was attending Bathurst College in Ottawa in 1944 when he was 17 years old.

"I was itching to get in there too," said Bowie with recalled enthusiasm.

Adding, "You have to understand that during the war people were all wound up and most of the young men wanted to join."

Bowie says he didn't realize it at the time, but when his father enrolled him in an Ottawa Senior

High School, what he was really trying to do was trying to keep him from going off to war and trying to get him to pursue his other interests such as playing hockey.

Though he had already joined the Reserves, Bowie said he was only at the Senior High School for six months before he enrolled in active service.

Bowie became a signalman serving on a Fairmile anti-submarine ship off Canada's East coast and to this day he says he still remembers the signals and the Morse code that were used to signal other ships.

"You had to have good eyesight to see the lights from the other ships. Some of them were so fast," he explained, going on to give some examples of the flag positioning, their colours, and their meaning. He also impressively spelled out his name in code.

Bowie acknowledges that it was not an easy time for his parents who now had six of their eight sons on active duty.

"They worried a lot and I guess at times they didn't think that we'd all make it back home, we were scattered all over the place, one in Italy, one in Burma, one in the North Atlantic," said Bowie.

Whenever the boys managed to make it home on leave, Bowie recalls that hopping aboard the train to return to duty was always a sad event.

"I remember wondering if I'd ever make it back home when I got on that train," he said.

When asked about the effect it all had on him once he was actually aboard his ship Bowie answered, "We took it all in stride, we had

no fear. We had a job to do and we just did it. We had a great sense of adventure and camaraderie with the other sailors."

It was during one of his leaves that Bowie said he met his future wife, Juliette Rouleau. He had met her at a dance and used to row a boat across the River to Calumet Island to spend time with her.

"I suddenly had another reason to make it back home," said Bowie.

Bowie's brothers were discharged in late 1945, but Richard was discharged in April 1946.

"I was the last one in and the last one out," he quipped as he pulled out his wallet to reveal a laminated discharge slip that he carries with him to this day like a badge of honour.

Though Richard had volunteered for Japan after VE day in Europe, he was on leave when the atomic bomb was dropped in Hiroshima and Nagasaki, marking the end of the war for everyone.

"I finished out in another seven or eight months before I was discharged, and then I didn't know what to do," Bowie explained.

Bowie then worked for New Calumet Mines, a lead-zinc mining operation in Calumet Island that employed hundreds of people until its closure in 1968. He then went on to finish his schooling in Kitchener, ON. Then off to Carleton University in Ottawa where he took journalism.

Bowie's father, who was the Registrar of Pontiac, hired Richard to work at the Courthouse to help him out before he himself became a Registrar for more than 15 years.

Following that Richard

went into the general insurance business for 10 years before he became a real estate broker for 30 more years until his retirement.

In 1948 he married Rouleau, who was a teacher, and together they had six children. One died at the age of three months, a second child, who was disabled, passed away at the age of 19. Bowie still has a daughter who lives in Campbell's Bay, one who lives in Ottawa, a son who lives in Bells Corners, and another son who lives in Vancouver. Unfortunately he lost his wife six years ago.

According to Richard his brothers were all fairly successful in life and went on to wed and raise families of their own.

Of his fondest memories Bowie smiles when he talks about the Christmas gatherings and the large family reunions that followed their return from the war, and continued to occur throughout the years.

Still proud Bowie who boasts many medals, has remained very actively involved in the Legion for more than 65 years, where he has served in every capacity, including being a Sargeant at Arms.

A highlight for Bowie was having the opportunity to meet Vice-Admiral Dean McFadden alongside a fellow veteran George Lamothe during the 100th Anniversary Celebration of the Royal Canadian Navy in May 2010.

On Nov. 7, Bowie was seen standing proudly among other veterans during the Campbell's Bay Remembrance Day celebration who gathered to pay homage to their fallen comrades.

BRYSON



Anna Stewart
648-2351

On Nov. 13, St. Andrew's United Church in Campbell's Bay is hosting their annual, tea, craft and bake sale from 2 to 4 p.m. They always have a beautiful tea. It would be worth your while to check it out.

The Bryson Tens Machine belonging to the Golden Age has been misplaced. Anyone knowing its whereabouts could call Georgette Piche at 819-648-2417 or myself.

Get well wishes to our son, Shawn, who is a patient at the Queensway Carleton Hospital in Ottawa.

Get well wishes to Sandra Kluge who is seriously ill in hospital in Huil. Our thoughts and prayers are with you Sandra and also the family.

It was nice to see John and Pauline Crouteau on Sunday. Hope you both keep well.

There were six tables of euchre at the Lions Hall on

Sunday. Laurier Dumouchel won first prize with nine games. You haven't lost your touch Laurier. Vera and I won second with an eight game win.

I was speaking to my sister, Barbara Graham in Vancouver. She said the weather there was beautiful and they were sitting outside. Brought back memories of days gone by.

The deer hunt is on for still another week. Can't wait for it to be over to get back to normal.

Winners of the Golden Age euchre this past week. Men's first went to Mervin Smith, men's second Tom Hearty, ladies first Anita Stafford, ladies second Yvonne Hamelin, door prize Georgette Piche and 50/50 Mervin Smith.

Congratulations Mervin. Birthday greetings to our granddaughter, Caley Stewart of Mansfield. Caley will be eight years old.

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BOWIE BROTHERS ON ACTIVE SERVICE—Six sons of Mr and Mrs. F. W. Bowie of Campbell's Bay, Que., are evenly divided in the service of their country, two boys serving in the navy the army and air force. Left to right Sgt. Clem Bowie, R.C.A., 31, serving in Italy; LAC Cletus Bowie, 29, with the R.C.A.F. in Britain; Sgt. Charles Bowie, 27, N.D.H.Q., Ottawa; Leading Seaman Raymond Bowie, 23, serving aboard H.M.C.S. "Lethbridge"; Sgt. Air Bombarrier Griffin Bowie 21, overseas with the R.C.A.F.; Leading Seaman Richard Bowie, 19, stationed at H.M.C.S. Montcalm Quebec City.

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"I wish I could stay asleep because in my dreams I can see"

A man's incredible journey on a quest to regain his sight

CAROLE ST-AUBIN
Equity Editor
SHAWVILLE Nov. 10, 2010

Little did Mike Hodgins know on the morning of Oct. 3, 2006 when he dropped his daughters Jaimey off at day care and Haley off at school, saying, "See you after school," that he'd not be seeing them for quite some time to come.

Following a work accident involving a blocked floor drain and the use of a very strong alkaline-based chemical that occurred later that day, the 43-year-old Stationary Engineer's (working at the Shawville hospital) life was forever changed.

The hospital immediately called Hodgins' wife Mary Holmes, (a nurse who worked at the same hospital as her husband) who had just finished working a night shift before she walked into their home to get their daughter a change of clothing.

They had simply told her that her husband had had a work-related accident at that point, so she went directly to the hospital with their young daughter in tow.

After receiving initial care at the Shawville Hospital, Hodgins was transported to the Eye Institute in Ottawa, with his wife Mary as the assisting nurse during the transit.

"Once I got there I got the bad news telling me that I'd never see again in my life," said an emotional Hodgins.

But the shock of realization had not yet set in, according to Hodgins who said his initial reaction was disbelief.

The team of specialized caregivers proceeded to flush out his eyes and attempted to get the PH-level in his eyes neutralized, according to Hodgins. "They continued to flush my eyes for hours," he explained.

Hodgins' face was also badly burnt by the chemicals. His face was red, flushed and swollen. He also had little marks on his chest, as the chemicals had burnt through his clothing.

"That night I stayed there in recovery and the next day I went back to the Eye Institute. I've been there probably about 300 times in the last four years. I'm a regular," he stated.

That was done to his eyes was to stitch amniotic membrane to his eye balls on day three following the accident. This procedure was meant to be 'the earth' in which they'd plant stem-cells from his brother, provided they'd find it to be a good match for Mike because the chemicals had burned all of his own stem cells from his eyes.

Since then Hodgins had to deal with check-ups, more than 15 surgeries on his so-called good eye, four surgeries on his bad eye, as well as five cornea transplants. The cornea is the only part of the eye that can be transplanted. (It is what drivers are signing to donate when they sign on the back of their licenses.)

It is situated at the front of the eye.

"It is the window of the eye," said Hodgins, adding that he now knew more about eyes than he ever thought he would.

Doctors then told Hodgins that he'd have to heal for a long time, maybe even up to a year. Meanwhile, they had to reconstruct his eyelids and stretch them, which consisted of them being sewn shut for up to two weeks at a time. Spacers also had to be used to separate his eyelids from his eyeballs to prevent them from fusing together as they healed. This surgery was performed at the Eye Institute in Ottawa by Dr. Jordan.

"You hear about the Heart Institute all the time, but I've got to tell you, the Eye Institute in Ottawa has been absolutely amazing," said Hodgins.

As he continued to recount his trying ordeal, Hodgins repeatedly ordered drops to his eyes to keep them hydrated. He also has to make a conscious effort to blink, whereas people normally do it without even giving it a second thought.

"I can produce crying tears but I can't produce the hydrating tears. Because we have a small and a large tear duct gland that produce the different tears," he explained.

While all of this was happening, doctors were working to have an artificial cornea operation commonly done in Boston okay-ed here in Canada.

Hodgins said he was asked twice in the middle of the night to sign a release form because he was told that if things didn't improve, due to one complication after another, they have to consider taking out his eye.

"So the first thing that I ask when I wake up from surgery is, do I still have my eyes?," Hodgins said.

Though he healed well, Hodgins said he had a lot of scar tissue that was causing problems.

In March 2007, Dr. Hodge of the Ottawa Eye Institute went to the Massachusetts Eye and Ear Institute, which is annexed to the Harvard Medical Research Centre in Boston, to learn more about an operation called the Boston K-Pro. It is an operation to insert an artificial cornea, since each of the five cornea transplants he had had, had eventually become problematic for Hodgins.

When Hodgins went to meet doctors there in June he told them that he was blinded by light that it was as though he had a white sheet over his head, but added that he could also see red light.

"I used to sit here (on the couch) with the TV remote and flash it around because I could see it," he said, but doctors were unconvinced, believing what he was experiencing was visual noise.

"I had gone there with high hopes and then they told me that there was nothing they could do for me. So I sat in that chair for about 15 minutes after the doctors left the room," he said.

But the doctor who invented this procedure, Dr. Claes Dohlman, nicknamed the Godfather of Artificial Cornea, told Hodgins on his way out that if he really wanted to go ahead with the procedure that he'd perform it.

"And he told me to go back to Dr. Hodge in Ottawa and really think about what I was going to do through because he really didn't think it would work," Hodgins continued.

Life had been a roller coaster ride for Hodgins and his family up until then but he had to keep his hopes up, and decided that he'd have to take that chance.

Once again, the morning before the scheduled surgery on Sept. 24, 2007, doctors told Hodgins they didn't think the procedure would be successful, but he was determined to go through it.

Six hours later when one of the doctors came out halfway through the surgery to see his wife Mary, she said that she had been wrong, that Mike's eyes were in better shape than they originally thought, and

operations, "because you never know when it will work for someone who didn't have a chance otherwise," Hodgins explained.

But the artificial cornea worked its way out some time later, due to the low pressure in his eye (an ongoing problem).

The procedure eventually had to be repeated (in October 2008) and doctors prepared him once again for the possible



Pictured is Mike Hodgins, centre, with his wife Mary Holmes Hodgins and Dr. Claes Dohlman, who performed the Boston K-Pro operation that has granted Hodgins his sight again.

that they now believed he would see again.

When he awoke from the surgery, the first words out of Mike's mouth this time were not to ask if he still had his eyes, but rather he told them how thirsty he was.

And when the patches were taken off his eye by an intern the day after the surgery, Hodgins said he had prepared himself for the event that the procedure hadn't been successful.

"She gently pried my eye open and I could see her fingertips, then he could see her face," he said.

"It was just the happiest day of my life," said a very emotional Hodgins.

"When Mary came in she didn't believe me, but she finally did when I told her that she was wearing a sweater with little roses, and I also told her that I could see her eyes," he continued.

The next thing Hodgins did was look at pictures of his daughters that the couple had brought along with them for the trip.

loss of his eye. But once again, Hodgins beat the odds and can still see to this day.

Though he'll never have clear vision and he now battles with glaucoma, Hodgins said he doesn't really know how long he'll have his vision, but says he's happy that he can at least get around town a bit.


He explained that he's able to do so by noticing the contrast of things, like the sidewalks, the streets, people's lawns, etc.

Hodgins said the best way to describe his current vision is by giving the following example, "It's like there's frost on the windshield of your car and you're trying to scratch it off to see."

Hodgins says he still misses a lot of things, but what he misses most of all is being able to do things with his two daughters.

His family, friends, neighbours, former co-workers and members of the community have all been very helpful to Hodgins and his family and the couple said they couldn't even begin to express their gratitude for all of their continued support through their ongoing ordeal.

VINTON

 Diane Boisvert
819-648-5296

Congratulations to Jessica Frost who turned 18 on Nov. 6. A birthday party was held for her at the Baie Inn. She had a blast.

Belated birthday wishes to Lynn Larue, Nov. 3, Jason Lariviere Nov. 4, Adam Frost Nov. 5, Amy Crawford and Barbara Sparling Nov. 6, Margaret-Ann Mousseau Nov. 7.

Happy birthday to Jimmy Lepack and Stephen Kavanagh Nov. 10, Theresa Davidson, Bruce Morin and Eric Vibert Nov. 12, Ann Hearty Wrinn, Scott Bertrand, Pat McCrank Nov. 13, Elaine Pilon and Ashley Corriveau Nov. 14, Lisette Morin Nov. 15.

Happy anniversary to Annette and Jean Guy Lariviere Nov. 10.

Deepest sympathy to Georgette and Garnet Paquette and family on the passing of their son, Louis, on Nov. 1.

Funeral was held Monday, Nov. 8 in Campbell's Bay.

The snow is trying hard to come but we haven't had anything to talk about yet. I better put on my winter tires this week or I'm going to get caught some day soon.

We had an early surprise birthday party for Theresa Davidson last Monday. She will be turning 65 on Nov. 12. She didn't want a big party or any party for that matter. So, we celebrated with her on our regular Monday night bingo

get-together. She was quite surprised and happy with her gifts.

Theresa and I phoned the grandchildren on the weekend to see what they wanted for Christmas. To our surprise, they were completely ready with a list.

They each have their own Wish Book had their lists written down complete with page number and article letter. So us grannies have no excuse to get anything wrong. But, we'll have to take on a second job to

pay for them. There is no such thing as a \$10 toy at their age. Now it is all \$100 and up. Pretty soon we'll have to re-mortgage the house to buy them gifts.

Congratulations to Darlene Crawford who had a surprise 50th birthday party at the Odd Fellows Hall in Shawville Nov. 6. Her birthday is actually Nov. 8. So she was very surprised.

This is the last week for the deer hunt so you hunters better not let too many go by. Good luck to you all.

SHEENBORO

 Betty Morris
819-680-5023

Belated birthday greetings to the Lebel twins, Emily and Michae, who celebrated a birthday last week at their parents Jean and Emile Lebel's.

Anne and Gary Whitten from Ottawa visited Laetitia and Hugh Peacock last weekend at their cottage at Fort William.

Get well wishes go out to Sam McGuire. I hope to see him up and about soon. Sammy has such a cheerful disposition, we miss him when he is not around.

Get well wishes to Ryan Silverson who is in hospital. He is the grandson of Rosita and Bill Ryan. The last time I saw little Ryan he said his dad Glenn was going to teach him how to play the fiddle. I hope he is soon well.

Happy birthday to Barbara Walker who celebrated her birthday at brother David's in Ottawa on the weekend.

Happy belated birthday to Evelyn Morris who turned 96 last week. Evelyn and Emmett Morris ran their General Store in Sheen for a number of years.

Claire and Jim Vanderende were up for the weekend visiting Arlene and Dave Clyde. Claire laid a wreath for her brother, Shelton Nephin, who was killed in the war.

There was a huge turnout for the Remembrance Day Service in Sheen. The dedications this year were to Dr. Harold Keon by his daughter Laurie Keon Leahey and Commander Steve Waddell, Canadian Navy, son-in-law of Jack and Darlene Perrault.

Of course we all remember Doctor Hal with love and admira-

tion for his years of service to the surrounding communities. It didn't matter if you were having a baby, or needed a house call, or a tooth pulled you could always count on Doctor Keon.

When we were clearing out mom's (Myrtle Sullivan) papers we found a receipt from Doctor Keon for \$1.00 for treating my brother Lornie for a cold when he was a baby. He was a great doctor and has been sadly missed in the area since he passed away in 1977 and of course the little hospital never reopened.

It was nice to meet and listen to Commander Steve Waddell as he told of his experiences in the Navy. After 20 years of operations, primarily based on the coast, Commander Waddell is now employed as the Director of Maritime Strategy in the

Maritime Staff Headquarters in Ottawa. He and his wife Shauna Perrault and two children Nathaniel and Rebekah are happy to be in Ottawa. They are closer to grandparents Jack and Darlene Perrault much to their grandparents joy.

Little Nate even made it back to Ottawa for his hockey game and his team won 6-0 making it a 'perfect weekend' for him.

Father Chabot spoke well at the mass, the choir was great and Heather Lemke sang her soldiers song. There was a lovely lunch in the hall following the ceremony at the cenotaph. The lunch was provided by the Recreational Association.

Arlene Sullivan Clyde entertained with some piano tunes and Melissa Dubeau showed some army films. It was great seeing all the

Keon family and veterans from Sheenboro and area. The organizers do a wonderful job for Remembrance Day.

Little Patrick Michaud was up with his parents Allison and Mark Michaud. I think that this was his first trip to Sheen. He'll be three months on Nov. 12.

Happy birthday to Jessica Hynes in Scotland who turned eight on Saturday. Jessica is the grandparents of Myra Sullivan and always reads THE EQUITY news from Sheen.

Happy 25th wedding anniversary to Colleen and Michael Dunn. Their children put on a wonderful party for them last Friday night at their house.

They were very surprised and many of Michael's family and Colleen's family were able to attend. Everyone had a wonderful time!

QUYON

 Jill McBane
613-294-9191

Congratulations to Katrine-Anne Villeneuve, who celebrated her graduation exercise on Saturday, Nov. 6 at Pontiac High School. A celebration supper was held at Sonia's Restaurant where 14 family members and friends attended. Kat received a total of six awards and bursaries.

Just a reminder about the Christmas Craft and Bake Sale on Saturday, Nov. 13

from 9 a.m. until 3 p.m. hosted by Onslow Home and School committee in the school gymnasium.

Next snowmobile meeting is Nov. 15 7:30 at Gavan's Hotel. Remember the membership passes are on sale at numerous places, prices after Dec. 9 go up to \$300. So think about getting them early to save some money. They make a nice Christmas gift.

Also if you have any spare time leave your name and number at Gavan's Hotel. They can sure use helping

hands to get the trails ready. Takes a lot of man hours to get the trails cleared and marked. P.S.D.A are now looking for a secretary to take minutes at meetings. If you can help out with that it would be terrific. They need volunteers now.

P.S.D.A will be celebrating their anniversary of the club this year. If you have any old photos or memories you'd like to share please drop them off at Gavan's or bring them to a meeting. They would love to make this anniversary a success in

2011. Help us out. Tickets will soon be on sale for the Snowmobile Kick-Off party on the great prizes that are donated to help get the trails ready. Check at Gavan's and other location for tickets, passes and maps.

Looks like a good week to get Christmas lights up, but probably a lot of you have done that. Get ready for winter, it's just around the corner. Guess snow tires will be the next big project before the white stuff arrives.

A group of Quyon girls

entertained at a dinner in Ottawa Oct. 30, organized by Pat Lusk, for the Three-C's Foundation (Crohn's, Colitis and colo-rectal cancer). Sally and Betty Kennedy, Maureen and Audrey Moore, Marion Kennedy and Marg Foran brought voices, guitars and one fiddle and enjoyed themselves very much with an appreciative group of diners. The hall was beautifully arranged, the food was most enticing and everyone had a great time for a worthy cause. Pat hopes to have many more such events.

AVIS/NOTICE

LA RADIO COMMUNAUTAIRE DE PONTIAC
PONTIAC COMMUNITY RADIO

ASSEMBLÉE GÉNÉRALE ANNUELLE
ANNUAL GENERAL MEETING

MARDI LE 30 NOVEMBRE 2010 - 19h00
TUESDAY, NOVEMBER 30th, 2010 - 7:00 p.m.

À LA STATION DE RADIO / AT THE RADIO STATION
138, RUE PRINCIPALE STREET, FORT-COULONGE, QC

Ordre du jour proposé de l'assemblée générale annuelle
Proposed Agenda for the Annual General Meeting

- 01 Mot de bienvenue et vérification du quorum (Prés.)
Word of welcome and verification of quorum (Pres.)
- 02 Election d'un président et d'un secrétaire d'assemblée
Nomination of a president and a secretary of the meeting
- 03 Lecture et adoption de l'ordre du jour / Reading and adoption of the Agenda
- 04 Lecture et adoption du procès-verbal de l'AGA du 26 novembre 2009.
Reading and adoption of the minutes of the AGM of November 26, 2009.
- 05 Lecture et adoption des états financiers
Reading and adoption of the financial statements
- 06 Nomination d'un expert comptable / Nomination of accountant
- 07 Lecture et adoption du rapport d'activités / Reading and adoption of the activity reports
- 08 Election des administrateurs / Election of directors
• Zone 2 - Fort-Coulonge et Grand Calumet
• Zone 4 - Pontefract et Waltham
• Zone 6 - Pontiac
- 09 Période de questions des membres / Question period for members
- 10 Levée de l'assemblée / Adjournment

Intéressé à devenir membre du conseil d'administration:

Aux membres : Vous désirez devenir un membre du conseil? Vous devez fournir votre lettre d'intention avant le 16 novembre. (article 23.1)

To our members: Interested in becoming a board member? You must submit your letter of intentions before November 16th (article 23.1).



National
Defence

Défense
nationale

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.

OTTAWA, CANADA
17630-77

BY ORDER
Deputy Minister
Department of National Defence

Canada

STAY CLEAR STAY SAFE

Recreational activities near hydro stations and dams are dangerous

For your own safety obey all warnings at hydroelectric stations, dams and their surrounding shorelines and waterways. These facilities operate year-round, affecting water flows. Water that looks safe can become treacherous in minutes and ice forming near, or even several kilometres away, can become dangerous. Signs, fences, buoys and safety booms are there to warn you, but if you see water levels changing, move a safe distance away immediately. Be advised that people trespassing on OPG property may face charges, with fines of up to \$2,000.



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Le grand bal de l'automne

YOUR HEALTH I DRE. ISABELLE GAGNON

Le froid arrive, les feuilles tombent et les enfants parlent déjà du Père Noël, plusieurs d'entre nous en profiteront pour dire officiellement au revoir à l'été. Et tandis que les travaux s'effectuent à l'intérieur ou à l'extérieur de la maison, notre système neuro-musculo-squelettique, lui, en prend pour son rhume. Accueillir la saison froide n'est pas une mince tâche! Blessures sont au rendez-vous, à moins de savoir s'en prémunir.

bras et faciliter le travail, un râtelier à lames flexibles et disposées en éventail est idéal. Enfin, pour diminuer la tension sur votre dos, disposez une jambe devant l'autre, et alternez-les occasionnellement. Idéalement, ne raclez pas suite à une averse, car les feuilles, plus lourdes, augmentent le degré de difficulté de l'activité. Et surtout, évitez les torsions!

2. ... et les ramasser!
Les plus chanceux d'entre nous utiliseront leur tondeuse à gazon pour ramasser les feuilles, en réglant les leviers à la hauteur appro-

priée. Les autres devront idéalement faire ce travail à deux, l'un tenant le sac à hauteur de hanches, l'autre s'assurant de garder le dos bien droit et de plier les genoux à chaque retour au sol.

3. Corder le bois
Plier les genoux sans courber le dos est doublement recommandé si vous devez corder du bois. Coordonnez vos mouvements, et conservez toujours la charge de bois près de votre corps en vous déplaçant. Évitez les « voyages de paresseux ». Plusieurs voyages légers

valent mieux que peu de voyages très lourds. Utilisez un chariot sur roulettes, si vous le pouvez. Vous économiserez à la fois temps et énergie.

4. Fermer le jardin
Travailler au jardin exige plus souvent qu'autrement d'être accroupi au sol. Réduisez la tension en utilisant un coussin à genoux. Gardez votre dos bien droit et accordez-vous fréquemment des pauses. Levez-vous régulièrement pour détendre les muscles et les articulations de vos jambes, et effectuez le travail de façon progressive.

5. Déplacer des objets lourds sans blessure
L'automne est aussi le temps de ranger les boyaux, fermer la piscine, entreposer le BBQ et installer l'abri à neige. Ces activités peuvent vous demander de soulever des charges et de déplacer des objets plus lourds. Il est important de respecter les règles de base pour soulever ces charges avec précaution.

Tout d'abord, approchez-vous de l'objet et mettez les pieds à la même largeur que celle de vos épaules. Vos pieds et votre tête doivent pointer en direction de l'objet à lever. Les genoux pliés

et le dos droit, utilisez les muscles de vos jambes et de vos bras afin de soulever la charge tout en la gardant près de votre corps. Pour déposer la charge, pliez les genoux en premier, puis contrôlez sa descente.

6. Sortir le linge d'hiver
Si vos vêtements hivernaux sont rangés sur une tablette surélevée, atteignez-les en utilisant une échelle plutôt qu'en vous étirant. Ne rangez pas non plus votre boîte de linge d'été en soulevant la charge au-dessus de votre taille. Utilisez l'échelle et, au besoin, demandez l'aide de quelqu'un.

Quelques conseils pratiques

Peu importe la tâche à accomplir, ne dépassez jamais la longueur de vos bras dans vos mouvements. Que ce soit lorsque vous émondez les arbres, raclez les feuilles ou nettoyez les murs extérieurs de votre maison, respectez toujours cette règle. S'étirer au-delà de cette limite, c'est automatiquement trop en demandant à votre colonne vertébrale. À long terme, vous n'y gagnerez rien, et risquez une fâcheuse blessure. Privilégiez plutôt le travail d'équipe.

vous mettre au travail, et étirez vos muscles et articulations une fois les tâches accomplies.

Vous avez sorti gants et foulards pour travailler dehors? Cela n'empêche pas la déshydratation! Gardez toujours une bouteille d'eau à proximité, et buvez à tous les quarts d'heure.

Sources: Association des chiropraticiens du Québec Association chiropratique canadienne.

Dr. Isabelle Gagnon est une chiropraticienne qui opère deux bureaux dans le Pontiac, donc un à Shawville et un à Mansfield.

Faire tout, très vite
On ne se prépare pas aux premières neiges en demeurant tranquillement installé dans le divan. On s'active, on lève, on dépose, on transporte, on déplace, on range, on frotte, on remplit, et alouette. On bouge, quoi!

Trop peu de précaution dans les mouvements peut blesser la colonne vertébrale et mener à des complications telles que des douleurs lombaires, des hernies ou des torticolis, qui surviennent non seulement après un faux mouvement, mais aussi lorsqu'on est pressé de tout faire. Un conseil: prenez quelques semaines d'avance, et ne tentez pas d'accomplir tout le travail en l'espace d'un seul et unique dimanche après-midi.

Bien effectuer les tâches les plus fréquents

1. Racler les feuilles...
Racler le terrain est une excellente activité physique, souvent exigeante pour le corps. Afin d'éviter les blessures, choisissez d'abord le bon outil. Optez pour un râtelier dont le manche est suffisamment long: cela vous évitera de travailler trop courbé. Pour minimiser les efforts de vos

Mise en oeuvre d'aide financière

QUÉBEC • Le ministre de la Sécurité publique, M. Robert Dutil, et la députée de Pontiac, Mme Charlotte L'Écuyer, annoncent la mise en oeuvre du Programme général d'aide financière lors de sinistres en raison des pluies abondantes survenues le 15 août 2010, dans les municipalités de Bristol et de Pontiac.

Le gouvernement du Québec met tout en oeuvre pour soutenir les efforts des autorités municipales et, ainsi, venir en aide aux citoyennes et aux citoyens sinistrés. Soyez certains que tout est déployé pour assurer la sécurité de la population touchée par le sinistre, a déclaré M. Dutil.

Je salue l'implication de notre gouvernement qui, par ce soutien, vient en aide aux sinistrés des municipalités de Bristol et de Pontiac. Grâce à ce programme, les citoyens touchés par les inondations en août recevront l'aide financière dont ils ont besoin, a déclaré Mme L'Écuyer.

Le Programme général d'aide financière lors de sinistres vise à soutenir les municipalités et leurs citoyens, les entreprises, ainsi que les organismes qui ont été touchés par un sinistre. Ce programme gouvernemental constitue une aide de dernier recours notamment pour certains dommages liés aux résidences principales et aux infrastructures municipales qui ne peuvent être couverts par une assurance. Des renseignements sur ce programme de même que les formulaires de réclamation sont accessibles à www.securitepublique.gouv.qc.ca.

Enfin, M. Dutil a tenu à préciser que « ce genre de sinistre nécessite une intervention concertée de la part d'intervenants en sécurité civile, d'où l'importance de souligner leur travail et de rappeler aux citoyens du Québec qu'ils peuvent compter sur leur collaboration, peu importe le sinistre auquel ils font face ».

INFORMATION PUBLIQUE
Les bureaux de la MRC DE PONTIAC et de la SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (BUREAU D'IMMATRICULATION) de Campbell's Bay seront FERMÉS JEUDI 11 NOVEMBRE, 2010. À NOTER: Les bureaux du CLD PONTIAC seront ouverts sur rendez-vous seulement.

PUBLIC INFORMATION
The MRC PONTIAC OFFICES and the SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (LICENCE OFFICE) in Campbell's Bay will be CLOSED ON THURSDAY, NOVEMBER 11, 2010. NOTE: The CLD PONTIAC OFFICES will be open by appointment only.

Défense nationale National Defence

AVIS AU PUBLIC

EXERCICES DE TIR À LA BASE DES FORCES CANADIENNES PETAWAWA

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

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

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

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

OTTAWA, CANADA 17630-77

PAR ORDRE
Sous-ministre
Ministère de la Défense nationale

PLUS LOIN C'EST PLUS SÛR

Les activités récréatives près des centrales hydroélectriques et des barrages sont dangereuses

Pour votre propre sécurité, respectez tous les avertissements qui entourent les installations hydroélectriques, les barrages, les voies navigables et les rivages environnants. Ces installations fonctionnent toute l'année et elles peuvent altérer le débit de l'eau. Un plan d'eau qui semble sécuritaire peut devenir une menace en quelques secondes et la glace qui se forme à proximité ou à des kilomètres peut devenir dangereuse. Les affiches, les clôtures, les bouées et les estacades sont destinées à vous prévenir du danger, mais si vous notez un changement de niveau de l'eau, éloignez-vous à une distance sécuritaire immédiatement. Soyez avisés que quiconque est coupable d'une intrusion sur les propriétés de l'OPG serait passible d'une amende pouvant atteindre 2 000 \$.

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Notaires & conseillers juridiques
Notaries & legal counsels

Me Mireille Alary
malary@gipi.qc.ca
131A, rue Victoria, CP 569, Shawville (QC) J0X 2Y0
Tél. : (819) 647-6300 Fax. : (819) 647-7004

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Shawville, QC J0X 2Y0

Classifieds

10

COMING EVENTS

Sat., Nov. 13 - Adrienne Taylor will be at Onslow Home and School Christmas Craft sale starting at 9 a.m. Adrienne will have her new CD "Cold" as well as her first CD. Great Christmas gifts. See you there. xtcN11

Sat., Nov. 13 - St. Andrew's United Church, Campbell's Bay Bazaar and Tea, 2 to 4 p.m. Tea \$5, craft and bake table. Everyone welcome. 2xn10

Sat., Nov. 13 - Onslow School is hosting a Christmas Craft and Bake Sale from 9 a.m. until 3 p.m. in the school gymnasium. There will be a Santa letter writing workshop for the children to enjoy while the parents browse through the crafts, products and baked goods. Canteen will be available. Come out and support your local school and craftsman! 2xn10

Sat., Nov. 13 - St. Edward's Church Annual Christmas Tea and Bazaar will be held on Saturday, November 13th at 1:00 p.m. until 3:00 p.m. in Bristol Mines. 2bn10

Sun., Nov. 14 - Need Gifts? PartyLite Sale, candles and accessories, 783 Route 366, Ladysmith, Norma Charette's 819-647-2173. 2xn10

Sun., Nov. 14 - Calling all former C.G.I.T. members and leaders! Please join the congregation of Shawville United Church at 11:00 a.m. for the dedication of the new stained glass C.G.I.T. window. All are welcome. 2xn10

Sun., Nov. 14 - Buffet Brunch Oddfellows Hall, Shawville 10 to 1 p.m. \$7. xnt10

Thurs., Nov. 18 - Shawville United Church Annual Bazaar and Christmas Supper. Please note times- Bazaar opens 3:00 p.m., Supper-5:00-7:30 Adults-\$12.00- Children - \$6.00. 2bn10

Sat., Nov. 20 - Ottawa Valley Antique Association Dinner and Dance, Shawville Lions Hall, Dinner 7 p.m. Dance 8:30 \$15/person. Reserve tickets at (819)647-5035. Music by Bonnie and Jim Hodgins. 3xn17

Sat., Nov. 20 - Movie Night for Kids of all ages. Just like the theatre. Takes place at the Jack Graham Bristol Community Centre. Starts at 6:30 p.m. Admission just one loonie! Free drinks and popcorn served. (younger children supervised, please). 2bn17

Sat., Nov. 20 - The Bristol Community Association will hold its annual General Meeting at 10 a.m. in the Jack Graham Community Hall, Bristol. All residents are welcome to attend. New volunteers are always welcome. Refreshments will be served. bn10

Sun., Nov. 21 - PONTIAC PARTY in Ottawa, Westboro Legion, (391 Richmond) 2:00-8:00. Proceeds to the Waterfront revitalization project. Admission: \$10. Some performers include: Gail Gavan, Joanne Dubeau, Mick Armitage, Adrienne Taylor and Schwartz family. Chartered bus \$5 return. Pre-register at Atkinson's Bar, Shawville; Marcottes, Quyon. xtcN17

Sun., Nov. 21 - St. Ann's Parish CWL All You Can Eat Christmas Brunch, Artisans' Market, bake sale, draws, 10 a.m. - 2 p.m. Municipal Hall, Calumet Island, QC. Adults \$8, children \$3. Everyone welcome. Artisans welcome. Call Martina 819-648-5403. 3xn17

MISCELLANEOUS

Hot tub (Spa) Covers. Best Price, Best Quality. All Shapes & Colours Available. Call 1-866-652-6837. www.thecoverguy.ca. qn10

30 inch stove and range hood excellent working condition, almond colour \$50, Pat Ryan 819-647-2770. xnt10

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

MISCELLANEOUS

Norwood Sawmills - LumberMate-Pro handles logs 34" diameter, mills boards 28" wide. Automated quick-cycle-sawing increases efficiency up to 40%. www.NorwoodSawmills.com/4000T - FREE Information: 1-800-566-6899 Ext:4000T. qn10

2 sets of 4 tires each. Baja A/T wide track 245/75 R 16 white lettering. Good Year Wrangler ST P265/70 R17, \$125/set or b.o. evenings 819-647-5548. 3xn10

BEDS, SOFA BEDS, BEDROOM SUITES, DINING ROOM SUITES, SOFAS, RECLINERS, BAR STOOLS, HEADBOARDS, COMFORTERS

MATTRESS FACTORY & FURNITURE OUTLET
312 Raglan St. S., Renfrew
613-432-8826

4 snow tires with rims P265-75-R 15 819-647-6900. 3xn10

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

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

Trailers for sale, ski-doo trailers, 4 wheel trailers and landscape trailers 819-647-3306. xnt10

4 Tempira Winter Quest snow tires 165/65R14. Used one season 819-647-2368. 2xn17

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

GE washer and dryer asking \$150 819-647-3662. xnt10

Steel buildings priced to clear - Incredible end-of-season factory discounts on various models / sizes. Plus free delivery to most areas. Call for clearance quote and brochure - 1-800-668-5111 ext. 170. qn10

Want to make a great back yard rink this winter? Have access to a tractor? The Bristol Community Association has a Zamboni for sale. Mounts on a tractor. No reasonable offer will be refused. Call Bill at 647-3517. 2xn17

#1 high speed internet \$24.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 5Mbps download and 800Kbps upload. Order today at www.acanac.ca or call toll free 1-866-281-3538. qn10

#1A steel building sale! Save up to 60% on your new garage, shop, warehouse, 6 colours available! 40-year warranty! Free shipping first 20 callers! 1-800-457-2206. www.crownsteelbuildings.ca. qn10

4 snow tires, like new 215/60R17, used one winter, \$50 each 819-648-2351 leave message. xtc

Hospital bed and wheel chair 819-647-3509. 2xn17

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

Cheap telephone reconnect! Paying too much? Switch & save! Only \$39.95/month! Fast connections, flexible due dates, low rates! Call now! 1-877-336-2274. Phone Factory Reconnect, www.phonefactory.ca. qn10

MISCELLANEOUS

Building sale! Rock bottom prices! 25x30 \$6200. 30x40 \$9850. 32x60 \$15600. 32x80 \$19600. 35x60 \$17500. 40x70 \$18890. 40x100 \$26800. 46x140 \$46800. OTHERS. Door optional. Pioneer MANUFACTURERS DIRECT 1-800-668-5422. qn10

4 winter tires, 235/75/R16, \$300. Tempira Winterquest. Excellent condition. Quebec approved. Used one winter. 819-648-2056. xnt10

FOUND

Female Golden Lab at Green Lake since Nov. 3. 819-647-6952 or 2353. bn10

LIVESTOCK

JackLar Limousin herd dispersal sale Royla McLaren and the late John McLaren - full blood cattle no papers. 35 cows with calves, 10 stockers, a few bulls and weaned calves. Sat., Nov. 20th at 11 a.m. at Renfrew Pontiac Livestock, Cobden, Ontario 613-638-3747. 2xn17

CARS/TRUCKS

1998 Chevrolet 1500 Silverado 4 x 4, 5.7 Litre, power windows, sliding rear window, new brakes, extra gas tank, box liner, boat rack. Call 819-648-5296. 4xtcn10

2005 Sunfire, 4 new snow tires, Quebec safetied \$1,800 819-647-3926. bn10

2002 Ford Explorer sport truck, 4 x 4, 6 cylinder, 4.0, for info call 819-647-2151. bn10

SNOWMOBILES

2 Polaris snowmobiles, one is a 2007 brand new (never used) (600 cc) and the other one is a 2003 and it has 7,000 miles (11,670 kms) also a 600 cc, plus a closed in trailer 1997. All in good shape asking \$13,500. Please contact 819-648-2555. otc

WANTED TO BUY

Abacadabra turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072. qn10

Looking to buy an ongoing dairy farm privately, including cattle, feed, equipment, quota, 613-646-7950. 3xn17

WANTED

Work wanted - Do you need your small renovation projects done? Siding, windows, doors, plumbing, roofing, insulating. I may be able to help. I have 30 years experience in carpentry and plumbing. No job to big or small. I can do 'em all! If no answer leave message. Call Ken T. 819-647-3384. 3xn24

RENT

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

Bryson - 3 bedroom farmhouse 819-648-2222. otc

Bryson - 3 bedroom house available December 1st 819-648-5555. otc

Campbell's Bay - bachelor apartment 819-648-2362. bn10

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

Shawville - 1 bedroom seniors apartment, no pets, washer and dryer provided 819-647-6900. 3xn24

Shawville - 2(+) bedroom, ground floor, for quiet single or couple \$575 month. Heat included, no pets. References required. 819-647-6464. 2bn17

Shawville - 3 bedroom house, \$650 monthly includes appliances 613-582-3488 or 613-639-3163 (Cell). 2bn17

1700 square ft. commercial space, Main St., Shawville \$450 per month, utilities included 613-582-3488 or 613-639-3163. otc

REAL ESTATE

Building new home/cottage? Factory Direct inventory liquidation! Pre-engineered panel homes. Prefab foundation systems. Better quality/faster. Immediate/spring delivery. Details: 1-800-871-7089. SACRIFICIAL PRICES! qn10

Shawville - 272 Clarendon, 3 bedroom, garage, large lot, serious inquiries only 819-648-2939. 2bn10

SERVICES

Brad Summerfield, PA rentals, DJ services, studio and remote recording. Everything audio, at reasonable prices. Call 819-647-2594 or email brad@soundzgood.com. 3xn17

\$5000 loan service, by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free: 1-877-776-1660 www.mon-eyprovider.com. qn10

Debt consolidation program. Helping Canadians repay debts, reduce or eliminate interest, regardless of your credit. Steady Income? You may qualify for instant help. Considering Bankruptcy? Call 1-877-220-3328 FREE Consultation Government Approved, BBB Member. qn10

Gratuit - Aide à la recherche d'emploi. Contactez une conseillère au Carrefour jeunesse-emploi du Pontiac 819-648-5065 ou 1-877-648-5065. 6bd15

Free - Job search assistance. Call a Job Counsellor today at the Carrefour jeunesse-emploi du Pontiac 819-648-5065 or 1-877-648-5065. 6bd15

Babysitting available student with babysitting course available weekends. Hailey Hodgins 819-647-6528. stcn10

Labombard Electric Motors Sales and service, starters, alternators, motors, jet pumps and furnace motors. 819-647-2591, 54 Stoney Batter Rd., Shawville, QC. bn10

HELP WANTED

Highway driver wanted - New equipment: tractor and end dump trailer. Needs minimum 3 years tractor-trailer experience. Safety-conscious individual a must. Flexible working hours. Local and long distance hauls (no US hauls). Earn up to \$60,000.00 a year. Regular bi-weekly pay. Start immediately. If you love to drive, we'd love to put you in our truck! Send us your resume by mail or email to rhonda@tomorrcartage.com P.O. Box 646, Shawville, QC J0X 2Y0, 819-647-2670. 3bn24

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

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

Ensign Energy Service Inc. is looking for experienced Drilling Rig, & Coring personnel for all position levels. Drillers, Coring Drillers \$35 - \$40.20.; Derrickhands \$34, Motorhands \$28.50; Floorhands, Core Hands, Helpers \$24. - \$26.40. Plus incentives for winter coring! Telephone 1-888-ENSIGN-0 (1-888-367-4460). Fax 780-955-6160. Email: hr@ensignenergy.com. qn10

Full-time gas attendant. Sales/parts experience an asset. Apply in person to Bean's Service Station, Hwy. 148, Shawville 819-647-2545. 2bn10

OPPORTUNITIES

Jewellery sales opportunity! New to Canada, trendy, affordable! Work from home, earn great money & vacations. Contact Curt for catalogue and business information. Isjewellery@shaw.ca - 403-909-4302. qn10

EPA qualified residential/commercial wood and pellet heating systems, offering entrepreneurs the opportunity to own a Green Energy Business. CALL TODAY 1-888-933-4440. www.profabgroup.com. qn10

TENDERS

Public Notice Municipality of Bryson Public Notice is hereby given by the undersigned Secretary-treasurer of the aforesaid municipality that:

The Municipality of Bryson is calling for tenders for the rental of a 4 x 4 backhoe for December 1st, 2010 to March 31, 2011.

The 4 X 4 backhoe will be used only for snow removal where ever necessary in the Municipality of Bryson as well as loading the sand in the snowplow.

Sealed tenders must be received by the Secretary-treasurer at the municipal office no later than November 18, 2010 at 3:00 p.m. Sealed tenders will be opened on November 18, 2010 at 7:00 p.m. at the special meeting. Lowest or any tender will not necessarily be accepted.

Given at Bryson Nov. 2, 2010. Tracey Héroult D.G./Secretary-treasurer Municipality of Bryson 770 Centrale Street, P.O. Box 190 Bryson, Québec J0X 1H0 2-0-N17

Avis Publique Municipalité de Bryson Avis publique par les présentes donnée par la secrétaire-trésorière de la susdite municipalité que:

La municipalité de Bryson demande des soumissions pour la location d'une rétro-chargeuse 4x4 le 1er décembre 2010 au 31 mars 2011.

La rétro-chargeuse 4x4 serait utilisée seulement pour le déneigement ou il est nécessaire et de remplir le chasseyne avec le sable. Les soumissions scellées et marquées tel qu'au contenu seront reçu par la sous-secrétaire jusqu'à lundi le 18 novembre 2010 à 15:00. Les soumissions scellées seront ouvert à la session spéciale le 18 novembre 2010 à 19:00 le même jour. La soumission la plus basse ou n'importe quelle soumission ne sera pas nécessairement acceptée.

Donné à Bryson le 2 nov. 2010. Tracey Héroult D.G./Secrétaire-trésorière Municipalité de Bryson 770, rue Centrale, C.P. 190 Bryson, Québec J0X 1H0 2-0-N17

THANKS

Bretzlaff - Wally and Gerda would like to take this opportunity to thank each and every one that came out and helped us celebrate our 50th wedding anniversary. For all the gifts, flowers, special treats and cards. To Karl and Fran thank you so very much for all your love, support and organizing. To Jeff and Greg and families for your support and love that you have given us. To everyone that helped with the sandwiches, cake, squares and serving. To Bonnie and Jim and the Douglas Connection for the great entertainment. Thank you. Wally and Gerda

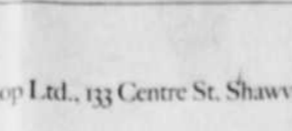
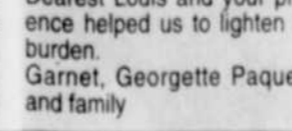
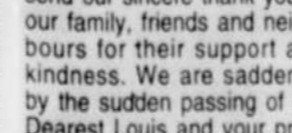
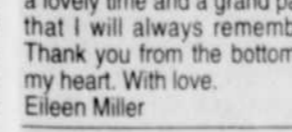
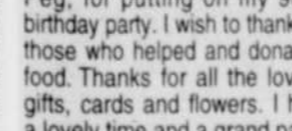
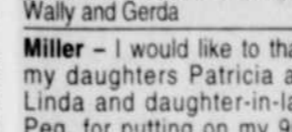
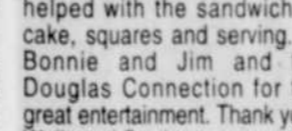
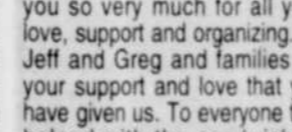
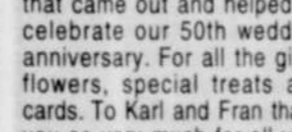
Miller - I would like to thank my daughters Patricia and Linda and daughter-in-law, Peg, for putting on my 90th birthday party. I wish to thank all those who helped and donated food. Thanks for all the lovely gifts, cards and flowers. I had a lovely time and a grand party that I will always remember. Thank you from the bottom of my heart. With love. Eileen Miller

Belanger, Elmer - November 13, 2006. It's been four years dad, since you passed away. We think about you every day. You have a new grandson Dad, and he looks like you in every way. As November 13 comes and goes, Kncw you are always in our hearts and minds forever. Living your legacy, loving you. Perhaps they are not Stars in the sky. But rather openings Where our loved ones shine down To let us know they are happy. Always, Dad, forever Chad, Angele, Hayden and your newest grandson, Hunter

Belsher - In loving memory of our parents: John Belsher - March 1985; Elwin Erwin - January 2003; Margaret Erwin - September, 2004; Mary Belsher-Hodgins - November 2009. We do not need a special day To bring you to our minds For the days we do not think of you Are very hard to find. Sadly missed and cherished forever. Robert, Joan and family

Buckley, Arthur - In loving memory of a dear husband, father, grandfather and great-grandfather who passed away November 10, 2008. I'd like the memory of me To be a happy one. I'd like to leave an afterglow of smiles When day is done I'd like to leave an echo Whispering softly down the way Of happy times and laughing times And bright and sunny days. I'd like the tears of those who grieve To dry before the sun Of happy memories that I leave Behind when day is done. Always remembered wife Dora, son Dale (Linda), daughter Linda (Paul) and grandchildren Lisa, Shannon, Amanda and Laura

Paquette - We would like to send our sincere thank you to our family, friends and neighbours for their support and kindness. We are saddened by the sudden passing of our Dearest Louis and your presence helped us to lighten the burden. Garnet, Georgette Paquette and family



THANKS

White - We wish to express our sincere gratitude to our three daughters, their husbands and families for the wonderful way they honoured us on our 60th wedding anniversary. We also want to say a sincere "thank you" to other family members and friends, many of which travelled great distances, to attend the special gathering, held in our honour, to mark our anniversary. Your many gifts, cards and best wishes were greatly appreciated. May God richly bless each of you. Rev. and Mrs. Orville White

DEATH

Greer, Mary Muriel - Peacefully in hospital Pembroke on Tuesday, November 2nd, 2010 in her 83rd year. Mary Greer (née Price) of Pembroke, beloved wife of the late Ira George Greer. Loving mother of Louisa of Limoges, Sandra Kostasopoulos of Toronto, Deborah of Palmerston, Anne of Pembroke, Mickel of Pembroke, James of Pembroke and Hannah "Sue" Pelletier of Pembroke. Dear sister of Eva Wilcox, Claude Price and Alma Price. Predeceased by parents Henry and May Etta Price (nee Story), by sisters Ruth, Cassie, Bea, Vida and Helen, and by brothers David, Lloyd, Albert and Elroy Price. Survived by 16 grandchildren and 19 great-grandchildren. Funeral Service at New Hope Christian Fellowship Wesleyan Church, Shawville on Saturday, November 6th, 2010 at 2 p.m. Interment Standard Church Cemetery, Charteris. As an expression of sympathy, donations to the Standard Church Cemetery Fund would be appreciated. Online Condolences may be left at www.nevillefuneralhome.ca

Belanger, Elmer - November 13, 2006. It's been four years dad, since you passed away. We think about you every day. You have a new grandson Dad, and he looks like you in every way. As November 13 comes and goes, Kncw you are always in our hearts and minds forever. Living your legacy, loving you. Perhaps they are not Stars in the sky. But rather openings Where our loved ones shine down To let us know they are happy. Always, Dad, forever Chad, Angele, Hayden and your newest grandson, Hunter

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Adventure seekers rally on a search for the winning clues

CAROLE ST-AUBIN
Equity Editor
SHAWVILLE Oct. 24, 2010
More than 60 people registered for the annual car rally sponsored by Atkinson's Bar in Shawville on Sunday for a

chance to win a portion of the registration money for a first, second, and third place entry.

The contest involved solving a set of questions and riddles that take motorists

over a total of approximately 33km. This year's rally was taking place mainly in the Sand Bay, Shawville and Clarendon area.

"It's not a timed circuit, it's about getting as many questions right as possible," said one of the event's organizers, Ryan Powell.

"But there is also a scavenger hunt with a list of items that participants have to find during their rally," added Blake Howarth.

"We're asking everyone to be here by 6 p.m. so we can start checking out their answers and if we need to go to a tie breaker then we bring those teams in to try to answer as many questions as they can correctly," said Powell.

Using their super sleuth skills, some of the questions included who baked bread at C1 on Heath Rd, or how many pumpkins could be seen at C23, to how many people were playing at the corner of Sand Bay Rd. and Clarence, and what kind of wood was manufactured at C4, or what song Taylor Swift would sing at C342.

Jeff Hannaberry who was participating in a car rally

for the first time, said he was enjoying himself immensely. His partners Shawn Laframboise and Ben Young had been in a rally previously, but said they were also having a good time trying to solve their clues.

An all-girl team made up of Katie Robinson, Holy Richardson, Tracy Martineau, Ashley Baker, Meghan Morris, and Mandy Renaud, who were clearly in competition with the guys, were trying to figure

out what you'd be called if you lived in this town, from their C341 location. The girls finally asked a resident who was outside working in her yard for a bit of assistance.

Also enjoying the excursion were Brandy Hahn, Melissa Brownlee, Mike Dean, Joe Mc Cagherty who were having fun touring the countryside.

"It's a lot of fun, you get to spend time with your friends and it makes you think. You

get to see things around town that you maybe hadn't seen before," said Hahn.

Following the wrap-up of the event, live entertainment was being provided by the band Getaway.

The winning team consisted of Brittany Harris, Chelsea Carson, Kelly O'Connell and Ashley Carson who finished with a time of five-and-a-half hours. Their team effort provided them with a split on a \$300 first prize.



Shawn Laframboise, points to a clue as Jeff Hannaberry hops onto this buddy Ben Young's shoulders for a closer look during Sunday's car rally hosted by Atkinson's Bar.



Pictured from left to right are: Brittany Harris, Chelsea Carson, Kelly O'Connell and Ashley Carson, members of the winning team with a five-and-a-half hour win time in Sunday's car rally. Their take-home prize was a \$300 for the first place win.

A major win and a big upset this past weekend

ANDREA CRANFIELD
Equity Reporter
PONTIAC Nov. 10, 2010

There was a lot of goal scoring from the Pontiac hockey teams this past weekend and the PeeWee CC Lions won their first game of the season. The younger kids are really starting to find their feet out there on the ice. Looks like there are many more exciting games to come.

Juniors

On Nov. 5, the Shawville Pontiacs suffered an unfortunate loss to the Clarence Beavers. The game was in Shawville and the final score was 13-3. In the first period, the Beavers scored three times while the Pontiac managed to get one in the net. Jimmy MacMillan scored the goal, assisted by Tyler Orr.

In the second period MacMillan managed to score again assisted by Matt Desjardins but the Beavers

scored seven more times. Mike Walker scored once in the third, assisted by Francis Richard. The Beavers put three more past the net to win the game. Alex Clarke played nets for the Pontiacs.

Bantam CC (Written by Diana Desabrais)

On Nov. 6, the Bantam CC Lions team traveled to Gatineau to take on the Gatineau A's. Unfortunately, we didn't come home winners. However, the team rallied and was able to pull off a win at home in Fort Coulonge on Nov. 7 against the Voiliers D'Aylmer with a score of 3-2. Goal scorers were Chris Hearty assisted by Michel Boisvert, Matt Curley assisted by Boisvert, and Nicholas Graveline assisted by Nolan Peck. Alexandre Tremblay was in nets.

PeeWee CC (Written by Natalie Chenier)

The Pontiac Atom A Lions

On Nov. 6, the young Lions lost 4-1 to the Voiliers d'Aylmer. Connor Romain scored assisted by Brayden Romain.

On Nov. 7, the long awaited for moment came. The Lions won their first game of the season 6-5 against the Aigles de Gatineau. Losing 3-0 in the beginning of the second period, Patrick St-Cyr started the ball rolling by scoring two goals in a row, which were assisted by Nicolas Lemaire and Ryan Nugent.

Zack Elliott scored the third one assisted by Darron Bruce, and Bruce in turn scored the fourth assisted by C. Romain. The second period still wasn't over when Austin Duggan scored, assisted by St-Cyr, and Nugent scored assisted by Bradley Strand.

Atom A (Written by David Murray)

The Pontiac Atom A Lions

suffered a pair of losses over the weekend. A strong performance by goaltender Jérémie Graveline, who faced 48 shots in the match, kept the Lions close during Saturday's game in Hull against Citoyens where the Lions suffered a 3-0 loss. The Atom "A" were at home on Sunday against the Loup Coll. where they lost 5-0. The Lions next home game is Nov. 13 at the Fort Coulonge arena against the Aylmer Extreme.

Midget CC Lions

The Midget CC Lions played the Hull Olympics on Nov. 7 and won 5-0. Brady Trudeau had a great game and scored three goals against the Olympics. Branden Alexander also had a great night scoring twice. Steven Day, Brady Pirie, Josh Greenshields, Andrew Cahill and Stéphane Paré made assists.

PeeWee A (Written by Dawna McAllister)

On Oct. 30, the PeeWee A Pontiac Lions visited the Festivals de Hull. Hull was first to light up the board as the Lions trailed 3-0 into the second period. The Lions' Chevy Larocque found the net in the third period with help from Bryce Atkinson and Curtis Huckabone. Despite a strong rally from the Lions, Hull finished the game with a score of 6-1.

This Sunday, Nov. 7, the PeeWee A Pontiac Lions traveled to Maniwaki to face-off against the Mustangs. The Lions opened the scoring halfway through the first period when Atkinson received a perfect pass from Lauren Frobel and put it between the pipes. Early in the second, Louis Fortin found the slot himself with help from Atkinson. The Mustangs then placed themselves on the board with two

quick goals. The game ended with a tie at 2-2.

Bantam B Lions (Written by Jim White)

On Nov. 6 in Shawville, the Pontiac Bantam B Lions scored late in the third period to tie the game at 4-4. Riley Gagnon was in goal for the Lions. Goal scorers were Yanick Morrisette; three goals; Andy Boisvert, one goal; Philippe Fortin, three assists; Brooke Demont, one assist; Kody Groleau, one assist and Christian Mainville with one assist.

On Nov. 7, Pontiac Lions Bantam B were in Hull with the Frontaliers scoring two goals late in the game to defeat the Lions 4-2. Dean Horner had a good in goal for the Lions. Goal scorers were Nathan White on a short-handed effort, one goal and one assist; Justin Graveline with one goal and Andy Boisvert with one assist.

Winter soccer, swimming and hockey for kids

ANDREA CRANFIELD
Equity Reporter
PONTIAC Oct. 30, 2010

Kids of all skill levels took to the ice for some hockey on Oct. 30 at the Shawville Arena as part of the fall/winter sports program coordinated by the Pontiac MRC. There were smiles all around as they tied up their skates and glided onto the slippery surface for the first time this year.

The fall/winter sports program provides soccer, swimming and hockey for children who might not otherwise be able to afford it. Different sponsors help to lower the cost of participation for kids.

Stéphane Durocher started working at the MRC about two months ago as the leisure and sports coordinator. He has a lot of experience working with youth and is a hockey and soccer coach so the position was a perfect match for him. During the kid's first hockey practice, Durocher was right there on the ice instructing and coaching them.

His job is to promote economic development in the Pontiac MRC area through sports and leisure activities for people zero to 99 years old. He aims to offer people in Pontiac a range of sports and leisure activities.

"What's important about the program is that it's always offered at a low price," said Durocher. "If kids can't pay, we arrange for them to participate. We don't want money to be an obstacle. A lot of the time, social workers from the CLSC have contacts with families and from there we get inscriptions. It's completely confidential."

Transportation helps pay for transportation costs to get the kids to their swimming lessons. Swimming is the only sport that offers transportation. Parents are responsible for getting their

kids to hockey and soccer. They swim in Pembroke, which costs almost \$300 every time they go.

"The MRC has different partners that help put it on," said Durocher. "It's very expensive and that's why we need different financial partners to help out. We are lucky to have bus transportation."

Quebec en Forme helps to pay for inscriptions as well as providing an animator to watch over the kids on the bus. Jump Start from Canadian Tire also sponsors all three sports offered. Pontiac Member of National Assembly Charlotte L'Ecuyer made a \$550 donation towards the hockey program to help pay for ice time.

The hockey program lasts 16 weeks in total. The objective is to give kids a chance to have fun playing hockey as well as develop beneficial physical life habits. Both boys and girls can participate. There are two different age groups, five to 10 and 11 to 17, that skate at different times every Saturday. Practices alternate weekly between the Shawville Arena and Fort Coulonge arena.

The indoor soccer program also started on Oct. 30. Although hockey has been in the program for the past four years, this is the first time soccer is offered.

For four weeks, a trainer from the regional soccer association of the Outaouais (ARSO) in Gatineau comes to Ecole Secondaire Sieur De Coulonge to teach the kids soccer skills. Again there are two age groups who play at different times, five to 10 and 11 to 17.

"What we want to do is promote soccer and we want the kids to develop their ability," said Durocher.

The swimming program started about a month and a half ago for kids between the ages of seven to 14. It's a six-week program that takes

place at Pembroke Kinsmen Pool. Kids go swimming once a week for an hour each time. Forty kids participated in the program this year.

A bus transported the kids from Shawville, Bryson, Campbell's Bay, Fort Coulonge, Waltham and Chapeau to Pembroke. About 10 volunteers supervised the kids on the bus ride and then in the dressing rooms with Darlene Judd acting as head supervisor. Once in the pool, five lifeguards watched over them.

"They had to go through different levels. Kids get to learn to swim and they also learn the safety rules of swimming and water," said Durocher. "There are always two sessions, one in the fall and one in the spring. The program is very popular, we had about 70 kids interested but there is only room for 40 kids. At the pool there are only so many kids they can take at same time and there's only so much room on bus."

One of Durocher's roles is organizing different sports



Stéphane Durocher teaches the kids skating and scoring skills on the ice.

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MUNICIPALITÉ DE BRISTOL
MUNICIPALITY
La Municipalité de Bristol est à la recherche de nouveaux membres pour le *Conseil consultatif d'urbanisme*. Leurs principales tâches sont de discuter et faire des recherches concernant les constructions et les problèmes de zonage qui affectent la municipalité et font des recommandations au conseil. Les résidents représentant la région de Norway Bay seront considérés en priorité.
Contactez le bureau municipal au (819) 647-5555 pour de plus amples informations.
The Municipality of Bristol is seeking new members for the *Town Planning Committee*. Their main purpose is to discuss and research construction and zoning issues which affect the municipality and make recommendations to council. Residents representing the Norway Bay area would be given priority.
Contact the municipal office at (819) 647-5555 for more information

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Warm and sweet setting provides sanctuary from the chilly outdoors

ANDREA CRANFIELD
Equity Reporter
BRISTOL Oct. 30, 2010

Upon entering the basement of St. Andrew's Knox United Church on Oct. 30, a warm, homey feeling was immediately apparent in contrast to the chilly weather outside.

The tables were all decorated with tablecloths and napkins. Women were scurrying around in the kitchen preparing food. Then they would bring out sandwiches, cheese, pickles, squares, sweets, tea and pies to those waiting at the tables, enjoying each other's company.

Volunteers from the church make all of the food. People from the congregation and the United Church Women (UCW) helped out with the event.

A table offered crafts and knitted items perfect to use as gifts for the holiday season and tasty looking baked goods were laid out on another table. The senior ladies in the congregation made the crafts.

Joan Rusenstrom, from the UCW, said there was a good attendance at the annual tea and bake sale this year. The event has been going on for about 40 years now and is always held on the last Saturday of October.

"There were a couple of weddings today but people still came here in between," said Rusenstrom. "We've had very good attendance."

She said there is usually a rush for the baked goods table and by the time the end of the lunch came



Elsie Gordon looks after the craft table at the annual tea and bake sale at St. Andrew's Knox United Church in Bristol.

around, there were almost no more items left. If anything is leftover at the end of the day, the items are offered to churchgoers the next day.

The money made goes back into the workings of the church or to charity if there's a pressing cause.

The UCW helps out with various causes and charities. They regularly make donations to a food bank

called the Pentecostal Church Blessed Cupboard. Every month the group donates money to a different cause.

"We kind of help out where they need us," explained Rusenstrom.

Winnifred Pirie attended the bake sale and luncheon and said it was wonderful. She helps out with the church and loves having it every fall.

"I love having it this time of year before it gets too cold," she said. "The food is very good and it's all homemade."

Eileen Miller celebrated her 90th birthday on Oct. 30 and decided to come to the bake sale to celebrate. It was the first time in many years she didn't work at the event.

Besides this bake sale, another one is held at the church in the spring.

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CWL members hold meeting

CHAPEAU • Members of the St. Alphonsus CWL met on Tuesday afternoon, Nov. 2.

Following the opening prayers led by President Gail, the meeting procedures continued.

Correspondence included more information from Diane Kelly on human trafficking.

The Municipality of Allumette Island inquired about the laying of a wreath at the Remembrance Day services which will be held here this year.

Information was received from Our Lady Seat of Wisdom regarding their expansion.

Committee chairpersons presented their respective reports.

Monday night cards are going well. Attendance has been unpredictable at times (road work is completed now) but prizes and food are plentiful.

The Christmas card list for shut-ins will be updated and cards will be ready to go in a few weeks.

The CWL will make a donation toward the Choir's Christmas Dinner.

A Marianhill lottery ticket will be purchased for 2011.

Our Mass for deceased members will be said next month.

The annual craft sale and luncheon will be held on Sunday, Nov. 21. It is always a delicious lunch and a great chance to do some early Christmas shopping.

Our Christmas party will be held following the December meeting. The

money tree will be available for donations instead of a gift exchange.

Elections were to be held this year. But after some thought and discussion the executive will remain as is with the exception of the secretary who has announced her retirement. Bernie will be missed as she was a faithful and reliable member.

Closing prayers brought the meeting to an end.

Submitted by Jane Carroll, Communications Officer.

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Pour développer notre avenir - Developing Our Future

The Government of Canada helps Allumette Island youth prepare for jobs

ALLUMETTE ISLAND • Local youth who face barriers to employment will get job preparation training and work experience through the Government of Canada's support for an employment project. The Honourable Lawrence Cannon, Minister of Foreign Affairs and Member of Parliament for Pontiac, made the announcement recently on behalf of the Honourable Diane Finley, Minister of Human Resources and Skills Development.

"In today's environment, it is more important than ever that youth develop the skills they need to participate and succeed in the job market," said Cannon. "By supporting this project, we are helping Allumette Island youth develop the skills, knowledge and work experience they need to reach their full potential."

Allumette Island Connects will receive over \$95,000 in federal Skills Link funding to support its youth employment project, which will help eight youth facing employment barriers gain the skills and experience needed to enter the labour market or the confidence to return to school.

Skills Link focuses on helping youth facing barriers to employment, such as single parents, Aboriginal youth, young people with disabilities, recent immigrants, youth living in rural and remote areas, and youth who have dropped out of high school.

"Thanks to this program, we are helping youth in the Allumette Island region effectively acquire the tools they need to eventually reintegrate into the labour market or return to school," said

Larry Petznick, President of Allumette Island Connects. "It is essential that youth be given the opportunity to find their place and thereby apply their knowledge and personal, professional and social skills."

The federal government is working with the provinces and territories, community organizations and other stakeholders to provide Canadians with the training, skills and opportunities they need to get jobs and contribute to their communities.

Through the 2010 Jobs and Growth Budget, the Government of Canada committed an additional \$60 million to the Skills Link and Career Focus programs. This additional one-time investment will enable more young Canadians to gain the experience and skills they need to successfully participate in the labour market while the economy recovers.

Skills Link is part of the Government of Canada's strategy to create the best educated, most skilled and most flexible workforce in the world. The Government underscored its commitment to this strategy in Canada's Economic Action Plan. A key component of the Plan is to create more and better opportunities for Canadian workers through skills development. To learn more about Canada's Economic Action Plan, visit www.actionplan.gc.ca.

The Skills Link program is delivered by Service Canada, which provides one-stop personalized services for Government of Canada programs, services and benefits. For more information about this program, visit www.servicecanada.gc.ca, call 1 800 O-Canada or drop by your

local Service Canada Centre.

Allumette Island Connects offers affordable access to computers and the Internet to help people who do not have access to these tools at work or at home. From Oct. 18, 2010, to March 18, 2011, the organization, in collaboration with partners, will enable participants to attend employability workshops on various topics, including communication, reasoning, problem solving, teamwork and job preparation.

As part of the Government of Canada's Youth Employment Strategy, the Skills Link program is one of three programs that help young Canadians, particularly those facing barriers to employment, obtain career information, develop skills, gain work experience, find good jobs and stay employed. The other two

programs are Summer Work Experience and Career Focus.

Skills Link focuses on helping youth facing barriers to employment, such as single parents, Aboriginal youth, young people with disabilities, recent immigrants, youth living in rural and remote areas, and youth who have dropped out of high school.

It offers a client-centred approach based on assessing an individual's specific needs. The program supports youth in developing basic and advanced employment skills. Eligible participants between 15 and 30 years of age who are not receiving Employment Insurance benefits are assisted through a coordinated approach offering longer-term supports and services that can help them find and keep a job.

Lest we forget



At 10:45 a.m. on Sunday 45 people attended the ceremony of laying of wreaths at the memorial stone in Ladysmith. Mark Keller, a retired navy officer, stood holding a rifle for the entire ceremony while numerous wreaths were laid.

DON'T DELAY

2010 Birth Announcements

for the January 5, 2011 edition of **THE EQUITY**

THE EQUITY is planning a special birth announcement spread, featuring photos of babies born in 2010 with announcements, for the issue of Jan. 5, 2011.

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

Cost: Photo in colour \$39.49 + \$2.37 GST + \$3.14 QST = \$45.00
Photo in black and white: \$30.72 + \$1.84 GST + \$2.44 QST = \$35.00

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

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

Deadline: Dec. 31, 2010.

Mail or drop-off to **THE EQUITY**
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10
10

Bristol prepares for its first Dryland dogsled championship competition

CAROLE ST-AUBIN
Equity Editor
BRISTOL Nov. 6, 2010

The anticipation continues to build as organizers and mushers prepare for the first ever Pontiac-hosted Dryland dogsled races.

A press conference followed by a wine and cheese event took place at Timberland Tours on Saturday, with more than 20 people in attendance, including Gerry Phillippe representing MP Lawrence Cannon, Bristol Mayor Brent Orr, Bristol councillors and representatives from the Pontiac CLD and Pontiac MRC.

For the past six months members of the community and Timberland Tours owner, Denis Rochon, have all been preparing for the Nov. 13 and 14 champi-

onship race, where a \$5,000 purse provided by Tom Orr Cartage will be up for grabs.

Part of those preparations included bulldozing a trail that would be suitable for racing, finding sponsors, members to officiate the race, as well as finding racers who would be interested in competing in the Dryland championship.

A trial run on the 6.5 km trail was demonstrated by Lou Serré, winner of 22 medals including a gold medal won in Alaska, a gold medal won at Lake Placid, NY, a gold won in Finland and a silver medal that he won in Dawson City, Yukon.

Serré said he was looking forward to the race, adding that the trail was one of the best he'd ever seen. As he harnessed his dogs to a

wheeled buggy, he said he had the advantage at a trial run before next week's race and hoped his team would perform well.

The two-day event will include a 6.5 km Canicross class consisting of a musher running behind one dog, a Bikejoring class consisting of a musher on a bicycle with one dog, a Scooter class with two dog and Cart classes for four, six, and eight dogs.

Each musher will take part in two runs over the course of two days and the runner with the best cumulative time overall will take the win in each class.

Rochon said he is looking forward to making the event a yearly one and also aspires to one day hosting a national championship competition.



Mushers who participated in races around the world are looking forward to the upcoming Bristol Dryland Competition. Pictured from left to right are Heather Adeney, Dave Meisenheimer, Ludovic Coulaux, Lou Serré, Jean Bouvier, and Gayrard Joachim, a racer from France.

Hats off to another group of successful PHS graduates

CAROLE ST-AUBIN
Equity Editor
SHAWVILLE Nov. 6, 2010

Family, friends, teachers and members of the community gathered at Pontiac High School on Saturday to celebrate the students of PHS' 2010 graduating class.

In a brightly decorated poppy-filled hall guests were welcomed by Principal Eldon Keon and Vice-Principal, Debra Stephens who along with Director of Education Mike Dubeau, as well as Gerry Phillippe representing MP Lawrence Cannon, Denise Morrisette representing MNA Charlotte L'Ecuyer, Western Quebec School Board (WQSB) Commissioners Ellard Perry and Ann Taylor were a part of the presentation party.

In his address to the students Keon joked, "It's not easy to focus on school in this day and age. You've lived through a major recession, global warming, a massive oil spill and even Lady Gaga."

"In all seriousness," he continued, "it is with your current work and determination that you've accomplished something that will open more doors for you in your future and these doors will lead to greater opportunities for you."

"Remember that you come from a place that fosters leadership, citizenship and community service," added Keon.

Once the graduation, bilingual, welding and congratulatory certificates were presented to each of the 67 graduates, spectators were treated with a piano solo from graduate Brooke Welburn.

Tessa Peck, who was the Class Valedictorian, was also the recipient of the Governor General's Medal for her academic achievement and social involvement in school-related activities. Peck also received the Jean Charest, Quebec Minister Award for being Valedictorian, a school watch for the highest standing in the graduating class, a bursary from W.A. Hodgins for Math and a Commissioner Award of Distinction for achieving 80 per cent or more in Secondary 5.

"Live for yourself and do what you want because in the end it's your own opinion that matters," said Peck in Valedictorian address.

Adding a Theodore Roosevelt quote, "In any moment of decision the best thing that you can do is the right thing, the next best thing you can do is the wrong thing, and the worst thing you can do is nothing



PHS' graduating class of 2010, consisting of 67 students from across Pontiac all proudly accepted their graduating certificates on Saturday night with many family members and friends in attendance.

at all."

Peck said she felt honoured to be Class Valedictorian. The graduate is currently attending Heritage College and is hoping to pursue a career in the medical field.

Also receiving the Commissioner Award of Distinction were Breanna Hodgins, Dustin Rivet, Hailey Murray, Katrine-Anne Villeneuve, Rebecca Bousfield, Brooke Welburn, Rebecca Gagnon, Stephanie Chartrand and Ty Harrison.

Alisa Bertrand received the Bryson Lionettes' Special Prize, the Catholic Women's League Prize was awarded to Holly Bélanger and the Chris Wrinn Memorial Plaque for Student Government Leaders was awarded to Hailey Murray and Nicholas Charbonneau.

The Eastern Star Bursary was awarded to Rebecca Bousfield, the English Department Prize for Highest mark in English 516 went to Stephanie Chartrand, and Brenna Hodgins was awarded the Heritage Endowment Fund Bursary.

Colton Keon was awarded the Lester and Jean McCann Bursary for a Trade, Jessica Frost was awarded the Lions' Club of Pontiac Bursary, while Katrine-Anne Villeneuve and Casey Henderson were awarded the Lions' Club of Quyon Bursary and Prize.

The Lions Club of Shawville Memorial Bursary went to Krystal Boutin, the Lions' Club of Shawville Plaque for Highest Academic Standing in the Municipality of Shawville were awarded to Brenna Hodgins and Ross Côté, while Allison Carly was awarded the Mary Catherine Horner Myers Memorial Scholarship for Nursing.

Bursaries from several municipalities were also awarded as follows: a bursary from the Municipality of Bristol to Rebecca McKay, Municipality of Clarendon bursary to Tessa Peck and Tyler Toupin, and a Municipality of Litchfield bursary to Anna-Maria Moore.

Travis Richard received the Municipality of Otter Lake bursary, Brenna Hodgins and Ross Côté received bursaries from the Municipality of Shawville, Kellie Palmer was awarded the Municipality of Thorne bursary and Katrine-Anne Villeneuve received an award for top marks in biology.

Oktoberfest Ladysmith Scholarships were awarded to Kelsey Turcotte and Kellie Palmer, a PHS Governing Board prize for physics and one for chemistry were awarded to Brenna Hodgins, while Hailey Murray and Brandon Nugent received a PHS Governing Board prize for highest marks in Sr. Physical Education. Murray was also awarded the Pontiac Clergy Association Bursary.

Pontiac Health Centre bursaries were presented to Michelle Hobbs and Colleen McKenny while a Pontiac Lionettes' Club Special Award was presented to Rebecca Gagnon and a Pontiac Agricultural Society bursary for agriculture was presented to Brett MacKechnie.

Brandon Nugent was awarded the Pontiac Masonic Lodge #40 Trophy and Award, and Shanna Villeneuve and Jacob Morel received the Carol Bretzliff Holmes Award for Excellence in Fine Arts.

Ty Harrison received the Line Beauchamps, Minister of Education for Sports and Leisure Award, while Kristin Woolsey received the Raymond Bachand, Quebec Minister of Finance Award, and Kyle Harris received the Shawn Campbell Memorial Welding Bursary.

Katrine-Anne Villeneuve received the Quyon Lionettes' Prize and the Shawville Lionettes' Prize for French in Secondary 5. Kelsea Elliott received the Rena Miller Graham Memorial Bursary for Education and Morgan Hobbs received the Shawville Lionettes' Prize for Entrepreneurship.

The Shawville Rotary Club Bursaries for head girl and head boy were awarded to Hailey Murray and Nicholas Charbonneau, while Brooke

Welburn and Dustin Rivet received the Shawville Rotary Club Bursaries.

Trevor Rivet, Jacob Morel and Daniel Sofalvi were awarded the St. Andrew's Presbyterian Memorial Bursary in Honour of Lloyd Neville, Nickytha Armstrong and Cassandra Soucie received the Memorial Bursary in Honour of Jean Neville.

The St. Mary's Catholic Women's Bursary went to Shanna Villeneuve and Hailey Murray was awarded the Student Government Plaque for Outstanding School Spirit.

The Thomas Narlock Memorial Award went to Joshua Greenshields, the Valley Mutual General Insurance Bursary to

SHAWVILLE



Lyse Lacourse
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Our thoughts and prayers for the Dagg and Taylor families on the loss of Ivan John who died Oct. 31 in his 83rd year.

Now that we have changed our clocks for Standard Time it is an optimum time to check and replace clocks and detectors. Please find below the following tips for resetting your clocks every six months and other useful tips.

There was a Christmas Tea held in Stark's Corners United Church Saturday, Nov. 6. It was an unqualified success.

Visiting with Mary Allen after the Christmas Tea was Mildred Bean of Ottawa (former resident of Shawville), Joan Bell, Gerry Lindsay, Noreen Gibbons and Shirley Tanner.

On Saturday, the 2010 Pontiac High School Graduates reunited for their awards ceremony. Congratulations!

Each year, from Nov. 5 to 11, Canadians join together to celebrate Veterans' Week - this year is no different. During this week, hundreds of commemorative ceremonies and events will take place across the country to recognize the achievements of our Veterans and honour those who made the ultimate sacrifice.

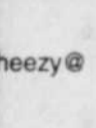
Today, many Canadian Forces members are returning home from missions around the world. Canadians recognize the commitment made by our

service men and women and their families. They, along with past generations of Veterans, have made many sacrifices in the name of peace and freedom.

This Veterans' Week, take the remembrance challenge. Your challenge is to make remembrance more than something you feel, make it something you do. There are many ways to show that you remember and honour our Veterans:

Pin a poppy above your heart. Attend the local Remembrance Day ceremony. Talk to a friend or relative who has just returned home from Afghanistan or who served in other areas of conflict. Listen to Veterans talk about their experiences. Visit the Veterans Affairs Canada Facebook fan page (Opens a new window), write on our wall and share how you remember. Change your Facebook profile picture to a poppy. Blog, tweet or update your Facebook status about the importance of remembrance.

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Valedictorian Tessa Peck was also the recipient of many awards and bursaries including the Governor General's Academic Medal for highest achievement which was presented to her by the Director of Education, Mike Dubeau.

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