

Together, we'll weather the storms that prevail

Trump — Inflection Point?

1

Yearly subscription \$39.09 w/taxes

VOLUME 131 | EDITION 2 | LE VENDREDI 30 JANVIER 2026 | FRIDAY JANUARY 30, 2026 | 181, RUE PRINCIPALE, BUREAU C10, GATINEAU, QC J9H 6A6

Mo's fly-in grounded

Maurice Prud'Homme: enthralled with the freedom of flight, a region left mourning



(From right) Richard Raymond, Maurice Prud'homme and Michael Dixon at the airfield on River Road at the Maurice Prud'homme fall event that came to be known as Mo's Fly-in. (CH)

PHOTO: CARL HAGAR

Carl Hager
Local Journalism Initiative

Maurice Prud'homme, long-time President of the Flying Club known as Copa Flight 169, died on January 5, 2026 having suffered a stroke and a cerebral hemorrhage. A Celebration of Life was held for Prud'homme on January 25 at the Cooperative Funeraire de l'Outaouais in Gatineau. Over 200 people attended, many acquaintances and members of the flying club. Many noted his generosity. Prud'homme, a resident of the Municipality of Pontiac, was easy going and was an easy friend.

Prud'homme was enthralled by the freedom of flight his whole life. He was fond of telling stories about flying, never missing an opportunity to discuss the fun and thrills of flying with friends and fellow pilots. Even as an eight-year-old boy, he wanted to fly. He earned money by doing odd jobs to pay a pilot to take him up in a small plane

for a few minutes' ride. He was hooked. His love affair with flight had begun. Prud'homme said he knew then that he was hooked by flight and all things doing with aviation.

After an illustrious career as head chef in Canada's Parliament, his first passion, during which time he had to prepare a state dinner for the Queen, a dinner that cost one thousand dollars each, Prud'homme took his flying seriously. He retired as chef at the age of 50. He had gotten his pilot's license at the age of 38 and he loved to fly his Pelican GS. Prud'homme has flown over 5,000 hours and did his own airplane maintenance.

In 1990 he organized a winter fly-in on the Ottawa River adjacent to his home. Prud'homme cleared a runway on the ice and fellow pilots from near and far came to the party. More than 1,750 airplanes and helicopters have participated in what became

known as Mo's Fly-in. In 2023 he started a fall fly-in on the airfield on River Road and fly-in 2025 was the 36th consecutive year Mo's Fly-in occurred. Members of the Club, all volunteers, had begun to pitch in to help Prud'homme with the organizing work that his events required, the team includes Richard Raymond, Louis Dufresne, Jean Robertson and Alain Goulet.

Michael Dixon, acting President of the Club, told the Journal that the club will hold a commemorative event for Maurice Prud'homme at the airfield on River Road on October 18, 2026. All are invited.

Dead fish explained: \$1.35 million for 2019 chemical spill into Rivière du Lièvre

Page 2

Sophie Chatel applauds federal plan to ease grocery cost

Page 3

Women's groups challenge Quebec's violence survey

Page 7

Seeing pain differently: A free public Event

Page 8



Outaouais
ORTHODONTICS
Your smile. Our specialty.

>190118_07

The first and only full-time orthodontic practice in Aylmer!

See page 3

Dead fish explained

Corporation fined \$1.35 million for 2019 chemical spill into Rivière du Lièvre



Sophie Demers
LJJ Reporter

Superior General Partner Inc. has been fined \$1,350,000 by the provincial court after the company pleaded guilty to 12 counts of dumping sodium chlorite into the nearby river, Rivière du Lièvre in 2019. The company owned and operated ERCO Mondial, a chemical plant in Gatineau. The plant's technical and environmental director at the time, Jean-François Roux, has been fined \$15,000. Due to the infractions, Superior General Partner Inc. has been added to the Environmental Offenders Registry.

The sum of the fines will go to Canada's Environmental Damages Fund, which uses money from fines, penalties, and court orders for projects that repair or protect the environment. The Fund will invest in the area where the offence took place.



Dead fish in the Ottawa River during the 2019 fishkill incident that occurred at the same time as a chemical spill in the area. Despite the timelines overlapping, no official cause has been confirmed. (SD)
PHOTO: COURTESY OF OTTAWA RIVERKEEPER

According to Environment and Climate Change Canada (ECCC), the offences, which took place between June 17 and July 19, 2019, are a violation of the Fisheries Act. The substance got into the river due to

equipment failure.

Sodium chlorite is very harmful to fish and other organisms in Rivière du Lièvre, which connects to the Ottawa River. The river is home to a variety of fish species, such as smallmouth bass, brook trout, walleye, and muskellunge.

According to the Ottawa Riverkeeper, the offences occurred while a large fish kill was reported, with thousands of dead fish washing up on the shores along the Ottawa River. The fish kills happened near the connection to Rivière du Lièvre and affected both the Quebec and Ontario sides of the river. At the time they investigated, the ECCC could not link the two events, despite their overlapping timelines.

"In environmental law, it can be very challenging to trace an impact on a body of water back to a single source," said Laura Reinsborough, CEO of Ottawa Riverkeeper. "So, it is rare that through the Fisheries Act

there would be a direct cause or direct link that can be confirmed. I'm not surprised that in this ruling, they could not make that link."

Reinsborough said that the fines are the best conclusion for the case. The Riverkeeper also highlighted the importance of a 13th charge that was laid against the company for failing to immediately report the incidents.

The true cause of the 2019 fishkill remains a mystery for now. Not long after the fishkill occurred, the Quebec Government asserted that the incident occurred due to a local hydro dam. The Ottawa Riverkeeper denied access to the study that led the government to this conclusion. Reinsborough said that they are hoping for more concrete answers, but the Fisheries Act being enforced is good news for the river.

"Going forward, I hope governments can work together if something like this happens again," said the Riverkeeper. "I also encourage the population to hold all levels of government accountable to preserve the health of the river."

Region stepping up: housing to help the homeless



Tashi Farmilo
LJJ Reporter

A new transitional housing project called Mon Calme is moving forward in Gatineau's Hull sector, with local non-profit Gîte Ami leading the development. The City of Gatineau has approved the donation of municipal land for the project, which will create 20 private rooms with shared living spaces and outdoor areas for people experiencing homelessness or at

risk of becoming unhoused. If construction and funding proceed as planned, the project is expected to open in 2027.

Located between rue Marie-Le Franc and rue Morin, the future site will offer more than just shelter. Residents will have access to psychosocial support, help finding long-term housing, and assistance navigating social services. The project is being developed under the provincial Programme d'habitation abordable du Québec, which supports afford-

able and social housing across the province.

Gîte Ami, a well-established non-profit that has been addressing homelessness in the region for more than 40 years, will oversee the project and operate the facility once it opens. Though they are not managing the construction directly, they are coordinating the initiative in collaboration with housing development partners such as GRT-Innovation Habitation Outaouais. Financial support has also come from Desjardins, Brigid, and Les

Immeubles Desmarais.

During the inauguration of the intervention block at Village Transition on January 22, Gatineau Mayor Maude Marquis-Bissonnette pointed to Mon Calme as a model of what can be achieved through collaboration. "Projects like Mon Calme are concrete examples of what can be achieved when cities, non-profits, and private groups collaborate with shared purpose," she said.

City councillor Steve Moran also praised the initiative. "This is excellent news and a concrete project to respond to the homelessness crisis that plagues Gatineau," he said. "It continues the sustained work led by the City, the Gîte and all our partners."

The land transfer includes legal protections to ensure the project moves ahead. If Gîte Ami is unable to follow through, the land reverts to the city. Council has also removed the site's public-use designation to allow development to proceed.

Gîte Ami first submitted its request for the land in 2021. Since then, a local fundraising campaign and community partnerships have helped move the project forward. Once complete, Mon Calme will give 20 people at a time more than a roof: it will offer stability, dignity, and a chance to regain control over their lives.

Gagnez du temps, magasinez en ligne

Obtenez 15\$ en points PC Optimum sur chacune de vos 5 premières commandes admissibles avec le code PC75.

LE CHOIX de l'Outaouais

375, chemin d'Aylmer, Gatineau

Provigo
Le Marché

Éric Charron

ouvert/open
7 jours/7days
8 à 21 heures

LE GOÛT DU SUPER BOWL

Achetez les 4 pour 28 \$

Étienne Boulay on determination through darkness



Tashi Farmilo
LJI Reporter

As part of Quebec's 2026 Suicide Prevention Week, running from February 1 to 7, residents are invited to hear a powerful and deeply personal story from former professional football player Étienne Boulay. On February 5 at 7 pm, Boulay will speak at the Agora de la Maison du Citoyen in Gatineau in a free public event titled, *Parcours d'un battant* (The Journey of a Fighter).

Former CFL player Étienne Boulay will speak in Gatineau during Suicide Prevention Week, sharing his personal journey through addiction, mental health struggles and recovery to encourage openness and resilience. (TF)

PHOTO: COURTESY

Known for his time with the Montreal Alouettes and the New York Jets, Boulay now speaks openly about the battles that shaped his life after football. Behind the public image of a successful athlete were years marked by addiction, the lasting impact of concussions, the breakdown of his marriage and eventually a suicide attempt. He describes this as the darkest period in his life, one he kept hidden from family and friends until a third round of therapy helped him start to recover. Today, with over nine years of sobriety, he shares his story with honesty and a mix of humility, emotion and humour.

Suicide Prevention Week is a province-wide effort to raise awareness and reduce stigma around mental illness, while encouraging open conversations and early intervention. According to the Institut national de santé publique du Québec (INSPQ), 1 142 people in Quebec died by suicide in 2022, with men continuing to be disproportionately affected. Suicide remains one of the leading causes of death among young adults in the province. While long-term trends show a gradual decline in the suicide rate, recent years have seen an increase in emergency room visits related to suicidal thoughts and attempts, pointing to ongoing mental health challenges.

Suicide Prevention Week encourages people to have open conversations, offer support and remind those who are struggling that help is available. Boulay's presentation reflects those goals. He walks audiences through the highs of his athletic career and the hidden struggles that followed, showing how perseverance, resilience and finally the willingness to ask for help allowed him to rebuild his life.

Sophie Chatel applauds federal plan to ease grocery cost



Tashi Farmilo
LJI Reporter

Sophie Chatel is endorsing a new federal plan aimed at making life more affordable for Canadians, especially when it comes to rising food costs. She welcomed the government's proposed Canada Groceries and Essentials Benefit, describing it as "real and immediate relief" for families and individuals feeling the pressure of inflation.

The announcement comes amid ongoing concern about affordability, particularly in rural areas like Pontiac-Kitigan Zibi, where food and transportation costs tend to be higher. "Each week, I hear directly from residents struggling to put food on the table," said Chatel. "These measures are going to help thousands of households right here in our community."

Continued on page 6



Sophie Chatel is backing a new federal affordability plan that includes direct payments to households and targeted support for farmers, aiming to ease food costs and strengthen local food systems in Pontiac-Kitigan Zibi and across Canada. (TF)

PHOTO: COURTESY

Parce que le Cégep Héritage a façonné mon parcours.

Because Heritage College shaped me.



Soutenez le parcours d'un étudiant

Support a student's journey



foundation.exd@cegep-heritage.qc.ca



Dr. Brent Côté, DMD, MSc, Dip Ortho, FRCD(C)
Certified Specialist in Orthodontics

The first and only full-time orthodontic practice in Aylmer!

Specialised orthodontic care for children, teens and adults.

- Traditional braces and modern alternatives
- Ample free parking
- Flexible financial arrangements
- Evening and early morning hours



Glenwood Plaza, 210 Aylmer Road, Gatineau • 819.685.0808 • info@OrthoOutaouais.ca • NO REFERRAL REQUIRED!

>191220_04

From church to arts center: saving Quebec history from the bulldozer



LILY Ryan

Sprinkled across Quebec are bankrupt church parishes. Some of these churches purchased by people who love heritage buildings, people who renovate the churches for other uses. There's an example in Quyon of a home that was once a church. In Luskville too, as well as several throughout the Laurentians, Eastern Townships and lower North Shore. These former churches have new lives as interesting homes. They are loved and lived-in.

Other churches are being retrofitted for

new lives. In Chelsea, the La Fab sur Mill is an arts center that is setting the bar high for re-imagining religious spaces. Winning a 2024 award in Quebec heritage preservation, the La Fab sur Mill has given the Grace United Church a new vocation. This is the arts collective operating within the old church.

Arundel in the Laurentians and Cookshire-Eaton in the Eastern Townships are villages with churches slated for a new life. The people of these small communities have a lesson to learn from both Chelsea and Perkins.

The people of Perkins have taken in hand the future of their 120-year-old

church. Saint-Antoine-de-Padoue is a stunning example of country churches built by roman catholic parishes. The interior offers a step into a past steeped in art and reverence.

This is why it is no surprise that people of the parish are healing from the reality that churches can no longer pay for themselves in many parts of Quebec. Lucky for everyone, the artistic life blood within the walls of the Saint-Antoine-de-Padoue church have a new breath of vitality.

The deconsecration involves a bishop's ceremony before rebirthing the church into its new vocation. For the Saint-Antoine-de-Padoue, transforming into a site

of arts could not be more appropriate. Like Chelsea's Grace United Church becoming the La Fab sur Mill, a new future for this heart of Perkins means activity, creativity and action.

Amid the mourning process for the dwindling parish there is hope and there is a creative pulse. While the nature of activities may change within the Saint-Antoine-de-Padoue church, the vital role in community lives on. Creative force is as holy as any part of this world. This, at least, should provide some solace to those who see their church rekindled as a community arts center, Val des Arts.

LETTERS

to the **Editor** *Opinions expressed are not necessarily shared by the paper*

What are they doing, the politicians who lost their elections?

I am sending in my subscription renewal and want to congratulate everyone at the *West Quebec Post*. Thank you for your hard work.

One topic that may be of interest to other readers, is something I am curious about. All those sitting politicians who lost their re-election bids, what are they

doing now? Are they okay? Several mayors were voted out – how are they? What are they doing?

This is a topic suggest, as you requested in your recent "Word from the Publisher".

Thank you

Judith Lacasse
La Pêche

MRC, elections and why the Outaouais is still so neglected

There is a part of me that hopes the Quebec elections bring new life. I can't be the only one tired of the same old leadership. At one time, the CAQ seemed like it would be the new energy Outaouais needed. But then voters saw the who stepped up for local leadership. Same old, same old, is what the CAQ offered.

What is the solution for Outaouais, faced with provincial leadership so disconnected? Here in the Outaouais, we have more in common with Blanc Sablon, with Gaspé and these other ignored communities than we have with downtown Montreal. And yet the cultural, the health care, the economic development thinkers within the Quebec government seem to think we are all in love with social media and future of AI.

Who cares about that baloney? Not me when I sit for a day waiting for a doctor to see me. Not me when I wish that I could get the right home to live in for this third stage of life. Why is everything getting harder? Could the West Quebec Post investigate that? No one wants to read about how the Quebec government got a new marijuana greenhouse going when it is just going to close down when the government money dries up.

We in the Outaouais are tired of being forgotten but have no where to turn when it comes to Quebec help. Will the West Quebec Post cover that?

Marlene Turpin
Chelsea

Task Force on Linguistic Policy president on the resignation of Premier François Legault

The departure of François Legault as Premier of Quebec is a time for reflection by the English-speaking community of Quebec. It is not a moment for congratulations or sympathetic comments about his "dedication to public service."

While I hate to sound churlish or bitter, it is hard to disagree with comments he was a divisive influence and the "worst Premier ever" for Quebec's 1.5 million Anglophones.

Why is that? Let's begin with his resignation speech. He said "we must stop the worrying decline of the French language, particularly in Montreal, in order to ensure the future of our nation." Anyone who looks closely at the statistics knows there is no decline in the French language in Montreal. Mr. Legault refuses to acknowledge bilingual Anglophones and allophones who speak French are part of the Québécois "nation."

Continuing a theme of blaming immigrants for Quebec's ills, and his passage of Bill 21 on secularism, he said "the explosion in the number of temporary immigrants...has accelerated the decline of French." I knew Rene Lévesque and Camille Laurin. They would never have made such a statement.

During the pandemic, "mon oncle François" kept us in total confusion, turning curfews on and off like a tap, but

still suffering the greatest mortality rate in Canada. On the economy, he overspent, managed poorly and ended with a \$13 billion deficit.

Finally, there is his legacy on language. In 2018, he promised not to pass language legislation. In 2021, folding to nationalist pressure, he tabled and quickly passed Bill 96. The egregious provisions, the lack of debate and consultation on Bill 96 was an insult to our community. The result is ten legal challenges of the law, including our own.

Then there was the use of the notwithstanding clause to protect a raft of discriminatory legislation, and the perpetual attacks on our school boards and universities. And lately, all combined in Bill 1, the new "Constitution," which refuses to acknowledge the contribution or even the existence of Anglophone Quebecers.

All that was bad enough, but he never met with us, he refused interviews with English media and he sneered about the "whiners in the West Island." As if to send a final message to our community, he refused to utter even one word in English in his speech, and did not mention our 1.5 million citizens.

It is long past time he left.

Andrew Caddell, President
Task Force on Linguistic Policy

West Quebec Post

HULL • CHELSEA • AYLMEYER • BUCKINGHAM • LUSKVILLE • WAKEFIELD • PONTIAC



Unit C10, 181, rue Principale, Aylmer sector, Gatineau, Qc J9H 6A6
Tel. : 819 684-4755 | editor@westquebecpost.com

Subscriptions
\$33,95 (+ taxes)

Publishers: Sophia Ryan et Lily Ryan
Editor: Lily Ryan
Operations Manager: Lily Ryan
Business Consultant: Lynne Lavery | Accounts: Enel Polinice
Classifieds/Circulation: Dominique Leclair | classifieds@bulletinaylmer.com
Journalists: Marie-Eve Turpin, Sophie Demers, Reuel S. Amdur, Carl Hager, Greg Newing, Grace Richards, Mélissa Gélinas

Production Manager: Tanya Laframboise | production@bulletinaylmer.com
Advertising Manager: pub@bulletinaylmer.com
Publicité / Advertising: pub@bulletinaylmer.com
Advertising Consultants: Jerry Alary, Brenda McGuire, Mélanie Ward
Web Content Manager: Alana Repstock
Delivery: Denise Lepine, Melissa Mercer

Together, we'll weather the storms that prevail



Today, we live in a precarious world. In that environment, there is little that you and I can do to alleviate our collective situation. Or perhaps there is a way that we, together, can better our lives.

We ring in the New Year in singing the Scottish poet, Robbie Burns' *Olde Lang Syne*. As we begin a new year, old acquaintances should certainly be brought to mind, for it is upon their legacy that we build ours. Upon turning over a mouse's nest while ploughing the field, Robbie Burns wrote another of his poems: *To a Mouse*. In that poem, he laments how we humans negatively affect the lives of creatures who surround us. Burns wrote:

"But Och! I backward cast my e'e,
On prospects drear!
An' forward tho' I canna see,
I guess an' fear!"

To a Mouse was written in 1785. In 2026, we are mindful of those who are with us, as well as those who have gone before us. However, for many of us, it is not the looking back as it is the looking ahead. Have you had feelings of insecurity? Uncertainty? Vulnerability? Anxiety? Does it not seem like a cloud of fear is just waiting to rain down upon us? Do we not feel helpless to do anything about it? However, there is a way to overcome these struggles.

Our individual environments connect us to others who grapple with these same questions. In my last column, I shared a few personal examples to illustrate how we can interact with others. Here are a few more thoughts on that process.

I sing with a 75-member choir called Atlantic Voices, that brings the songs and culture of the East Coast to our doorstep. We perform two major concerts every year. Our winter one will be history as your read this. On February 3, we'll begin preparations for a May concert. We're one of the few choirs who do not put on a concert at Christmas. However, we are usually invited by other choirs to participate in one of their Christmas concerts. On December 7, we, along with the Chinese Canadian Children's Choir of Canada (C5), were guests of the Cumberland Community Singers for their concert in Orleans. From that program are these words about that Children's Choir's purpose:

"...focused on developing a fundamental understanding of music, life, emotional expression, and intercultural communication for children between the ages of

5 and 18. It provides an East-meets-West experience and helps to raise the cultural awareness and confidence of young Canadians. It promotes the learning of language and cultures through singing Chinese, English and French songs, and enables children to learn and appreciate and to embrace the spirit of multiculturalism in Canada. C5's mission is to develop a deep understanding and love of humanity, world cultures, and languages."

As I listened to their choral presentation, after reading about their choir in the program, I was inspired to write my last column to convey our shared humanity. Of course, it was also to send a message that Artificial Intelligence cannot replace a goodness that emanates from within our own hearts and souls.

The Canada of today has evolved into a pluralistic society. How fortunate are we, who live in this wonderful land of freedom, to be able to embrace those from different places throughout the world who now are our fellow Canadian citizens. Personally, I love to hear the message of other languages, religions and cultures. This has also deepened my love for my roots in West Quebec where I was born.

From our Atlantic Voices winter concert are these words from Allister MacGillivray's *Song for Peace* arranged for the choir by Diane Loomer:

(Altos and Sopranos sing):

"Gentle lady, Gentle man
May I speak that you might understand
I've been thinking we've been rather blind
Let us leave every difference behind."

(Basses and Tenors):

"Cast your nets on these waters
Your lines on the sea,
Your sights on horizons wherever you please.

For together we'll weather the tide that prevails."

(Sopranos:)

"With the sun on our shoulders."

(Basses and tenors):

"The wind in our sails."

The word "together" is the most important to remember as we face life's headwinds. Through adversity in our lives, we lean on others for support, just as we stand by them in their times of need.



Trump – Inflection Point?

by Gwynne DYER

AUTHOR, HISTORIAN & INDEPENDENT JOURNALIST

It's too early to be sure, but it seems likely that we have just seen 'Peak Trump'.

Last week Donald Trump arrived at the Davos conference radiating power and menace. Fresh from his attack on Venezuela, he was going to invade and annex Greenland. If his European allies in the NATO alliance tried to protect it, he would crush them with tariffs. And he would launch a new rival to the United Nations that would make him World-President-for-Life.

By the time Trump and his retinue landed in a fleet of four military helicopters, however, the wind had changed. Canada's Prime Minister Mark Carney had already crystallised the new mood with a remarkable speech that bade a regretful but decisive farewell to the old 'rules-based' international order.

What is happening now is 'rupture' with the past, Carney said, and the risk is that we end up with a world solely run by and for the great powers. He proposed instead a shifting coalition of the 'middle powers' that would work to contain the more outrageous wishes and whims of the three autocratic great powers: Russia's Putin, Trump's America, and Xi's China.

For all his frankness, Carney did not name the villains, partly because they vary in their villainy. Vladimir Putin is a tyrant and serial warmonger, but has limited territorial ambitions. Donald Trump is an instinctive autocrat who demands supremacy in the Western Hemisphere but might not permanently erase US democracy. And Xi Jinping hasn't made his mind up yet.

There's Xi's promise to 'reunify' China by conquering Taiwan, if necessary, but apart from that China's territorial claims are limited to some seabed boundaries. Many in the Chinese elite still regret the decline of the 'rules-based order' and wish for its return. And while neither Trump nor Putin want it back, they are both mortal men.

Carney didn't get into all this – I'm just channeling his inner realist – but it was implicit in the parts he did say out loud. Don't let the bullies win; fear is the mind-killer; stick together and you might even win. At the very least, you'll lose less.

And he got a standing ovation, at a venue where even a brief round of polite claps is normally a triumph. He was telling the political and economic elites of the world what most of them were already thinking in a less coherent or at

least less public way, and overnight the mood changed. Trump already seemed much smaller by the time he flew in the next day.

Right away he retracted his threat to seize Greenland by force (although the bond markets can take most of the credit for that). Soon he was also cancelling his threat to impose tariffs on NATO members that support Greenland, with only the face-saving pretence of a "framework of a future deal" (content unspecified) as a consolation prize.

But the big humiliation was the launch of his 'Board for Peace', a bold bid for symbolic status as King of the World. It was created to provide UN backing for the Trump-brokered ceasefire in the Gaza Strip, but it wound up as a Trump-controlled vehicle to run the UN off the road entirely.

Membership is pay-to-play and permanent membership costs one billion dollars (even more than Mar-a-Lago). Trump is chairman for life, wrote the rules, has veto power, and can terminate any member at will. Gaza is not even mentioned in the 'charter'. It is a pure vanity project: 62 invitations were sent out – but only 21 countries have signed up.

It is a useful list of those countries that still fear Trump's wrath, and they are almost all in the Middle East or Central Asia. A few are ideological allies of Trump (e.g. Belarus, Hungary and Argentina), but no major power is a member except the US, and only four members are genuine democracies.

Six months ago Trump might have pulled off this brazen attempt to hijack the UN, at least for a while. With more time, however, those who once feared him have learned what 'TACO' means (Trump Always Chickens Out), and they can see how fast his own power base, the United States, is drifting towards chaos and irrelevance under his rule.

Just this month we have seen his non-overthrow of the Venezuelan regime, his empty promise to stop the massacres in Iran, and his hollow threats to invade Greenland. He remains extremely dangerous to the domestic peace of the United States, but the rest of the world is realising that it can just work around the US.

Except Canada, perhaps. Trump has taken to calling Prime Minister Carney 'Governor' Carney again, and Canadians know what that may imply.

Nature Conservancy makes offer to purchase land-locked Bristol property

Deb **Powell**

Bristol councillor Greg Graham started up a discussion on social media the day following the regular municipal council meeting, January 12, concerning an offer from the Nature Conservancy of Canada to purchase a Bristol property. The offer had been presented as an item of information from Mayor Valerie Twolan-Graham who said it would be on the agenda at the next meeting in February following examination by the building inspector.

The property in question is 94.2 hectares located to the east of Pontiac Station. The municipality purchased it in 1994 from Consolidated Bathurst, the company that ran the mill in Portage. It includes a beach on the Ottawa River but no road access.

Although the matter had not yet been brought to council, Graham said in his social media post "that they are considering the offer", and that he was "strongly urging the rest of council to refuse this request...". He put forward that the land was acquired "for the purpose of development into a community park to preserve the natural flora and fauna of the region while still allowing for the public enjoyment and access to the river."

Without identifying who put forward the offer to purchase, Graham concludes his argument for not selling the property with "In Bristol, we believe that everyone has a right to access and enjoy our beautiful river. If this land were

to be sold, we are denying future generations that access." He encourages residents to contact the municipality or attend the council meeting on February 2. In a subsequent email, he wrote "If it is sold, it is sold forever. I don't believe we'd be able to build anything like camping infrastructure, trails for motorized vehicles, bathrooms, historical interpretation centres, or education facilities. We certainly couldn't make infrastructure investments on land we no longer own."

Mayor Valerie Twolan-Graham commented on the post to add some clarification, identifying the Nature Conservancy of Canada as the organization behind the offer to purchase and noting that "The property in question is land-locked and cannot be developed because of its wetland designation. It is only accessible by water. This is an offer to purchase; any offer (if entertained) can lay out conditions by the current owner. "This offer has been sent to our Municipal Inspector who has not had the opportunity to address Council on this matter," the mayor told the Pontiac Journal. A representative from the NCC (Nature Conservancy of Canada) is prepared to meet with Council in February and speak about the offer to purchase, as well as answer questions the public and Council may have. No specific purchase details can be shared before this meeting as specifically outlined in the offer to purchase. Our Council welcomes the public's attendance at this and all Council meetings. Your input is always invited and

welcomed."

The circumstances that led to the offer to purchase go back to last summer when a presentation was made at the MRC regarding a project of the Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la faune et des parcs (MELCCFP) to create a wildlife refuge in the area of the Bristol property (as well as in the municipality of Clarendon). In an informal discussion the MELCCFP inquired as to whether Bristol might be interested in including their property in the reserve. The possibility that Bristol might entertain an offer to purchase came up during that discussion.

The government of Quebec owns 41 hectares of land fronting on the Ottawa River immediately to the west of the Bristol property. Ducks Unlimited and the Nature Conservancy of Canada together own 180 ha to the east.

A wildlife refuge serves to preserve the integrity of an important wildlife habitat that is recognized at the regional or provincial level for the abundance, density, and diversity of its wildlife. This habitat may also be an essential location for a rare, threatened, or vulnerable species. There are currently nine wildlife refuges in Quebec and an ongoing project for one that would extend along the Ottawa River from the east end of Gatineau to Thurso. Projects of this kind often take many years to complete and are subject to public consultations.

Sophie Chatel applauds federal plan to ease grocery cost

Continued from page 3

The Canada Groceries and Essentials Benefit is designed to replace and expand on the existing GST Credit. If passed by Parliament, it would deliver \$11.7 billion in additional aid over six years to more than 12 million Canadians with low or modest incomes. A one-time lump-sum top-up will be issued no later than June 2026, followed by increased quarterly payments starting in July of the same year.

Under the proposed plan, a single adult could receive up to \$950 during the 2026–27 benefit year. A family of four could receive as much as \$1,890. These figures include both the one-time top-up and a 25% enhancement to the annual benefit, indexed to inflation. No separate application is required to receive the payments, though recipients must file their 2024 and 2025 tax returns to be eligible.

Chatel emphasized that this support will particularly benefit seniors, single parents, and working families in her riding. In addition to direct payments, she highlighted federal investments to shore up food supply chains and support local producers, including a \$500 million strategic fund for businesses and \$150 million for food security initiatives.

"Helping our farmers and food banks is just as critical as helping households," Chatel said. "We're investing in a more resilient, locally anchored food system that benefits everyone in our region." On her social media account, Chatel added, "I also welcome the direct support announced for our farmers and processors. Let us not forget that they are the ones who put food on our tables." By highlighting the agricultural sector, she underscored that affordability isn't just about relief at the checkout counter, it's also about

investing in the people and systems that make affordable food possible. Long-term solutions, she suggested, depend on strengthening Canada's capacity to grow, process, and distribute food locally, ensuring communities remain resilient.

A further \$20 million will be allocated to food banks across the country through the Local Food Infrastructure Fund, a response Chatel says addresses "urgent, growing needs" in communities already strained by high demand.

The legislation enabling the new benefit is expected to be introduced in Parliament, and if passed after receiving royal assent the first payments would be issued in spring 2026.

"By making life more affordable and investing in a more resilient economy, we are sending a clear message: no one should be left behind."

**YOUR VOICE, YOUR COMMUNITY,
YOUR NEWS.**

Newspapers deliver facts you can count on to keep communities strong, informed and connected.
Trusted journalism, produced by real people who check the facts, helps protect the truth.



Women's groups challenge Quebec's violence survey



Tashi Farmilo
LJJ Reporter

A coalition of Quebec women's shelters, advocacy groups, and academic researchers is condemning the province's first population-based survey on intimate partner violence, warning that its methodology risks misrepresenting the nature of abuse and undermining support for victims.

The Enquête québécoise sur la violence commise par des partenaires intimes, conducted by the Institut de la statistique du Québec (ISQ) in 2021 and 2022 and released in December 2025, aimed to produce a comprehensive portrait of violence within intimate relationships. But major organizations including the Fédération des maisons d'hébergement pour femmes (FMHF), Regroupement des maisons pour femmes victimes de violence conjugale (RMFVVC), L'Alliance des maisons d'hébergement de 2e étape, L'R des centres de femmes du Québec, and SAS-Femmes argue the survey fails to capture the reality of coercive, gendered abuse.

In a joint statement, the groups criticized the survey for collapsing distinct forms of violence such as situational conflict, mutual aggression, self-defence, and sustained coercive control into a single category. A respondent is classified as a victim if they report two acts of physical violence over their lifetime, without regard for context, frequency, or intent. This, they contend, erases the dynamics of domination that define most cases of domestic violence and creates a misleading sense of equivalence between different experiences.

The ISQ acknowledged that its data cannot determine whether the violence described by respondents meets Quebec's policy definition, which since 1995 has described domestic violence as a deliberate strategy of control. The coalition argues that the survey's failure to address coercive



A coalition of Quebec women's organizations is challenging the province's recent survey on intimate partner violence, arguing that it misrepresents coercive abuse and risks misleading policy. They also express concern that the data downplay gendered dynamics and may distort public understanding of who calls police and why. (TF)

PHOTO: COURTESY OF THE INSTITUT DE LA STATISTIQUE DU QUÉBEC

control as a pattern rather than isolated incidents renders invisible the psychological, economic, and emotional entrapment many victims face.

According to the survey, 40 percent of women and 26 percent of men in Quebec have experienced at least one act of violence from a partner or ex-partner. In the previous 12 months, 6 percent of women and 4.2 percent of men reported such experiences. Yet only 26 percent of women

and 17 percent of men who reported acts considered criminal had ever contacted police. Reporting was more frequent in cases of physical or sexual violence than in those involving psychological or reproductive coercion, despite the serious consequences of the latter.

These findings reflect national trends. In 2019, Statistics Canada found that just 19 percent of Canadians who experienced partner violence involving physical or sexual acts reported it to police. This gap, often referred to as the "dark figure" of crime, remains significant in intimate partner violence, where stigma and fear often prevent victims from disclosing abuse.

The coalition also warns that the survey risks reinforcing a false narrative of gender symmetry in violence. By giving equal statistical weight to an abuser's actions and a victim's defensive response, the data may obscure who is exerting control and who is trying to survive. Such misinterpretations, they argue, could weaken gender-specific services and endanger women and children.

Demographic disparities also emerge from the data. Women with lower educational attainment and those living in disadvantaged areas were more likely to report violence to police. Survivors with histories of childhood trauma, including state care or exposure to domestic violence, also reported at higher rates.

The signatories urge the Secrétariat à la condition féminine to require substantial methodological revisions in future surveys. They advocate for tools that can detect patterns of coercion and chronic abuse, and for closer collaboration with practitioners and researchers specialized in gender-based violence.

For these organizations, the issue is not statistical. It is structural. When flawed data inform public policy, the consequences are real. If Quebec is to address intimate partner violence effectively, it must begin by measuring it with accuracy and depth.

Have your say: Outaouais Development Observatory launches region-wide surveys to update Community Portrait



Sophie Demers
LJJ Reporter

L'Observatoire du développement de l'Outaouais (ODO) is once again doing citizen consultations as part of its Community Portrait project. The observatory is focused on learning about the development in the Outaouais region. The Community Portrait project was a founding research project for the organization. The aim is to offer a comprehensive and detailed view of local communities.

Previous editions of the project were conducted in 2021 and in 2016. The data from this research is available on the ODO website. It is compiled in a document as well as on an interactive map.

The first step of the project was consultation with community stakeholders that allowed the observatory to define 115 communities across the Outaouais. The next step in citizen consultations will be conducted across the region in each community. The observatory will also have consultations with community and neighbourhood organizations. This will allow them to get more detailed data on the realities, strengths, and challenges in each area of the Outaouais.

"These consultations aim to better understand the realities of citizens in order to help organizations,

municipalities, and decision-makers guide their actions for community development based on the data we will gather," said Joani Vallespir, information officer with ODO.

The project is focused on a variety of aspects in each community. Specifically, population age, labour market, demographics, changes in crime, housing, poverty, immigration, life expectancy, health and social services, education, and culture.

Residents across the region are invited to participate in gathering information about their community. Everyone can participate by filling out a survey about their neighbourhood. Vallespir says that the more people making their voices heard, the better the data they can have, which directly feeds the community. She said that, for ODO, this project is collective mobilization that will have an impact on election officials at every level of government.

Various community surveys are open for residents and more will be rolled out over the next few months. To participate in the Community Portrait project, visit: https://sunset-porch-b12.notion.site/Appel-la-participation-citoyenne-28e976ecc1948068b3bbefb726c34630?source=copy_link

The ODO is funded by Centre intégré de santé et de services sociaux de l'Outaouais (CISSSO), Centraide and Ministère des Affaires municipales et de l'Habitation (MAMH) and the City of Gatineau.



The War Amps

*You can empower
child amputees
by providing them with
the artificial limbs they
need to lead independent
and active lives.*



See your impact
at waramps.ca

Alternatives in health care

Seeing pain differently: in-person event in Wakefield



Tashi Farmilo
LJI Reporter

A free public event at the Earle House Café will offer locals a look at a non-traditional approach to chronic pain relief on February 8 at 3 pm. Charles Zave, a certified Live Blood Analyst, will present findings from his work with people suffering from autoimmune conditions, joint pain, and inflammation. These are issues that, in many cases, he believes are overlooked or misunderstood by mainstream medicine. “My goal is to help people see what their pain

might really be coming from,” Zave said. “And more importantly, to show them that there are ways to support healing that don’t involve drugs or surgery.”

Zave’s practice centers on live and dry blood analysis, a technique that uses a drop of blood taken from the finger and viewed under a microscope. According to Zave, this method allows him and the client to observe the condition of red and white blood cells, the presence of bacteria and parasites, and signs of viral activity. He says this process often uncovers infections and gut-related issues that may be fueling chronic inflammation. “There should be no bacteria in the bloodstream,” he explained. “But in case



Live Blood Analyst Charles Zave will offer a free talk at the Earle House Café in Wakefield on February 8, presenting a non-invasive, natural approach to chronic pain relief through blood analysis and holistic therapies. (TF)

PHOTO: COURTESY

after case, I see people with diagnosed arthritis or MS whose blood is filled with bacteria and sometimes even parasites. And yet, they’re rarely ever told this by their doctors.”

One of the common patterns Zave says he sees is the reactivation of Epstein-Barr virus, something he claims is present in all of his rheumatoid arthritis cases. “This is not fringe,” he said. “There are peer-reviewed studies that back up what I’m showing in people’s blood. I’ll be presenting that evidence, and people will see the images for themselves.”

Zave stresses that his methods are non-invasive and do not replace medical care. He regularly works with naturopathic doctors and other holistic practitioners to create support plans that include herbal remedies, nutritional changes, and supplements.

To support clients during recovery, Zave is also launching what he describes as Ottawa-Gatineau’s only mobile home-based pain clinic. The service will include red light therapy, cold laser, high-intensity laser therapy (available only in Wakefield), TENS stimulation, and non-needle electroacupuncture. These technologies, he says, are meant to reduce pain while the body addresses underlying issues identified in the blood. “A lot of people come to me at the end of the line,” he said. “They’ve tried everything. They’re still in pain. They feel invisible. This is a chance for them to be seen, literally, and to take back some control.”

One case Zave points to involves a man in his fifties who had received approval for medically assisted death due to an aggressive neurological condition. Zave claims he identified a parasitic infection linked to childhood exposure to cats, and after appropriate treatment outside of Canada, the man returned pain-free within two weeks. “It’s not magic. It’s biology,” Zave said. “When you remove the cause of the inflammation, the body can begin to repair itself. And it’s incredible to watch.”

Zave holds certification in Live Blood Analysis and is completing shock wave therapy certification this March. He emphasizes that his clinic relies only on tested herbal protocols and is designed to work alongside, not against, conventional care.

The February 8 talk is free and open to the public. The start time is to be confirmed. Seating is limited and available on a first-come, first-served basis. For details, contact Zave at charleszave65@gmail.com or 613-915-8377. “I’m not here to replace your doctor,” Zave said. “I’m here to show you what might have been missed.”

BIODYNAMICS
LIVE BLOOD ANALYSIS

**RESTORE
YOUR
BLOOD.
RESTORE
YOUR
HEALTH.**

- Circulatory Challenges
- Joint & Muscle Inflammation
- Parasite & Bacterial Infection
- Glucose Levels & Cholesterol
- Oxidative Stress
- Digestive Disorders
- Liver & Kidney Stress
- Symptoms of Anaemia

WE ONLY USE TESTED HERBAL HEALTH PROTOCOLS.

For an appointment or to learn more about what **Live Blood Analysis** can do for you, please contact:

T: 613-915-8377 | E: CHARLESZAVE65@GMAIL.COM

Love the Bulletin fundraiser

Know someone in Aylmer? Help them receive the local newspaper

West Quebec Post readers are sprinkled throughout Outaouais. Many Post readers have relatives or friends who live in Aylmer. This is why Post readers should know that something good is afoot in Aylmer!

The local newspaper, the *Aylmer Bulletin*, is now delivered free to everyone in Aylmer by Canada Post. To pay for this expensive endeavor, a fundraiser is underway.

A BIT OF HISTORY

For decades, the *Aylmer Bulletin* was delivered free by the defunct delivery network called PubliSac. The far more expensive delivery option, Canada Post, was an out-of-reach dream for the team at the *Aylmer Bulletin*. However, the foundational raison-d'être of this

newspaper is to provide news to everyone regardless of household income. We were not fulfilling our mission. It just wouldn't do!

After saving up enough funds to get started on the Canada Post delivery and increased print costs, the new delivery system started just before Christmas 2025.

What a success! Letters to the editor sky rocked, news tips flooded in, even new advertisers called for bookings. Readers stopped by the office day in and day out thanking us for the home delivery. Still, the cost of printing 32 850 copies, and delivering them, was not being covered by general revenue.

Savings won't last, so the community suggested a fundraiser.

LOVE THE BULLETIN FUNDRAISER

The Love the *Bulletin* fundraiser kickstarted at the beginning of 2026. The idea is for a regular \$5 a week donation to cover the costs of several homes, knowing not everyone can afford the donation.

Dear *West Quebec Post* reader, would you consider signing up for such a donation? The benefit is for folks in Aylmer – perhaps a friend or family member – who are now receiving their local newspaper via Canada Post.

Consider this? And in the meantime, please send in your letters to the editor, news tips, ad bookings – and talk about the paper to everyone you encounter.

Long live local news,

Lily Ryan
Publisher

Love the Bulletin

Donate to help keep the Bulletin delivered door-to-door!

"LOVE THE BULLETIN"
funding drive

\$5 A WEEK

Email dons@bulletinaylmer.com
today with the subject line
"LOVE THE BULLETIN".



Coroner recommends better surveillance following 2024 death of Campbell's Bay inmate

Carl Hager
Local Journalism Initiative

The death of Katherine Herault on March 4 2024 at the Hull Hospital, after being held in custody in a cell at the SQ offices in Campbell's Bay on March 1 of that year resulted in an inquiry as to the correctness of the actions of the officers concerned with her detention. Herault had been arrested after a search of her home and taken to the SQ station in Campbell's Bay on March 1, 2024 and held in an interview room.

The BEI (Bureau des enquetes independantes), the police watch dog, concluded in a report of July 2025 that no criminal charges would be laid against the officers presiding over her detention. The BEI report concluded

that the legal obligations of the police officers had been met.

Herault had been taken to jail by SQ officers and put in a detention cell where she suffered from a series of convulsions. It was later discovered that the woman suffered from chronic pulmonary disease, chronic anemia, depression and substance disorder. While being held alone in the detention room, during which time she apparently fell to the floor, there was no surveillance. During the course of this detention officers found cause to call in medical assistance. The woman died in hospital a few days later, from neurological complications. Questions arose about the quickness and efficacy of the actions taken by the SQ officers working at the station at the time of her detention.

Quebec coroner, Francine Danais reviewed the case. Danais concluded in her report of January 9th, 2026 that Herault's death was accidental and that drug abuse, meta-amphetamines and cocaine found in her system, hastened the woman's poor medical outcome.

The coroner recommends that the Ministry of Public Safety revise its guidelines and practices of people held in detention. More specifically the coroner urges the Surete du Quebec to review its practices and directives on the use of interview rooms in addition to those held in a cell block. The coroner recommends that a person be responsible for the "Close, regular and constant supervision" appropriate to the condition of a person in custody be carried out in order to ensure their well being.

THE CLASSIFIEDS



Payment due before publication

CLASSIFIED RATES

\$7,43 a week (+ taxes) = \$8,54 for 15 words
10¢ each additional word

Call Dominique for your classified ads - Deadline Tuesday noon

1 800 486-7678 or 819 684-4755

Email: classifieds@bulletinaylmer.com

BIRTHDAYS AND EVENTS

WOOPII BALLOONS - PARTY SUPPLIES & RENTAL SHOP Beautiful eco-friendly balloons for your parties, celebrations, baby showers, gender reveals, weddings, or any special occasion. Located at 153-B Principale Street, Gatineau (Aylmer) QC. 819 682-6560. party@woopii.com.

NOTICE OF CLOSURE OF INVENTORY

NOTICE IS HEREBY GIVEN that Dorothy Roxburgh Landry, in her lifetime domiciled at 128-70 Rue De La Futaie, Gatineau, Québec J8T 8S2, died at Gatineau, Québec, on May 3, 2024. An inventory of the deceased has been made in accordance with the Québec Civil Code and can be consulted by interested parties at rossroxburgh48@gmail.com.

Given at Stirling, Ontario, on January 19, 2026
Ross Roxburgh
Liquidator

CHURCHES

GRACE GATINEAU (PRESBYTERIAN), 325 Boul. de la Cité-des-Jeunes in Hull. Worship service every Sunday at 10:30 am. An English-speaking church that is French-friendly. For more information, visit gracegatineau.ca or our Facebook page.

FINANCE

SERELIS ACCOUNTING AND BOOKKEEPING FOR SME. Local accountants for local businesses. 200-1910 chemin Pink, Gatineau, QC. J9J 3N9. 819-307-6766. Serelis.ca

FOR RENT

APARTMENT FOR RENT 1 bedroom, basement. 46 Bancroft Apt B. Heated/lighted. No parking. \$950/month. Pierre: 819-685-1117 or Guy: 819-682-3873.

BACHELOR FOR RENT Aylmer sector of Gatineau. \$795/month, no pets. For more information, call 819-414-1627.

FOR RENT

FURNISHED BASEMENT APARTMENT AVAILABLE FOR MARCH in Aylmer sector of Gatineau for employed male. References, etc., required. \$940/month. Contact: karmen.osborne.canada@gmail.com.

HALL RENTAL

CHEZPUTTERS PROVIDES YOU WITH 2 VIP ROOMS FREE OF CHARGE: One can accommodate up to 50 people, and the other, up to 25. Drinks must be ordered on site. There is also a restaurant on site to serve you. Reserve now at info@chezputters.ca or call 819-557-1188. Galerie Aylmer, North Entrance, 181 Principale Street, Gatineau, QC J9H 6A6. Visit and like our Facebook page.

HALL RENTAL

HALL RENTAL FOR ALL OCCASIONS. With or without bar service; kitchen; air conditioner; Wifi; TV; dance floor. Questions? Aylmerlegion33@gmail.com or leave a detailed message at 819-684-7063.

HEALTH

SHARON LAPLANTE INFIRMIÈRE CLINICIENNE (bébés et familles). Visites à domicile et en ligne. Bilingual services. caring@sharonlaplante.com.

MASSAGE

O! SO NATURAL MASSAGE THERAPY & SKIN CARE All our therapists are accredited by a Massage Therapy Association and can issue receipts for insurance. Appointments are available from Monday to Friday between 9 a.m. and 9 p.m. and Saturday and Sunday between 9 a.m. and 4 p.m. We are located at 153 Rue Principale, Gatineau (Aylmer). Book your appointment today. 819 682-8888.

MISCELLANEOUS

QCNA offers advertisers a one-order, one-bill service. Call us for details on reaching English Quebec and, through classified ads, French Quebec and every other Canadian province and territory. Contact us at sales@qcna.qc.ca or 819 893-6330. For details, visit <https://qcna.qc.ca/>.

PRAYER

MAY THE SACRED HEART OF JESUS be adored, loved, glorified, and persevered throughout the world now and forever. Sacred Heart of Jesus, pray for us. Amen. St. Jude, worker of miracles, pray for us. St. Jude, help for the hopeless, pray for us. St. Therese, little flower of Jesus, pray for us. Say this nine times a day for nine days. By the ninth day, your prayer will be answered. Publication must be promised. Thank you very much the Sacred Heart of Jesus and St. Jude for the favors received. G.L

SERVICES

BOISERIE DD Pour tous types de projets et petites rénovations. For all types of projects and small renovations. Dan Dompierre: 819-213-1817, ddompierre65@gmail.com.

FEMME DE MÉNAGE 26 ANS D'EXPÉRIENCE Très fiable. Place disponible à combler. Pour plus d'informations, contactez Julie au 819-592-7006.

www.westquebecpost.com

West Quebec Post
HULL • CHELSEA • AYLMEYR • BUCKINGHAM • LUSKVILLE • WAKEFIELD • PONTIAC

THANK YOU FOR SUPPORTING YOUR LOCAL NEWSPAPER!

Two arrested in connection to the 2023 murder of Patrick Gagnon



Tashi Farmilo
LJ Reporter

Two men have been formally charged in connection with the death of Patrick Gagnon, a 45-year-old man from Lochaber-Partie-Ouest, a rural area in western Quebec. Gagnon had been reported missing on October 31, 2023, after he was last seen in the Kazabazua area. His body was discovered on November 5 along Chemin Héritage in Gracefield.

After a lengthy investigation, officers from the Sûreté du Québec's major crimes division arrested Stéphane Lévesque and Éric Chénier, both in their forties, on January 14. They are each charged with first-degree murder and with committing an indignity to a human body. Lévesque appeared in court in Montréal and Chénier appeared in Gatineau on the day of their arrest.

Police have not released further details about how Gagnon died, what led to the killing, or what connection the suspects may have had with him. The investigation is ongoing.

Anyone who may have information that could assist police is urged to contact the Sûreté du Québec's criminal information centre at 1-800-659-4264. All tips are confidential.

Two men in their forties have been arrested for the first-degree murder of Patrick Gagnon, whose body was found in Gracefield in November 2023 after being reported missing from Kazabazua. (TF)

PHOTO: COURTESY OF THE MUNICIPALITY OF SAINTE-SOPHIE



BECAUSE WE HAVE YOUR ACTIVITIES AT HEART COMMUNITY EVENTS

ANNUAL ICE FISHING TOURNAMENT ORGANIZED BY CENTRE DE PÊCHE BLANCHE GATINEAU January 31, 2026. Start: 6:30 a.m. – End: 3:30 p.m. Prizes given on the ice starting at 4:00 p.m. All fish must be registered alive, and release back into the water is mandatory at registration. Catches must come exclusively from the bay Clément. Please bring a bucket to safely transport your catches to the registration area for release. Adult ticket: \$40. Pre-sale until January 23: \$35. Child ticket: \$20. Pre-sale until January 23: \$15. Prizes to Win: \$2,000 – Largest Pike \$1,000 – 2nd Largest Pike \$500 – 3rd Largest Pike \$750 – Largest Yellow Perch \$500 – Smallest Yellow Perch \$750 – Largest Crappie \$250 – Other species (random draw). For children: 3 random draws of \$250. Many door prizes and participation prizes! Cabin rentals available once installation is completed. Cabin reservations are starting on Monday, January 5, 2026. A cabin is not required to participate in the tournament. On-site: cabin rentals, hole drilling, tip-up rentals, bait sales, and fishing gear available. Ticket purchase is valid for one person only and provides tournament participation only (cabin and access not included). Tickets on sale now at the office, Pêche Blanche Gatineau 540 Chemin de Montréal Ouest, Gatineau. Informations: 819-281-9733.

AYLMER LEGION BRANCH 33 -January 31 at 1 pm: Cribbage Tournament. Registrations from 12:30 to 12:45 pm. Cost: \$5/ person. -February 8 at 2 pm: Super Bowl

LX Party; Chili at 5 pm. -February 18 at 6:30 pm: New! Trivia Night, registrations in advance with Jared at 613-240-0559. -February 28 at 6 pm: Chicken Dinner Fund-raiser and live music at 7 pm with "Swamp City Stompers". Tickets available in limited quantity in advance only, call Denise at 613-614-7847. The Aylmer Legion Branch #33 is located at 59 Bancroft Street, Aylmer, QC. Infos: Aylmerlegion33@gmail.com.

ENJOY YOUR SKATING RINK SPECIAL VALENTINE'S DAY. Come celebrate love and friendship on the ice! Saturday, February 14, 2026, from 6:30 p.m. to 9:30 p.m. at Parc des Cèdres, 1 Principale Street, Gatineau, Aylmer Sector. Free! Skate with your partner or friends in a romantic and warm atmosphere, accompanied by soft and festive music. On site: entertainment, a bonfire to warm you up, and a food truck to treat you. Don't miss the themed makeup, perfect for getting even more into the spirit! Need equipment? Skate and helmet rentals are available with the Accès Gatineau+ card.

HERE IT IS! LAST CALL WILL BE LIVE AT CHEZ PUTTERS in Aylmer, Quebec, Saturday, January 31, 2026, at 9 pm. \$10 cover charge at the door. Galeries Aylmer entrée Nord, 181 rue Principale, Gatineau.

SKATING WITH SUPERHEROES Sunday, February 1, 2026, from 10 a.m. to noon at the refrigerated skating rink – Aylmer Marina, 1 Principale Street, Gatineau. Free event! Dress up to meet your favorite superheroes on the ice. A perfect opportunity for original

and memorable photos. Free face painting on site.

SNOWFLAKE KINGDOM 2026 From January 30 to February 16, 2026, experience winter at Snowflake Kingdom: laughter, slides, and memories guaranteed! This huge playground will host our traditional tube slides, magnificent snow sculptures, and a wide range of games and activities for young and old alike! Obstacle courses, mazes, Olympic sports, acoustic shows—everything you need to have fun and stay warm! Of course, it's impossible to resist our traditional beaver tails, which are especially delicious when enjoyed near a fire! Parc Jacques-Cartier, North section, 350 Laurier Street, Gatineau (Quebec) - Friday, January 30, 2026, from 4 p.m. to 9 p.m. - Saturday, January 31, 2026, from 9 a.m. to 9 p.m. - Sunday, February 1, 2026, from 9 a.m. to 6 p.m. - Friday, February 6, 2026, from 9 a.m. to 10 p.m. - Saturday, February 7, 2026, from 9 a.m. to 10 p.m. - Sunday, February 8, 2026, from 9 a.m. to 6 p.m. - Friday, February 13, 2026, from 9 a.m. to 9 p.m. - Saturday, February 14, 2026, from 9 a.m. to 9 p.m. - Sunday, February 15, 2026, from 9 a.m. to 6 p.m. - Monday, February 16, 2026, from 9 a.m. to 6 p.m. Become a volunteer: Join the hundreds of volunteers who enjoy unforgettable moments every year during Winterlude. Your talents will be put to good use, and you will have an enriching and stimulating experience. See: <https://www.canada.ca/en/canadian-heritage/campaigns/become-volunteer/winterlude.html>

WE ARE THRILLED TO ANNOUNCE THE VERY FIRST SEEDY SATURDAY AYLMEER EVENT COMING TO OUR COMMUNITY! 100% free seed swap! Saturday, February 28, 2026, from

10 am to 3 pm. Location: Robert-Middlemiss Pavilion, 1 rue Principale, Gatineau (Aylmer sector). The event is being piloted together with Partenaires du Secteur Aylmer, Polliniser / Polliniser Aylmer and Localeaf, with support from Seeds of Diversity Canada. The best part? Everything is absolutely FREE. What to Expect: Free Seeds!! Free Workshops!! Community links!! Got seeds? Bring them!! More details here: <https://localeaf.ca/seedy-saturday-aylmer/> OR shoot us an email at seedysaturdayaylmer@gmail.com.

WINTERLUDE AFTER-SLIDING PARTIES FOR TEENS. Winter parties you won't want to miss. The Snow Dance is switching to teen party mode. February 6 and 7, 2026, from 6 p.m. to 10 p.m. at Snowflake Kingdom – Jacques-Cartier Park, Laurier Street, Gatineau. Live DJ, music, nighttime tubing, illuminated Ferris wheel, 360° camera... in short, everything you need to have fun and laugh with your friends! Come play outside, even in winter (yes, really). Hot chocolate and coffee. Soup. Prizes to be won + surprises. Contest for the best retro winter outfit (bring your coolest coat). Bonus: the park stays open until 10 p.m. just for these evenings. Admission and all activities are 100% free (even the hot chocolate. Even the soup. Even the coffee and even the Ferris wheel). Shuttle available from the Robert Guertin Center. STO buses 31 and 67. No parking on site (take the bus or find a ride). Après-glisée is simple: winter, but fun. Details: <https://calendrier.gatineau.cloud/calen.../evenement.aspx...>



INSCRIPTION DE NOUVEAUX ÉLÈVES EN 2026-2027

La Commission scolaire Western Québec est fière d'offrir un enseignement de qualité en langue anglaise ainsi qu'un programme exceptionnel de français de base et d'immersion française.

<ul style="list-style-type: none">• Pour inscrire un enfant à la maternelle 4 ans (M4), il faut qu'il ait 4 ans au 30 septembre 2026..• Pour inscrire un enfant à la maternelle 5 ans (M5), il faut qu'il ait 5 ans au 30 septembre 2026.. <p>** Les écoles qui proposent des programmes de maternelle pour les enfants de 4 ans..</p>	<p>Documents requis pour l'inscription</p> <ul style="list-style-type: none">• Acte de naissance d'origine de l'enfant, en version longue, portant le nom des parents, et• Preuve de citoyenneté canadienne (acte de naissance canadien, certificat de citoyenneté canadienne ou passeport canadien) du parent qui rendra l'enfant admissible, et• Permis de conduire québécois du parent/ tuteur responsable de l'enfant ou bail/acte de propriété et une facture de services publics (Hydro Québec ou téléphone).
--	--

Pour inscrire votre enfant, veuillez communiquer avec son école locale ci-dessous. Pour déterminer l'école de votre enfant, visitez le site www.wqsb.qc.ca, cliquez sur « Localiser une école » et saisissez l'adresse de votre domicile ou appelez le 819 684-2336, pour obtenir de l'aide.

ÉCOLE	DATE	ÉCOLE	DATE
Buckingham ** Tél. : 819-986-3191	À partir du 9 février Sur rendez-vous clarin@wqsb.qc.ca	Noranda ** Tél. : 819-762-2706	À partir du 9 février Sur rendez-vous fbellerose@wqsb.qc.ca
Chelsea Tél. : 819-827-0245	À partir du 9 février Sur rendez-vous jralph@wqsb.qc.ca	Onslow ** Tél. : 819-458-2375	À partir du 9 février Sur rendez-vous cmccann@wqsb.qc.ca
Dr. S.E. McDowell ** Tél. : 819-647-3800	À partir du 9 février Sur rendez-vous llalonde@wqsb.qc.ca	Pierre Elliott Trudeau ** Tél. : 819-777-8600	Le 9 & 10 février M4 et M5 8 h 30 - 12 h & 12 h 30 - 15 h Sur rendez-vous qduroc@wqsb.qc.ca
Dr. W. Keon ** Tél. : 819-689-2488	À partir du 9 février Sur rendez-vous afleming@wqsb.qc.ca	Poltimore ** Tél. : 819-457-2335	À partir du 9 février Sur rendez-vous mdupuis@wqsb.qc.ca
Eardley ** Tél. : 819-684-5955	À partir du 9 février M4 & M5 Sur rendez-vous kimteske@wqsb.qc.ca	École secondaire du Pontiac Tél. : 819-647-2244	À partir du 3 février Sur rendez-vous dstafford@wqsb.qc.ca
Golden Valley ** Tél. : 819-825-3211	À partir du 3 février Sur rendez-vous mhstpierre@wqsb.qc.ca	Queen Elizabeth ** Tél. : 819-467-2865	À partir du 3 février Sur rendez-vous lsavard@wqsb.qc.ca
Greater Gatineau ** Tél. : 819-663-4842	Le 9 & 10 février M4 et M5 8 h - 12 h & 13 h - 15 h awells@wqsb.qc.ca	South Hull ** Tél. : 819-684-6565	Le 9 & 10 février M4 et M5 9 h - 12 h & 13 h - 17 h 30 lhennink@wqsb.qc.ca
G. Théberge ** Tél. : 819-627-1212	À partir du 9 février Sur rendez-vous gtheberge@wqsb.qc.ca	St. John's ** Tél. : 819-648-2149	À partir du 9 février Sur rendez-vous jlaviolette@wqsb.qc.ca
Hadley Jr. / Philemon Wright Tél. : 819-776-3158	Veuillez consulter https://hadleyphilemon.westernquebec.ca/about/registration	St-Michael's Tél. : 819-422-3584	À partir du 9 février Sur rendez-vous lvisentin@wqsb.qc.ca
Lord Aylmer Jr. Campus ** 130 rue Frank Robinson Tél. : 819-684-6801	Le 10 février 8 h - 12 h & 13 h - 15 h karencomfort@wqsb.qc.ca	Symmes Jr. / D'Arcy McGee H.S. Tél. : 819-684-7472	À partir du 9 février Sur rendez-vous jpilon@wqsb.qc.ca
Maniwaki Woodland ** Tél. : 819-449-2597	À partir du 9 février Sur rendez-vous mdavis@wqsb.qc.ca	Wakefield ** Tél. : 819-459-2373	À partir du 9 février Sur rendez-vous ispallin@wqsb.qc.ca
Namur Intermédiaire ** Tél. : 819-426-2996	À partir du 9 février Sur rendez-vous JHuneaultDesormeaux@wqsb.qc.ca		



NEW STUDENT REGISTRATION 2026-2027

The Western Québec School Board is proud to provide quality English language instruction as well as outstanding Core French and French Immersion programming.

<ul style="list-style-type: none">• To register children for 4-year-old Kindergarten (K4), they must be <u>4 years of age</u> by September 30, 2026.• To register children for 5-year-old Kindergarten (K5), they must be <u>5 years of age</u> by September 30, 2026. <p>** Schools who potentially offer 4-year-old Kindergarten programming (please contact the school).</p>	<p>Required Documents for the Registration</p> <ul style="list-style-type: none">• Child's original long-form birth certificate bearing parents' names, and• Proof of Canadian Citizenship (Canadian birth certificate, Canadian citizenship certificate, or Canadian passport) of the parent who will render the child eligible, and• Québec driver's license of the parent/ guardian responsible for the child or Lease/ House Deed and a utility bill (Hydro Québec or telephone).
---	--

To register, please contact your child's local school below. To determine your child's school please visit www.wqsb.qc.ca and use the "School Locator" link and enter your home address or call 819-684-2336 for assistance.

SCHOOL	DATE	SCHOOL	DATE
Buckingham ** Tel: 819-986-3191	Starting Feb 9th By appointment clarin@wqsb.qc.ca	Noranda ** Tel: 819-762-2706	Starting Feb. 9th By appointment fbellerose@wqsb.qc.ca
Chelsea Tel: 819-827-0245	Starting Feb. 9th By appointment jralph@wqsb.qc.ca	Onslow ** Tel: 819-458-2375	Starting Feb 9th By appointment cmccann@wqsb.qc.ca
Dr. S.E. McDowell ** Tel: 819-647-3800	Starting Feb. 9th By appointment llalonde@wqsb.qc.ca	Pierre Elliott Trudeau ** Tel: 819-777-8600	Feb. 9 - 10th 8:30-12:00 & 12:30-3:00 K4 & K5 By appointment qduroc@wqsb.qc.ca
Dr. W. Keon ** Tel: 819-689-2488	Starting Feb. 9th By appointment afleming@wqsb.qc.ca	Poltimore ** Tel: 819-457-2335	Starting Feb. 9th By appointment mdupuis@wqsb.qc.ca
Eardley ** Tel: 819-684-5955	Starting Feb. 9th K4 & K5 By appointment kimteske@wqsb.qc.ca	Pontiac High Tel: 819-647-2244	Starting Feb 3rd By appointment dstafford@wqsb.qc.ca
Golden Valley ** Tel: 819-825-3211	Starting Feb. 3rd By appointment mhstpierre@wqsb.qc.ca	Queen Elizabeth ** Tel: 819-467-2865	Starting Feb. 3rd By appointment lsavard@wqsb.qc.ca
Greater Gatineau ** Tel: 819-663-4842	Feb. 9th & 10th K4 & K5 8:00-12:00 & 1:00-3:00 No appointment required awells@wqsb.qc.ca	South Hull ** Tel: 819-684-6565	Feb. 9th & 10th K4 & K5 9:00-12:00 & 1:00-5:30 No appointment required lhennink@wqsb.qc.ca
G. Théberge ** Tel: 819-627-1212	Starting Feb. 9th By appointment gtheberge@wqsb.qc.ca	St. John's ** Tel: 819-648-2149	Starting Feb. 9th By appointment jlaviolette@wqsb.qc.ca
Hadley Jr. / Philemon Wright H.S. Tel: 819-776-3158	Please visit https://hadleyphilemon.westernquebec.ca/about/registration	St-Michael's Tel: 819-422-3584	Starting Feb 9th By appointment lvisentin@wqsb.qc.ca
Lord Aylmer Jr. Campus ** 130 rue Frank Robinson Tel: 819-684-6801	Feb. 10th K4 & K5 8:00-12:00 & 1:00-3:00 No appointment required karencomfort@wqsb.qc.ca	Symmes Jr. / D'Arcy McGee H.S. Tel: 819-684-7472	Starting Feb. 9th By appointment jpilon@wqsb.qc.ca
Maniwaki Woodland ** Tel: 819-449-2597	Starting Feb. 9th By appointment mdavis@wqsb.qc.ca	Wakefield ** Tel: 819-459-2373	Starting Feb. 9th By appointment ispallin@wqsb.qc.ca
Namur Intermediate ** Tel: 819-426-2996	Starting Feb. 9th By appointment JHuneaultDesormeaux@wqsb.qc.ca		