

LA PÊCHE: AN AGE-FRIENDLY MUNICIPALITY



The 2015 AFM Action Plan Monitoring Committee for La Pêche with, from left to right, Huguette Cloutier, Hélène Cholette-Lacasse, Jacqueline Lambert-Madore, Line Ouellet, Denise Patry, Charlene Engstrom, Marie-Pierre Drolet and Michel Babin (front row).

On November 2, 2015, the Municipality of La Pêche adopted a policy for seniors as part of an initiative called Age-Friendly Municipality (AFM). Given a very real demographic trend, this initiative assists municipalities in taking their aging populations into consideration, within the sphere of municipal activities. Municipalities of the Municipalité régionale de comté (MRC) des Collines-de-l'Outaouais rely on the Des Collines Seniors' Roundtable for help and support. It is a "reference source" organization that advises both public and community bodies on seniors-related issues within the MRC.

The Municipality of La Pêche has the second highest percentage of seniors in all of the Municipalité régionale de comté (MRC). In adopting the AFM initiative, La Pêche has gambled that by promoting social inclusion, by encouraging the participation of seniors and by adapting municipal policies, services and structures, residents of

La Pêche can lead active lives, regardless of age.

To help guide and feed into this process, a public survey and consultation were conducted. Both revealed that residents have a deep attachment and sense of belonging to the Municipality, as well as a desire to remain living here for as long as possible. Residents identified the services that they needed the most to remain in La Pêche. These included the need for greater housing options, indoor/outdoor maintenance services for their properties, and better transportation and health services. Based on these results, a three-year action plan has been developed to transform the policy into concrete actions.

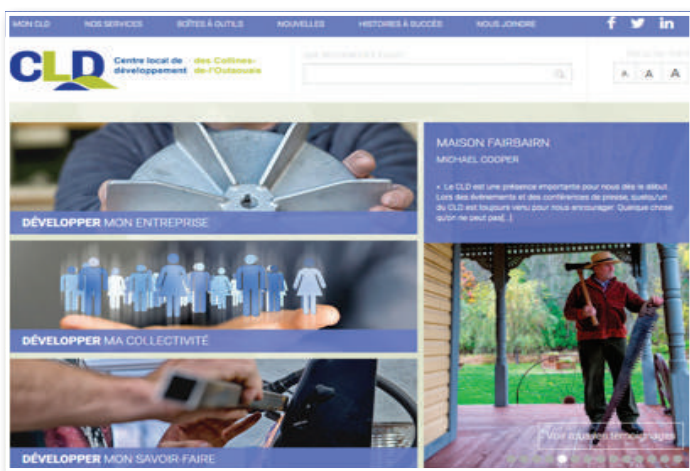
Although some objectives require a more medium to long-term approach (e.g. housing), tangible improvements have already been implemented, as a result of the adoption of the Seniors' Policy and its' 2016-2018 action plan. The Municipality has intentionally chosen a font and larger letter size for its' municipal bulletin and website that is easier to read. Relating to infrastructure, it has supported the renovation of the Sainte-Cécile-de-Masham Community Center, a popular meeting place for seniors. In health services, the Municipality has maintained its support for the palliative care home project, La Maison des Collines. Finally, with respect to public safety, the Fire Department has begun reviewing its emergency plans for senior residences. This list is far from complete. In 2018, the Municipality will continue its work on what has proven to be an excellent initiative.



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LET'S ALL DO OUR PART TO ENERGIZE THE ECONOMY



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The Municipality cares about promoting and supporting local development, not only helping its citizens by keeping taxes at reasonable levels, but also by encouraging them to take advantage of all available tools at their disposal, when setting up projects. The Centre local de développement (CLD) des Collines-de-l'Outaouais, which is the "economic development arm" of the MRC des Collines-de-l'Outaouais, is at the forefront of these available tools. The CLD provides citizens with

professional expertise in business, cultural and local development. Whether you are a private or community-based business, or the promoter of a cultural or local development project, the CLD can provide you with financial and technical assistance. Remember that the MRC's mandate and the CLD's mission include supporting regional development. For more information, please contact Louise Marchildon at lmarchildon@cldcollines.org. Did you know that in 2016, our CLD funded 17 projects and invested \$184,235 in the Municipality of La Pêche? In addition to events and organizations such as the Wakefield-La Pêche Writers Festival, Farrellton Artists' Space (FAS), Le Mashado or the Maison de la famille L'Étincelle, several private businesses received start-up funding.

Moreover, are you aware that the MRC can enter into agreements with government ministries and organizations, to implement regional priorities? As part of the MRC des Collines-de-l'Outaouais' Three-Year Cultural Development Agreement, a Cultural Development Fund (CDF) has been set-up to support community projects with spending of \$40,000 per year over the next three years. The CDF's call for proposals is currently underway and ends on December 17th, at midnight. Everyone to your keyboards! For further information, please contact Claudine Charet at ccharet@cldcollines.org.

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MESSAGES FROM MUNICIPAL SERVICES



HOLIDAY SCHEDULE

Please note the following information about the opening hours for the Municipality's administrative office during the 2017/2018 holiday period:
December 18 to 22, 2017: the offices will close at 4:00 p.m. every evening.
December 24, 2017 to January 3, 2018 (inclusive): the offices will be closed.

TIPS TO KEEP YOU SAFE AND WARM THIS WINTER

Does your home have a masonry or prefabricated metal chimney? If so, don't forget to get your chimney swept in order to remove soot and other combustibles that have accumulated and could result in a chimney fire. It is important to get your chimney swept and have your wood-burning stove and ducts inspected at least once a year. To do so, contact a qualified chimney sweep.



For you and your family's health and safety, take specific means to limit the amount of smoke entering your home. Burn only dry wood (avoid using painted, treated, wet, rotted or infected wood, as well as cardboard, garbage, etc.). When using your fireplace, clean it out regularly and limit the accumulation of ash. Above all, do not place ash or other residuals in your trash or recycling bin. Rather, put them in a metal container equipped with a lid, outside your home and at least one metre away from anything combustible. It is important to remember that embers can smoulder under the ashes for several days. Once cooled, the ashes can be recycled in your yard (vegetable garden, flower bed or soil). To learn more about the best ways to recycle wood stove ash, consult the article *Les cendres de poêles à bois - que peut-on en faire?* This can be found on the ministère du Développement durable, de l'Environnement et de la Lutte contre les changements climatiques web site.

The Fire Department

WINTER, CAUTION AND SAFETY: AN IMPORTANT TRIO

Winter demands special precautions.

Having a clean chimney reduces the risk of fires; a properly cleared balcony and steps help you avoid falls and a well-maintained driveway ensures an easy access. However, when taking such precautions, you are not only protecting yourself, but also protecting everyone with whom you come in contact. A fire can spread and casualties can result. If your steps are covered in ice, a visitor could hurt themselves if they fall. Your driveway is not properly cleared. What would you do if a friend or family member had an emergency and needed your help but your car was stuck in the snow? Thinking of others is not something that you do only when at home, but also when you are on the road. For example, if your car is not properly cleared, ice could break off and hit the windshield of the car behind you. If your windows are covered in snow or fogged up, it will be difficult to check your blind spots, thereby increasing the risk of a collision when passing another car. If you drive too fast, you can skid on ice or snow, with the risk of an accident increasing significantly. When driving, always keep in mind that it is "better to arrive five minutes late in this world than twenty years too early in the other", and always put safety first.

In conclusion, during winter (and obviously at all times), not only think about the person on the street, but also about the people doing road maintenance... **and read the interview on this subject on page 4!**

The Public Works Department

YOU CAN RECEIVE A BILINGUAL VERSION OF YOUR TAX BILL!

The Municipality would like to inform citizens that they can receive French or bilingual versions of their tax bill. The default language for tax bills is French. If you would like a bilingual version, please contact the Municipal office by phone at 819 456-2161, ext. 0, or by e-mail at reception@villelapeche.qc.ca.

The Finance and Taxation Department

WASTE MATERIAL MANAGEMENT

December 2017						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 ³¹	25	26	27	28	29	30

January 2018						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

RECYCLING
GARBAGE
NO COLLECTION

Week of Dec. 25: Collection of Dec. 25th moved to the 26th, collection of the 26th and 27th moved to the 27th, no change for the 28th.
Week of Jan. 1st: Collection moved to the following day in all sectors.

CHRISTMAS STRING LIGHTS 101

Over the coming few weeks, the magic of Christmas will completely transform a good many homes. The race will be on to outfit each with decorations that are more elaborate than their neighbours'. Be they indoor or outdoor decorations, Christmas string lights can contribute to creating a joyous holiday atmosphere. When installing your lights, please keep the following safety advice, in mind:

- Use only string lights that are approved by an organization such as the Canadian Standards Association (CSA) or the Underwriters Laboratories of Canada (ULC), and respect the indoor or outdoor use for which they were designed;
- Do not overload your electrical circuits, and unplug all decorations when leaving the house or going to bed;
- Avoid using string lights over prolonged periods of time. They are designed for short-period use only;
- Do not overload electrical outlets or extension cords, use a power bar instead. Warning: Avoid plugging extension cords end to end;
- Attach extension cords to raised stakes to avoid contact with snow and water. Also, avoid placing them in high-traffic areas.

Happy Safe Holidays! For information: 819 456-2161, ext. 2290.

The Fire Department

GREEN BINS ARE A MUST FOR THE COLLECTION OF HOUSEHOLD WASTE

Given the Municipality's concern for the environment and the consequences relating to waste management, it wishes to remind residents that, effective immediately, it is mandatory that household waste be placed in a wheeled 240 litre – 360 litre bin,



preferably green in colour and equipped with a European-type handle. This is a requirement of regulation 16-718 "regarding the collection, transportation and disposal of domestic waste, recyclable materials, hazardous household waste (HHW) and bulky items." Please note that construction materials are not accepted during pick-ups and must be dropped off at an authorized recycling centre at your expense.

Please pay special attention, given that article 20 of the regulation allows for offenders to be subject to substantial fines. Think about it! Remember that there is always an environmentally-friendly way to dispose of something!

For information: 819 456-2161, ext. 2280 or 2287.

The Public Works Department

MUNICIPAL FORUM



La Pêche FSC Fundraiser at the Wakefield Christmas Market

The La Pêche Figure Skating Club will be at the Wakefield Christmas Market. The members are soliciting contributions and fundraising ideas for this event, in order to pursue their sport within the club which has been present in our municipality for over 10 years.

When: December 9

Where: Centre Wakefield La Pêche

Information: Élisabeth Séguin, cpalapeche@hotmail.com

Facebook: CPA La Pêche FSC

Christmas Dinner with the Golden Age Club "Les Bons Amis" de Ste-Cécile-de-Masham

There will be dinner and dancing and door prizes. Everyone is welcome!

When: December 9, at 5 p.m.

Where: Desjardins Hall, La Pêche Sports Complex

Information: Marie-Paule Meunier, 819 360-5808

Christmas in the Gatineau '17

A joyful Christmas celebration sponsored by the ACU Network (Anglican, Catholic and United Churches) followed by dinner and dancing with the "The Brysonaires".

When: December 9 at 5:30 p.m.

Where: Heritage Hall, 4A Chemin d'Amour, Low

Cost: \$20 (adults); \$8 (5-12 years old); free (0-5 years old). Tickets to be purchased in advance by contacting Brenda Girling at 819 422-1865

Wakefield Christmas Market

Join the festivities at the 5th annual Wakefield Christmas Market. This market is the first European-style outdoor Christmas market in the Outaouais. This is an opportunity to buy local products and crafts, celebrate local talent and share some holiday magic with friends and neighbours. A blend of old world charm and new world creativity, this fun-filled event has activities for all ages.

When: December 9, from 2 p.m. to 7 p.m.

Where: Centre Wakefield La Pêche

Information: noelwakefieldmarket.com.

La Pêche Firefighters' Christmas Campaign

The Ste-Cécile-de-Masham, East Aldfield, Lac-des-Loups and Wakefield fire stations will be open on Saturday, December 9, to collect your contributions (food and cash donations).

Suggestions for food donations: peanut butter, choconut spread, cereal, stewed fruit, cookies, muffin mixes, tins of fruit, etc. You may also donate throughout the year by dropping off food or cash donations at the Sainte-Cécile church. Thank you in advance for your generous contributions and happy holidays!

Information: La Pêche Food Bank, 819 456-2839

Maison des Collines – Christmas Concert

This benefit concert for La Maison des Collines will delight you with a diversity of musical styles (pop, rock, jazz, folk and country). The evening will be hosted by Louis Jean and will feature various local artists.

When: December 15 at 7:30 p.m.

Where: Sainte-Cécile church in La Pêche

Cost: \$25 per person. **Tickets are available at the following locations:** Ace Quincaillerie Bertrand, Boucherie MS, Sainte-Cécile parish office, Quincaillerie R-Cube and online on eventbrite - la maison des collines.

Rupert Christmas Concert

A family Christmas Concert: with music, skits and Santa. Bring a wrapped and labeled gift (value of \$10 or less) for your child.

When: December 16, from 2 p.m. to 4 p.m.

Where: Rupert Community Centre

Cost: Free admission

Information: www.YWAR.ca.

Christmas Eve at the Fairbairn House

Make Christmas Eve at the Fairbairn House part of your plans for December 24. Join us from 2 p.m. to 4 p.m. for Christmas tree decorating, carol singing, hot chocolate, cider, and Christmas cookies. We're looking forward to celebrating with you!

Information: 819 778-3382 or fairbairn.coord@gmail.com.

Sentiers Wakefield Trails

Sentiers Wakefield Trails, our area volunteer trail network, will be holding its annual general meeting on Tuesday, January 9, at 7:30 p.m. in the boardroom at Centre Wakefield La Pêche. Come find out what we accomplished in 2017 and our plans for 2018 – including a very special National Trail Day on Saturday, June 2. Provide your input and help us make our trails even better. Everyone is welcome and we hope to see you there.

Parent-Child Play Groups

Play group coaching offered free of charge by Collines en Forme. Transportation is available if necessary.

Parents - children 0-5 years old: January 15 to March 19, 2018, 9:30-11:30 a.m. at La Maison de la famille l'Étincelle (95, Route Principale Est, La Pêche).

Parents - children 0-9 months old: January 15 to March 19, 2018, 1:30-3:30 p.m. at the Ste-Cécile de Masham CLSC (9, Chemin Passe-Partout, La Pêche).

Information: Bobbie-Lee Gervais, group facilitator, 819 643-4954; milieucef@gmail.com.

Volunteers needed for the Boutique at the Wakefield Hospital

Boutique Santé at the Wakefield Memorial Hospital is looking for volunteers to help maintain its day, evening and weekend schedules. The Boutique is run by volunteers and the proceeds go to the Des Collines Health Foundation. If you are interested and you can spare a few hours per month for a good cause, call Pamela Scobie at 819 459-1252.

The Artists among Us: Our Next Generation

Biblio Wakefield's 3rd Annual Youth Art Exhibit is coming up in April 2018! This year's theme is *The 4 Elements: Earth, Water, Air and Fire*. Young artists aged 21 and under, it's time to start thinking about your artistic submissions for the exhibition!

Information: fraser.semenoff.maria@gmail.com.

Transcollines – New Schedules beginning January 8, 2018

To access the new bus schedules coming into effect January 8, 2018, go to www.transcollines.ca. During the holidays, the office will be closed December 25 and 26 as well as January 1 and 2. We will be open from 8 a.m. to 12 (noon) on December 27, 28 and 29 as well as January 3, 4 and 5. Plan your trips and reload your bus passes in advance for January. Please note that there will be limited bus service on December 25 and January 1. Wishing you safe travels, good roads and happy holidays!

Activity Schedule - La Pêche Sports Complex

The arena restaurant is open Thursdays, at noon; Fridays, 8:00 a.m.-2:30 p.m. and 4:30-10:00 p.m.; Saturdays, 8 a.m.-9 p.m.; Sundays, 8 a.m.-7 p.m. Breakfast is served on Fridays, Saturdays and Sundays.

Family skate: Sundays, 12:00-12:50 p.m., offered free of charge, courtesy of Centre dentaire de Wakefield. **Public skating:** Fridays, 5:00-6:20 p.m., offered free of charge, courtesy of Uniprix pharmacy, IGA Famille Charles, Centre de tri Pontiac and Giant Tiger. **Pickup hockey:** Fridays, 3:30-4:50 p.m. (cost: \$5 per player).

Curling: Call us to sign up for the reserve team or if you would like more information.

There are still a few ice time slots available.

Information: Call 819 456-1535, ext. 1 or go to www.complexe-sportif-la-peche.ca.

La Pêche OMH

The La Pêche OMH (municipal housing bureau) is preparing a list of future tenants for their low-income housing units. Non-disabled persons, 55 years old or over and families including dependent children are eligible. Also, you must have resided in the municipality of La Pêche for over a year, during the course of the past two years. If you wish to have your name added to the list, you may submit a request in writing to OMH La Pêche, P.O. Box 69, La Pêche (Québec) J0X 2W0, e-mail omh-lapeche@sympatico.ca or call 819 456-4140 and you will be sent an application form.

Le Grenier des Collines

Le Grenier des Collines' mission is to ensure food security for people in need throughout the territory of the MRC des Collines-de-l'Outaouais. In order to provide an outreach service within the MRC, Le Grenier goes to various service sites once a month and our upcoming shopping dates will be:

- December 21: in Val-des-Monts, at 34, Chemin de l'Église; 10 a.m. for families and 11:15 a.m. for adults without children.

- December 22: in La Pêche/Chelsea, at 331, Chemin de la Rivière (Farmpoint); 10:30 a.m. for families and 11:45 a.m. for those without children. Don't forget to bring your own bags as well as your papers and a contribution of \$5 per family member. Please note that we are currently registering for Christmas baskets.

Information and registration: 819 457-1010 or toll free at 1 888 457-6426.

●●● Instructions for Announcements

To announce your organization's activities, please send your texts to bulletin@villelapeche.qc.ca in a Word document, using the following format (if possible):

Event title

(2-3 lines describing the event)

When: xxx **Where:** xxx **Cost:** xxx

Information: Contact person and phone number and/or e-mail address, website (if applicable)

Please note that announcements will be accepted on a **first-come, first-served basis**; 3 Ads maximum per organization, so that everyone is given the opportunity to publish. Events and activities announcements will have priority over other types of announcements.

Next deadlines:

January: Dec. 4; February: Jan. 3; March: Jan. 29.



AT THE WHEEL OF A SNOWPLOW



Mr. Albert Lafrenière, foreman for the municipal Public Works Department.

Albert Lafrenière is a foreman with our Municipal Public Works Department. He is no stranger to the job of snowplow operator, as he used to be one. We questioned him about his work on the roads, the main difficulties that snowplow operators face and their major challenges.

Hello Mr. Lafrenière. Usually we talk about snow removal from a resident's point of view, for example, what we would like them to do: not park on the street overnight, not push snow onto the road and to promptly remove green and blue bins after waste collection. Today, we would like to better understand different aspects of your job. Are there things that we should know to encourage better cooperation between residents and municipal workers?

Absolutely. We can't fully understand the reasons for doing something a certain way, if we haven't experienced it ourselves and in this case, we might ignore certain

recommendations because we don't understand the reasons behind them.

First, I would like to mention a fact, that people may not know. The Municipality inspects road conditions during as well as after a snow storm to ensure that the work has been done well.

Let's talk about the examples you mentioned in your question: Do not park on the street at night and do not push snow onto the road. One might think that this is only for the benefit of the plow drivers, in order to make their lives easier. It is not quite the case. Many of the roads in our vast municipality are narrow. We ask you not to park on the street primarily because snowplows are very wide (about twenty feet wide with the wing). If a car is parked on the side of the road, the plow must detour around it (when it can, given that some roads are so narrow that the plow simply can't pass), resulting in a snow bank in the middle of the road. When the car eventually leaves, the snow bank remains. A car arriving afterwards at normal speed might hit the snow bank and skid. Therefore, when we ask citizens not to park on the road at night, it is not only to make life easier for the operator, but to ensure residents' safety. Similarly, it is forbidden to push snow onto the street to avoid creating slippery road conditions. As for the blue and green bins, the reason for not leaving them on the roadway is because plow drivers can't get down from their vehicles to remove them. Imagine the chaos if a plow operator had to frequently stop their vehicle and get out (even on a hill!) to remove bins! Traffic flow would suffer and road safety too! For this reason, the Municipality issues warnings in these situations.

As a snowplow operator, what would you like to bring to residents' attention and what is important for everyone's safety?

People often feel that our trucks are slow and take up a lot of space. This is both true and false. Our trucks are not only very wide, but are also especially heavy, which is why we have to go slowly.

There are a number of things to think about when driving a large, heavy vehicle. As operators, we must have a good feel for our plow and we must know the width of the vehicle to avoid the risk of rolling on a soft shoulder or harming a passing motorist. Also, keep in mind that during a storm, the plow raises a cloud of snow that blurs our vision. If we were to drive fast, it would affect our visibility and that of oncoming drivers. This is why we drive at slower speeds and ask drivers to slow down as they pass; a time when the risk of accident is at its greatest. If a motorist becomes frightened, reacts abruptly and skids when passing a snowplow, we can not react quickly because of the plow's weight. Also know that it is better not to follow a snowplow too closely on a steep hill. The vehicle, with all its equipment, is very heavy and could slide backwards.

In your opinion, what are the major challenges of being a snowplow operator?

Well, the days can be long, as we do 10 hour shifts. Plus, our eyes have to be everywhere at all times, in order to keep track of the roadway shoulder, pedestrians, recycling and trash bins as well as mailboxes, etc. (We really like community (group) mailboxes. They are more visible and better cleared than individual roadside boxes.) All this requires a great deal of concentration, especially at night when visibility is reduced. To summarize; our main concern is to clear roadways as perfectly and as quickly as possible, in the safest possible way. I hope that the above explanations will help to make a difference.

OH CHRISTMAS TREE, OH CHRISTMAS TREE, WHAT SHALL I DO WITH THEE?

The last year-end parties are fast approaching and many residents will be wondering what to do with their tree once the holidays are over. Can these be put in the garbage? The simple answer is no. Why not? In order to minimize the amount of material thrown out as household waste, residents are expected to take the necessary steps to minimize the amount of compostable material or "green waste" (including Christmas trees, leaves and grass) that enter our collected waste stream. So, how do we dispose of a tree?

Starting with some very simple solutions, here are a few suggestions: First, think in terms of waste prevention. Avoid throwing out a dried-up tree by buying a living tree instead... a potted one! A Norfolk Pine is an excellent choice that is well adapted to an indoor environment and unlike our traditional Balsam Fir, it can grace your home as a house plant long after Christmas has past. Another solution would be to cut your tree up into cordwood. Use it to heat your home or to roast delicious marshmallows. An excellent solution, though not as simple, would be to use a chipper to turn your tree into wood chips that can be used as mulch on your property or to add to your compost. If you have any other ideas, please let us know. We will share them with your fellow residents. After all, 8000 heads are better than 1!

The Public Works Department

