POINTIAC COMMUNITY

Newsletter – Pontiac Community Development Corporation

NO 4 – OCTOBER 2017
FILE TO FOLLOW

Pontiac Social Development Table (TDSP) – On September 18, the first meeting of the TDSP was held. A new meeting format was proposed to members and the TDSP, in collaboration with CDC Pontiac, will seek active involvement of members in order to prepare a series of activities that will lead to the development and implementation of an action plan as well as a Social and Community Development Forum in the Pontiac planned for the fall of 2018. Follow the TDSP on Facebook

News from the members

Pontiac Organization of Seniors and Retirees (TARP) - TARP partnered with Juripop to organize the Caravane 360 event. This day of awareness activities and information on elder abuse was held in Bryson on September 29th.

Carrefour jeunesse-emploi du Pontiac - On September 7th, La Défriche, the new program for youth between 14 to 35, was launched. This program is the Pontiac version of the Créneau carrefour jeunesse program (see press release below), which aims to provide skills in different aspects of youth's lives (education, health, citizenship, entrepreneurship, employment).

Also on this Issue – The Mont O'Brien Association annual Thanksgiving Weekend hike and the AGM of Western Quebec Literacy Council on October 27th, 2017.

Comité 0-5ans - See October programming and calendars for breastfeeding clinics.

The Pontiac CDC AGM was held on September 12th. Several members took advantage of the directors' breakfast who preceded to get back in touch. The Pontiac CDC 2017-2018 Board of Directors is comprised of:

Tyler Ladouceur, President
AutonHomme

Michèle Gagnon, Vice-President
Western Quebec Literacy Council

Ellen Boucher, Treasurer

Bouffe Pontiac

Sylvie Bertrand, Administrator

TarnsporAction

Kim Laroche, Administrator

L'EntourElle

Michel Vallières, Secretary

CDC Pontiac

Not to be missed - In preparation for the November 5th 2017 municipal elections, and the first election of a warden in the MRC Pontiac history, the TDSP invited the candidates to the prefecture to attended the meeting on October 23th. It will be an opportunity to introduce themselves and experience first hand the exchanges between members.
Campbell’s Bay, September 7th, 2017

A wind of change is blowing on the Carrefour jeunesse-emploi du Pontiac, with the launch of *La Défriche*, which is for Pontiac youth 14 to 29 years old.

*La Défriche* is the local and unique version of the Carrefour jeunesse program launched in 2016 by the Secrétariat à la Jeunesse du Québec. Through its various components, this program aims to support young people in academic perseverance, personal and social autonomy, entrepreneurship, volunteerism and becoming involved in the decision-making bodies of their community. In short, this program touches many aspects of citizenship, education and health, and is intended to help young people take charge of their future and that of their society.

Why *La Défriche*? In our region of forests and lakes, we know what it means to « défricher¹ ». We can clear land to create a cultivable field, or to create a path where no one has walked yet. « Défricher » is: to move forward, to get your hands dirty, to know how to use the tools you have. « Défricher » involves moving step by step towards an goal, persevering, investing in the building of something, helping our community to move forward. « Défricher » is also about getting to know new places and new possibilities. It is opening up new horizons.

*La Défriche* invites you to make your way.

Our counsellors and advisors are here to support you in this adventure.

*For information:*
synollet@cjepontiac.ca
819-648-5065, ext. 235

¹To reclaim.
The Mont O'Brien Association will hold its annual Thanksgiving Weekend hike (about 4 hours & 4 km) on the Mary Haydon Trail to the summit **Saturday, October 7, starting at 10 a.m.**

**Family memberships** ($25) for the Hike, including 2017 or 2018 Annual membership, will be available at the gate:

Rte. 301 (14 km west of Otter Lake) at **9:30 a.m.** Saturday.

Please dress appropriately for the day. See our **website** at: 
www.montobrienassociation.org.

**For you information**: The Danford Lake Anglican Women's Association is holding a Charity benefit Turkey Dinner buffet the same day, **Saturday, October 7, at 4 p.m.**, at Bethany Hall on Harrisson Road North, in Danford Lake Village.

16$ for adults and 8$ for children

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L'Association Mont O'Brien tiendra sa randonnée annuelle la fin de semaine de l’Action de grâce (environ 4 heures et 4 km) sur le sentier Mary Haydon jusqu’au sommet.

**Samedi 7 octobre à partir de 10 h.**

L’adhesion familiale (25 $) pour la randonnée, comprenant l’adhésion annuelle 2017 (ou 2018), sera disponible à l’entrée :

Rte. 301 à 14 km à l’ouest de Otter Lake, à 9h30 samedi.

Veuillez vous habiller de manière appropriée pour la journée.

Consultez notre **site Web** à l'adresse [www.montobrienassociation.org](http://www.montobrienassociation.org).

**Pour votre information** : L'Association des femmes anglicanes de Danford Lake organise un diner bénéfice le même jour, samedi 7 octobre, à 16h, au Bethany Hall sur Harrisson Road Nord, dans le village de Danford Lake.

Adultes 16$, enfants 8$
You are invited to the
Western Quebec
Literacy Council's
Annual General Meeting

Join us for lunch, a presentation from our
keynote speaker Martin Riopel (Jardin
Éducatif), & the unveiling of our new image!

October 21, 2017
10:30 am, Café 349
Main Street, Shawville
RSVP by October 16

Call: 1-888-647-3112 or email info@wqlc.org
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**ENTRÉE LIBRE! TRANSPORT GRATUIT DISPONIBLE AU BESOIN, COLLATIONS FOURNIES ET SURPRISES POUR LES ENFANTS!**

**DROP-IN! FREE TRANSPORTATION AVAILABLE IF NEEDED, SNACKS PROVIDED AND SURPRISES FOR THE CHILDREN!**

**LUSKVILLE:**

**SHAWVILLE:** Shawville Shenanigans (New Hope Christian Fellowship Church (downstairs/sous-sol): 586 Main, Shawville

**CLINIQUE D’ALLAITEMENT / BREASTFEEDING**
**CLINIC:** Maison de la famille du Pontiac (MDFP) 161 rue Principale Street Fort-Coulonge

**CLSC Shawville (Salle Solarium Room) 290 Marion**

**ACTIVITÉS BILINGUES / BILINGUAL ACTIVITIES**

Animatrice / Animator
Lisa Corrigan
819-648-2825
anim05pontiac_est@hotmail.com
www.facebook.com/05pontiac
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All of our activities are bilingual | 2 | 3 | 4 Clinique d'allaitement  
Breastfeeding clinic Shawville 10h-12h | 5 | 6 | 7 Activité parent-enfant  
Playgroup  
Chapeau 9h30-11h |
| 8 | 9 | 10 Bonjour Poupon!  
Good Day Baby! (0-3)  
Biblio Campbell’s Bay library 9h-12h | 11 | 12 | 13 | 14 Heure du conte  
Story time  
Biblio Fort-Coulouge library  
10h-11h |
| 15 | 16 | 17 | 18 Clinique d’allaitement  
Breastfeeding clinic  
MDFP 10h-12h | 19 | 20 | 21 Activité parent-enfant  
Playgroup  
Chapeau  
9h30-11h |
| 22 | 23 | 24 Bonjour Poupon!  
Good Day Baby! (0-3)  
Biblio Campbell’s Bay library  
9h-12h | 25 | 26 | 27 | 28 |
| **Thème: Halloween**  
**Theme: Halloween** | 29 | 30 | 31 | Free snack Collation gratuit |  |  |
| | Fort-Coulouge :  
Bibliothèque de Fort-Coulouge Library, 134 principale  
Maison de la Famille du Pontiac, 161 principale |
| | Campbell’s Bay :  
Bibliothèque de Campbell’s Bay Library, 4 Patterson  
Chapeau :  
École Notre-Dame Du Sacré-Cœur School, 89 chemin Pembroke  
Shawville :  
CLSC Shawville, 435 rue Shaw, shawville |

www.facebook.com/05pontiac

Dannielle Chevalier, Animatrice / Animator  
anim05pontiac_ouest@hotmail.com,  
819 683-1337 ou 819 744-1729

Surprises pour les enfants  
Children receive free gift surprises

Transport disponible sur demande  
Transportation available if needed
BREASTFEEDING CLASSES

Breastfeeding is an important first step that protects the health of mothers and infants, providing everything to nourish your infant and build a strong immune system.

FREE

Class Dates
All classes are 10:00-15:00

Sep 16—Fort Coulouge, QC
Oct 28—Shawville, QC
Nov 18—Quyon, QC
Dec 9—Campbell’s Bay, QC
Jan 20—Chapeau, QC
Feb 10—Shawville, QC
Mar 10—Quyon, QC
Apr 14—Campbell’s Bay, QC
May 12—Fort-Coulouge, QC
Jun 16—Chapeau, QC

Instructor:
Véronique Jong-Coté
Lactation Coach

Register by E-mail:
allaitementpontiac@gmail.com

A project of:
Allaitement Pontiac Breastfeeding

Are you pregnant, Breasftfeeding, Or know Someone who is?

Our FREE monthly meetings are perfect for future moms, new moms, nursing moms and anyone else interested in supporting the nursing mother.

Whether for 2 weeks, 2 months or 2 years, a certified lactation coach and our meetings, can help you achieve your breastfeeding goals.

- Lactation Coach facilitator
- Baby scale available
- Snacks and drinks provided
- Play space available for older children

NO REGISTRATION REQUIRED

Véronique Jong
Lactation Coach

819-647-3493
allalementpontiac@gmail.com

2017-2018 Calendar
All clinics are 10:00—12:00am

September 6th, 2017
October 4th, 2017
November 1st, 2017
December 6th, 2017
February 7th, 2018
March 7th, 2018
April 4th, 2018
May 2nd, 2018
June 6th, 2018

CLSC Shawville
290 rue Marion
Shawville

A project of
Allaitement Pontiac  Breastfeeding

Are you pregnant,
Breastfeeding,
Or know
Someone who is?

JOIN OUR BREASTFEEDING CLINIC

Our FREE monthly meetings are perfect for future moms, new moms, nursing moms and anyone else interested in supporting the nursing mother.

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NO REGISTRATION REQUIRED

Véronique Jong
Lactation Coach

819-647-3493
allaitementpontiac@gmail.com

Schedule of Clinics
All clinics are 10:00—12:00am

September 20th, 2017
October 18th, 2017
November 15th, 2017
December 17th, 2017
February 21st, 2018
March 21st, 2018
April 18th, 2018
May 16th, 2018
June 20th, 2018

Maison de la famille du Pontiac
161 rue Principale
Fort-Coulonge

A project of: