

THE EQUITY

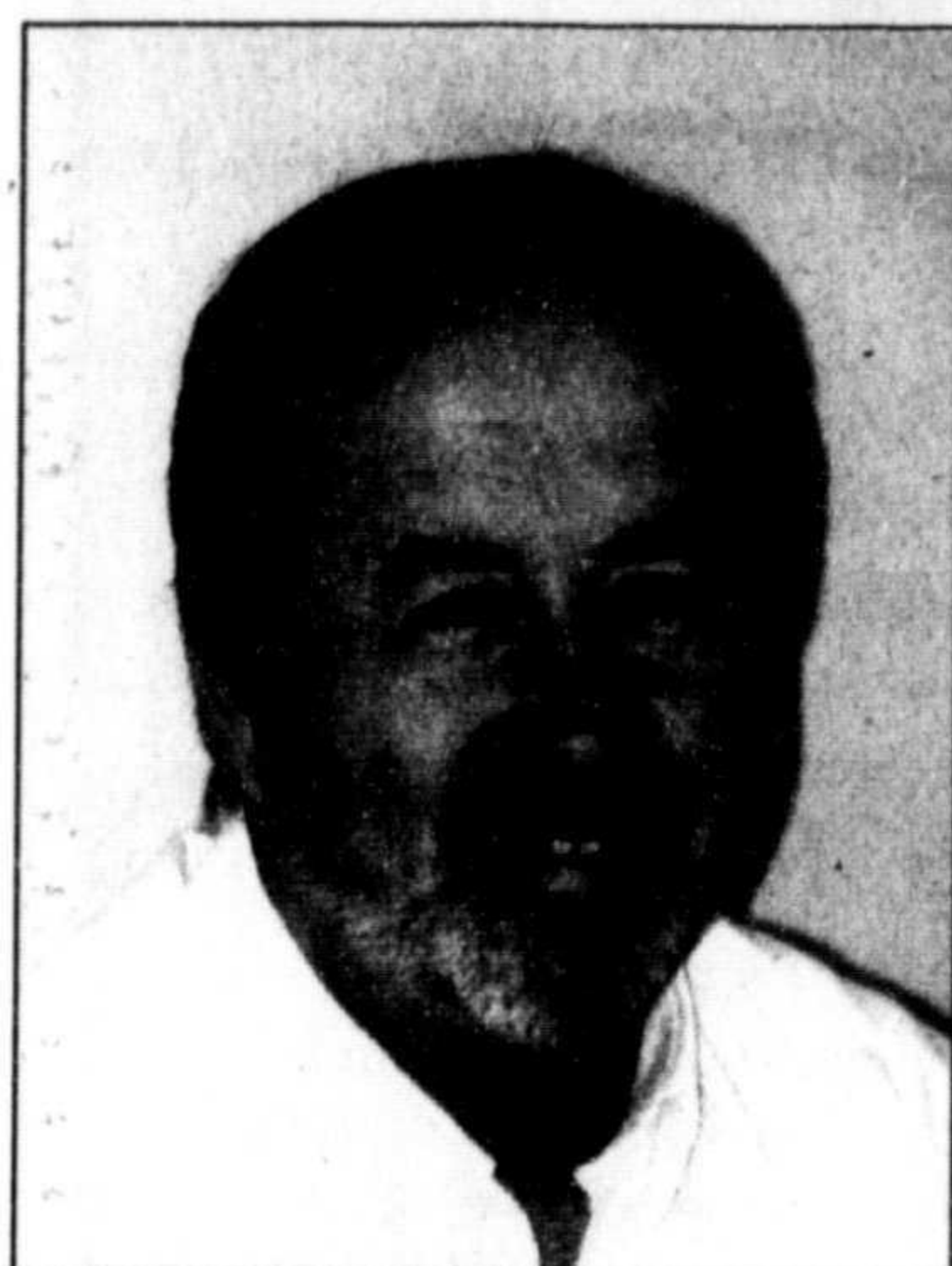
THE VOICE OF THE PONTIAC SINCE 1883

Royals, Twins battle for first ... page 7

Pontiacer waves flag in Detroit ... page 7

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NEWS BRIEFS



Jack McBane Quyon native gets MOBE

By LEAH MILLER
Equity Reporter

SHEFFIELD — A man born in Quyon has devoted his life to bettering communities and now he is being recognized for his lifelong efforts by the Queen.

Jack McBane has been named a Member of the Order of the British Empire for his work on urban regeneration in South Yorkshire, England.

"I was playing golf when the paper called me," said McBane, 59. "The papers find out a week before they send recipients a letter."

McBane will be going to Buckingham Palace to have his award presented to him by the Queen this fall.

The Order of the British Empire was created during the First World War to recognize people for helping the war effort as combatants or civilians on the home front.

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Local SADC awards young entrepreneurs

CAMPBELL'S BAY — Since 1998, the SADC Pontiac Community Futures has encouraged the entrepreneurial spirit in our youth through its program, the SADC Pontiac Challenge.

This year the SADC awarded \$1,500 in bursaries to local budding entrepreneurs for six winning business proposals.

SADC Pontiac Community Futures runs a local business contest for Secondary V students in the four local high schools.

The objectives of the program are to introduce Pontiac youth to local business and to give them an opportunity to develop their business ideas.

Students submit their idea along with a business plan, outlining the feasibility of their Pontiac-based business. Each of the students are equipped with specific criteria to include in their business plans as well as on-going coaching through the development of their plans.

A description of business start-up costs, marketing strategy and basic financing are some of the key elements to a winning business plan.

The SADC Pontiac announces the winners and presents their award individually at each high school's graduation ceremony.

Following is a list of the schools: Wilbert Keon School, Ally Nephin, June 25, 2005; École secondaire Sieur-de-Coulonge, Émélie Thompson, Adrien Amyotte and Derek Godin, June 25, 2005.

The winner of the prize for Pontiac High School will be announced at the school's graduation on November 5, 2005.

Farmers relieved U.S. border opens

Live cattle shipments begin
last week after two years

By LEAH MILLER
Equity Reporter

PONTIAC — An overwhelming sense of relief is being felt by local beef farmers since the U.S.-Canadian border opened up recently to live cattle. Shipments began moving cross-border July 18.

"It's a real encouraging development," said Bob Young of the Pontiac Beef Improvement Club. "It sounds better every day as we hear more confirmation that the American government is standing behind its decision."

To further Canadian beef farmers' cause, a federal judge delayed indefinitely a court hearing set for today on the lawsuit by Western ranchers against the U.S. Agriculture Department, which could have re-imposed the ban on Canadian cattle.

Although Pontiac UPA president Bob Griffin hasn't felt the effects of the border opening himself as of yet, he is positive it won't be long.

"Things will start happening in the Pontiac within a week or two," he said. "It's great news that it's open."

Earlier this year, U.S. District Judge Richard Cebull granted a preliminary injunction to ranchers who had sued to keep the border closed to Canadian cattle, saying it presented a risk to the U.S. beef industry and to American consumers.

But the 9th U.S. Circuit Court of Appeals reversed his injunction July 14, permitting cattle shipments from Canada to resume.

Young said that he had sold some cattle even before the news came through and prices had risen by five cents a pound.

"By the time it was being slaughtered, the news was already official," he said. "It's going to make a tremendous difference for producers here."

The U.S. has banned Canadian cattle since May 2003 after Canada's first case of mad cow disease was discovered in Alberta. Since then, authorities have found two cases in Canada and two in the U.S. One of the U.S. cows was Canadian-born, the other was from Texas.

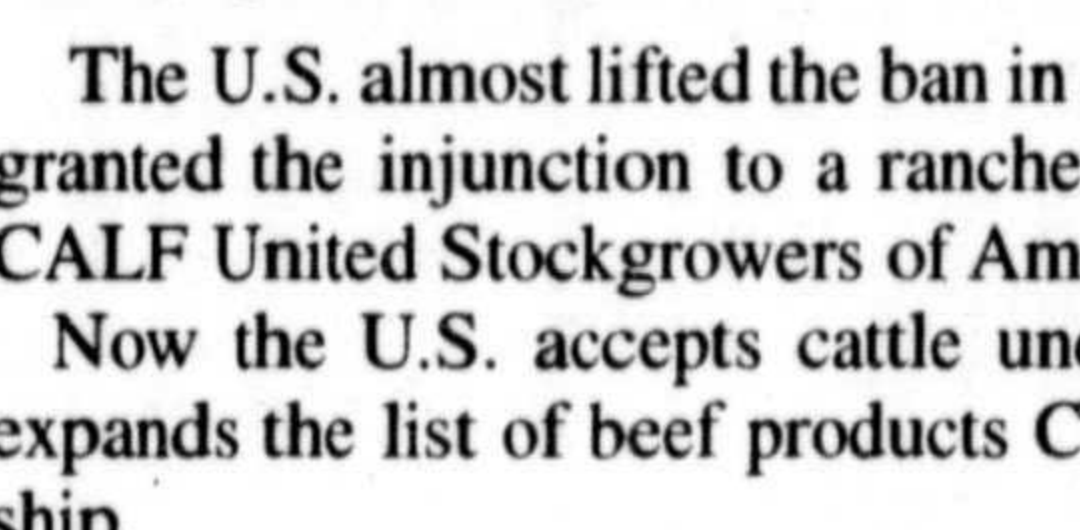
"It's not the first time BSE has been in the U.S.," said Griffin. "They've had all kinds of it — they've just covered it up."

The U.S. almost lifted the ban in March when Cebull granted the injunction to a ranchers' group called R-CALF United Stockgrowers of America.

Now the U.S. accepts cattle under 30 months and expands the list of beef products Canada is allowed to ship.

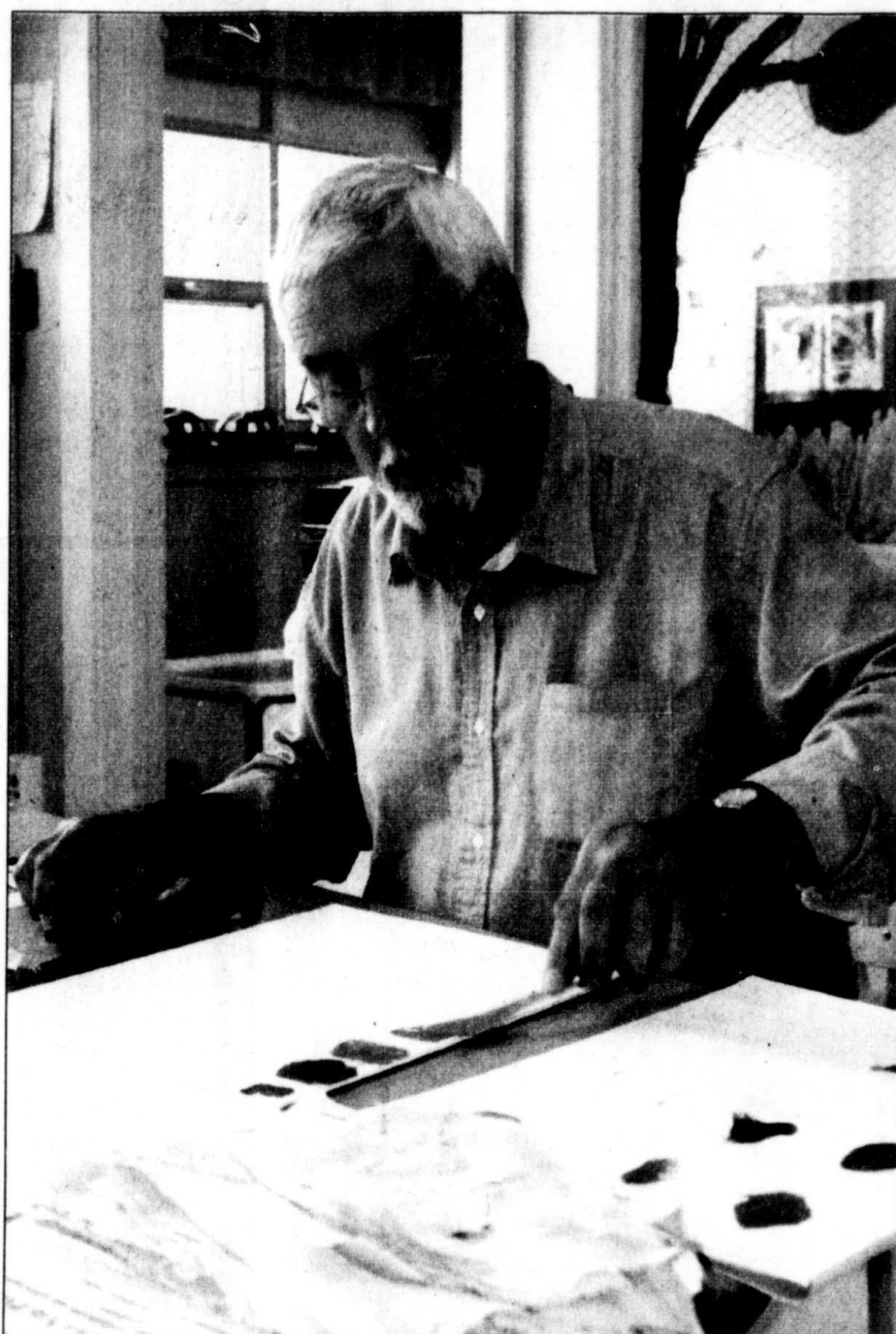
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Bossy goin' south?



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SUMMER ART SCHOOL



Leah Miller, THE EQUITY

Marc Latremolle works on shading in Ruby Ewen's Introduction To Painting class Saturday during the opening day of the Pontiac School of the Arts.

School of the Arts attracts creators of all kinds

By LEAH MILLER
Equity Reporter

SHAWVILLE — Whether painting, printing, photography or writing suits you, the Pontiac School of the Arts can feed your fancy.

The first year of the Pontiac School of the Arts began Saturday at Dr. S.E. McDowell Elementary School.

A group of local artists and community members started this non-profit school to bring visitors to the Pontiac and to provide a fun and soul-enriching school within the community for local artists and others to share talents.

On the weekend, instructor Ruby Ewen, Raymond Sander-Regier, Betty Russell and Katharine and Eric Fletcher taught their specialties in, respectively, painting, relief printing,

decorative painting and self-publishing.

Valerie Bridgeman and Heidi Arden taught their classes, respectively, on handmade paper and photography Monday and Tuesday.

In all, the school registered 28 students in seven different courses which were open to all ages.

"We had a lot of interest at the last minute," said Bonnie Zimmerling, in charge of the school's media relations. "We had many people from out of town like Luskville, Ottawa and Clarksburg."

A committee of about 15 people helped organize the school in one year, initially offering 22 different programs.

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Private health care ruling on hold until '07

By LEAH MILLER
Equity Reporter

PONTIAC — After the Supreme Court of Canada struck down Quebec's ban on private health care last month, provincial government lawyers have filed a motion to suspend the ruling for 18 months.

In a 4-3 decision made June 9, Supreme Court judges decided the ban was a violation of Quebec's Charter of Rights.

The ruling means that Quebecers can essentially begin paying for private health services that are already covered under medicare — in 18 months.

"The Supreme Court has allowed private health insurance but the 18-month delay will allow us to look into it first of all," said Pontiac MNA Charlotte L'Ecuyer, who stepped down as director-general of the Pontiac Health Centre to run for the Liberal Party in 2003. "We have to go with what the Supreme Court supports."

L'Ecuyer says certain rules and regulations will have to be put forward before allowing private insurance, but in the long run it may help offset expensive health care budgets.

"All the provinces have been looking into it because no one (province) can face the increasing costs in health care," she said. "We can't say no, we don't want it. There is not a province that can keep services running with the current costs. We need partners so we can see how we can work with private insurance."

The delay will allow the Quebec government to draft new rules to govern private health care and insurance.

The case was brought to the Supreme Court by two individuals — a man who waited a year for hip replacement surgery and a doctor who wanted to set up a private hospital.

The patient, George Zeliotis, was heard by the Supreme Court with Dr. Jacques Chaouli, who previously worked in the Pontiac.

The pair argued that constitutional rights were violated.

Although two lower Quebec courts previously ruled against the pair, the Supreme Court agreed with their argument.

The June 9 ruling means that Quebecers can now skip waiting lists and pay for faster medical treatment.

Currently there are no private clinics in the Pontiac.

"There are 27 private doctors working in the Montreal area already," said Richard Grimard, director-general of the Pontiac Health Centre. "People are always scared of two services — one for the rich and one for the poor. But there are only three countries left that it is illegal to have private health care so maybe it's a trend."

Parallel private systems run in most European countries.

"Right now we are in the position of waiting," said Grimard. "We will adapt as we always have — I'm not worried."

He says for the Pontiac, even if there are two systems co-existing, there will be the same number of doctors working and servicing the same population.

Only what can be accessed through private health insurance would change.

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Pontiac Wagon Train hits trail

By LEAH MILLER
Equity Reporter

LADYSMITH — With that familiar sound of horse hooves on the pavement, the 6th annual Pontiac Wagon Train hit the trails of Ladysmith yesterday.

The Pontiac Wagon Train is a non-profit organization that organizes a week of daily trail rides for anyone with a horse. The base camp moves each year to a different location in the Pontiac.

"This year we have 15 wagons and 25 outriders," said Wagon Train secretary-treasurer Melissa Smith. "We have a few more wagons this year than last."

Last year in Otter Lake the Wagon Train registered 13 wagons and 40 outriders, but this year's organizers expect many participants to continue registering throughout the week.

"Some people just ride for one day and leave," said Smith.

Every year the Wagon Train camps out in one area for a week and heads out on daily rides in the area. This year the train has settled in at the Ladysmith TCRA grounds. Set up began Monday morning.

"Some people have been here since Saturday," said Smith.

The Pontiac Wagon Train, now in its sixth year, was established in 2000.

Originally, the Wagon Train consisted of outriders and wagons spending a week travelling from Aylmer to Ladysmith.

The idea was to travel like pioneers, but after three years organizers found it easier to camp out in the same place each night.

Every year the Wagon Train committee drives the roads and chooses the best trails for the week.

"Phil Thompson (committee chairperson) knows what a team can do," said Smith. "There can't be too many big hills and they can't go for too long on highways."

Each day the train travels about 16 kilometres, roughly 71 kilometres throughout the week.

"The majority are farmers from out of town," said Smith. "This year we have riders from Lindsay, Norwood, Richmond, Kemptville and Cornwall."

Many of the participants have come out all six years of the Wagon Train.

"Every year has been great and well organized," said Mike Kelly of Renfrew who has participated in all six. "It's the highlight of the year."

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Leah Miller, THE EQUITY

The sixth annual Pontiac Wagon Train took to the trails of Ladysmith and area yesterday. The week of trail rides ends Saturday night with the Thorne firefighter's ball at the TCRA.



Litchfield: Beautiful 3 bdrm cottage on Litchfield Lake. Pine floors and ceiling throughout. Sauna in basement. Large deck and screened-in porch. A must visit \$139,900.



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FROM THE FRONT

Quyon native Jack McBane gets Member of the Order of the British Empire

continued from page 1
Now the Order includes women and foreigners who service the State in arts and sciences, public services outside the civil service and work with charitable and welfare organizations.

Born in Quyon to Walter McBane and Mildred Kearns, he lived there until he was eight. He then moved to Aylmer and onto Ottawa where he attended Pius X High School and graduated from Carleton University with a BA in sociology and economics.

"I knew I wanted a career working very closely with people," said McBane. "As a kid I was always doing favours for older people. I find it easy being with people."

After school, McBane travelled to the West Indies

in 1968 to teach high school with CUSO, a Canadian-based international development organization that sends volunteers overseas to work with groups safeguarding cultures and communities.

After two years he moved to London, England to study community development. Following that, for eight years he helped people in run down communities improve their areas by helping residents design their own homes.

In 1980 he moved to Liverpool to work in poor neighbourhoods establishing housing co-operatives, where people own houses but pay rent to their own company to ensure they have control over housing costs without a mortgage. "We rebuilt an entire

neighbourhood," said McBane.

"Most of the industry had shut down and was in a bad state so we worked with them and rebuilt the whole place."

After the docks and big industries had closed over the years, the project helped build 600 new homes, nursing homes, parks and small businesses.

After the five-year project was completed, it was named World Habitat in the Northern Hemisphere by the United Nations.

"They only pick two each year — one in the Northern Hemisphere and one in the Southern Hemisphere," said McBane. "I even had a street named after me in Liverpool."

McBane is in the process

of writing a book about the project.

In 1985 McBane moved to Sheffield in South Yorkshire and worked with locals living in an old mining town to help them

"There is a humane spirit in everybody, you just have to tap into it"
—Jack McBane

improve their communities and train for work in construction and landscaping.

Since 1995 he has been executive-director of Groundwork in Dearne Valley, an environmental

company that works in areas of need.

The first Groundwork Trust was established on Merseyside in 1981. There are now 50 Trusts in the UK and a number of Groundwork projects in Europe.

Working with financial support from the government, Groundwork builds sustainable communities through joint environmental action.

"When I first came I don't think I had anticipated the level of poverty," said McBane, "and you can see it still."

"People are still living there and having a hard time getting jobs because the industry runs its course and moves out."

McBane's projects aim to do this by getting residents, businesses and other local organizations involved in projects that

improve quality of life.

"We train young people to get the skills they need to get jobs," said McBane. "We give them a passage for life."

That passage for life is a company, set up by McBane and Groundwork, that hires the students they train.

"We help improve the community, give them training and provide them with jobs," he said.

McBane will be retiring at the end of September.

"Jack left Quyon a long time ago, but Quyon never left him," said his brother Michael McBane. "My brother benefitted from growing up in the community of Quyon in the late '40s and early '50s."


"His sense of the dignity of the human person and his sense of justice, loyalty and mutual aid goes back to his roots in Quyon and

the Ottawa Valley."

Although Jack doesn't plan on moving back to Quyon, he does visit often and will be returning next summer with his wife Jane to visit his six brothers and sisters.

"There is a humane spirit in everybody, you just have to tap into it," said Jack, who says he learned an enormous amount from his father.

"Everybody wants to help and have a good life."



Happy 60th Daddy/Pappy
With lots of love, Your family
Help him celebrate his 60th birthday
Saturday, July 30th, 2005

Bale Inn, Campbell's Bay - 8 p.m.
Live band: Evening Mist *Best wishes only!*

Farmers relieved U.S. border opens

continued from page 1
As the general outlook from Pontiac producers is optimism, some even say the two-year ban was beneficial for Canada.

"It's two years too late, but in the long run it's going to be a benefit that the border was closed that long," said Gib Drury, president of the Outaouais Beef Producers Syndicat. "The U.S. will pay the price long-term."

He says that while the border was closed, Canada worked towards increasing its own slaughter capacity.

"We'll still export the same amount, but we can now do all the killing and cutting ourselves and the money will stay in Canada," he said.

Although there is such optimism, Drury says the industry has taken a tremendous beating and it could take five years before pro-

ducers see the benefits.

"Prices went right back up but it's still restricted to certain classes," he said. "It's still only a third of what we used to export."

The timing of the border opening has also benefited producers with a bad hay season, who won't need as much hay this year to winter as many animals.

"It's very helpful for the fall sales, too," said Drury. "Before nobody wanted to

sell anything, but now we have a fairer price and there is no reason to keep them."

Mad cow disease, (Bovine Spongiform Encephalopathy) has been linked to about 150 deaths, mostly in the United Kingdom where there was an outbreak in the 1980s and 1990s.

"There's lots of optimism," said Drury. "People are smiling again — thank God."

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1 pm - Euchre Tournament
6 pm - Barbeque Dinner followed by party with local talent
Please note, must register for all events
"If It's Gibbons It's Good"

School of the Arts attracts creators of all kinds

continued from page 1
The most popular class was the Photography Made Easy course with nine participants.

"I've learned a lot already," said Chris Eades, 15, on the first day of class. "I thought it would be good if I knew more because I want to go to college for this."

Instructor Heidi Ardern, owner of Starlet Studios in Shawville, taught the basics of photography in the two-day course.

"Most people know a lot about their cameras but don't understand how they work," said Ardern.

The school was able to start up with contributions from SADC, Municipality of Shawville, Pontiac MRC, CLD, CEDEC and Culligan Water.

In exchange for using McDowell's facilities, a few artists will be holding demonstrations and activities for elementary students this upcoming school year.

Although they had to cancel some classes due to low turn-out, organizers are pleased with its first-year draw and are going to take this year as a lesson learned for next year.

Some of the courses

offered but not presented due to no registrations included silk painting, tying fishing flies, nature writing, water-colour, keyboarding, intaglio printing, clay handbuilding and using the computer as a musical tool.

"Supposedly a lot of artists are watching to see how it goes," said Zimmerling. "They like the idea."

The biggest goal is to keep the school run by Pontiac artists. "We want to showcase our artists first," said Zimmerling.

"We're going to keep to that as much as possible. They will always get first

dibs on teaching classes."

The possibility of holding introductory workshops and children's classes are also possibilities.

"We're going to talk about how we can improve for next year," said Rhonda Morrison, school secretary.

There is still one more class running today until Friday from 8:30 a.m. to 3:30 p.m.

Elke Bzdurreck is teaching Introduction to Alternative Non-toxic Etching. Call 647-2447 or e-mail info@pontiacschoolofthearts.com for more information.

Thank you

To the Bristol Council staff, Mayor Jack Graham, his wife Charlene and the Bristol Committee for a very memorable evening on the Norway Bay Wharf. The dinner and music, lit trees and the pleasant breeze on a hot summer's night was enjoyed by many. Bob Smith's Catering staff are to be complimented on their appearance and courteous service, also the Bristol Volunteer Fire Department for quenching our thirst. It was a night to remember.

The Norway Bay Historical Society,
Mary Gamble-Calvert, President

The children of **Merton and Melva Glenn** cordially invite you to join them in celebrating their parents' **50th Wedding Anniversary** on August 6th, 2005 at the Beachburg Lions Hall (9 Hannah Street, Beachburg) between 2:00 to 4:30 pm.

Best Wishes Only.

Calumet Island fire brigade turns 30

By PAUL MCGEE
Equity Editor

CALUMET ISLAND — The Calumet Island Volunteer Fire Brigade celebrated its 30th anniversary Saturday, July 16 at the municipal hall.

The anniversary party for the volunteer fire brigade was held in conjunction with the municipality's 150th anniversary.

A small crowd turned out for the party which featured music by the Pontiac Drifters.

Mayor Paul-Emile Maleau thanked the fire-fighters for making a positive contribution to the community, outlining the risks firefighters take while providing safety to the community.

"We're very proud to have them and we couldn't have a better fire brigade," Maleau said.

Maleau presented the three chiefs who preceded current Chief Richard Lasalle with plaques commemorating their contributions to the fire department and the community.

Receiving plaques were first chief Philippe Lasalle, who held that post from 1975-85, the late Nicholas Gagnon, whose children Philippe, Christine and Richard picked up the plaque, and the late Gabriel Mantha, whose award was accepted by his cousin, Jacques Mantha.

Maleau also presented the department with a plaque honouring all fire-fighters who spent time with the department during the last 30 years.

"The next plaque is for everyone who passed through the fire department here," Maleau said, adding he was proud of their devotion to the citizens of the community.

Pat Dumouchel, who admitted that he had a short stay with the fire department a few years ago.

"I know what it's like, I've been a firefighter myself," he said. "It's a big job being a fireman. I couldn't do that."

First Fire Chief Philippe Lasalle recounted a little



Calumet Island Mayor Paul-Emile Maleau (left) presents a plaque honouring past and present members of the fire department to current Chief Richard Lasalle. Standing behind the men is Coun. Pat Dumouchel.

bit of history of the fire department.

"When we started, we had a '63 International," Lasalle said. "I think we're getting better."

Lasalle also reminded the citizens of the important role the fire department plays in their community.

"We always say, 'It happens to the neighbour,' but

the neighbour of that neighbour is you," Lasalle said.

Urgently Needed!

My name is Stephanie, I'm sixteen years old and live in a small town in Germany with my parents. I will be attending High School in Canada, and I am looking for a caring family who would volunteer to take me in for the coming school year. This year will introduce me to another world, a new family, new language, new friends, new school and a new culture. I enjoy volleyball, playing the recorder, snowboarding, skiing and computers. It is my dream to come to Canada and I would be very thankful if you made it possible for my dream to come true. If you are interested in becoming my host family, or would like to know more about me or other students who are also looking for a home, please call toll free at 1-800-361-3214 or visit www.asse.com.



HAPPY BURRRRR-DAY

Look who's 50
...from your buddies

Centre de santé et de services sociaux du Pontiac

PALLIATIVE CARE IS COMING TO THE PONTIAC

What is palliative care?
Palliative care is about living as well as possible to the end of one's life. Our goal is to relieve pain and suffering, and to improve the quality of life of patients and families.

The palliative care team consists of doctors, nurses, other health care professionals, volunteers and pastoral caregivers trained in palliative care. They work together to provide not just attention to physical needs, but also to do everything possible to meet the emotional, social and spiritual needs and wishes of patients and families, including bereavement support.

In collaboration with the Shawville Rotary Club, the Pontiac Community Hospital Foundation and Federal support for Anglophone services from the FASS-CHSSN the Centre de santé et de services sociaux du Pontiac is committed to establish an excellent palliative care program for the Pontiac population.

The need
Too many people face the end of life in fear. Too many face it alone and in pain. Too many of us have felt helpless in the face of this experience.

So what are we doing? What is the plan?
The Centre de santé et de services sociaux du Pontiac has a dedicated group of health care workers and members of the community who are working together to make palliative care a reality.

We are developing a model of integrated care which will be implemented in the hospital, as well as in the home care setting and in our long term care facilities. One important part of our project consists in setting up a new three bed unit at the hospital. At the same time we are working on making our Longterm Care facilities more comfortable and inviting for family members who wish to spend precious time with a family member in palliative care. As well, in our home care setting, we are working on reinforcing the services and the support so badly needed for our palliative care patients.

Community support - How can you help?

Funding support:
Our palliative care endeavour already enjoys some very significant community support.

The Rotary Club is one of our main sponsors in the community, and has energetically taken on this project to help make it a success. The Pontiac Community Hospital Foundation Inc. is also actively engaged in supporting the palliative care project.

This is a service that we will all need at some time in our lives. We need to support it in any way we can.

Volunteer Support:
Volunteers are traditionally the heart and soul of palliative care. They are unique and special people. They are welcoming. They listen. They give time. They are flexible. They care. They are true companions and friends. They volunteer.

We will be looking for people who are interested in becoming volunteers on our palliative care team before the end of this year. If you think you might be interested, we will help you decide if this is for you. We will provide full palliative care training and ongoing support, education and encouragement. Further information to become a volunteer will follow in the next issue. For our palliative care service to be the best it can be, your support is vital. We need each other.

Stay tuned for updates.
Anna Anderson, Clinical Consultant
Adsa@magma.ca



The Calumet Island Fire Brigade

67th PILGRIMAGE 67th

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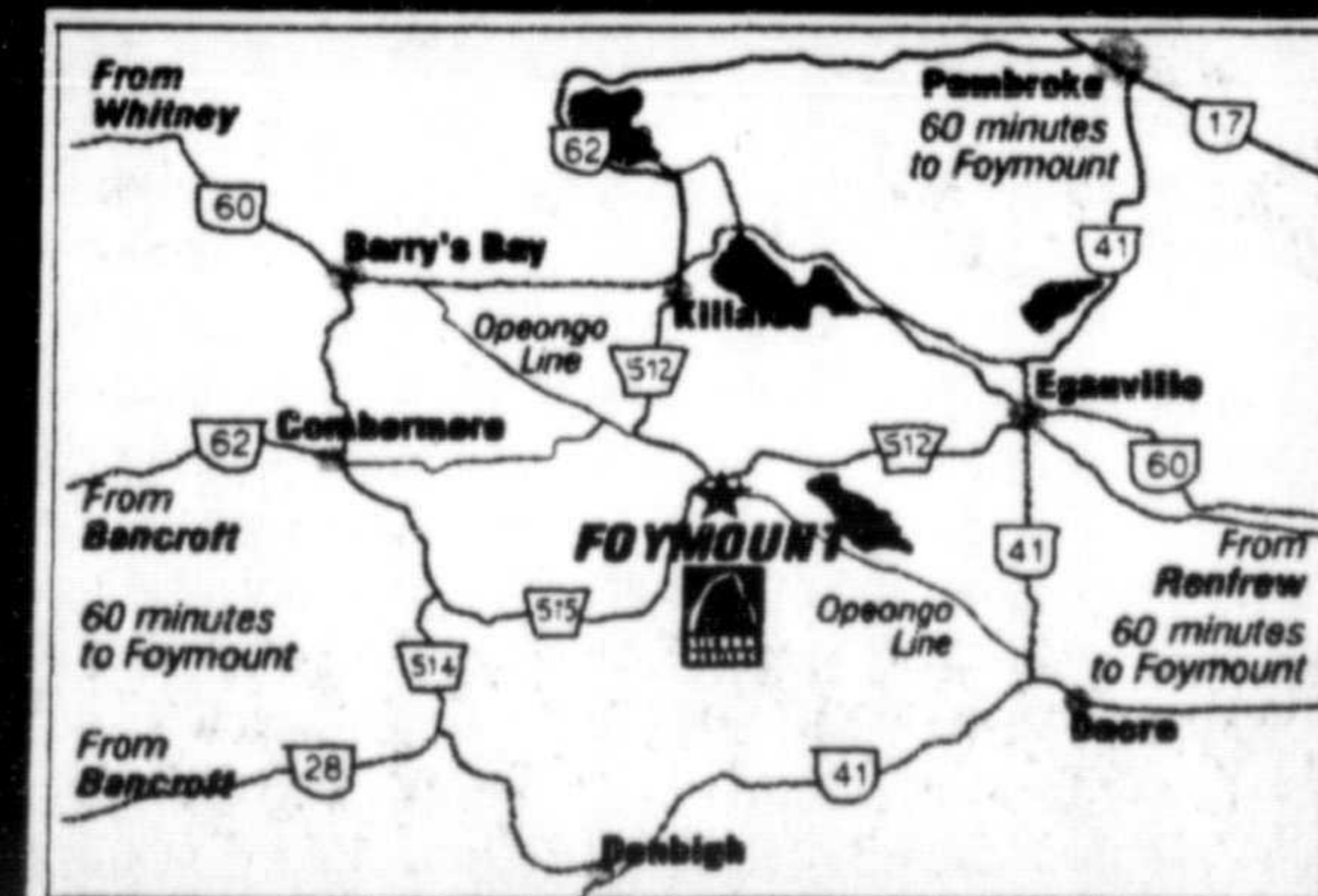
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THE EQUITY

The Voice of the Pontiac since 1883

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Paul McGee, THE EQUITY

Legend lives on ...

122 YEARS OF NEWS

The Way We Were

Compiled by Heather Alberti Dickson, Publisher

EDITORIAL

They're baaacck are you?

So the millionaire players and billionaire owners agreed to a deal that will bring the "stars" back on to the ice this fall for the National Hockey League 2005-06 season. Both the owners and the NHLPA — exclusive members in the Club of Selfishness — came to their collective senses and realized that the game, and more importantly, the fans were slipping away from them faster than an Al MacInnis slap shot.

Realizing that without the fan base their astronomical incomes could and would suffer drastically if another season went down the toilet of greed, the players and owners came to terms on a tentative agreement that sees the greedy players succumbing to the wishes of the greedy owners. A season of hockey was lost because players' union genius Bob Goodenow underestimated the resolve of the owners.

All across the nation die-hard hockey fans are elated the NHL will be back this fall, and for many fans all will be forgiven when the first puck drops.

But, fans have to remember that for the past year during all the negotiations, not once did the players and owners publicly declare that ticket prices were too high for most fans and that was a problem they would look at. Oh, they talked about making the nets bigger, goalie pads smaller, taking out the red line, and all sorts of gimmicks to liven up the game (Why not try applying the rule book on the ice, eh?) so fans get more bang, less whimper for their hard-earned bucks. However, true to form, they failed to discuss the possibility of lowering ticket prices to reflect the game's lacklustre quality (if so, a Senators-Devils tilt would cost about minus \$5) most nights.

While discussing how they were going to slice up their multi-billion dollar pie, the Greedy Ones, ensconced in their exclusive little worlds, forgot who pays the bills and in their presumptuous ways, forecast revenues for the upcoming season based on their forecast analysis of fans as sheep.

Well, fans should give the players and owners a taste of their own medicine. If you were forgotten during the money talks and the lock-out, will you be missed on opening night if you stay away from the arenas?

Paul McGee

CORRECTION

Incorrect information appeared in the outline "Proud Heritage" on page 3 of the July 13 EQUITY. John Gamble appears in the photo with Bob Gamble and Mary Gamble Calvert taken at Norway Bay.

ENVIRONMENTAL FORUM by Katharine Fletcher

Poison ivy: techniques for beating itch

Friends of mine just purchased a house. It's an exciting time for them, settling into their first owned residence: any of us who are homeowners can recall the thrill of moving in and transforming our first house into a home.

Because they bought the property in winter, they weren't sure what the grounds looked like. They were agast when they discovered an unwelcome plant fringing their lawn, at the verge of the woods: poison ivy. How could they eradicate or control this noxious plant? And, how can they treat themselves to minimize the terrible itch and blistering?

They found an extremely informative website, and as soon as I saw their printout, I knew I'd found the topic of this week's column. So, courtesy of my friends Nigel Zezeau and Sarah Marshall, here is some timely information about beating the itch. (Go to http://www.fda.gov/food/features/796_ivy.html)

This is the site of the US Food and Drug Administration. The section on poison ivy was written by Isadora B. Stehlin, who is a member of FDA's public affairs staff. The quotes I offer you below are hers from the website, unless attributed otherwise.

As always, it is my intention here to provide good, reliable information. However, please consult your own physician if you contract poison ivy's intense itch and weeping blisters — or, telephone the hospital or go to emergency. This is particularly true because you may have drug allergies or sensitivities. Poison ivy is an extremely hardy plant that is a bit of a chameleon.

At our cottage here in the Pontiac, some plants are two-thirds of a metre in height at the verge of the forest, while other specimens in the woods might be only four or five cm off the ground — if that.

What distinguishes the plant? Leaves of three that are a shiny, almost oily looking, vigorous green identify it. In autumn, plants turn to a beautiful scar-

let shade and bear waxy-looking white or pale yellow-green berries.

Make no mistake: poison ivy is an extremely attractive-looking plant at all phases of its growth. That's why one of my girlfriends picked an armful of the plant for our annual Christmas wreath-making project because of its attractive cluster of berries. I was horrified as she offered them to the rest of us, and immediately told her what she had in her arms. I believe she was off work for roughly three weeks before and during the Christmas season with weeping, itchy blisters. Tip: get to know the plant, its manifestations during the seasons, and stay away from it. How? Check the web at: www.poison-ivy.org/ and see images of how it looks.

Remember the adage: "leaves of three, let them be." Of course, many plants have three leaves, so try to become adept at identifying poison ivy.

The plant thrives here in the Pontiac. Poison ivy grows at the verge of woodlands, in sandy loam, or in dappled sunlight in the woods. However, it also thrives along the ditches and roadways, in full sun. I've seen it in wetland areas, where its roots are in extremely wet conditions.

Poison ivy shares the same chemical as its cousins, poison oak and poison sumac (plants which must not be confused with our oak trees and sumac shrubs). Ms Stehlin writes, "The cause of the rash, blisters, and infamous itch is urushiol (pronounced oo-roo-shee-oh), a chemical in the sap of poison ivy, oak and sumac plants. Because urushiol is inside the plant, brushing against an intact plant will not cause a reaction. But undamaged plants are rare."

Dr. William L. Epstein, M.D., professor of dermatology, University of California, San Francisco notes, "Poison oak, ivy and sumac are very fragile plants." Ms Stehlin agrees, adding, "Stems or leaves broken by the wind or animals, and even the tiny

holes made by chewing insects, can release urushiol."

Frankly, everyone is at risk because even if you are part of the 15% of the population who is not allergic to urushiol, you can become sensitive to it over time. I know: I used to portage my canoe through vast patches of poison ivy, carefree because I was immune. Then, after coming home from a 14 month backpacking trip, both my husband Eric and I contracted a severe case almost immediately upon our return. We have always thought that we became sensitive because we had altered our immune system by taking malarial and other drugs while travelling in Asia.

Regardless of the reasons for our becoming sensitive, the fact is that 85% of the population is allergic to urushiol.

Imagine the scenario: you are minding your own business indoors, avoiding the heat and humidity. The next thing you know, you have poison ivy's irritating blisters. How come?

Perhaps your cat or dog ran through the plant and got urushiol on its fur. It rubs up against the back of your legs and voilà! you have a poison ivy rash. One of my friends works for Québec Hydro. She tells me that hydro workers get some of the worst cases of rashes in the winter. Why? Workers in the ditches brush against and bruise the plant — or its roots — and urushiol oozes onto their clothing. While removing gloves, boots and outer wear, they transfer the sticky, invisible urushiol onto their hands, body, and other clean clothing.

Dr. Epstein cautions, "If the contaminated object is in a dry environment, the potency of the urushiol can last for decades, says. Even if the environment is warm and moist, the urushiol could still cause a reaction a year later."

"Almost all parts of the body are vulnerable to the sticky urushiol, producing the characteristic linear (in a line) rash. Because the urushiol must penetrate the skin to cause a reaction, places where the skin is

thick, such as the soles of the feet and the palms of the hands, are less sensitive to the sap than areas where the skin is thinner. The severity of the reaction may also depend on how big a dose of urushiol the person got."

The chemical penetrates the skin almost immediately. Therefore, it is imperative to act quickly. Dr. Hon-Sum Ko is an allergist and immunologist with FDA's Center for Drug Evaluation and Research. He advises, "The earlier you cleanse the skin, the greater the chance that you can remove the urushiol before it gets attached to the skin." Even if the urushiol has only been on your skin for ten minutes, it can already create a reaction. Don't be deterred, because cleaning can help further contamination.

Dr. Epstein recommends these steps (do the first two outside if you can): "First, cleanse exposed skin with generous amounts of isopropyl (rubbing) alcohol. (Don't return to the woods or yard the same day. Alcohol removes your skin's protection along with the urushiol and any new contact will cause the urushiol to penetrate twice as fast.) "Second, wash skin with water. (Water temperature does not matter; if you're outside, it's likely only cold water will be available.) "Third, take a regular shower with soap and warm water. Do not use soap before this point because soap will tend to pick up some of the urushiol from the surface of the skin and move it around.

"Clothes, shoes, tools, and anything else that may have been in contact with the urushiol should be wiped off with alcohol and water. Be sure to wear gloves or otherwise cover your hands while doing this and then discard the hand covering."

Okay, so you have the itchy bumps and blisters. Now what? Last year a pharmacist recommended I try a two-step process on my goddaughter, Laurie Citynski, who contracted poison ivy. She did, and found great relief by using Cortate (a hydrocortisone cream) followed by Calamine lotion with antihistamine. Both are available at the pharmacy.

Stehlin writes, that the rash will appear after "12

YOUR OPINION

Flower thief strikes

Dear Editor,

Thank you for running my letter re: Flower theft from St Bridget's, North Onslow.

Well the same thing has happened again. Our flowers were placed there as soon as the fear of frost was over, on Father's Day. They were gone ... again.

I am glad that you appreciate my choice of flowers but they were not for you, obviously you have never lost anyone that you loved and cared for otherwise you might have considered your actions before stealing our mementos (flowers) to family members who have left us but are not forgotten.

J. O'Donnell
Aylmer

Fight MS

Dear Editor,

On Aug 6 and 7, I will be cycling 150 kilometres to raise money in the fight against Multiple Sclerosis.

MS is a chronic, often disabling, disease of the central nervous system. Canadians have one of the highest rates of MS in the world. Every day, three more people in Canada are diagnosed with MS.

Moneys raised in next week's bike tour will go towards providing services to people with MS as well as finding the cause, prevention, treatment and cure of this disease. Advances in research and treatment are giving hope to people affected by MS.

If you would like to donate to this very worthwhile cause, please call me at (819) 647-5993. Pledges can also be made online at www.msbiketours.com. (Donations \$15 and over are tax deductible.)

Sylvia Bakker
Clarendon

Well done

Dear Editor,

Every long weekend over the last three years, we have been camping at Leslie Lake Park. This year a few of us decided to extend our stay to include the week in between the St. Jean Baptiste and the Canada Day long weekends. Were we in for a surprise! Tuesday evening, June 28, a hurricane ripped through the park scattering trees and branches throughout the campground and surrounding area. Power was knocked out for approximately 20 hours. Luckily none of our sites or equipment were damaged, others were less fortunate. I would like to send a big "Thank You" out to Brenda and her crew for doing a wonderful job of ensuring our safety and cleaning up. It wasn't long before the volunteer firemen were called in and I'm sure many friends to help with the clean up. The next day many worked feverishly to ensure the campers safety and prepare for the next long weekend of visitors. Trees were removed and the roads cleared. The staff handed out ice cream and bags of ice to any that needed it to ensure our supplies remained fresh. The concern of staff and helpers was greatly appreciated and turned what could have been a nightmare into a great campfire story. Thanks for all your hard work from sites 12, 13, 14, 15 and 16.

Diana Desabrais
Luskville



Sea-pie was the main menu item all day at Ste. Anne's parish picnic Sunday.

Ste. Anne's picnic a feast and a half

By LEAH MILLER
Equity Reporter
CALUMET ISLAND — Breaking the rules of the average Sunday afternoon picnic, Ste. Anne's parish picnic filled many tummies with seemingly endless pots of sea-pie and beans.

The annual parish picnic was held Sunday at the Calumet Island Municipal Hall in conjunction with the Island's 150th anniversary celebrations.

Even though it was the last event of a week chock full of family activities, the crowds came out for a taste of that homemade cooking.

"We make 35 pots of sea-pies, 12 pots of beans and all kinds of homemade pies," said volunteer cook Sylvio Lagarde.

Also on the menu were mashed potatoes, ham and other tasty side items. "We serve about 900 meals," said Calumet Island Mayor Paul-Émile Maleau at the picnic. "We always need a good picnic."

After no more could possibly be eaten, visitors could listen to outdoor entertainment provided by local musicians, check out displays by the Pontiac MRC Sûreté du Québec and others, try their

luck at a few games of chance or take their kids to the children's games.

Picnic favourites like cotton candy, popcorn and freshly squeezed lemonade were also available.

"All of the funds go towards the parish," said Maleau. "And everyone working here is a volunteer."

Maleau wanted to thank all of the many volunteers for running such a smooth series of events.

"The week went very good — we were surprised," said Maleau. "I think it brought people together as a community."

Period costume dress code for Calumet Island's old time dance

By LEAH MILLER
Equity Reporter
CALUMET ISLAND —

To match the fashion of a time when Calumet Island's first mayor F.X. Bastien and first priest Fr. Groulx lived, residents and visitors dressed in period costume for the Island's old time dance.

The municipal hall grounds were filled with people having a good time listening to local musicians and dancing on the warm Saturday night.

"We told everyone to dress in costume," said Coun. Adrienne Turgeon, who helped organize the event.

The evening's entertainment featured a lineup of different musi-

cians, all from the Island. "This is a wind-up to the Calumet Island 150th anniversary celebrations," said Turgeon of the celebrations that ran from July 14 to Sunday evening.

"The week went really well and we had a lot of attendance."

The attendance at the old time dance was also high, with the outdoor dance floor located outside of the municipal hall filling up early in the evening.

"A lot of natives came back to Island for the celebrations," said Turgeon. "They've come from far and wide."

An entrance fee of \$6 got you not only a wild night on the dance floor but a light lunch as well.

"We're enjoying the evening," said Fernand Roy who dressed up in costume with his date Lorraine Gagné for the evening.



Fernand Roy and Lorraine Gagné dressed in period costume for the old time dance held outside the municipal hall on Calumet Island. The Saturday night dance rounded up the week-long celebrations of the Island's 150th anniversary.

MENTAL HEALTH by Serge Bensimon, M.Ps., clinical psychologist

The facts on suicide and how you can help someone close



Statistics

Every day, in the province of Quebec, four to five people commit suicide, comparatively to more than 10, in Canada. It is estimated that more than 80 per cent of the Canadian population have been or will be affected, at one time or another in their life span, by a suicide committed either by a family member, a friend, a colleague or a neighbour.

In fact, every year worldwide, we estimate the number of suicides to be more than a million. In most industrialized countries, suicide remains one of the ten major causes of death. In Quebec, it is the second cause of death attributed to age ranging between 15-30, in 2003.

In Canada, the number of men who die by suicide is more than three times higher than that of women, despite the fact women's attempts are eight times greater than men's. This can be explained by the fact that men are generally known to use more lethal means to end their lives than women.

Myths and facts about suicide:

1. Often hear that: We those who talk about wanting to kill themselves just want to attract attention, or on the contrary, those who speak thus really want to die.

In fact, those who express intentions towards commit-

ting suicide do not really know whether they want to live or die. Nevertheless, nobody deserves, without sending signals, signs or calls for help prior to their attempts.

2. Suicide is a cowardly act, or on the contrary, suicide takes courage.

False. In fact, suicide is not a matter of cowardice or bravery. Suicide is about despair, when a person can no longer contemplate any other solution to solve his/her problems. Suicide will appear as the final solution to solve all problems, to heal all pains definitively.

3. Only mentally ill people attempt suicide.

False. In fact, suicide can affect anybody.

4. More women commit suicide than men.

False. In fact, women attempt suicide in greater proportions, but men die more often than women from their attempts.

5. Publicly speaking about suicide can provoke more suicide attempts in the population.

False. In fact, we observe that it is necessary to talk about suicide, in a responsible, precise and respectful manner. Awareness of the suicide phenomena in our culture support prevention.

If you know someone who thinks about attempting suicide, do not hesitate to talk to him/her about it.

Encourage the person to get help and accompany him/her if necessary. Keeping the person's plan secret means taking the risk and the responsibility of the person's well being on your

own shoulders.

What causes suicide?

Causes are extremely variable and merely depend on the individuals. They are linked to despair, to personal losses. Most common causes are: relationship break-ups, feelings of failure, diseases, griefs, alcohol and/or drug abuses, depression.

The following factors are known to protect partially from suicidal ideations:

1. The ability to communicate, to express our emotions and feelings
2. A good social support network (friends, family, professional help, etc.)
3. The presence of a confidant
4. Healthy habits (alimentation, physical activity, good sleeping patterns, etc.)
5. The ability to satisfy primary needs (social, relational, economical, etc.)
6. Good self-image and self-confidence

How to prevent suicide

Individuals who think about attempting suicide more often than not, send messages. Sometimes, these messages can be direct and easy to read, but on some occasions, they tend to appear ambiguous and indirect.

Direct messages are often expressed more clearly. The person will communicate directly their intentions. For example, they might say: "I want to die!" or "I am going to kill myself!". The way to respond should be to verify these intentions and ask if they are seriously considering what they are saying, or if it is just a figure of speech.

Indirect messages can often be more difficult to read. For example, a person might say: "Sometimes, I would be better off dead!" or "Don't worry, soon you won't have to endure me anymore!" or "I'm useless!".

Other indirect signs can include changes in their usual behaviour, isolation, decrease in motivation or in performance (at work, at school, or in other activities), irritability, mood swings, giving away possessions, loss of self-esteem, neglects in personal appearance or hygiene.

One major risk factor can be the accessibility and/or an increased interest for lethal means such as firearms, prescribed drugs, etc.

It is important to listen and be aware of those signs in order to detect indirect messages and risky behaviours.

How to help?

When you believe someone may be suicidal:

1. Ask directly the person if he/she is thinking about committing suicide, and if they are, try to find out how, where, and when they intend to do so.

The clearer the person's plan, the faster and more determinedly you will have to work to get them help.

2. Encourage them to talk about how they feel. Show that you care and that you understand how distressed they are.

3. Take the person seriously. Do not panic. Avoid making fun of them.

Avoid also moralizing or

daring them to go ahead with their plans.

4. Help the person recognize their uncertainty towards suicide. Insist on the part of them that want to keep on living.

5. Insist that the person takes one little step towards life and one little step away from suicide. Just a little step.

6. Support them in their search for solutions rather than doing it for them.

7. Encourage the person to get help and go with them if they need to be accompanied.

8. Get the information and support you need yourself in order to be better equipped to help. Remember, you are one of the resources and you are not alone.

Resources available

1. Your local CLSC or the hospital can provide social workers, psychologists, medical or health-care professionals accessible 24 hours, seven days a week. Tel: 683-3000 or 1-800-567-9625.

2. A friend, a family member or someone close to the person in which he/she could trust and confide in.

3. Resources from their entourage (workplace, school, community, professionals, etc.)

4. The toll-free number crisis-line: 1-866-APPELLE (1-866-277-3553).

Never trivialize the problem. Always take the situation seriously. Ref.: National Institute of Mental Health. Association Québécoise de Suicidologie. Association canadienne pour la santé mentale. And

the Mental Health team at the CLSC Fort-Coulonge, Centre de santé du Pontiac (Tel. 819-683-3000).

Serge Bensimon, M.Ps., is a clinical psychologist in the Mental Health department at the Pontiac Health Centre.

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HOME WORK by Tom McCann

Chimney check a must

PONTIAC — When the warm weather comes people are anxious to get outside and enjoy the fresh air. In our rush to get the summer preparatory work done we must be mindful of winter clean up work that should not be forgotten. For people who burn wood as a heat source cleaning the chimney is one of these chores. Checking the cleanliness of the chimney throughout the entire burn season is a good practice to maintain. In the fall, before the first fire is lit, check for obstructions such as animal nests or fallen debris from inside the chimney itself. During the winter months check periodically to ensure that creosote has not built up inside the chimney. In the spring the wood stove is often being used at a lower heat setting, which can cause creosote to build up faster. Cleaning the chimney at the end of the burn season gets rid of any creosote residue. Over the warm summer months this residue can begin to deteriorate the lining of your chimney. You can check your chimney by using a small mirror to look up from the bottom. If that is not practical then the next best way is to go up on the roof and look down using a flashlight. Cleaning the chimney is not a big problem and the tools are not expensive. The most costly is an extension ladder that would be needed to get up on the roof. A wire brush that attaches to one end of a five-foot fiberglass rod that connects to other rods is all that really remains in the line of equipment. Passing the brush up and down half a dozen times should be enough to clean out a chimney. As in any case involving heights or where a ladder is being used sufficient care should be taken so that you don't have to worry about the sudden stop at the end of the fall.

Tom is the owner of HYM, a home maintenance business, and can be reached at hym@igs.net.

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VINTON
Fred still telling stories



By DIANE BOISVERT
Correspondent
648-5296

"Children of the corn" that's what we had in Vinton this week. Allyson Belanger and her friend decided to take a walk in the corn field. They walked until they got lost but fortunately they had their cell phone with them. They called home to tell their parents that they were lost and could they please come and find them because they had to go to the bathroom. I guess you know what the parents told them. They eventually found their way back.

Last weekend the gang went up to the Bruce to fish pickerel. They always have a contest to see who gets the largest fish and everyone has got to pay the winner \$5. Well it turns out that Min caught the largest fish. Everyone paid up except, you guessed it, Rat. He said it wasn't fair because Min was using his rod and he had to help her pull it in. I think he should cough up his five bucks.

someone else said it was a mule. Judge for yourself. Speaking of strange things, while I was driving around Long Lake the other day I got to see that albino deer that was spotted last year in the same area.

Deepest sympathy goes out to the Frost family on the sudden accidental death of their pet "Lady Jane Penelope Jones Frost". She was, in many ways, a lucky dog because she had been hit by a car six times before. Unfortunately she didn't survive number seven.

Barry and Sandra Grace from Livermore, California, have been in Vinton for the past few days visiting and preparing their house here for sale. They really don't want to let it go but they find it very difficult to maintain a house from so far away.

The Bobby Gravelle Memorial Golf Tournament was held last Saturday at the Mickey Creek Golf Club. Allyson Belanger was the entertainer that evening keeping everyone dancing while she sang everyone's favorite tunes.

A very special happy birthday goes out to Basil Belland who will turn 60 on July 30.

I see that Barry and Min Belanger will be celebrating their anniversary on July 30. I wonder what Barry is going to get Min this time. Also celebrating anniversaries are Todd and Sandra Vibert on the 29th, Garnet and Georgette Paquette on the 28th, Dorothy and Lyle Brown and Keith and Danielle Racine on Aug. 1, Blaine and Peggy Frost on Aug. 2.

Happy birthday to Marion Holland on Aug. 1, Brendon Sauriol on Aug. 2 and to cousin Steve Mayhew on Aug. 3.

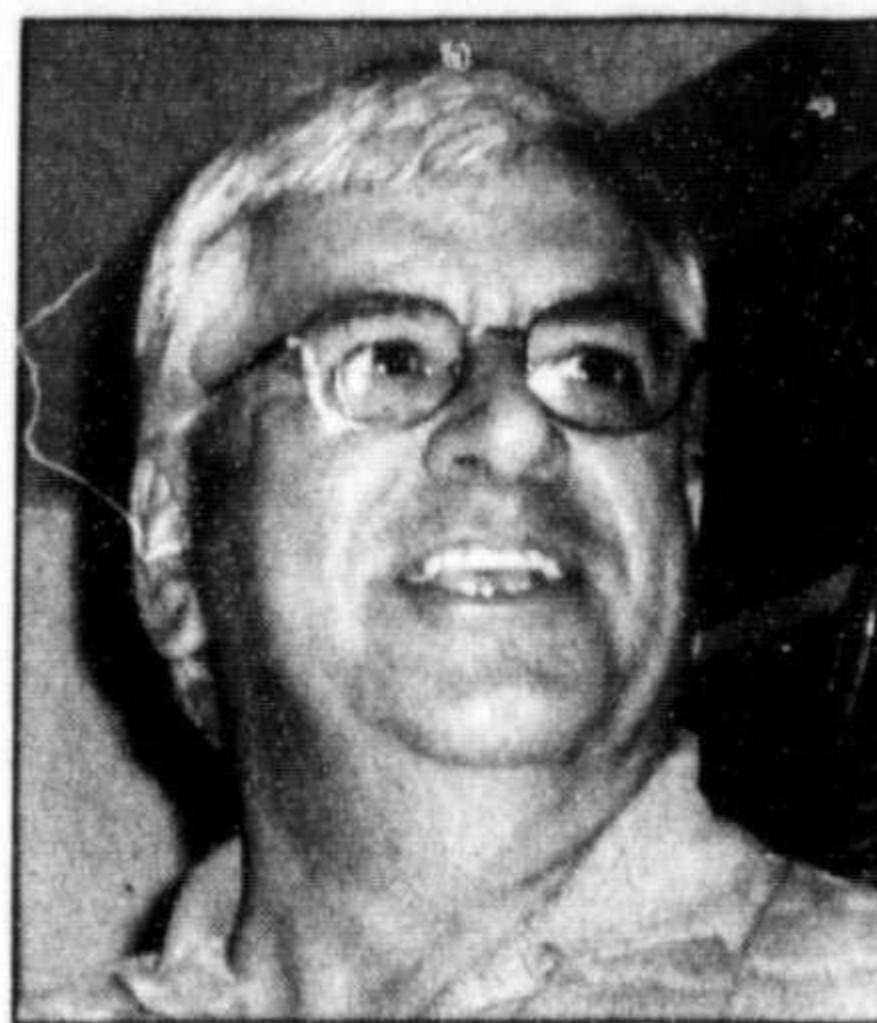
I stopped in to have coffee at Fred's in Chapeau where Fred Meilleur came in to have his morning chat with the clients. He is totally amazing to listen to. He has a memory like no other. He told us stories about people who worked around the area starting back in the 1800s and connecting them to families who are still here today. He is a walking encyclopedia of information with a great sense of humour.

There will be a new priest, Father Francis Myhenda, who has been in Uganda for the past few years, in Chapeau starting Sept. 1.

You'll have to take a drive on the 9th line to see what I saw stuck in a tree about six feet up. I think it's a deer but

Perry retires after 36 years devoted to Quebec education

By LEAH MILLER
Equity Reporter



PHIL PERRY

WALTHAM — After a surprise retirement party was thrown in his honour, Western Quebec School Board director Phil Perry says he will miss the best job a person could have.

"I will miss many things," he said. "There is no nobler calling than working in education. I don't think you can make a greater impact on humanity."

Perry, who was born and resides in Waltham, is the director of educational resources for secondary schools. During his three years as director, Perry was on the race relations and educational policy committee.

He also had a hand in the board's distance education and community network, math and French consultants, the Crisis Intervention Resource Team Emergency Preparedness Plan, Teaching and Learning Schools program, the Triple Alliance, the New Approach New Success program, Perseverance scolaire, ARSEO, Québec en forme, staff development and program derogation.

His official last day was June 30.

At the age of 55, Perry has worked his way around the Outaouais school systems, working in three different school boards.

His first job was as a teacher at St. Mark's Elementary School in Aylmer teaching Grade 7 students. He did that for two years.

After many years of teaching, the school boards amalgamated in 1998 and Perry moved into the WQSB.

In the Pontiac, Perry taught for 11 years at the old Victoria Avenue High School in Shawville, from the fall of 1971 to the spring of 1982.

"I was there until it closed down and they opened a new school in Campbell's Bay," he said, talking about John Paul II High School. "Each school I worked in was different and each was a tremendous place to be."

Perry taught at JPPI until 1996 when he became principal. Perry left JPPI in 2000 to become principal at PHS. There he helped bring in PHS' acclaimed school success program.

"A major project was the Thinking and Learning Schools Alliance when I was principal," said Perry. "It's grown into a large alliance now, and the benefits have been wonderful."

Perry began making contact with Ravens Wood School in the UK, and with the help of former board director-general Diane Fyfe and others, PHS began modeling their school strategy after Ravens Wood.

"They focussed on what we wanted to focus on," said Perry.

The strategy helps to motivate students into reaching the best goals as possible, without the burden of high marks and competition. So far, PHS has gone up in school standings since the strategy has been put in place. Now, seven other schools in the board and more in Switzerland and the UK are in the alliance, using the same strategy.

According to current PHS principal Mike Dubeau, the program and Perry have done nothing but good for the school.

"He's done a lot for education and PHS in particular," said Dubeau. "He's the one who started our partnership with Ravens Wood and also helped to define the school's mission statement."

Dubeau was vice-principal when Perry was principal, and spent many years working with Perry. Perry was Dubeau's math teacher in high school and principal when he taught at JPPI.

"When I found out that Phil was going to become principal at PHS, I asked for a transfer to PHS (from Pius XII Elementary in Hull) to work and learn from my mentor," said Dubeau.

Perry then became a director with the school board in 2002.

"I love my job and have absolutely no regrets," he said. "But it's time to turn the page. It's been a happy story."

Perry celebrated at a formal party hosted by the WQSB July 6 in Aylmer. He has no plans as of yet, but wants to spend a lot of time with family and friends, possibly travelling.

Peppy steps up as RAWQ's newest, youngest president



SHAUN PEPPY

By LEAH MILLER
Equity Reporter

PONTIAC — Stepping up to fill a vacant seat, Shaun Peppy has been elected the new president of the Regional Association of Western Québécois.

Peppy was elected at a recent board of directors meeting. Although he is the youngest president the association has ever had — Peppy is 24 — he is longest

serving member of the current board.

"I became a member when (former president) Rick Henderson did in 1999," he said.

Even though he has been a member for so long, he says that becoming president was unexpected.

"I wasn't elected at the AGM," he said of the regular process to bring in a new president. "But no one came forward. I was vice-president up until last year for a year-and-a-half, so I was elected by the board afterwards."

Peppy is currently finishing his last year of a master's degree in public policy and administration at Concordia University in Montreal. If he wasn't going away to school in the fall, he says he would have run for the position anyway.

He also reassured THE EQUITY that attending school out of the area won't affect his drive.

"It's shouldn't be a problem," he said. "I have the flexibility to come back. I anticipate coming back on a biweekly basis."

Major projects RAWQ will continue to focus its efforts on are lobbying the City of Gatineau for better English services, working to enhance the level of English services in the health and social services network, and integrating more youth and community oriented activities into the association.

Peppy is originally from Aylmer, and will live there for the summer while working at Gatineau Park's

MacKenzie King Estate as the supervisor of a team of interpreters. A new initiative Peppy is hoping to work on is creating a network for youth.

"I hope we can work on creating a network of young English-speaking people in the province," said Peppy. "And for it to result in a permanent organization — a youth organization created for youth by youth."

He says there is nothing of the kind for English-speaking youth in Québec.

"We've already received an indication of support with funding from Canadian Heritage," he said.

Right now he is just getting organized, but plans to begin getting youth together to talk about what they would like to see happen.

"What I expect the main issues to be are the huge (number) of English-speaking youth leaving the province after their schooling," he said. "They perceive the fact that they can get better jobs outside the province."

As well, the new board will be revamping the association's strategic plan in the fall. The plan has not been updated since 2002. Other new board members include Michael Parasiuk, Kevin Drysdale, Margaret Phillips and Andre Renaud.

Peppy replaces Antonia Papadakou, who was filling in for John Trent after he stepped down last year.

AUCTION SALE
SAT., JULY 30, 2005 at 9:30 a.m.
for **WAYNE KNOX** — Calabogie, Ontario
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Six wheel amphibious Ataco c/w boat rack and ass; portable fish shack; 12 ft. aluminum boat; 18 ft. St. Maurice Freighter canoe; boat trailer; tandem axel trailer; 12" table saw; electric welders; drill press; band saw; 4" jointer; old cupboards; early furniture; acetylene torches and tanks; air tight stove; Beta machine and movies; VHS movies; collectible bottles and boxes; old war photo Lanark - Renfrew A-B-C Co. Many more interesting items.

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Community Snapshots



Leah Miller, THE EQUITY

Participants of the box social open up their box and take a taste. Each box had a lunch inside and were auctioned off at Starks Corners during Clarendon's 150th anniversary celebrations earlier this month.



Leah Miller, THE EQUITY

The Upper Valley Riders Ride for CHEO stopped July 9 at the Village Inn in Shawville. Over 100 motorcycles hit the road and travelled from Arnprior, through the Pontiac, and on to Beachburg to raise funds for the hospital.



Paul McGee, THE EQUITY

John Paul II High School students mill outside St. John The Evangelist church in Campbell's Bay before their graduation ceremony June 25.



Leah Miller, THE EQUITY

John Paul II School's Gr. 6 class graduated June 17 in Campbell's Bay. Graduates are: Nickytha Armstrong, Michelle Berndt, Jonathan Black, Jessica Boisclair, Paige Boisvert, Ashley Christie, Jenny Lea Crawford, Holly Dunn, Jessica Frost, Rebecca Gagnon, Cassandra Godin, Victoria Godin-Larue, Kody Kruger, Austin McCoshen, Patrick O'Shea, Dylan Parsons, Coty Presley, Cassandra Soucie and Chantal Stewart.



Paul McGee, THE EQUITY

Bristol Neighbourhood Watch leader Steve Forbes, left, was joined at the information booth in Norway Bay Saturday, June 25 by Const. Phil Harpin of the Pontiac MRC Sureté du Québec and Ron Johnston of Neighbourhood Watch.



Paul McGee, THE EQUITY

Constables Eric Bolduc, left, and Stéphane Pepin, right, of the Pontiac MRC Sureté du Québec receive certificates of merit from MRC Warden Michael McCrank at the MRC June meeting. The officers' intervention helped save a motorists' life.

JOB OPPORTUNITY
Hardwood Lumber Grader

Third generation family business requires an experienced Hardwood Lumber Grader. Must have good working knowledge of NHLA grading rules, good communication skills, be self-motivated and work well with others.

Position offers excellent job security and good working conditions.

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at 7:00 p.m.
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4 miles west of Renfrew on Highway 60, at railway track. Signs posted.

APPROXIMATELY 70 HEAD OF GRADE HOLSTEINS

8 fresh cows; approx. 18 young cows, due from now on; approx. 12 first calf heifers, due from now on; approx. 12 yearling heifers, open; 22 calves under 6 months.

Note: Vaccinated with Triangle 9. Will be vet checked. Bred to Holstein Bull.

45 - 8' big square bales of straw; 100 - 8' big square bales of mixed hay. Note: stored inside.

The Henderson's are retiring from milking, everything is to sell.

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- Possess a knowledge in maintenance of heavy equipment;
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Interested candidates should send their resume, before Aug. 5, 2005 to the following address:

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P.O. Box 249, Shawville (Quebec) J0X 2Y0
or by fax to 819-647-9555
or by e-mail: sylvain.garneau@maibec.com

We thank all those interested candidates that have submitted their resumes for the position, but we will communicate only with those selected for an interview.

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SPORTS & RECREATION



A native of Calumet Island, Sgt. Sylvain Lasalle, holds the sixth flag from the left with his face covered during the opening ceremonies of the 2005 Major League Baseball all-star game July 12 at Detroit's Comerica Park.



Lasalle was one of the 55 Canadian Armed Forces personnel present at the ceremonies. Here 40 members of the Canadian Armed Forces spread a large Canadian flag across the field.

Pontiacer flag bearer at baseball all-star game

Sylvain Lasalle of Calumet Island one of 55 Armed Forces members at ceremonies

By PAUL MCGEE
Equity Editor
PONTIAC — Surrounded by a sea of 40,000 hollering fans at Detroit's Comerica Park for the 2005 Major League Baseball all-star game, a Pontiacer stood tall and proud on the field. He was-

n't a player, however, nor a streaker.
Sgt. Sylvain Lasalle, a native of Calumet Island, was one of the 55 Canadian Armed Forces personnel present at the opening ceremonies of baseball's all-star game July 12.

Though he had been to baseball games before, standing on the field at the all-star game was a new experience for Lasalle. He said it was something he could only imagine as a child.
"I had been to a game before, but not to one that big," he said. "I felt good but was a little nervous before the game, standing in front of 40,000 fans."
"When you think about it, when you watched base-

ball in the past, you'd say, 'I wish I was there.'"
Lasalle said the Canadian contingent was very well received in Detroit though there was some concern beforehand about the American fans' reaction given our refusal to fight in the Iraq war.
"We weren't sure about the reaction of the people but it was very good," Lasalle said. "We had a great time."
In fact, the reception

went beyond his expectations.
"We felt at home here," he said. "The American people were happy we were there and they were friendly. One of the more exciting things was the American fans coming to us and thanking us for being there."
Sgt. Lasalle said it's nice to represent his country, even outside of war zones.
"We do more than just go to wars," he said.

Race for first down to wire as the Twins lead Royals

Micksburg ahead of Campbell's Bay by one point with two games left

By PAUL MCGEE
Equity Editor
PONTIAC — The race for first place has come down to the stretch and a huge game in Shawville next week could decide it all.
One thing for certain, the two-way race for first in the

Upper Ottawa Valley Men's Fastball League will be decided by next Thursday with the leading Micksburg Twins and second place Campbell's Bay Royals still in the hunt.
Third place Shawville Hursty's Bar Athletics (5-5-1) dropped out of the chase

after getting walloped 14-0 by Stittsville in inter-league play Sunday.
Dan Bradley took the win for Stittsville while teammates Ryan Bond, Darren Featherstone and Dan Jessiman sealed the victory with home runs.
Mark Wright (3-3-1) took the loss. Dave Keon hit Hursty's only homer.
The Campbell's Bay Royals (7-3-1) kept pace in

the race for first by beating Kanata Team Easton of the Greater Ottawa Fastball League 2-1 in inter-league play Sunday. The game was a make-up for the postponed game Wednesday, July 20.
Lenny Burger (3-2-1) pitched seven innings for the win while Don Konkle took the loss in going the distance.
The game was played in

Fitzroy Harbour and was the third of three games played that day as part of the "Harbour Days" celebrations.
Wade McCambley hit a game-winning solo home run in the sixth inning for the Royals. McCambley also scored the Royals' first run with Matt Greer getting the RBI. Kevin Chevrier's solo home run was all Team Easton could muster against

the Royals.
The win puts Campbell's Bay in second place behind League-leading Micksburg Twins (8-3). The Royals can take first place overall with wins in their last two games of the season. They played last night in Shawville at 8:30 p.m. (after press time). Their last game is Wednesday, Aug. 3 against the Twins in Micksburg at 8:30 p.m.

Pontiac cop finishes 18th in triathlon at World Police and Firefighter Games



JOCELYN LARABIE

By PAUL MCGEE
Equity Editor
PONTIAC — A Pontiac MRC Sûreté du Québec police officer worked up a serious sweat in Québec City recently, but not from running down some bad guys.
Instead, Jocelyn Larabie was in Québec City from June 26-July 5 to compete in the World Police and Firefighter

Games, an event that attracted 10,000 athletes from across the world, including 500 participants from the SQ. The SQ team collected a total of 97 medals at the games.
The 32-year-old police officer competed in the 50-kilometre triathlon of swimming (1.5 km), running (10 km) and biking (38.5 km), finishing a respectable 18th overall

with a time of 2 hours, 19 minutes.
"My time was about the same, it's always about 2:15," Const. Larabie said. "It was about five more minutes this time."
Const. Larabie said the heat was a factor in the longer time, as was a grueling bike course.
"It was very hot — 42C with the humidex," Const. Larabie said, but stopped

short of solely blaming the heat for his time count.
He said the bike course had some tough hills to climb, which slowed his time somewhat.
The avid athlete, who competed for the SQ at the 2003 games in Barcelona (the World Police and Firefighters Games are held every two years), said he has always liked working out in the triathlon.
"It's a life long passion," he said of swimming, biking and running. Const. Larabie said he is not sure if he will be going to the 2007 games in Austria, though he would like to. He will continue training, regardless.
"I don't know where I'm going to be then," he said.
The games come to Vancouver in 2009 and new York in 2011.

Ladies let the good times roll at 2nd annual soiree

By SHEILA BRADY
PINE LODGE — Last summer Mary Regan and Gretchen Munro hoped 30 women would show up at Pine Lodge, share a meal and sing songs on a Friday night. More than 60 crowded into the roadhouse bar had a raucous time, prompting the long-time friends and amateur party planners from Norway Bay to launch the second annual July soiree for women on the plus side of 50.
"We wanted to have something at the Bay for older women and simply to have fun," said Munro, as women streamed through the front door the lodge which is celebrating its 75th anniversary this year.
Last Friday evening, the temperature and humidity soared as more than 150



These three ladies attended the second annual Ladies Soiree held July 15 at Pine Lodge. From the left: Gretchen Munro, Mary Regan and Pam Bothwell.

women filled the porch and dining room at Pine Lodge to celebrate another July and add another chapter to their summer memories and friendships.
"Last year the numbers

blew our minds," said Regan. "Now we have tripled the numbers. Here's to memories and here's to Norway Bay."
"For the good times
"We are here for the good

times," says Munro, adding they will also be handing over some of the extra money to the Bristol Volunteer Fire Department.
"Welcome to Mary and Gretchen's party. They out-

grew their house," said Pine Lodge co-owner Jim Thompson. "Next year we should get air conditioning." The crowd roared and they roared again after big helpings of lasagna, salad and decadent desserts and as Bess Burns, a young 88, belted out a solo, including the line: "I don't want a man who works on the installment plan!"
Then it was onto rounds of old favourite songs, conga lines snaking through the dining room as the Pontiac's Gail Gavan took over the microphone. The Quyon native also unveiled a song she had finished writing the day before honoring the municipality's 150th anniversary celebrations.
The audience roared their approval again.
Then Mary Regan disap-

peared and reappeared in a tiny, little black and silver spangled number and performed show tunes from Las Vegas. There were more roars.
Then the petite chanteuse raised her top hat in thanks.
Here's to memories, new stories added to the memory banks, and anticipating the third annual soiree in July 2006.

QUYON

By bus to Alberta

Jill McBane
Correspondent
458-2366
The mural project in Quyon is well underway.
The Quyon Economic Development Council has hired Lindsay Trudeau as project coordinator and summer students Julia St Laurent and Cassandra Dinell-McKewen. Presently the artists are working on two free standing murals. One of the graffiti and the other of logging. These murals are not yet decided where they will

be located.
Lindsay Trudeau would be pleased to accept any photos to try to incorporate into the murals.
Birthday wishes are sent to Lynn Kearns. This was Lynn's lucky year, she turned 23 on the 23rd of July. To help Lynn celebrate her friends gathered at Jenn McBane's for cocktails and they hit the town of Shawville to finish off the evening.
Sheena Powell, Kristie Kilgour and Krystal McColgan have returned home after a four day vacation in Wasaga Beach. The

Quyon Lionettes are selling pink "Find the cure" bracelets. These bracelets are selling for \$3 and all profit goes to breast cancer research. Kathy McDonald-Young ordered these bracelets for sale prior to the Jane Mohr Memorial Golf Tournament, and the bracelets have been in such demand, they have sold our three times. The Lionettes are presently on their fourth order of these popular bracelets. Contact any Lionette if you'd like to support the cause and wear a bracelet.
Sympathy is extended to Tish Cook who lost her hus-

band Blair, Thursday, July 21. Blair loved boating and Belgian horse and will be missed in the area.
Eric and Donna Provost flew to Lavoy, Alberta for a week's vacation with Milda and Wayne Lebrun. While visiting they attended Michael MacKay's wedding to Michaela Lebrun. Milda's sisters Theresa, Malinda, Nancy and Glenda and her brother Fred and his wife Bertha made a surprise visit to attend the wedding. Can you believe they travelled by bus?
On Friday, July 15 Eric and Donna along with Todd and Joanne, Christopher and

Kara, Michel and fiancee Laurie Taeffe and Marie-Eve and Kurtis Flemming went to Pembroke to attend Donna's nephew's wedding (Steven Morrow and Ginger Bergeron) They all stayed over night and attended the gift opening the following day.
Birthday wishes are sent to Curtis Young who celebrates July 27 with love from Aunt Linda and Uncle Rolly.
The Mohr Cemetery service was last Sunday. There was a great turnout with many of the Mohr's congregating at the Lions Hall for a potluck supper.

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Kids welcome, 8 years and up
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NEIGHBORHOOD WATCH MEETING
July 30, 2005 at 10 A.M. at the T.C.R.A. Ladysmith
Purpose of setting up a citizen's organizational committee.
LA RÉUNION DE SURVEILLANCE DU VOISINAGE
Le 30 juillet 2005 à 10hrs00 à T.C.R.A. Ladysmith.
Pour le but est formé un comité organisateur.

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Your choice of grilled to perfection Bourbon Peppercorn Steak, Carolina BBQ Ribs, Blackened Cajun Salmon, Thai Marinated Chicken Breast, Sesame-Orange Shrimp or Vegetarian Special. Served with potato, vegetable, freshly baked bread and homemade dessert. (\$17/person)
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JULY 2005						
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AUGUST 2005						
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MISCELLANEOUS

Sawmills from \$3,495.00-LumberMate-2000 & LumberLite-24. Norwood Industries also manufactures utility ATV Attachments, Log

Sweet corn ready July 21st at McGregor's Produce Farm also yellow beans, new potatoes, cucumbers, onions and beets. Taking orders for pickling cucumbers 613-432-9726. 2bjy27

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Bryson - 2 bedroom home, available in August. References required. Please call 647-3508. 2xjy27

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Room to rent in Sand Bay, access to beach, 10 minutes from Shawville. Call 647-3092. xtc

Shawville - 1 bedroom "high-end" executive suite completely furnished. Will rent weekly \$275 or monthly \$875. Available immediately. "Must-see to believe it!" Sorry, non-smoking. Ideal for a professional individual or working couple. Serious inquiries only 819-647-3730. etc

Shawville - 2 bedroom apartment 647-3256. etc

Shawville - 2 & 3 bedroom apartments, heat included, also 3 bedroom brick house. 647-6464 after 7 p.m. 2ba3

Shawville - Commercial space on Victoria St, 1200 sq feet available Aug. 1st 647-5015 or 647-6884. xjy27

REAL ESTATE FOR SALE
Bristol - Estate sale, 2 bedroom bungalow with large garage. Located 14-5th Line Rd., \$29,500. Phone 458-2083 for info. etc

Bryson - 3 bedrooms, large lot, oil furnace, \$50,000, 648-5696. 4ba10

Campbell's Bay - 4 bedroom bungalow, 2 bathrooms, large lot, garage, in subdivision \$73,900 neg. 819-827-5774. 4xa3

Village Ile-du-Grand Calumet Island maison à vendre, house for sale info 648-2958. 4xa10

87 Acres bush near Shawville with 16x20 camp perfect for hunting \$30,000 obo. Serious inquiries call 819-648-5262. Leave message. 2bjy27

Timeshare Auction RiiStroman.com - July 30! Buyers/Seller call now 1-800-275-6439. qjy27

Shawville - House/4 lots, brick bungalow (33 x 41 sq. ft.), 3 bedroom, 1 1/2 bath, central air, finished rec. room, large deck. Great location. Must be seen! 647-2659. etc.

WANTED
Farm Wanted: Young energetic family of modest means seek farm near Ottawa. Will consider, buying, renting, taking over business. Viable on going operation would be ideal. Martin Bagshaw 613-798-2139. 3xjy27

WANTED TO BUY
Rechere ferme 100 à 300 acres, parti boisé, partien culture bord de la Rivière de Gatineau entre Low, PQ et Gracefield Contacté Daniel (819)213-1318. 4xa10

Wanted to buy Farm 100 to 300 acres of bush and field on the Gatineau River between Low and Gracefield Quebec. Call Daniel (819) 213-1318. 4xa10

S E R V I C E S
ElectroCareau. Réparation, entretien, installation d'appareils électriques et électroniques. Electronic and electric repair, maintenance, installation. 278 Eardley-Masham, Luskville 455-WATT (9288). 12xs21

Housecleaning - mature honest lady call 819-648-2705 6 - 9 a.m., 10 - 11 p.m. Reasonable rates, references. 2xjy27

Installation and servicing of air conditioning, furnace repairs, 40 years experience. Joe Konrad 647-2391. etc.

Roofing, painting interior or exterior, residential, commercial, painting barn roofs. Free estimates 613-635-3946. x2a3

New home day care in Shawville with subsidized spaces. Children aged 2.5 to 5. Karen 647-2217. xjy27

HELP WANTED

Part-time/full-time cook. Minimum 1 year experience. Apply in person to Billy T's Hwy. 148, Shawville. 2bjy27

Work from home on your computer. Full or Part Time. No Experience Required. Start today. Visit our website now www.MyHomePCJob.com. Code: A1. qj27

2nd year, 3rd year, Journeyman Welders required for oilfield fabrication shop, Nisku, Alberta. Journeyman shop rate \$25/hour. Phone 780-955-0280. Ask for Jeremy Gorling. qjy27

Chocolate Sale! Deluxe Chocolate. Here's a great opportunity to make extra money for the summer. Manager wanted. For info call toll free 1-800-383-3589. qjy27

Phone disconnected? Call Tembo Telecom - prepaid local and long distance service. Call now and get free voicemail! Sign up online and save \$20. www.tembo.ca. Toll free 1-877-468-3626. qjy27

Large landscape company looking for a service technician with truck and coach certification to work in Ottawa on a wide variety of equipment and vehicles. Competitive wages offered. Full time days. Fax your resume to 613-742-6801 or e-mail gemma@ftn.net or call 613-742-0272. 2xa3

B I R T H
Attri - Proud grandparents Milton and Stephanie Kilbride of Luskville, PQ announce the arrival of their first grandchild - Krishan Attri born June 27, 2005 to our eldest daughter Sarah-Jane Kilbride and her husband Vikas Attri. Mom and baby are at home and doing well. Great-grandmother Margaret Nicholls of Ottawa, Ont. and Great-grandfather Frank Nicholls of Quyon, PQ are very proud. The Attri grandparents, Kusum and Sham Attri, share in our joy as first grandparents also. Krishan has filled our lives with happiness, love and joy. Special thanks to Gatineau Hospital and staff. b2a3

B I R T H
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B I R T H
Narlock - We would like to take this opportunity to thank our family and many friends for their acts of kindness, care, concern and compassion in the passing of our mother, mother-in-law, grandmother, and great-grandmother, Mary Belair who was called to her eternal rest so suddenly on Wednesday, July 6, 2005 in Toronto. This is emotionally a very difficult time for our family, but the love and support of so many people has helped us to cope with our great loss. It is times like this that you realize how important family and friends truly are. Thanks is such a small word, but it comes from the bottom of our hearts to so many wonderful people. Susan & Wayne Narlock and family.

MEMORIAM
Bradley, Craig - Who passed away May 26, 1989 and Lois (Mulligan) who passed away, July 20, 1976. In loving memory of a dear father, father-in-law, grandfather, grandmother, great grandfather and great grandmother: As time unfolds another year Memory keeps you ever near Silent thoughts of time together Hold memories that will last forever. Sadly missed by Sadie & Fred Cook, Janet & Orla Trudeau, Myrna & Lothar Mischke, Bruce & Suzanne Bradley, Betty & Okie Gordon, grandchildren, Kevin Cook, Jennifer Cook-Coyle, Jason Mischke & Karen Eburne, Kristy & Tyler Mischke, Karen Bradley & Brad Hutchinson, great-grandchildren Bradley & Michael Cook-Coyle & Kyle Bradley Hutchinson.

Gordon, Melina Lois
To a very special daughter, niece and cousin who passed away, July 26, 1990, who will never be forgotten.

Tubman
FUNERAL HOMES AND CREMATION
MAISONS FUNÉRAIRES ET CRÉMATION

DEATH

Stewart, Lloyd J.A.
Veteran WW II
"Loydela Charolais" (retired)
Funeral service was held at W J Hayes and Sons Chapel on Saturday, July 23rd at 11:00 a.m. Rev Angus MacDonald officiated. Loyd, devoted husband and best friend for 59 years of Ella Howard, passed away in Pontiac Community Hospital, Shawville, Quebec on July 19, 2005 as a result of complications caused by the C difficile infection. Born at Murrell's on January 14, 1922, he was the loving father of Peggy (Gerald) Smith, Dunrobin, Patsy (Jim) Berg, Burnstown, and Terry, Shawville. Proud grandfather of Stephen, Ottawa and Stacey (Neil) Heame, Kinburn. Hero and friend of great grandson Ethan Hearne. Special friend of Stuart, Katie and Bryson Collins. Son of the late Gordon Stewart and Florence Pirie. Brother of Jean (Jack) Currie-Mills, Renfrew, Lorne (Rita) Amprion and the late Nellis (Norma), Shawville. Special brother-in-law of Iva (Keith) Brownlee, Herbert (Marie) Howard, Evelyn (Donald) Duff, Irma (Archie) Stanley and Marshall (Linda) Howard. Fondly remembered by many nieces and nephews. Pall bearers were nephews Darryl Currie-Mills, Kim Howard, Lee Stanley and Doug Taylor and friends Stuart Collins and Greg MacDonald. George Towell, good friend and neighbour, honoured the deceased with his guitar solos. Dr Barton Walters, close friend of the family, did a short reading. Interment was at Maple Grove Cemetery. In memory of Lloyd, donations to the Crohn's and Colitis Foundations of Canada, Suite 600, 60 St Claire Ave., E, Toronto. ON M4T 1N5 were greatly appreciated by the family. xjy27

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Fraser - In loving memory of a dear father and grandfather, Gil, who passed away, Aug 1st, 2001. Sadly missed, your family.

Flcury - In loving memory of our dear father, Leo, who passed away July 28, 2004. One year has passed, dear father, Since you were called away; How well do I remember That sad and weary day, You suffered much, you murmured not, We watched you day by day; We cried and prayed that your dear life Would not be taken away. Always loved, your children & grandchildren.

Flcury - In loving memory of a dear husband, Leo, who passed away July 28, 2004. Time speeds on, one year has passed Since death its gloom, it shadow cast Within our home, where all seemed bright, And took from us a shining light, We miss that light, and ever will, His vacant place there is none can fill. Down here we mourn, but not in vain, For up in heaven we will meet again. Loving wife Rosette.

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MAISONS FUNÉRAIRES ET CRÉMATION

There is a link death cannot sever. Love and remembrance last forever.

Always in our hearts: Dad (Okie), Mom (Betty), Aunt Sadi & Uncle Fred Cook, Aunt Janet & Uncle Orla Trudeau, Aunt Myrna & Uncle Lothar Mischke, Uncle Bruce & Aunt Suzanne Bradley, Cousins Kevin Cook, Jennifer & Bradley & Michael Cook-Coyle, Jason Mischke & Karen Eburne, Kristy & Tyler Mischke, Karen Bradley & Brad & Kyle, Bradley, Hutchinson.

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St. Alphonsus CWL closing dinner

By JANE CARROLL
Communications

Despite the extreme heat and humidity outside many members attended our yearly event in the cool comfort of Harrington Hall on June 14. The tables were nicely decorated with wax plants compliments of Gail's Country Greenhouse. These were later given as door prizes to many lucky recipients.

Father Moyle was called upon to say grace following the introduction of the head table. A delicious hot and cold smorgasbord supper, catered by Jackie Lepine, was enjoyed by all.

Our guest speaker, Catherine Brennan-Fogabome, a former parishioner and league member,

was welcomed by Joan. She gave us an overall view of the care available at Marianhill and spoke in particular about the palliative care unit. Her presentation and sliders were very interesting and informative. We are very fortunate to have such a facility available in our time of need. Catherine was presented with a small token of appreciation for her presence with us.

The evening concluded with several members being recognized for years of service in the league: Marjorie Archambault, 70 years; Noella Lapiere, 60; Yvonne O'Brien, 60; Irene Yvanasse, 50; Bernie Hendry, 40; Jane Carroll, 40; Edith Lair, 25; Frances Schryer, 25; Pauline Demers, 10; Angela Fleming, 10; Susan Michaud, 10; Jeannine Montgomerie, 10; Evelyn Pappin, 10.

Congratulations ladies and best wishes for an enjoyable summer.

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The Barn Liquidation Centre will be closed for the summer. Thanks to all our customers for your support see you in the fall. xjy27

PUBLIC NOTICE

Avis Public. Municipalité de Litchfield Aux contribuables de la susdite municipalité: Avis public est par les présentes donné par le sous-signé, secrétaire-trésorier de la susdite municipalité que:

A Vendre Des soumissions sont demandées pour la vente de Une Niveleuse Champion 1973

Les soumissions cachetées et simplement marquées seront reçues par la soumissionnaire, au 1362 Route 148, CP 430 à Campbell's Bay, QC, J0X 1K0 jusqu'à mercredi, le 3 août 2005 à 16H, et seront ouvertes à la réunion ordinaire à 19H, la même journée.

La soumission la plus haute ou n'importe quelle soumission ne sera pas nécessairement acceptée.

Merci. Jacqueline Brisebois, Secrétaire-trésorière. Donné à Campbell's Bay ce 21 juillet, 2005. 0-1-ju27

Public Notice Municipality of Litchfield To the ratepayers of the aforesaid municipality: Public notice is hereby given by the undersigned Secretary-Treasurer of the aforesaid municipality that: For Sale Tenders are called for the sale of One 1973 Champion Grader Tenders sealed and plainly marked as to contents will be received by the undersigned at 1362 Hwy 148, P.O. Box 340, Campbell's Bay, J0X 1K0 until Wednesday, August 3rd, 2005 at 4:00 p.m. and will be opened at the regular meeting at 7:00 p.m. on that same date. Highest or any tender will not necessarily be accepted. Thank you Jacqueline Brisebois Secretary-Treasurer. Given at Campbell's Bay, July 21, 2005. 0-1-ju27

Loving remembered by husband Gervin, sons Richard, Brian, daughter-in-law Shannon and granddaughter Krystal and Sarah Dawn.

NOTICE

All inclusive holidays... Cheapest Airfares and Package Prices in Canada. Discounted cruises, hotels, cars. Book online now and save www.canadatravels.com

CAMPBELL'S BAY

Plants doing well in hot weather



By IRIS SMITH
Correspondent
648-5821

Raymond Duquette has opened a garage on 148 Highway, 1055 Bryson. We wish him all the best as he starts his new business adventure. He is a well known mechanic to our area as he grew up in town.

Ian and Vicki Belanger of Carleton Place spent the week end with Elmer Belanger. Vicki is in better health and hopes to return to her teaching job in September at Perth. Deepest sympathy to the family of the late Alvin Brown a well known businessman of Shawville. His funeral was from Hayes Funeral Home and his burial was at Stark's Corner United Cemetery on July 22.

Despite the hot weather the plants decorating the town are thriving and help make our town more attractive to visitors and resident s as well. Thanks to the town workers for keeping them so well

watered. We appreciate their beauty.

How many people can say they have been attacked by a cupboard door. Well! I can. Sunday evening I was getting ready to go for a walk and had my back to the cupboards when the largest door attacked me hitting me on the head shoulder and instep. Needless to say I didn't get the walk in but after some time I am recovering although stiff and sore in many unknown places

Sincere sympathy to the family of the late Lloyd Stewart who passed away on July 19. His funeral was from Hayes Funeral Home in Shawville, on July 23. Burial was at Maple Grove Cemetery.

The Hayes and Smith cousins attended a meal at Auberge Mont Blanc at Portage du Fort on Wednesday at noon. This is becoming a yearly event. Bob and Eila Ledingham invited everyone back for refreshments to the cottage at Sand Bay. Everyone enjoyed the

outing.

Congratulations to Serena and Tim Ferrigan on the birth of their son, Tyson, on Wednesday, July 20. A bother for Kylah. Proud grand parents are Guy and Nancy Lariviere and Cletus and Linda Ferrigan. Great grand parents are Jean-Guy and Annette Lariviere.

Birthday wishes to Jimmy Larue, John and Meghan Lunam Cindy Belland, Julie Bertram, Travis Black, Kyle Sloan, Claudette Landry Schleyer, Carolyn Sparling, Meagan Landry, David Stacey Rodney Leach, Mackenzie Mousseau, Glenn Sloan, Erin Lawn, and Keith Sloan all celebrating their special days this past week. May you enjoy many more.

Anniversary wishes to Rick and Maggie Crawford, Neil and Helen Desjardins, Kim and Nancy Beattie, Edward and Lorraine Belanger, John and Sheila Lawn, Tina and Bruce Morin. These couples all marking their special occasions with a celebration of some kind.

OTTER LAKE

A beautiful wedding



By ELIZABETH HAHN
Correspondent
453-7326
On July 16

Jeffrey Blake Russell and Naomisu Michaluk were united in marriage officiated by Rev. Dr John Hartly held at the lovely flower garden and beautiful decorated gazebo with magnolias and white roses at the Deer Creek Golf and Country Club in Ajax, On. The bride was lovely in her beautiful white gown of peau de soie and the groom in his dark tuxedo. Jeffrey is the son of Carson and Patricia Russell of North Gower and grandson of Elizabeth Hahn. Naomi is the daughter of John and Karol Michaluk of Toronto and granddaughter of Yuki Tamaki.

The reading was by Pamela Hahn Thoms, aunt of the groom and Natalie Sherban. Bridesmaids - Alexandre Matsui and Carly Sherban who were wearing lovely long gowns of pale mauve and carried bouquets of white roses. Flower girls was 4 -year-old Julia Proulx, daughter of Kelly and Craig,

great granddaughter of Elizabeth Hahn and Mary Sherban, they were very pretty in their long white gowns and baby's breath flowers adorned their hair. They carried white baskets of roses. Best man was Michael Russell, brother of the groom. Groomsmen were Dan Michaluk, brother of the bride and Shawn Russell, cousin of the groom who all wore dark tuxedos. Ring bearer was Lucas Sherban.

Pictures were taken by videographer Dr Rollin Matsui. Loving memory was mentioned of two dear grandparents Mary Sarabin and Clifford Hahn. Over 130 guests were served to a sit-down delicious dinner of road beef with all the trimmings and fancy desserts. The dinner, cocktails and reception was held in the ballroom at Deer Creek Golf and Country Club. The wedding cake was cut by Jeff and Naomi and served to all the guests.

Guests were from Toronto, Thunder Bay, Thornhill, Ear Falls, Saskatoon, Montreal, Kanata, Pembroke, North

Gower, Carp, Renfrew and Otter Lake.

The happy couple are spending two weeks honeymooning in Barbados. They will make their home in Toronto.

The 50/50 winner in the Otter Lake Golden Age club last week was Robert Billings. Ladies first prize was won by Mabel Kluge and second prize by Theresa Blaskie. Men's first prize was won by Robert Wilson and second prize by Medore Allard. Refreshments were provided by Theresa Blaskie and Jean Racine.

Happy birthday wishes to Diane and Denis Gravelle and Margaret Wilson.

Jean Maxwell of Constance Bay spent the weekend with Theresa Tubman in Shawville. Recent visitors with Mr and Mrs Edgar Mayhew were Mearl and Muriel Richard, their daughter Tammy of Renfrew, Emile Mayhew and his daughter Cathy, Arthur Mayhew and his sister.

Happy birthday wishes to my son-in-law Carson Russell who has a birthday July 31.

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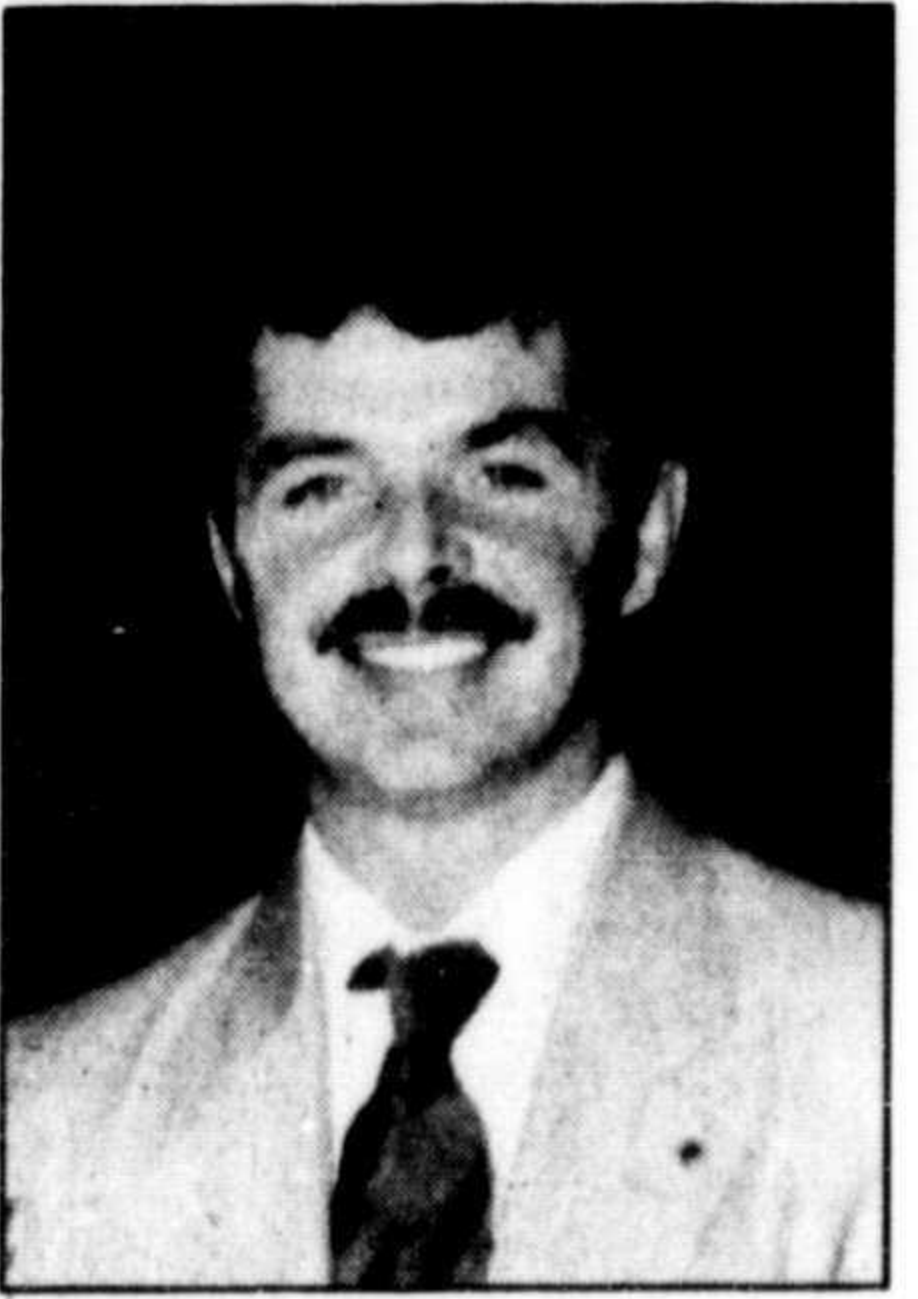
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Ostrom - In memory of son Billy who went away July 26, 1996.

So many things have happened since you went away, So many things to share with you, If you were here today, We cannot bring the old days back, Your hands we cannot touch, But God has given us fond memories, Of the one we love so much, When I am sad and lonely, And everything goes wrong, I seem to hear you whisper Cheer up and, Carry on Mom. Each time I see your picture, You seem to smile and say, Don't cry, I'm only sleeping, We'll meet again someday. Always loved and missed everyday. Mom and Dad, brothers, Barry and Murray.

Ostrom - William (Billy) (1952 - 1996)
In loving memory of a dear brother, brother-in-law and uncle who passed away July 26th, 1996. Nine years have passed since that sad day. We miss you in so many ways, We miss the things you used to say and The good old times we do recall, But it is then that we miss you most of all. Gone, but will never be forgotten. Eldon, Grace, Sheldon, Kenny.

Trudeau - In loving memory of a dear wife Lurmina, who passed away July 22, 2004. The many things you did for us In your kind and loving way You gave us years of happiness No one can take away. Nothing can be more beautiful Than the memories we have of you To you were very special God must have thought so too. Loving remembered by husband Gervin, sons Richard, Brian, daughter-in-law Shannon and granddaughter Krystal and Sarah Dawn.

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Un cadeau pour toujours

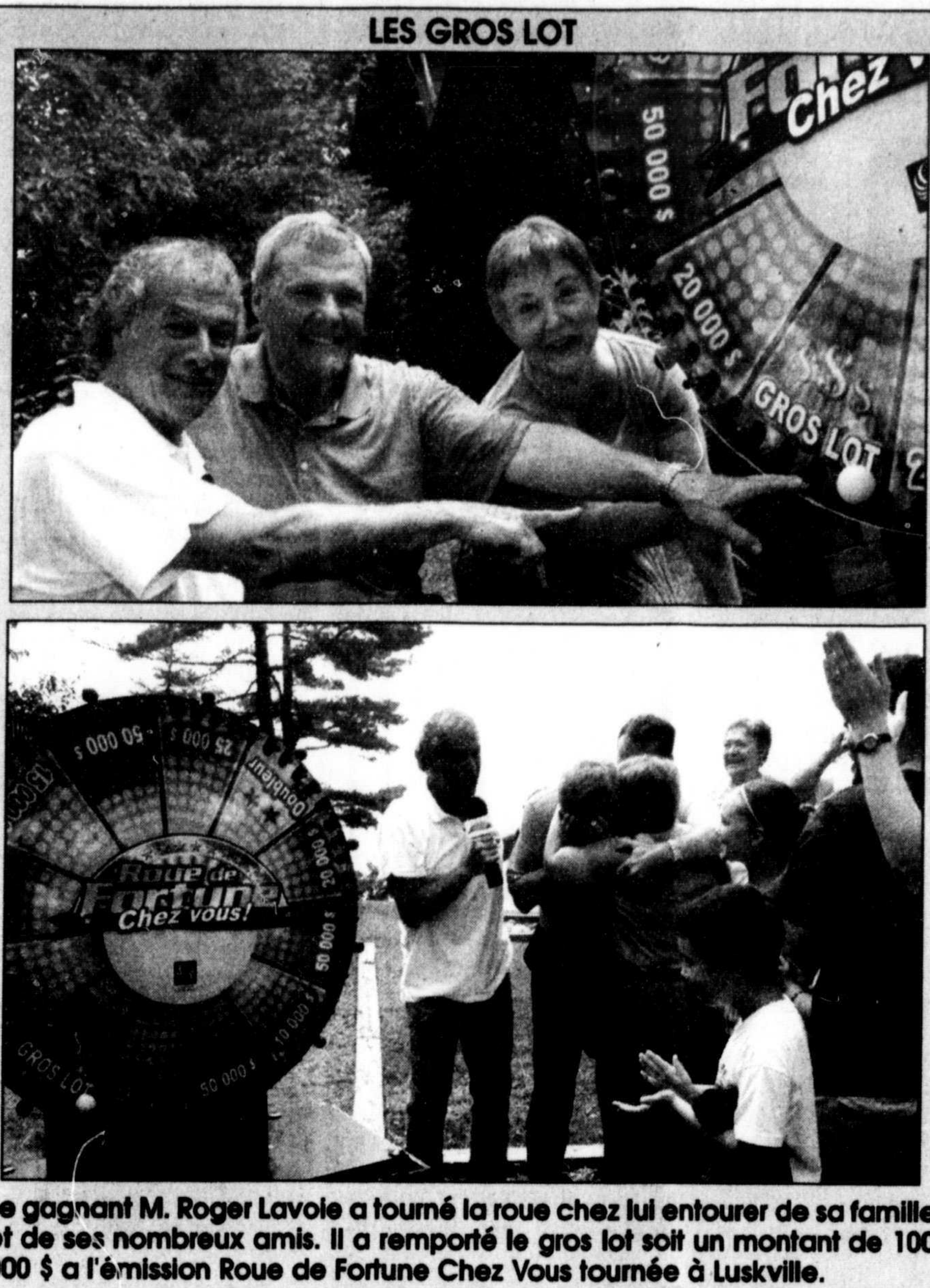
Les enfants sont une source inépuisable d'émerveillement pour moi! Directrice générale de la Base de plein air Perce-Neige, propriété de la Fondation Canadian Tire du Québec, j'ai la chance chaque été de recevoir plus de 425 enfants de familles qui traversent des moments difficiles et qui proviennent de toutes les régions du Québec.

Entendre leurs rires en cascade, leurs cris joyeux et leurs chants autour d'un feu de camp, les voir se surpasser en canot, natation, tir à l'arc, escalade, hébertisme et autres activités sportives, me rappellent avec force pourquoi j'ai choisi d'être auprès d'eux, de les aider à partir à la découverte eux-mêmes.

Cette découverte se fait en grande partie au contact des autres enfants. La franche camaraderie, l'entraide et l'effort partagé contribuent à façonner les êtres qui composeront la société de demain. Et j'ai foi en cette

jeunesse que je côtoie au quotidien et qui n'a de cesse de me surprendre agréablement. La semaine dernière, par exemple, une petite fille de 7 ans nous a tous ébahis lorsqu'elle a dit en repartant du camp sur un ton de plus assuré que Perce-Neige devrait être prescrit médicalement » à tous les enfants! De les voir autant apprécier leur séjour chez nous me fait souhaiter pour ma part qu'il y ait plus de Fondation Canadian Tire pour aider les enfants et leurs familles partout dans le monde.

Quatre jeunes âgés entre 7 et 15 ans de votre région et près de 500 autres de toutes les régions du Québec vous disent merci de votre belle générosité, vous qui contribuez de plus en plus nombreux aux maintes activités de cueillette de fonds de la Fondation Canadian Tire du Québec. Et dites-vous bien que le cadeau que vous leur faites cet été durera bien plus longtemps qu'il ne le pense.



Le gagnant M. Roger Lavole a tourné la roue chez lui entouré de sa famille et de ses nombreux amis. Il a remporté le gros lot soit un montant de 100 000 \$ à l'émission Roue de Fortune Chez Vous tournée à Luskville.

Canadian Tire veut vous faire le complice du bonheur d'enfants

Kim, Vicky, Gilles et Philippe - des enfants de votre région dont les familles traversent des moments difficiles présentement - ce qui, vous le comprendrez certainement, nous retient de les identifier par leur nom de famille - profitent ces jours-ci d'un séjour en camp de vacances à la Base de plein air Perce-Neige, propriété de la Fondation située à Wentworth Nord dans les Laurentides. D'ailleurs, à l'intention de vos lecteurs et si l'espace dans votre journal permet sa publication au courant de l'été, nous joignons à cette lettre, le vibrant témoignage de Mme Sandra Leclerc, directrice de Perce-Neige, sur l'expérience unique que peut tirer un jeune lors de son

séjour estival chez nous. C'est près de 500 enfants de toutes les régions du Québec qui aont la chance cet été, comme le dit si bien notre porte-parole, Jici Lauzon, « de jouir pleinement de la nature et des richesses, et faire le plein de souvenirs inoubliables et de nouveaux camarades. » Voir un sourire éclairer le visage de nos enfants est certainement ce qui motive M. William Kenopic, marchand associé Canadian Tire de votre région et nous tous et toutes, marchands associés, employés et bénévoles de la Fondation Canadian Tire du Québec.

quotidien, c'est la cause des enfants qui, résolument, retient l'attention de la Fondation. D'ailleurs, avec le programme *place au sport de Canadian Tire* qui sera lancé sous peu, nous espérons aider financièrement 4 000 jeunes du Québec à participer à un sport ou un loisir organisé. Nous travaillons en collaboration avec les leaders d'organismes communautaires comme entre autres *Québec en forme* de la Fondation Lucie et André Chagnon, *Les Unités régionales de loisir et sport* de Sports Québec et le YMCA Canada pour nous aider à identifier les enfants qui pourraient bénéficier de ce programme qui vise à contrer l'épineux problème de l'inactivité physique chez les jeunes.

PROVINCE DE QUÉBEC MUNICIPALITÉ DE PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

AVIS PUBLIC

Aux personnes intéressées par le projet de règlement suivant :

PREMIER PROJET DE RÈGLEMENT No 08-05

NOMMÉ : « MODIFICATION DU RÈGLEMENT DE ZONAGE No 177-01, PZ - 01-02 - AJOUTANT LA CLASSE D'USAGE C-5 - COMMERCE LOURD DANS LES ZONES 202, 205, 206, 207 ET 208 DU VILLAGE DE QUYON »

Classe commerciale C5 - Commerce lourd

Cette classe comprend les usages commerciaux nécessitant généralement une grande superficie de terrain et d'espace servant à de l'entreposage extérieur.

AVIS PUBLIC EST DONNÉ DE CE QUI SUIT :

- Lors de la séance tenue le 22 juin 2005, le conseil a adopté le premier projet de règlement de modification au règlement numéro 177-01 - Règlement de zonage - soit le projet de règlement numéro 08-05 mentionné ci-haut.
- Une assemblée publique de consultation aura lieu le 9 août 2005, à 19:00 heures à la Salle Communautaire de la Municipalité de Pontiac, située au 2024 route 148, Pontiac, Québec. L'objet de cette assemblée est d'expliquer les principaux éléments du projet de règlement mentionné au point 1 du présent avis public et de recevoir les commentaires des participants en rapport avec ce projet de règlement.
- Le projet de règlement peut être consulté à l'hôtel de ville de la Municipalité de Pontiac situé au 2024, route 148, Pontiac, Québec, du lundi au vendredi entre 8 h 30 et 16 h.
- Le projet de règlement contient des dispositions propres à un règlement susceptible d'approbation référendaire.
- Le projet a pour effet de toucher les zones 202, 205, 206, 207 et 208 du village de Quyon.

PROVINCE OF QUÉBEC MUNICIPALITY OF PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

PUBLIC NOTICE

To the taxpayers interested by the following draft by-law:

FIRST DRAFT BY-LAW No. 08-05

TITLED "MODIFICATION TO THE ZONING BY-LAW NO. 177-01, PZ - 01-02 - ADDING THE USAGE CLASS C-5 - HEAVY TRADE WITHIN ZONE 202, 205, 206, 207, AND 208 OF THE VILLAGE OF QUYON"

Commercial class - Heavy trade

This class includes the use of extensive commercial practices generally requiring a property of a large surface and space being used for outdoor storage.

PUBLIC NOTICE IS GIVEN AS FOLLOWS:

- At a meeting held on June 22, 2005, Council has adopted a first draft by-law to modify by-law 177-01 - Zoning by-law - that is draft by-law number 08-05 as mentioned above.
- A public consultation meeting will be held on August 9, 2005, at 19:00, at the Pontiac Municipal Community Centre, situated at 2024 Route 148, Pontiac, Québec. This meeting is to explain the main elements of the draft by-law project mentioned in point 1 of the said public notice and to receive comments from the participants regarding this draft by-law.
- The draft by-law may be consulted at the Town Hall of the Municipality of Pontiac situated at 2024 Route 148, Pontiac, Québec, from Monday to Friday between 8:30 and 16:00.
- The draft by-law contains dispositions regarding a possible referendum.
- The project applies to zones 202, 205, 206, 207 and 208 of the village of Quyon.

Donné à Pontiac, Québec, ce 25e jour de juillet 2005
Sylvain Bertrand
Directeur général / Secrétaire-trésorier

Given in Pontiac, Québec, this 25th day of July 2005.
Sylvain Bertrand,
General Director / Secretary-Treasurer

CPE L'UNIVERS DES BAMBINOS OFFRE D'EMPLOI

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- Bonne capacité de travailler en équipe;
- Bonne maîtrise du français et de l'anglais parlé et écrit;
- Certification récente en RCR et premiers soins

Taux horaire: 12,24\$ à 18,36\$
Date limite : le mercredi, 17 août 2005, 12h00.

Faire parvenir votre curriculum vitae à l'attention du :
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Courriel : cpe@universdesbambinosuniverse.com

Centre de santé et de services sociaux du Pontiac

SOINS PALLIATIFS DANS LE PONTIAC

Qu'est-ce que des soins palliatifs?
Les soins palliatifs représentent une opportunité de vivre chaque moment de la vie à son plein potentiel, jusqu'à la fin. Notre but est de soulager la douleur, la souffrance et améliorer la qualité de vie du patient et de sa famille.

L'équipe de soins palliatifs se compose de médecins, d'infirmières, de d'autres professionnels de soins, de bénévoles et de membres de la pastoral. Leur travail consiste à fournir non seulement des soins physiques, mais à répondre aux besoins émotionnels, sociaux et spirituels ainsi que de voir à répondre aux attentes particulières des patients et de leurs familles, incluant le support au deuil.

En collaboration avec le Club Rotary de Shawville, la Fondation de L'hôpital communautaire du Pontiac inc. et le financement provenant du Fédéral, dans le cadre des services aux anglophones - FASS-CHSSN, le Centre de santé et de services sociaux du Pontiac s'engage à implanter un excellent programme de soins palliatifs pour la population du Pontiac.

Le besoin

Trop de gens font face à la peur en fin de vie. Beaucoup de gens sont seuls et souffrants. Certains d'entre vous ont vécu la perte d'un être cher et ont ressenti un sentiment d'impuissance devant de telles situations.

Qu'allons-nous faire? Quel sera le programme?

Le Centre de santé et de services sociaux du Pontiac a mandaté un groupe de professionnels de soins et des gens de la communauté pour voir à la réalisation de ce programme.

Le comité est à développer un modèle de soins intégrés pour les patients admis en soins palliatifs, au Centre hospitalier, pour les gens à domicile ou encore pour les résidents hébergés en Centre d'hébergement et de soins de longue durée. Une importante phase du projet consiste la création de trois lits en soins palliatifs, localisés au Centre hospitalier. Actuellement, nous travaillons de pairs avec les centres d'hébergement afin de rendre disponible des locaux dédiés aux familles qui souhaiteraient partager des moments précieux avec un membre de leur famille en phase terminale. De plus, pour les patients qui souhaitent demeurer à domicile nous travaillons à améliorer les services et le support pour les patients en phase terminale et leur famille.

Support communautaire - Vous voulez aider?

Support financier :
Les soins palliatifs bénéficient déjà du support communautaire. Le "Rotary Club" est un de nos commanditaires principaux et a accepté de parrainer le projet. La Fondation de L'hôpital communautaire du Pontiac inc. supporte également ce projet d'envergure.

À un moment donné dans notre vie, force est de constater que nous aurons, pour nous ou un membre de notre famille, besoin de ce service. Votre support dans ce projet est important.

Bénévolat :
Les bénévoles sont traditionnellement le cœur et l'âme des soins palliatifs. Les bénévoles sont des personnes uniques et spéciales. Ils sont chaleureux, ils sont à l'écoute, donne de leurs temps, sont flexibles et attentifs. Ils sont de vrais compagnons et amis. Ils font du bénévolat.

Nous sommes à la recherche de personnes de la communauté intéressées à devenir bénévoles sur l'équipe de soins palliatifs. Si vous êtes intéressés à le devenir, ensemble nous pourrions définir si le bénévolat en soins palliatifs est fait pour vous. La formation, le support et l'encouragement seront offerts à nos bénévoles. L'information pour devenir bénévole suivra dans le prochain article.

Votre support est important afin que notre service soit reconnu comme étant l'un des meilleurs.
D'autres articles d'information suivront!
Anna Anderson, Consultante clinique
agsa@magma.ca

Étudiants du Pontiac gagnent le concours Défi SADC Pontiac 2005

CAMPBELL'S BAY — Depuis 1998, la SADC Pontiac encourage l'esprit d'entrepreneurship chez nos jeunes avec le concours 'Défi SADC Pontiac'.

Cette année la SADC accorde 1 500 \$ en bourses à des jeunes entrepreneurs en herbe pour 6 propositions d'affaires gagnantes.

Chaque année, la SADC Pontiac offre un concours d'entrepreneurship destiné aux étudiants du secondaire V des 4 écoles secondaires locales.

Les objectifs du programme sont de sensibiliser les jeunes pontissois au milieu des affaires et de leur donner l'occasion de développer leurs idées d'entreprise. Les étudiants soumettent leur idée d'une entreprise Pontiac avec la description de leur proposition d'affaires, y compris les coûts de démarrage, la stratégie de marketing, les revenus potentiels, ainsi que leurs concurrents. On leur remet des critères de base qui sont les éléments principaux d'un véritable plan d'affaires. La SADC Pontiac CFDC annonce et remet les prix à la cérémonie de graduation de chaque école.

Les écoles, les gagnants et les dates de remise des prix: École secondaire Dr. Wilbert Keon, A 1 l y Nephin, 25 juin 2005, École secondaire Pontiac l'annonce et la remise à la cérémonie de graduation 5 novembre 2005; École secondaire Sieur-de-Coulonge, Émélie Thompson 25 juin 2005, Adrien Amyotte et Derek Godin 25 juin 2005.

PROVINCE DE QUÉBEC MUNICIPALITÉ DE PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

AVIS PUBLIC

Aux personnes intéressées par le projet de règlement suivant :

PREMIER PROJET DE RÈGLEMENT No 07-05

NOMMÉ : « MODIFICATION DU RÈGLEMENT DE ZONAGE No 177-01, ARTICLE 4.1.6 - RESTRICTION À L'HABITATION ET L'ARTICLE 5.8.2 - NORMES SPÉCIFIQUES À LA CLASSE C-10, PERMETTANT AINSI L'OCCUPATION TEMPORAIRE DE TENTES, DE ROULOTTES, DE VÉHICULES RÉCRÉATIFS MOTORISÉS »

AVIS PUBLIC EST DONNÉ DE CE QUI SUIT :

- Lors de la séance tenue le 22 juin 2005, le conseil a adopté le premier projet de règlement de modification au règlement numéro 177-01 - Règlement de zonage - soit le projet de règlement numéro 07-05 mentionné ci-haut.
- Une assemblée publique de consultation aura lieu le 9 août 2005, à 19:00 à la Salle Communautaire de la Municipalité de Pontiac, située au 2024 route 148, Pontiac, Québec. L'objet de cette assemblée est d'expliquer les principaux éléments du projet de règlement mentionné au point 1 du présent avis public et de recevoir les commentaires des participants en rapport avec ce projet de règlement.
- Le projet de règlement peut être consulté à l'hôtel de ville de la Municipalité de Pontiac situé au 2024, route 148, Pontiac, Québec, du lundi au vendredi entre 8 h 30 et 16 h.
- Le projet de règlement contient des dispositions propres à un règlement susceptible d'approbation référendaire.
- Le projet concerne l'ensemble du territoire de la municipalité

Donné à Pontiac, Québec, ce 25e jour de juillet 2005
Sylvain Bertrand
Directeur général / Secrétaire-trésorier

PROVINCE OF QUÉBEC MUNICIPALITY OF PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

PUBLIC NOTICE

To the taxpayers interested by the following draft by-law:

FIRST DRAFT BY-LAW No. 07-05

TITLED "MODIFICATION TO THE ZONING BY-LAW NO. 177-01, ARTICLE 4.1.6 - HOUSING RESTRICTION AND ARTICLE 5.8.2 - STANDARDS SPECIFIC TO CLASS C-10 IN ORDER TO ALLOW THE TEMPORARY OCCUPATION OF TENTS, TRAILLORS AND OF MOTORIZED RECREATIONAL VEHICLES"

PUBLIC NOTICE IS GIVEN AS FOLLOWS:

- At a meeting held on June 22, 2005, Council has adopted the first draft by-law to modify by-law 177-01, Zoning by-law - that is draft by-law number 07-05 as mentioned above.
- A public consultation meeting will be held on August 9, 2005 at 19:00 at the Pontiac Municipal Community Centre, situated at 2024 Route 148, Pontiac, Québec. This meeting is to explain the main elements of the draft by-law project mentioned in point 1 of the said public notice and to receive comments from the participants regarding this draft by-law.
- The draft by-law may be consulted at the Town Hall of the Municipality of Pontiac situated at 2024 Route 148, Pontiac, Québec, from Monday to Friday between 8:30 and 16:00.
- The draft by-law contains dispositions regarding a possible referendum.
- The project applies to the Municipality territory.

Given in Pontiac, Québec, this 25th day of July 2005
Sylvain Bertrand,
General Director / Secretary-Treasurer

PROVINCE DE QUÉBEC MUNICIPALITÉ DE PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

AVIS PUBLIC

Aux personnes intéressées par le projet de règlement suivant :

Projet de règlement numéro 06-05

NOMMÉ : « MODIFICATION DU RÈGLEMENT DE ZONAGE No 177-01 - EN Y AJOUTANT LES CLASSES D'USAGE C-3 - COMMERCE DE SERVICES - ET - C-4 - COMMERCE RÉCRÉO-TOURISTIQUE ET ARTISANAL - DANS LA ZONE No 41 DU PLAN DE ZONAGE PZ-01 »

Classe C3 - Commerce de services

Cette classe comprend les usages commerciaux de vente au détail ou de services personnels, financiers et administratifs dont toutes les opérations sont généralement effectuées à l'intérieur d'un bâtiment. Toutefois, l'entreposage extérieur permanent est permis. La classe d'usage commercial C1 est incluse à l'intérieur de cette classe.

Classe C4 - Commerce récréo-touristique et artisanal

Cette classe comprend les usages commerciaux à vocation récréo-touristique. L'entreposage extérieur est permis.

Les usages de cette classe doivent être reliés ou complémentaires à la récréation, la restauration, l'artisanat et l'hébergement

AVIS PUBLIC EST DONNÉ DE CE QUI SUIT :

- Lors de la séance tenue le 22 juin 2005, le conseil a adopté le premier projet de règlement de modification au règlement numéro 177-01 - Règlement de zonage - soit le projet de règlement numéro 06-05 mentionné ci-haut.
- Une assemblée publique de consultation aura lieu le 9 août 2005, à 19 h à la Salle Communautaire de la Municipalité de Pontiac, située au 2024 route 148, Pontiac, Québec. L'objet de cette assemblée est d'expliquer les principaux éléments du projet de règlement mentionné au point 1 du présent avis public et de recevoir les commentaires des participants en rapport avec ce projet de règlement.
- Le projet de règlement peut être consulté à l'hôtel de ville de la Municipalité de Pontiac situé au 2024, route 148, Pontiac, Québec, du lundi au vendredi entre 8 h 30 et 16 h.
- Le projet de règlement contient des dispositions propres à un règlement susceptible d'approbation référendaire.
- La zone 41 est limitée comme suit:

PROVINCE OF QUÉBEC MUNICIPALITY OF PONTIAC MRC DES COLLINES-DE-L'OUTAOUAIS

PUBLIC NOTICE

To the taxpayers interested by the following draft by-law:

Draft By-law number 06-05

TITLED "MODIFICATION TO THE ZONING BY-LAW NO. 177-01 - AIMING TO ADD THE USAGE OF CLASSES C-3 - TRADE IN SERVICES AND C-4 - RECREATION, TOURISM AND ARTISANAL TRADE WITHIN ZONE No. 41 OF THE ZONING PLAN PZ-01"

Class C3 - Trade in services

This class includes the regular commercial practices of retail sale or personal, services, financial and administrative services of which all the operations are generally carried out inside a building. However, outdoor storage is allowed. The commercial practice class C1 is included within this class.

Class C4 - Recreation, tourism and artisanal trade

This class includes all commercial practices based on recreation and tourism. Outdoor storage is allowed.

The use of this class must be connected or complementary to the recreation, restoration, craft and lodging industry.

PUBLIC NOTICE IS GIVEN AS FOLLOWS:

- At a meeting held on June 22, 2005, Council has adopted a first draft by-law to modify by-law 177-01 - Zoning by-law - that is draft by-law number 06-05 as mentioned above.
- A public consultation meeting will be held on August 9, 2005 at 19:00 at the Pontiac Municipal Community Centre, situated at 2024 Route 148, Pontiac, Québec. This meeting is to explain the main elements of the draft by-law project mentioned in point 1 of the said public notice and to receive comments from the participants regarding this draft by-law.
- The draft by-law may be consulted at the Town Hall of the Municipality of Pontiac situated at 2024 Route 148, Pontiac, Québec, from Monday to Friday between 8:30 and 16:30.
- The draft by-law contains dispositions regarding a possible referendum.
- Zone 41 is limited as follows:

Donné à Pontiac, Québec, ce 25e jour de juillet 2005
Sylvain Bertrand,
Directeur général / Secrétaire-trésorier

Given in Pontiac, Québec, this 25th day of July 2005.
Sylvain Bertrand,
General Director / Secretary-Treasurer

CALDWELL

Squirrel sittings

By HERMONIE SHARPE
Correspondent
647-3459

This past July 16 Bristol celebrated its 150th anniversary in a big way with a roast beef dinner catered to by Bob Smith of Shawville. The setting was at the Wharf at Norway Bay and they served 343 people. White table cloths, small lights, which made you, think you were in a very plush restaurant with the lights turned low. The band was by Dick Maloney and his band with a mixture of old time and modern. Dancing was held on the Wharf. What a wonderful way to celebrate 150 years and I am sure everyone appreciated the effort put forth by all who helped. Congratulations! not only to Bristol but also to Bob Smith and his helpers for a wonderful meal.

Sympathy goes out to the family and friends of Velma Thomas Bouchard of Tampa, Florida who passed away on July 14. She was the wife of the late Aurele Bouchard. Velma was the sister of Marjory (the late Wesley) MacIntosh, Ronald (Mildred), Clifton (Margaret), Douglas (June), Mary (the late Fred Armstrong), Doreen (Irwin) Armstrong of Bristol.

In spite of all the rain on Sunday night, July 17 the parade of lights on boats was well attended as people stood under umbrellas and where possible sat in their cars to watch and also hear the music as well. When talking to one lady who lives outside of Bristol she remarked how Bristol has come a long way over the years and how people were let know about what was planned for this memorable occasion. 150 years is a long time and well worth remembering.

On July 14 I resigned from the Thursday night Euchre Club but before my resignation I asked for a donation to be given from our club to help purchase our new fire truck, which is badly needed. I am very proud to say \$500. was given by cheque and as he was in the office when I went in I give him the cheque. This has always been what our club was all about, that is to help where it is needed and we started first of all helping when our hall went up in flames and a new hall was needed. Yes we are proud; not only of our hall but that we in a small way helped, not only with money but with our support.

Our deepest sympathy goes out to the family and friends of Alvin Brown who passed away on July 19. He was a loving husband of Iris, dear father of Rae (Patsy), Shirley (Dan), Randy (Jane), Heather (Randy) and Wayne (Joan). Grandfather to eight grandchildren and three great grandchildren. Also left to mourn his loss is a brother Howard of Oakville. Funeral service was held in the chapel of W.J. Hayes funeral Home on July 22. Interment in Starks Corners Cemetery.

Our deepest sympathy goes out to the family and friends of Lloyd Stewart of Shawville who passed away on Wednesday July 21. Beloved husband and best friend of Ella Howard for 59 years. Dear father of Patsy (Gerald Smith), Peggy (Jim Berg) of Burnstown and Terry of Shawville. He was the brother of Jean (Jackie Curriemills) of Renfrew, Lorne and the late Nellis. Funeral services were held from the chapel of W.J. Hayes funeral Home on July 23. Interment Maple Grove Cemetery.

On July 31 at the Cushman Memorial Church in Norway Bay speaker will be Ellard Pirie so you will want to be sure to attend as there will likely be some really good singers along with him.

Visiting with us on Friday morning and helping me with some computer problems were Eric and Noreen Russell of Pine Lodge Bristol.

Don't forget Wednesday, July 28 is the coffee party the Bristol Town Hall. See you there!

They tell me that the weather we have been experiencing is to be the same for August. Too bad we couldn't can some of it for the winter months.

We have all seen black squirrels and brown ones, well now I have been told of sightings in two different places around Pine Lodge and in the upper part of the river of pure white squirrels and one with a black body and a brown tail. One lady has already taken pictures of the white one. They are telling me that there are so many deer and they are becoming very tame.

Visiting with us over this past weekend were Steve Telford of Ottawa and Shayne Gordon of Iqualit and Neil and Margaret Sharpe of Shawville.

Attending the 75th birthday party at Cobden for Eric Zimmerling this past Saturday were, Ernest Yach and son Denzil and wife Barb, Eldon and Alma Zimmerling and sons, Doug and wife Bonnie, Roy and wife Lyle, all from Shawville, John and Adeline Frechette of Montreal, Lennis and Mary Ellen and family, Jackie and Jill of Quyon, Larry and Eileen Dubeau of Ladysmith, and Alfred Krutz of Prescott Ont. Congratulations and may you enjoy many more.

LADYSMITH

Birds need to take a number to drink

By DEBBIE LANCE THRUN
Correspondent
647-3927

Well, here we are at the end of July already, where is the summer going. Of course our summer started a little later this year, but when it came we sure experienced some very hot temperatures and it's been that way ever since. We wanted warm temperatures, but it went to extremes this year. A little too hot at times, but at least we got some rain in between to help the gardens and crops along. Several people tell me that their gardens are doing quite well, despite the hot weather we've had, so the crops should be good too. With the extreme heat wave, we've been very lucky with no severe thunder storms compared to some places. So we should enjoy this weather while it's here. The cold will come soon enough. It's hard to believe but in another month the school kids will be returning to school.

Special anniversary congratulations to Debbie Holmes and Denver Thrun who will be celebrating 25 years of marriage on Aug. 2. Wishing you both many more years of good health and happiness. May the next 25 years be as great and successful for you as these 25 years. The best of luck to you both.

Don't forget to visit the wagon train camped at the TCRA from July 25 - 30 and to come and support the Thorne Volunteer Fire Dept at their annual ball on Saturday, July 30 at the TCRA combined with the wagon train also. Hope to see you there.

In Ladysmith one evening we saw a flock of about 12

bank swallows fly around. They are rare but obviously a bunch have hatched out. Birthday congratulations to Edward Pulley of Johnson's Lake who will be celebrating his 60th on July 31. Dennis says turning 60 isn't all that bad, Eddy. Have a great day.

Ernie and Essie Schwartz report that while on their mail route, they saw three wild turkeys on the Cawood Road. They say there were huge and may have had their babies behind them. They also tell me they have about 30 hummingbirds at their house and it keeps them going just to keep the feeders filled for them. Essie uses two cups of sugar a day for all of them. The hummers take a number to get a drink. A very pretty sight to see.

Dinner guests with us on Thursday were Kip and Donna Smith of Eganville. Kip and Dennis visited with Tony Schwartz and Rayburn Gray on Thursday, while Donna and I had a lovely visit.

One day this past week Margaret Fireoben went with her sister Grace and Bob Stewart to the blueberry Farm to pick blueberries. Margaret tells me that the berries are quite big and tasty this year.

On Saturday, July 16 Margaret Fireoben and Ester Bretzlaff attended the Kappas Reunion Dinner and Play which they enjoyed very much.

Come join with us at the Annual Zion Lutheran Church grave decoration and supper, Sunday, July 31. Service is at 2:30 p.m. and the supper is from 4:00 - 7:00 p.m.

On the weekend Dennis and I took a drive around Johnson's Lake, Grey's Lake and Barne's Lake. Nearly all the cottages are occupied now. This is the height of the holiday season. Everyone seemed to be enjoying their cottage vacation again and also the beautiful weather.

A correction to last week's notes. It should have been anniversary congratulations to Art and Marion Villeneuve who celebrated July 21.

While out for a drive in the bush one day Dennis saw a mother partridge and a group of about six babies. They could fly already. He also reports seeing a lot of deer this year. We seem to be getting over-populated with deer.

Belated birthday congratulations to Marion Villeneuve who celebrated July 23.

Visiting with us on Friday was neighbor Raymond Pasch. Raymond and Evette had been out picking blueberries all day.

On Friday I had a nice visit with a friend, Shannon Lasalle of Otter Lake. She gave me a lovely hairstyle at the same time. I felt very refreshed afterwards, especially on such a hot day.

Visiting with us on Saturday were Garnet and Jean Martineau of Shawville, dropping in on Saturday evening was Mary Holmes Hodgins of Shawville.

A surprise 25th anniversary celebration was held at the TCRA on Saturday evening for Debbie and Denver Thrun. A large crowd welcomed them to the auditorium where the evening was spent dancing to the music of the Joe Teevens Band. Many beautiful gifts and well wishes were received. Debbie and Denver thanked everyone for the beautiful surprise. A special thanks goes out to Dodie Holmes Crystal and Chris Thrun and others in organizing this event.

DANFORD LAKE

Lots to celebrate

By STEPHANIE MILFORD
Correspondent
467-1091

Birthday wishes go out to Lucy Judd who celebrated July 26, from the family.

Deepest sympathy is extended to the Brown family in the passing away of Alvin Ray Brown on July 19 and also the Stewart family in the passing away of Lloyd J A Stewart on July 19.

Belated happy anniversary to Ken and Francis Finan on July 26. Also belated happy anniversary goes out to Doug and Jane MacDougall and David and Joan Rusenstrom, also Craig and Dorothy Pitts.

Happy anniversary to Ross and Linda Vowles on July 30 and Charlie and Sheila McDowell on July 31, Barry

and Janet Orr on July 27 also Bill and Kim Hobbs on July 27, Wayne and Joan Brown on July 29, also James and Lillas Howard on July 29, George and Jean Coles on July 30.

Belated happy birthday to Marty Brownlee on July 24, Jason Campbell on July 25, Joanne Dubeau and Matthew Carmichael on July 26, Ervina Brownlee and Kelle-Ann Beck on July 27, Debbie Moore on July 28, June Orr on July 29, Alexander Mayhew and Bernie Doherty on July 30.

Happy birthday to Glenn Sparling on July 31 and Marjorie Woodman on Aug. 2.

I was talking to Dave Lalonde Sr who told me that his mother fell and broke her hip and she is in hospital. We hope that she gets well real soon.

BRYSON

Challenge to a water fight

By HEATHER STEWART
Correspondent
648-5413

Happy Birthday to Linda Gagnon. I hope you have a great day Linda!

Birthday greetings to my cousin Anthony Stewart of Montreal. Anthony is the son of my cousin Barbara Stewart.

A very happy anniversary to Don and Gisele Evans. Wishing you both many more happy years together!

Happy 60th birthday to Basil Belland of Campbell's Bay. Cindy and Jason wish you a wonderful day!

Birthday greetings going out to my cousin Peter Gagnon of Montreal. Have a great day Peter!

Belated birthday greetings going out to Ricky Belland. I am sorry I missed your birthday O' Boy!

My Mom and Dad, Sherry and Chinker, Jamie, Sylvie and Jacob returned after spending a few days in Quebec City where they attended St. Anne's. They had a very enjoyable trip. Sherry was telling me that it is very overwhelming when you go to St. Anne's. I hear that it is just beautiful. I will get there one day. It is amazing what the power of a prayer can do.

Deepest sympathy going out to the family and friends of Henry Sicard. Henry was a very good friend of my father's and to my cousin Beverley Stewart. Our thoughts and prayers are with you all.

I would like to make a correction. A couple of weeks I was telling you about the water fight between Christine Cameron, Stephane Villeneuve, Joe Simon and I. Well, I heard that Joe was pretty upset that I misspelled his name. It is spelled Joe Cimon. Pardon me Sir! I will get it right next time. Ha! Ha! I can feel another water fight coming on. Are you up for the chal-

enge?

Deepest sympathy going out to the family and friends of Raymond Gervais of Fort Coulonge who passed away last week. Our thoughts and prayers are with you all.

Get well wishes going out to my neighbor Richard Kehler who is a patient in the Pontiac Community Hospital. I hope you are feeling better soon! The kids and I send sunshine your way!

The Bryson Lions Club will be holding their annual Lions Picnic on Sunday, July 31 at 1:00pm. Their delicious Seapie Supper will be served. Come and enjoy a day of local talent, baseball, bingo and games. Hope to see you all there!

I had the chance to talk to Terry Donnelly Hart of Ottawa and I had the opportunity to run into her in town. That sure brought back a lot of memories. Her sister Velma Donnelly and Lorne Blaskie used to live beside my Mom and Dad's. There wasn't a day that went by that I was not there. Paula Romain, Jeffrey Lepine and I used to spend a lot of time there. They were always so good to us kids. It is amazing how one can carry a person in their heart for years and years. It is not the material things that a child remembers through the years. It is the kindness that you show them, the time that you spend with them. Those are the special memories. Terry and her sisters Kay and Lillian used to come there a lot as well. When I remember my childhood, it is filled with these wonderful people. You may not realize it Terry, but you and your sisters have touched our lives, in more ways than you can imagine. It was really great to see you and Lillian again, even if it was only briefly. We love you and we have definitely not forgotten you, that's for sure.

Have a safe and happy week. Be Charitable. Give a hug!

CHARTERIS

Lots of anniversaries to celebrate

By MONA RUTLEDGE
Correspondent
647-6250

Birthday wishes go out to Lucy Judd who celebrated July 26, from the family.

Deepest sympathy is extended to the Brown family in the passing away of Alvin Ray Brown on July 19 and also the Stewart family in the passing away of Lloyd J A Stewart on July 19.

Belated happy anniversary to Ken and Francis Finan on

July 26. Also belated happy anniversary goes out to Doug and Jane MacDougall and David and Joan Rusenstrom, also Craig and Dorothy Pitts.

Happy anniversary to Ross and Linda Vowles on July 30 and Charlie and Sheila McDowell on July 31, Barry and Janet Orr on July 27 also Bill and Kim Hobbs on July 27, Wayne and Joan Brown on July 29, also James and Lillas Howard on July 29, George and Jean Coles on July 30.

Belated happy birthday to Marty Brownlee on July 24,

SHEENBORO

Sheen fiddlers draw a good crowd

By MYRTLE SULLIVAN
Correspondent
689-2236

Welcome home to all our visitors from near and far on the weekend. Visiting in Sheen was Gerald Berrigan whom we hadn't seen for quite awhile.

Jerry and Colleen Sullivan from London, Ontario were visiting this week. Colleen spent time with her mother Mary Spence.

Mike and Marcella Smith along with their girls Molly and Mary Beth were on holidays from Kingston for one week.

This past week was great for anyone who had holidays. Marlaime, Hermano, Selina and Logan got some sunburns but they enjoyed their holidays.

Marilyn and Marcel Crozon are here for the summer and we have had quite a few card games each night at all of our houses.

Amanda and Robin Sullivan are up for two weeks holidays. They say they will take me to my doctor's appointments and shopping which will be nice to go shopping for all the weddings coming up. I was up to my cottage to get my water turned on with my son Jerry. He sure worked hard on pumps, and the wood splitter and furnace.

Jean Guy Ouelette was up to Esher for the weekend also.

Maureen Brennan and her husband Brian Thompson were home for two weeks from Shilo, Manitoba visiting all their relatives.

Lorna and Vince Agnesi had a family reunion at their cottage on Sheen Lake last

weekend. Lorna's cousin Garry Juby and wife Diane were here and provided kayaks for the day. A great day was had by all. Pat McGuire also went up to the lake and Wrangler Hearty as well who dropped by for the steak bbq and told many stories about life at Trout Lake.

The Brennans family and friends also gathered at Joan and Art McGuire's cottage Friday for a good time.

Lorna and Vince Agnesi visited Lorna's long time friend Linda Berrigan Sloan and husband Mike at their new home in Kanata this past week.

Carla Agnesi also spent a few days with her parents at Sheen Lake. Carla works for CBC Radio and television in downtown Toronto in the archives department. She just received a promotion. Congratulations Carla!

The Sheenboro Fiddlers played a few tunes at Monique Harrington's retirement party at the Demers Centre fire hall Saturday evening. Elvis also made an appearance the same evening.

Shawn Morris will be waked in Chapeau Friday, evening July 29 7-9 and buried in Sheen July 30.

Jennifer Lepine is back from visiting some of her family out west. She went for a few days for her sister's Stephanie's 40th birthday. She was also in time to see her new niece born to Annie and Brendan Muldoon. Her name is Teagan and according to Jen is beautiful. Congratulations to them.

Happy birthday to Isabelle Sallafranque who had a birthday last Sunday. Owen Gleason was home

with his children visiting Raymond and Claire Gleason.

The Lapiere Family were home this weekend. They attended a 50th Anniversary for Jim and Carmel Harrington on Saturday. Congratulations Carmel and Jim.

There was a Stag and Doe for Mark Gagnon and Chantal on Saturday with a large group in attendance. It was held at Roy Gagnon's.

Welcome back to Sharon Picard and Earl Lepine who returned from a trip out west.

Happy birthday to my grandson John Ouelette who celebrates his birthday Aug. 1.

Congratulations to Josie and Clayton Cotnam who will be celebrating their 60th Wedding Anniversary on July 30.

Thank you to Penny Perrault for the lovely pictures of the Canada Day Parade. Penny is an excellent photographer and she very generously gives pictures to people in the community.

The Sheen Fiddlers are playing at Fort William Friday night's and so they are drawing a good crowd.

There was a birthday party for Bob Picard at George's Regal Beagle last Saturday night. There was a good crowd and everyone had a good time. Bobby turned 60. Happy birthday to him.

Congratulations to Erroll Downey and his wife Angela who were married last Saturday in Sheen.

Birthday wishes go out to Willie Lepine who celebrates his birthday this week.

WALTHAM

Bass tournament winners

By HELEN PERRY
Correspondent
689-2652

My cousin Mary Gagnon-Harrington and husband Gerry and children Sean and Beth are home from North Carolina. They are visiting Mary's mother Christina Gagnon, of Chapeau and Gerry's parents Carmel and Jim Harrington, of Pembroke, and other family and friends. It was sure nice to see Mary! On Saturday, July 23 they attended a 50th wedding anniversary celebration in honor, of Gerry's parents Carmel and Jim Harrington. There was mass at St. Columbkille's Cathedral followed by an open house at Travelodge in Pembroke. Congratulations are extended to Carmel and Jim! May you both share many more years of health and happiness and God's richest blessings.

On Saturday, July 23 the Pontiac Bass Trail held its second bass tournament of the summer. It took place on the Ottawa River. First place winners were Matt and Gerry Labre. Their catch weighed in at 12.1 lbs. Second place went to Tanya and Nick Ethier. Their catch was 11.7 lbs. Third place winners were Derek and

Dwayne Tackney. Their catch weighed in at 10.6 lbs. Fourth place winners were Suzanne and Henry Turner. Their catch weighed in at 10.3 lbs. The fifth place went to Sue and Charlie Ethier. Their catch weighed in at 10.1 lbs. Gerry Labre caught the biggest fish of the day, which weighed in at 3.2 lbs. Congratulations to all the winners!

On Sunday, July 24, a lovely baby shower was held in honor of Robin Gagnon. It was held at the Waltham Town Hall. Family and friends gathered to express their love and support, and to shower Robin with beautiful and practical baby gifts. Everyone enjoyed playing games. Robin expressed deep appreciation to everyone, who helped make this afternoon so special. A scrumptious hot and cold buffet was served along with a beautiful cake.

On Sunday, July 24, Jacob and Lyam Girard attended a birthday party in honor, of Eric Delaurier. It took place at his home in Chapeau where everyone enjoyed a pool party, pizza and birthday cake.

On July 24 Paulette and Yvan Pelletier and Andrew and Shannon were supper guests at Lorna and Joe Bolger's in Pembroke.

On July 25 Georgette Beaubien and her granddaughter Chantelle Spence and great granddaughter Bayleigh visited Cindy Gagnon and baby twins Connor and Aidan in Aylmer. They were telling me that the twins are really growing.

This past week, Rhonda, Mark, Jacob and Isabella took in some fun filled activities in Ottawa. They went to the Gloucester Wave Pool, the War Museum and the changing of the Guards on parliament hill to name a few.

Anniversary wishes and all the best are extended to Christie and Ian Lavigne, Chantelle and Corey Spence and Tina and Jason Pilon, who are all celebrating their 5th wedding anniversary on July 29. Have a wonderful day everyone!

Happy birthday and love are extended to my sister Joyce Quenneville, of Cornwall, who is celebrating her birthday on July 29. All the best and have a nice day Joyce!

A very happy anniversary and love are extended to Lyne and Ray Bechamp, who are celebrating their 38th wedding anniversary on Friday, July 29. May you both enjoy many more years of God's many blessings.

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