

THE NORTH RENFREW TIMES

DEEP RIVER, ONTARIO

WEDNESDAY, FEBRUARY 4, 2026

\$2.00 (HST INCL.)

Town to hike taxes \$132?

BY VANCE GUTZMAN

People living in Deep River are in line for a 3.7 percent increase in their residential property taxes.

That number is the focus of the municipality's 2026 budget, which was posted to the town's website over the weekend.

The increase is broken down between a 3.1 percent increase in the municipal portion of property tax bills and a 6.44 percent increase in the portion paid to the county.

Combined, that translates into an increase of \$132 for residential properties with a median assessed value of \$204,000.

Deep River Mayor Sue D'Eon, using the strong mayor powers delegated by the provincial government last spring, had directed municipal staff to reach a 3.11 percent target by the end of January

The proposed budget requires that just over \$9.8 million be raised from municipal taxation, an increase of 1.1 percent from 2025.

> CONTINUED ON PAGE 2



ROUND SHE GOES: Katharina Kneip of Germany is in Deep River recuperating from an ankle injury. She is in the middle of a round-the-world trip by walking, skiing and sailing. Read more about her story inside today's paper on page 9.

QUOTEWORTHY:

"I'm still getting used to the winter, that's a little tough."

- **New CNL president
Dennis Carr**
Story on page 4

INSIDE:



MPs QUESTION NEW GoCo



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NORTH RENFREW TIMES

VOL. 73, No. 5

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PLEASE RECYCLE

Deep River budget

CONTINUED FROM PAGE 1

The capital budget, meanwhile, is calling for a \$4.1 million spend, including \$1.9 million on projects carried forward from 2025, and an additional \$2.1 million in new capital projects this year, including \$76,000 for playground updates, as per direction from the mayor.

The capital budget for water and wastewater projects is set at \$3,078,166 in the draft budget.

The mayor had also directed staff to

prepare a 4.5 percent tax increase scenario, which would see a \$166 increase in property tax bills.

The higher tax rate would raise an additional \$115,000 in 2026, which would be allocated to one of two capital projects, either road rehabilitation on Claremount or storm sewer repairs on Frontenac.

As previously reported, the mayor also gave direction to allocate 1.5 percent of the annual payments in lieu of taxes the town receives from Atomic Energy of Canada Limited.

That will result in a fund of \$66,000 the budget document says will be used to promote “local economic development related to nuclear science and energy; promotion and defence of nuclear sci-

ence and energy; (and) support for CANHC,” the Canadian Association of Nuclear Host Communities.

The draft operating and capital budget marks a drastic approach from budgets which were presented in years past.

It’s not just the first budget in Deep River’s history to include financial targets set by the mayor, but also the first budget which wasn’t presented at a regular meeting of town council, which will be presented with the draft budget when it meets next Wednesday.

A public survey on the budget, meanwhile, opened on the weekend, and closes February 22, with a public meeting on the budget scheduled for the council meeting of February 25.

Food credit “borrowed money,” MP says

The federal government is putting more money in Canadians’ pockets to help bridge the rising cost of food.

But Conservative MP Cheryl Gallant says it’s all borrowed money that Canadians will have to pay back with interest.

Prime Minister Mark Carney announced last week the government is introducing the new Canada Groceries and Essentials Benefit – formerly the Goods and Services Tax (GST) Credit - and increasing its amount by 25% for five years beginning in July 2026.

In addition to that, the government will provide a one-time payment, equivalent to a 50% increase this year.

Combined, this means that a family of four will receive up to \$1,890 this year, and about \$1,400 a year for the next four years.

A single person will receive up to \$950 this year, and about \$700 a year for the next four years.

“Our government is taking direct action to make life more affordable for Canadians,” Finance Minister François-Philippe Champagne said in the announcement.

“We are providing immediate relief on groceries and essentials, while strengthening domestic food production, competition, and supply chains to build a more resilient, affordable economy for the future.”

But speaking in the House of Commons last week, Gallant said Canadians would be better off if the government eliminated its industrial carbon tax.

“Another new carbon tax hikes the price of gas by 7¢ a litre with another 10¢ a litre to come. This directly jacks



up the price of food,” she said.

“Will the government axe the hidden carbon taxes so people can afford to eat?”

Replying for the Liberals, Stephanie McLean, Secretary of State for Seniors, said low-income seniors in her riding of Esquimalt-Saanich-Sooke have been asking their government to “take action to help fight the rising cost of groceries, and we listened.”

“We are helping with up to \$950 of food and goods for low-income single seniors with the groceries and essentials benefit.

“We are also tackling the root causes by developing a national food security strategy to improve seniors’ access to affordable, nutritious food,” McLean said.

“Meanwhile, the Conservatives are blocking everything we do, and they have no good reason for it, just fake news.”

But Gallant said that while “everyone likes a cheque in the mail,” those

cheques are “written on borrowed money and they are going to have to pay it back with interest.”

“Last week, we learned what these Liberals have been denying all along: Food inflation is real and it is the worst in the G7,” Gallant said.

“While Canadians are struggling to put food on the table, a nice little cheque in the mail may help with a week’s groceries, but it is borrowed money and they will have to pay it back with interest.

“Will the government finally do the right thing and axe the hidden carbon taxes so Canadians can have some real relief?”

McLean said the government is “controlling what we can, and we are helping Canadians where they are.”

“We have increased OAS for seniors who are over 75 years old.

“We have protected OAS, ensuring that it is indexed to inflation, and we just guaranteed that low-income seniors will get the help they need to fight rising food costs with the new groceries and essentials benefit.

“It would buy up to \$950 worth of food for a single low-income senior,” she said.

“We are also tackling the root causes by developing a national food insecurity strategy to improve seniors’ access to affordable and nutritious food.

“What are the Conservatives doing? They are trying to block the real action that Canadians are asking for.”

The government says the new Canada Groceries and Essentials Benefit will provide “additional, significant support” for more than 12 million Canadians.



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CNL looking to the future, county hears

BY VANCE GUTZMAN

The new consortium in charge of Canadian Nuclear Laboratories (CNL) is taking a long-term approach to how the company does business.

Nuclear Laboratory Partners of Canada (NLPC) is the joint venture selected by Atomic Energy of Canada Limited (AECL) to manage CNL, under a government-owned, contractor-operated (GoCo) model, and took over the company's business operations from the Canadian National Energy Alliance in December.

Last week, members of the new leadership team were on hand at county council to outline their vision for the future of CNL.

"We're here as a management team to advance the mission and vision of AECL," said Dennis Carr, CNL's new



president and chief executive officer.

Carr went on to focus on the work going on at Chalk River Laboratories (CRL), and the nearly 3,500 people employed here.

He told the county's mayors and reeves that, while that sizeable workforce generates \$300 million in local

salaries, CNL also contributes \$75 million annually to the local economy through its dealing with local suppliers.

"We'll continue to advance that, and continue to focus on local purchasing, as good neighbours to Renfrew County," Carr said.

Carr went on to point to what he called a "renaissance" taking place world-wide in the nuclear industry, with \$1 trillion in new investments globally, and said the company is on the cutting edge of that renaissance through projects such as Fusion Fuel Cycles, a joint venture between CNL and Kyoto Fusionneering.

The two companies are building a new facility, the UNITY-2, at Chalk River

"It's not a fusion reactor," he explained, adding the project will get off the ground at CRL this year.

"It's intended to create a test platform so we can test the fuel that's needed for future fusion reactors."

Carr also lauded CNL's joint venture with ITM Isotope Technologies Munich which saw the creation of Actineer for the industrial-scale production of Actinium-225, a rare medical isotope which is being viewed around the world as a powerful new weapon in the fight against cancer.

"This is an important endeavour," Carr said.

"The world is very much in short supply of Actinium-225. It's a fundamental and key element in the advancement of cancer research."

Carr said great strides are also being made on construction of the Advanced Nuclear Materials Research Centre (ANMRC) at CRL.

The ANMRC is being created for research into clean energy, nuclear medicine and advanced nuclear reactor fuels.

"This new facility is on the cutting edge of being able to provide those services," he said.

CNL is also focused on its future workforce, Carr went on to tell county council, and has recently signed a five-year extension with all nine universities involved in the company's academic partnership program.

"It's very important for creating that workforce of the future," he said.

"Get those juices flowing in the next generation. Let's get them in here to support the important mission at CNL."

On a personal note Carr - who, prior to moving here, headed up the Savannah River National Laboratory in South Carolina - said he's enjoying the natural beauty of the Ottawa River.

"It was amazing to be out on the river with John Osborne and his boat (last summer)," he said.

"I'm looking forward to this summer. I'm still getting used to the winter, that's a little tough."

NEW LICENCE

John Osborne is CNL's vice-president and chief nuclear officer, and accompanied Carr to county council last week.

Born and raised in Deep River, Osborne leads the charge on regulatory licence requirements at CNL, and is the licence holder in that regard.

The current licence issued by the Canadian Nuclear Safety Commission (CNSC) to operate was issued in 2018 for a period of 10 years, Osborne said, and work is already underway for the licence renewal in two years time.

CNL is hoping the new licence will be for a longer time than just a decade, with Osborne saying long-term licences are becoming commonplace in the nuclear industry, citing the CNSC's recent granting of a 20-year licence renewal to Ontario Power Generation to operate its Darlington facility.

"We think that going for something longer than 10 years, maybe 15, maybe as long as 20 years makes sense," Osborne told county council, adding a long-term licence would bring with it a number of benefits related to long-term planning, economic stability and jobs at CRL.

"It makes sense for our communities, for our business, and it's starting to make sense for the industry as a whole."

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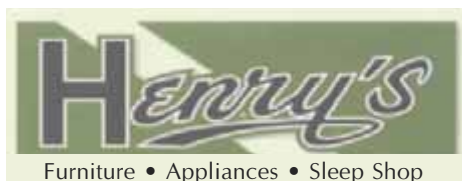


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Turn back the clock on GoCo, committee told

BY TERRY MYERS

The issue may be settled on the ground, but questions are still being asked on Parliament Hill about American companies running Canadian Nuclear Laboratories.

Atomic Energy of Canada Ltd named Nuclear Laboratory Partners of Canada (NLPC) as the preferred bidder for the next government-owned, contractor-operated (GoCo) management contract for CNL last June.

Following a review by the Competition Bureau of Canada, the deal was finalized and NLPC took the reins at CNL on December 11.

But last week, the House of Commons standing committee on natural resources continued its review of the deal, citing concerns that the members of NLPC - BWXT, Amentum Environment & Energy, and Kinectrics Inc - are all either American or American-owned companies.

(BWXT - a spinoff of Babcock & Wilcox - and Amentum are both based

in Virginia, while Kinectrics is a Canadian company that grew out of the Ontario Hydro research division, but was bought out by BWXT last year.)

Last week, the natural resources committee heard from witnesses Ole

out a regulatory hearing or other form of government oversight.”

“It would allow training and experimentation in handling of plutonium, the key element in nuclear weapons.

“Benefits to Canadians are question-

being held to account for the GoCo decision.

“You’ve already heard AECL is not being held to account,” he said.

“It was not held to account by its board, and it was not held to account by the Minister (of Natural Resources), and I will try to explain to you (that) what happened here is absolutely unacceptable and reflects the cognitive dissonance that we have in this town, where we talk about diversifying and protecting Canadian sovereignty and yet, then we sell the Crown jewels and give the Crown jewels effectively over to Americans to manage in this contract.”

Leuprecht said managing CNL gives NLPC access to all of the company’s intellectual property (IP).

For example, Leuprecht said that one the projects CNL is involved in is the development of small modular reactors (SMRs) in Canada, and a “subset” of SMRs known as micro-modular reactors (MMRs).

“The GoCo model has not worked. The government of Canada should manage its own nuclear decommissioning.”

Hendrickson, president of the Ottawa River Institute, and Christian Leuprecht, a distinguished professor at the Royal Military College of Canada and editor-in-chief of the Canadian Military Journal.

Hendrickson said the GoCo model was intended to bring private sector efficiency to CNL and to reduce the cost and risk of the company’s waste management liabilities over time.

But Hendrickson said that has not happened, while at the same time the company is building an Advanced Nuclear Materials Research Centre “with-

able, but obvious for American members of (NLPC), all of whom manage US nuclear weapons facilities,” he said.

Even when it comes to waste management, he said, experience in “arid US environments is not transferable to an earthquake prone area next to a river providing drinking water for millions of Canadians.”

“The GoCo model has not worked. It has not delivered cost savings. The government of Canada should manage its own nuclear decommissioning and radioactive waste.”

Leuprecht agreed, saying no one is

> CONTINUED ON PAGE 26

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Town Hall:

Mon-Fri 8:30am-4:30pm

Council Meetings

Council meetings can be live streamed, or viewed later on the "Corporation of the Town of Deep River" YouTube channel. Archived Council Meeting videos <https://www.deepriver.ca/council/council-meeting-videos/> Council Meeting Agendas and Minutes <https://deepriver.civicweb.net/Portal/MeetingTypeList.aspx>

FREE Sunday Family Skates & Swim

Free Skate - 2:00-2:50 pm

Helmets are mandatory for all on-ice activities.

Free Swim - 3:00-4:00 pm

Sponsored by Knights of Columbus

Summer Student Employment Opportunities

The Town of Deep River is currently accepting applications for summer student employment for Public Works, Facilities, Pool & Beach Aquatic Staff and Recreation.

Full details and application forms are available online at deepriver.ca and at the Deep River Town Hall, 100 Deep River Road.

Applications including a complete resume and application form must be submitted no later than Friday February 27th, 2026 by 4:00 PM local time.

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

fiber container

Budget 2026: Have Your Say!

We are excited to share that the DRAFT 2026 Budget is now available on our website: deepriver.ca, along with an online survey to share feedback.

We're also looking forward to hearing from you in person at the Public Meeting on February 25th (6:00 PM at Town Hall).

Your voice makes a difference. Thank you for being part of the conversation!

Please feel free to contact us by phone (613 584 2000) if you are unable to access the budget or survey electronically

Deep River Police Service



ROMANCE SCAMS

Romance Scams involve criminals creating fake online personas on dating apps or social media to build trust, emotional attachment, and affection with a target, with the ultimate goal of manipulating them into sending money, gift cards, or cryptocurrency. These scammers often claim to work overseas, frequently in military or

construction, avoiding in-person meetings while fabricating urgent, costly, emergencies.

Key Indicators and Tactics

- Rapid Intimacy: Scammers quickly profess love, often within days or weeks of meeting online.
- Avoidance of Meetings: They always have excuses for not using video chat or meeting in person, such as bad Wi-Fi or working abroad
- Moving Off-Platform: They aim to move conversations quickly to private, non-monitored channels like WhatsApp, Signal, or personal email.
- The "Emergency" Ask: They create urgent, high-stress situations needing money, such as for travel, medical bills, or legal fees.
- Financial Red Flags: They may ask you to receive money, use cryptocurrency, or buy gift cards.

How to Protect Yourself

- Never Send Money: Do not send money, gift cards, or crypto to someone you have not met in person.
- Verify Photos: Perform a reverse image search on their profile pictures to see if they are stolen.
- Be Wary of "Too Good to Be True": Be skeptical of, or cautious with, profiles that seem overly perfect or too quickly compatible.
- Ask Direct Questions: Ask specific, personal questions, and watch for vague or evasive answers.

Deep River Fire Department

The Law has Changed for Carbon Monoxide Alarms!

As of January 1, 2026, changes to the Ontario Fire Code require increased carbon monoxide (CO) alarm detection in residential occupancies and care occupancies.

In Ontario, carbon monoxide alarms are legally required in any home that has:

- A fuel-burning appliance (like a gas stove, water heater, or fireplace),
- A wood-burning fireplace, or
- An attached garage
- An outdoor furnace

This applies to detached houses, townhouses, apartments and condos.

Where should CO alarms be installed?

In houses and townhomes where CO alarms are required:
• CO alarms are required adjacent to each sleeping area and on every level of the home. For example, if bedrooms are on the same floor but far apart (for example, on opposite sides of a living room) you need two CO alarms on that floor: one in the hallway outside each group of bedrooms.

If you have any questions or require assistance, contact the Deep River Fire Department at 613.584.2000 Ext 190

Deep River Public Library

Mon, Wed & Fri: 10am – 5:30pm

Sat: 10am – 3pm Tues & Thurs: 10am – 8pm

info@deepriverlibrary.ca 613-584-4244

The library will be closing at 2pm on Saturday, February 7th to get ready for our Volunteer Appreciation Party. Thanks for your understanding!

Community Memory Vault The funniest person in town - Does any one person come to mind when you think about hilarious characters, or people with a wonderful sense of humour, in the early days of Deep River & Area? What stories can you share about this memorable person?

Seminar Series for Inquiring Minds: "Lost Villages of the St. Lawrence Seaway: A personal reminiscence" with Ann Serdula. Friday, February 6th at 7pm.

Caregiver Coffee Time: Thursday, February 12th from 1:30 – 3:30pm. Michele Carlin from North Renfrew Long-Term Care will join us to chat about "Respite in the Deep River Area" and considerations for planning your loved one's Respite stay. Caregivers and family members are welcome to meet, share knowledge, and relax in a cozy gathering space over a "cuppa".

Sewcial Club: Mending by Hand meets Tuesday, February 17th at 6:30pm. Bring your project. We'll have some supplies and knowledgeable volunteers!

Knit Together: Fridays February 14th and 27th at 1:30pm. Bring your stitching project and chat with neighbours by the fireplace. All welcome!

Babytime (Wednesdays at 2pm)

Storytime (Tuesdays at 10:30am)

Library Love! Did you know that the library offers home delivery services? If you cannot come to the library, call staff to organize delivery and pick-up of library material. Staff will work with you to choose the titles that suit your interests!

Walk in the Halls

Tues & Thurs 6:00-7:30 pm, Mackenzie Community School
Please bring indoor shoes. Available for walkers of all ages.

Seniors Corner



Upcoming FREE 55+ Senior Programs

All programs are free for seniors aged 55+ in Deep River, Laurentian Hills, and Head, Clara and Maria with funding provided by the Government of Ontario.

Check out our "Seniors Corner" page on the Town of Deep River website. Visit www.deepriver.ca click "Residents" and select "Seniors Corner" from the drop-down list. You will see all current programs with descriptions.

Valentine's Day Cookie Decorating- Monday February 10,

3:00- 4:30pm, CEC

Men's Cooking Class- Thursday February 12, 1:00-4:00pm, Location TBD

Mixed Media Workshops- Wednesday February 4, 11, 18, 25, 10:00am, Deep River Library

Loss & Grief 2-Part Well-Being Series- February 9 and 23, Deep River Library at 10:00am

Financial Abuse and Identity Theft Education- February 23, 12:30pm, Deep River Library

Eat to Stay on your Feet Education- February 26, 10:00-11:30am, DRDH Primary Care Building

Guided Breathing 3-Part Mind-Body Series- March 9, 23, 30, Deep River Library, 10:00am

Programs in Progress:

Rhythm Fit- Tuesdays at 1:30pm, starting January 20 at the Deep River Arena

Tech Tutoring- Wednesdays at the Deep River Library starting January 28, 10:30-12:00pm

Painting: Studio Time- Mondays at 1:30pm until February 9, Deep River Library

How to Register for Programs

To register please visit deepriver.ca/departments/recreation/, choose "Register Now" under Course Registration or contact Christina at ctorpe@deepriver.ca or 613-584-2000 ext. 133.

County approves 6.6% hike

Renfrew County's mayors and reeves have approved the 2026 county budget, calling it a plan that "protects essential services, responds to changing community needs, and

continues to move key county priorities forward, while recognizing the very real affordability pressures being felt by residents across the Ottawa Valley."



27th annual

DEEP RIVER WINTER CARNIVAL

Friday, February 20

10:00am-11:00am
Deep River Arena
Senior Skate
Bring a friend for FREE and enjoy a hot chocolate or coffee on us!

7:00pm-9:00pm
Mount Martin Ski Hill
Mount Martin Night Skiing
2 can Ski for the Price of 1
\$20.00

Saturday, February 21

9:00am-12:00pm
Deep River Royal Canadian Legion
Pancake Breakfast
Hosted by Maven Catering:
Buttermilk Pancakes, Sausage, Fruit, Coffee, Tea & Juice.
\$18 adults, \$10 kids 12 & under
Bring a canned food item for a discounted price! *Cash and debit only*

10:00am-12:00pm
Meet at the Deep River Arena at 9:30 am
Frosty 5km Run
First 30 people registered get a toque!
Register online or call 613-584-2000 Ext 182
app.univerusrec.com/deepriverpub/courses/index.asp
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10:00-11:00am
Deep River Public Library
Tot Time: Winter Wiggles Stations
Suitable for ages 1-4 years old.
Sensory bins, stacking blocks, silly walk station, and so much more!

10:00am
Deep River Bowling Alley
Bowling Tournament- February 21 and 22
Adults 15+ \$20 per person, ages 5-14 \$10 per person/ 3 games minimum.
Contact the Deep River Bowling Alley via Facebook or text 613-570-4335 to register.

11:00am-2:00pm
Hill Park
Hill Park Frosty Fun Zone
Hill Park Skating/Sliding Party
Presented by: The Deep River Scouts & the Town of Deep River
FREE Hotdogs and Hot Chocolate.
Hot Chocolate kindly sponsored by Tim Hortons and hot dogs sponsored by Cogeco.
Donut Contest, Fire A Puck, Scavenger Hunt, Snow Decorating/Sculpture, Obstacle Course, Cardboard Sled Race (cardboard race pre-registration <https://app.univerusrec.com/deepriverpub/index.asp>).

1:00pm-4:00pm
Deep River Public Library
Kids Zone
Happy Valley Face Painting
1:00pm-3:00pm:
Cookie Decorating, Mr. Dimple's Balloon Twisting, Frozen Treats for Beaks and Tweets Craft: Facilitated by the Horticultural Society.
3:00pm-4:00pm:
Little Ray's Reptile Zoo presents: Diversity of Living Things

1:00-3:00pm
Deep River Royal Canadian Legion
Trivia for Adults 55+
Join as an individual or as a team of 6! Registration not required.

2:00pm-2:50pm
Deep River Arena
Free Skate at the Deep River Arena.
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Helmets are mandatory

3:30pm-4:45pm
Deep River Community Pool
Free Public Swim at the Deep River Community Pool.
Kindly Sponsored by P&G Pumping

7:30pm- Midnight
Deep River Royal Canadian Legion
Shiver and Shake Dance
18+ licensed event/ \$10 per ticket.
Tickets available for purchase in the Legion lounge starting February 1 or at app.univerusrec.com/deepriverpub/courses/index.asp

"The 2026 budget was developed in an environment of rising costs and growing service demands being experienced by municipalities across Ontario," the county said in a press release.

"Council worked through the process with a focus on maintaining services residents rely on every day, while making responsible decisions that support the long-term sustainability of the county."

For 2026, the county's tax levy reflects weighted assessment growth of 1.23 per cent and a levy increase of 6.68 per cent.

The approved budget will result in a hike of \$28.71 in residential property taxes for every \$100,000 in assessed value.

With a median residential property value of \$217,000, the average county homeowner will pay \$1,007 in 2026 for the county portion of their taxes, up from \$945 last year.

Warden Jennifer Murphy said the 2026 budget required difficult discussions and disciplined decision making

"This has been one of the most challenging budgets our county has ever faced.

"Balancing significant financial pressures with our responsibility to maintain the essential services our residents rely on required difficult conversations and thoughtful decision making," she said.

"I want to extend my sincere thanks to council for their perseverance and leadership throughout this process, and to our dedicated staff for their expertise, hard work, and unwavering commitment to serving our community.

"Together, we have charted a responsible path forward in a demanding year."

TAX BASE "OVERBURDENED"

Meanwhile, the Association of Municipalities of Ontario is calling on the province to conduct a "social and economic prosperity review" in face of ongoing pressure on municipal finances.

In a statement last week, AMO said the current funding model "is not working."

AMO said that at \$2,104 per person, Ontario had the second highest property taxes per capita in Canada, in 2024. At the same time, municipalities continue to fund 80 per cent of infrastructure costs as provincial and federal contributions have remained largely unchanged since 2018.

"The need to update the municipal-provincial funding model has reached a critical point," AMO said.

"Modernizing this relationship is essential to securing the economic foundations and quality of life our communities depend on."

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OPINION

NORTH RENFREW TIMES

Published by
Digest Media Inc.
8 Glendale Ave, PO Box 310,
Deep River, ON K0J 1P0



Publications Mail Agt No. 0040010302

Proud member of the Ontario Community
Newspapers Association & News Media Canada

Is GST credit boost just political theatre?

BY SYLVAIN CHARLEBOIS

Prime Minister Mark Carney's government is trying to fix food affordability with cheques instead of structural reform. Last week's announcement of a rebranded Canada Groceries and Essentials Benefit may put cash in consumers' pockets but it sidesteps the policies that actually drive grocery prices, including taxes, supply chain costs and regulatory creep.

Carney boosted the GST credit, an income-tested, quarterly cash benefit that is not tied to specific purchases, by 25 per cent for five years, with a one-time 50 per cent top-up. For a family of four, that could amount to as much as \$1,890 this year. Nearly 12 million Canadians will be affected.

On the surface, it is hard to argue against any measure that puts money directly into the hands of families struggling to keep up with food prices. According to projections in Canada's Food Price Report 2026, this benefit actually exceeds the expected increase in food expenses for a typical family of four this year. In that narrow sense, Ottawa can credibly say the benefit offsets food price increases.

Public funds transferred directly to consumers, no matter how well-targeted, tend to increase inflationary pressures on the very goods they are meant to make more affordable. Food is no exception. When more money chases the same groceries, prices often respond upward, especially in a food system already strained by logistics, labour shortages and climate-related shocks.

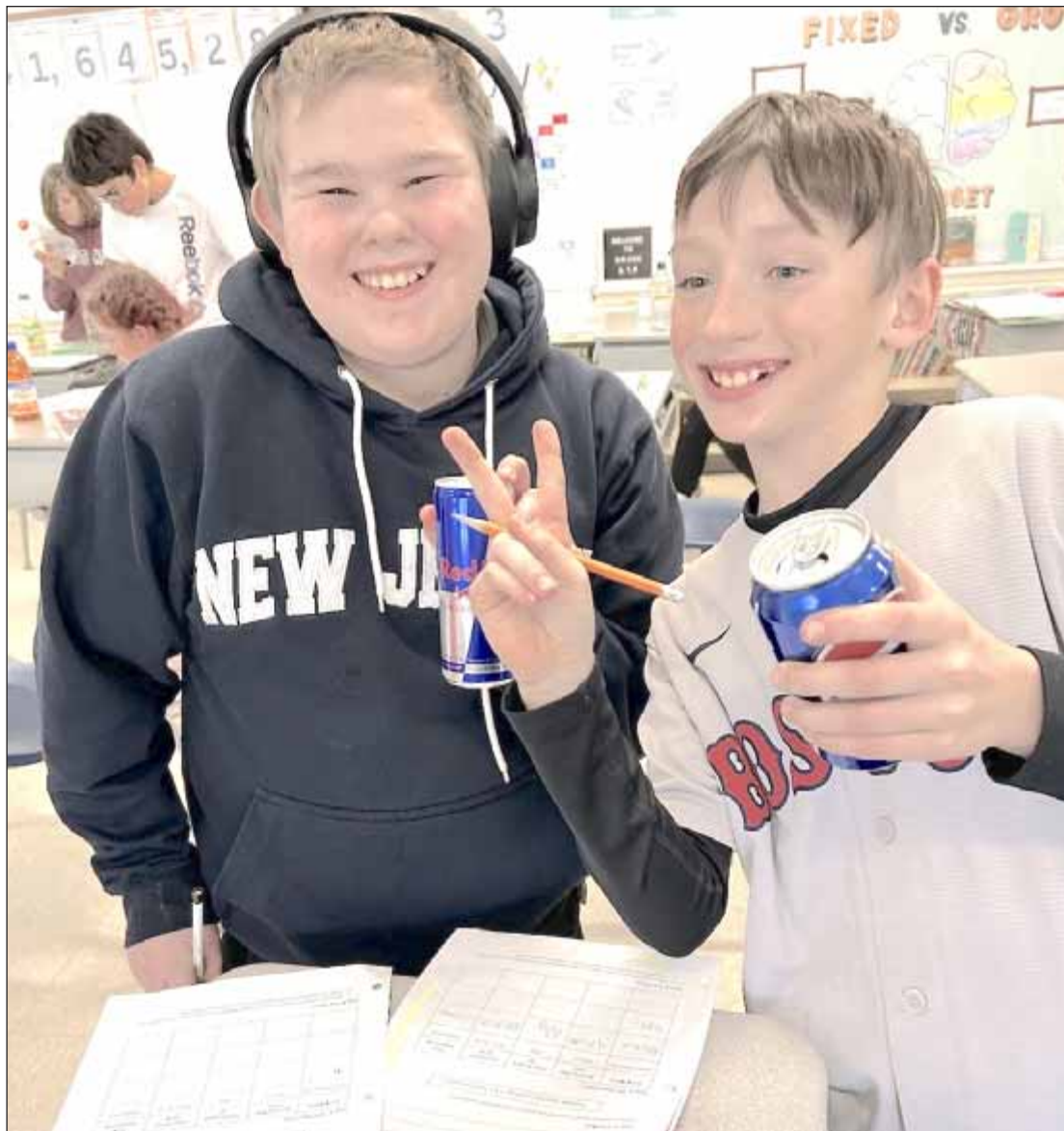
The saving grace here is targeting. Lower-income households are far more likely to spend the benefit on necessities rather than discretionary goods. That limits, but does not eliminate, the inflationary risk.

Still, at a structural level, Ottawa is doing what it has done many times before. The GST credit can be used for anything. Officially, it is framed as help for groceries and essentials. Practically, it is unrestricted cash. We are back in a political comfort zone perfected in the Justin Trudeau era, heavy on slogans and light on structural reform.

Canadians are not naïve. They understand perfectly well that this money can pay for rent, fuel or debt just as easily as it can for food.

Which raises an obvious question. If the goal is food affordability, why not tackle food taxes directly? Canadians pay billions in taxes at the grocery store every year.

> CONTINUED ON PAGE 10



The Scoop on Sugar! Grade 6, 7, and 8 students at St. Anthony's School in Chalk River put their math and health skills to work recently by reading food labels and calculating how much sugar there really is in popular snacks and drinks.

LETTER TO THE EDITOR

Filling the gaps

I read with great interest your recent column on (re)creating a postal bank in Canada ("Time for Canadians to bank on Canada Post," NRT January 21).

The timing could not have been better, given the upcoming closure of the BMO in Eganville. That community, sadly, will soon join the growing ranks of small towns without a bank in its midst.

As noted in the column, postal banks work in other countries, and at one point in our past when we had one, it served upwards of one million Canadians, at a time when our popula-

tion was less than 20 million.

The recent past has shown that banks in Canada will do whatever they want to do, guided by the bottom line rather than a commitment to a community.

Postal banks will fill the gaps left behind by these closures, thus serving countless rural communities and helping Canada Post right itself.

To my mind, it's a win-win. Now all we need is the political will to make it happen.

I urge people to get in touch with their MPs and let them know that this is something to support to the fullest extent possible.

Kerry Badgley

The world is a circle: local visitor on global trek

BY HAZEL ATKINS,
LOCAL JOURNALISM INITIATIVE REPORTER

When 36-year-old Katharina Kneip from Munster, Germany first stayed for three nights in Deep River a few weeks ago, she did not think she would be coming back.

She was hosted by Deep River resident Aubrey Fletcher while she tried to repair a broken ski boot with glue, and then she set off walking to Mattawa after deciding the boot repair was too risky to continue skiing.

Fletcher lives across the street from me, and my son saw Aubrey waving goodbye to a woman with a giant backpack and wondered what it was all about.

We did not know at the time that I would be chatting with her two weeks later while cuddling a huge purring cat, back at Aubrey's house.

Eight days after leaving Deep River, somewhere between Mattawa and North Bay, Kneip slipped and fell, breaking her ankle.

When Fletcher heard about the broken ankle, he offered to drive to collect her and bring her back to Deep River to get X-rays at the hospital here and recuperate at his place until the ankle heals.

This is the first accident that has befallen Kneip since she left her hometown, Munster, in 2023, on foot, to circumnavigate the globe on a northern route by walking, skiing, and sailing.

WALKING ART

Kneip is an artist, and around seven years ago she decided to do a project she is calling Round:Motion.

"The idea is to walk, ski, and sail around the world on a northern route," she said. "I am trying not to use anything motorized."

"The end result will be one big circle around the world," she said. "Always staying as northern as I can, always on the edge of where people still live."

She is interested in being on the edge of where culture meets nature.

"I want to explore the culture/nature meeting point," she explained, "and how people deal with it on a personal level. There can be an attitude that you can do everything if you're just strong enough. The



further you go in the north, you don't find that attitude anymore."

"The climate can be so harsh and it tells you all the time that you're not the strongest and the world is not there to serve humans. It is meant to be a more holistic thing," she said.

By travelling slowly on foot, by staying with local people along the way and experiencing how they live their normal lives, Kneip doesn't feel that her day-to-day experiences are particularly adventurous or heroic.

"When I'm done, I'd really like to write a book," she said.

"There are so many documentaries that show everything to be so heroic and romantic. I would really like to write about how I really experienced it and not make it more dramatic than it was."

"My walking is my art, I'd say," she went on. "I hope everyone can get something out of my project: everyone has a personal connection with walking."

> CONTINUED ON PAGE 10

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TIMES

THIS WEEK

WEDNESDAY, FEBRUARY 4

11:30 - 12:30 pm, St Andrew's United Church Soup & Sandwich luncheon, Chalk River Lions Hall
1:15 pm, Social Bridge, Deep River Library
2 pm, Babytime, songs, stories, rhymes, Deep River Library
3:30-6 pm, After School Club, Chalk River Library

THURSDAY, FEBRUARY 5

10 am, Seniors Friendship Club: Coffee, Tea and Conversation, Deep River Library
10:30 am, Toddler Time, stories, games and crafts for 2-4 year-olds, Pt. Alexander Library (until March 19)
12:45 pm, Duplicate Bridge Club meets, Deep River Library program room

FRIDAY, FEBRUARY 6

6 pm, Fun Darts, all welcome, Chalk River Legion
6:30 pm, MCS Movie Night: "Bad Guys 2," Childs Auditorium, Mackenzie Community School
7 pm, Seminar Series for Inquiring Minds: "Lost Villages of the St. Lawrence Seaway," Deep River Library

SATURDAY, FEBRUARY 7

11:30 am, Chalk River Lions Winter Carnival Chili Contest, followed by face painting, children's games, log sawing & nail driving contests, live music and more, Chalk River Lions Hall (for full schedule, see the Jan 28 NRT)
1:30-3 pm, Children's craft, Sugar Cube Ice Castles, Point Alexander Library
4 pm, Rusty Dillabough Memorial (500 Club) Draw, DR Legion

SUNDAY, FEBRUARY 8

11 am - 2 pm, Shuffleboard, all welcome, Chalk River Legion
2-5 pm, Acoustic open mic, Deep River Legion
2-2:50 pm, Free Family Skate, DR Arena (sponsored by Knights of Columbus)
3:30 pm, Free Family Swim, DR Pool (sponsored by Knights of Columbus)
4-6 pm, Community Kitchen free meal, everyone welcome, CE Centre (beside Deep River Community Church)

MONDAY, FEBRUARY 9

10 am - 1 pm, Deep River and Area Food Bank open (weekly except holidays), at the Deep River and District Hospital (for more information, phone 584-3333 ext 7910)
7 pm, Al-Anon, group support for families & friends having alcohol addiction, CE Centre (behind DR Community Church)

TUESDAY, FEBRUARY 10

9 am, Seniors Friendship Club: Beaded Leather Workshop, Deep River Library program room

GST credit

CONTINUED FROM PAGE 8

While most basic groceries are zero-rated under the GST/HST, many prepared and ready-to-eat foods, including items from grocery store deli counters, are fully taxable, with tax status often determined by packaging size and preparation rules.

The problem has quietly worsened with shrinkflation and product reformulation. As package sizes change and products cross regulatory thresholds, more items once considered basic groceries are now taxable.

At the same time, the ready-to-eat counter has become a lifeline for households avoiding increasingly expensive restaurants. Those healthy sandwiches, salads and prepared meals are fully taxed. By any economic logic, that makes little sense.

Zero-rating all food, retail and food service alike, would be simpler, more transparent and less inflationary than cash transfers. Based on our estimates, each Canadian could save up to \$200 a year on food. No applications. No rebranding. No political theatre. Just lower prices at the checkout.

Beyond consumer relief, the government also announced \$500 million to ease supply chain costs. It is a welcome acknowledgment that affordability problems do not begin at the cash register. But in a country as vast and trade-dependent as Canada, that amount barely scratches the surface.

Farmers, manufacturers and distributors are still absorbing elevated transportation, energy and compliance costs. If Ottawa is se-

rious about food affordability, supply chains deserve sustained attention, not episodic funding.

The same applies to the \$150 million Food Security Fund for small and medium-sized enterprises and immediate expensing for greenhouses. Both are good decisions. Both are insufficient given the scale of the challenge.

One measure, however, stands out unequivocally. The \$20 million allocated to support food banks is money well spent. No institution in Canada delivers food-affordability relief more efficiently, more quickly or with greater dignity than food banks.

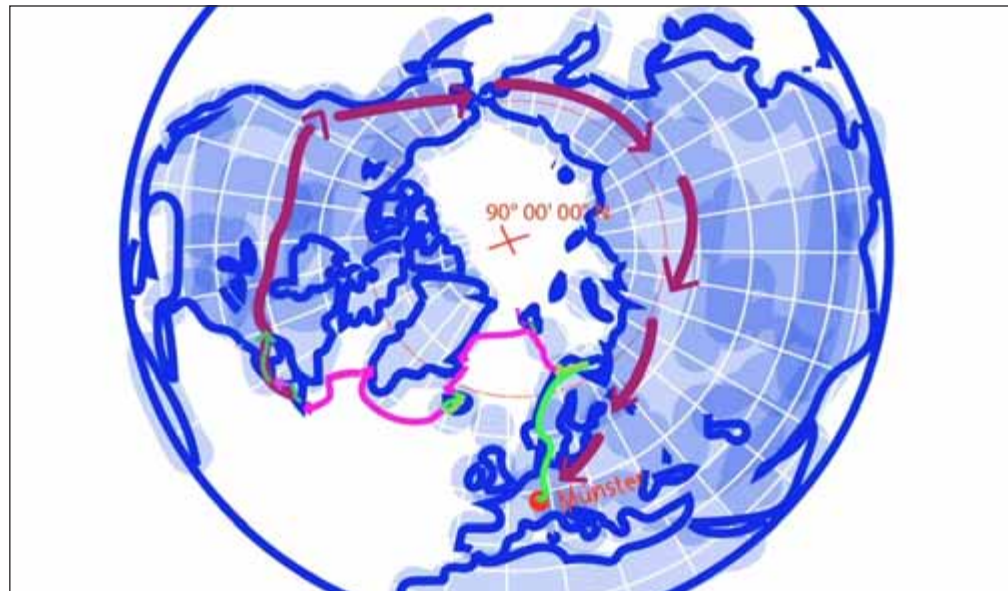
They are not just safety nets. They are logistical marvels, run by communities, for communities. In an era of rising need, they remain a quiet miracle of the human spirit, often outperforming government programs in reaching those who need help most.

The new Canada Groceries & Essentials Benefit will provide short-term relief, and for many families that relief will be meaningful.

But affordability cannot be solved with cheques alone. Without tax reform on food and deeper investment in supply chains, Ottawa risks treating symptoms while leaving the underlying disease untouched.

Helping Canadians afford food should be boring, structural and durable, not rebranded, temporary and politically convenient.

Dr. Sylvain Charlebois is a Canadian professor and researcher in food distribution and policy. He is senior director of the Agri-Food Analytics Lab at Dalhousie University and co-host of the Food Professor Podcast. © Troy Media



Global trek

CONTINUED FROM PAGE 9

After leaving the central square in Munster, she walked through Denmark, paddled to Sweden, and made her way through Norway.

“In Scandinavia you’re allowed to camp everywhere,” she said. “You have the right of camping anywhere, even private property.”

So she stayed mostly in her tent, while occasionally being invited in for a night to someone’s house. The coldest night she has yet experienced in the tent was -35 in Finland.

After skiing to the west coast of Norway, she sailed to Svalbard, and from there to Iceland.

She spent a few months working on a farm in Iceland, planning the next stages of her route, and set again to sail with a French skipper she connected with to southeast Greenland. From there they sailed to Labrador first and then Newfoundland.

“I walked across Newfoundland and then stayed with a Belgian couple who

wanted to sail to Nova Scotia,” Kneip said.

She had originally intended to start walking again as soon as she reached Cape Breton, but due to forest fires she continued sailing along the coast. Eventually the Belgian couple dropped her off on the mainland in August 2025.

Her project is intentionally so big, and so unpredictable, that she cannot plan too far ahead. She plans her day-to-day routes based on hours of daylight and locations of grocery stores.

She intends to be in Winnipeg before warm weather sets in and has already sent a package ahead so she can change from winter gear to summer gear there.

“I try to organize these things, and if I really don’t make it at all I will need to rearrange my plans,” she said.

She aims always for an attitude of calmness and patience, taking one day at a time.

The broken ankle is her first major setback, but she doesn’t mind being holed up in a place as beautiful as Deep River.

When she’s healed and ready, Fletcher will drive her back to the exact spot where she fell, and she will continue her unbroken circle around the north.

CANADIANS FEELING CAUTIOUS WITH MONEY

Canadians are feeling optimistic and apprehensive about their money in almost equal numbers, according to a new poll by RBC Financial.

While nearly half (49%) of the adults surveyed feel resilient, optimistic, hopeful or unconcerned about their personal finances, almost as many (47%)

feel exhausted, apprehensive, anxious or frustrated.

In addition, although a majority (68%) are optimistic about meeting their financial needs today, confidence drops to less than half (48%) about reaching long-term financial goals, revealing a clear gap between current confidence and future expectations.

Among confident Canadians: 51% are optimistic their finances can withstand any economic uncertainty over

the next year, 50% have reduced or paid off debt, 44% are following a budget and 58% are investing in a TFSA and/or RRSP.

Meanwhile, among struggling Canadians, 49% believe they won’t achieve financial success no matter what they do; 41% feel they are no longer in control of their financial future, and 34% have given up on trying to plan for the next financial hit.

Among survey respondents, 64%

said their top financial goal in 2026 was “Having enough money to... Enjoy retirement the way I want.”

Other responses included: 53%: Support leisure activities such as travel, 52%: Have a financial cushion for unexpected expenses.

Issues identified as “biggest challenges” included: 79%: Everyday costs, 66%: Housing costs, 51%: Debt, 51%: My own financial habits.

THIS WEEK IN HISTORY: CONWAY DROPS OUT OF LEADERSHIP RACE

75 YEARS AGO

FEBRUARY 2, 1950: The annual meeting of the Deep River Horticultural Society will be held in the assembly hall of the Community Centre at 8:15 pm on Tuesday, February 6. At this meeting will be held the annual election of officers, and plans will be laid for a program for the coming year. The Deep River Society is affiliated with the Ontario Horticultural Societies and we would like everyone interested to be on hand as there are some important issues of policy to be discussed.

FEBRUARY 2, 1950: The rink committee, together with the local hockey association, have arranged an interesting and what should prove to be an exciting afternoon of hockey this Sunday, and all members of the community are invited to come out and cheer their favourite team. From 1-2 pm, there will be a game between Treasury and Building 410. From 2:30-4 pm, the L'il Atoms Juvenile team will play host to the Pembroke Cathedral Juveniles, and at 4 pm, the Deep River All Stars will face off with the formidable Mattawa Six.

60 YEARS AGO

FEBRUARY 2, 1966: A young Deep River couple with a plan to help Canada's war on poverty are determined not to let lack of time and money stand in their way. Reverend Clair Woodbury of the Deep River Community Church and his wife Mary have committed themselves to starting a toy factory at a time when three small sons, a busy parish and a PhD thesis demand more time than they already have.

FEBRUARY 2, 1966: After a promising beginning, the installation of artificial ice in the Deep River Community Arena is still not an accomplished fact, CJ Astill, chairman of the town's public relations committee announced on Saturday evening. The official opening of the artificial ice had been scheduled for Saturday morning at 9 am, but inspection showed that ammonia leaking from several pipes in the floor had caused soft spots.



Frosty finish: Monika Champ after the Silver Spoon. She placed second in her event, the Mighty Midget girls' 1.5 km. (NRT February 5, 1986)

50 YEARS AGO

FEBRUARY 4, 1976: Deep River should extend its boundaries to include Chalk River and land from the townships of Rolph, Buchanan, Wylie & McKay, says a report released this week by the Renfrew County restructuring group. The report further recommends that Pembroke be reinstated into the county with continuing city status. The concept is for the boundaries of six urban municipalities to be extended to include adjacent villages and areas that could rightly be called urban spillover.

FEBRUARY 4, 1976: The second annual Stonecliffe Winter Carnival cross-country ski race will start at 11 am on Saturday. Last year, 19 skiers participated and all thoroughly enjoyed the course, which is mainly on old logging roads. Andrew Wilson will be out to defend the title he won last year but he will be hard pressed by Walter Davies, Karel Mika and others.

40 YEARS AGO

FEBRUARY 5, 1986: Ron Lewis, station manager at the Nuclear Power Demonstration plant at Rolphton, expects the Ontario Hydro board of directors to make a decision on the future of the facility on February 10. He said he'd be surprised if a decision is not in before the end of the month. "We've been operating on a year-to-year basis for a while now and it's hard on employees," he added.

FEBRUARY 5, 1986: Deep River took all the top honours in the 10 and under category of the Eastern Ontario regional synchronized swimming novice figures competition held recently at the Sawmill Creek pool, Gloucester. Jennifer Gratto won the gold medal while Vanessa Dakin took the silver and close behind came Nicole Towner with the bronze. Tammy Clements also swam superbly to take the bronze medal in the most popular 13-14 year-old category.

30 YEARS AGO

FEBRUARY 7, 1996: Some northern Ontario businessmen are hoping to tap into a natural spring near Deux Rivieres that they believe is one of the best water sources in this part of the country. Northern Canada Springs has leased the land from Deep River resident Grant Horricks, who at one time sold bottled water that came from the spring. If all goes well, the company could build a bottling plant near the site and create a major new industry in the townships of Head, Clara, Maria.

FEBRUARY 7, 1996: Sean Conway, the MPP for Renfrew North, has bowed out of the still-unofficial race to replace his party's leader. Conway said his ambitions to replace Liberal Party leader Lyn McLeod could not survive the first few months of his exploratory candidacy.

20 YEARS AGO

FEBRUARY 8, 2006: A second doctor has signed on with the Deep River and District Hospital's (DRDH) Family Health Team. Dr. Isabel Martin is set to join Dr. Karen Stoddart in practice at the medical clinic on February 28. "We've been negotiating with her since the fall," DRDH CEO Carolyn Zacharuk said on Monday. As part of the four-year contract Martin signed with the hospital last week will have her working on Tuesdays, Wednesdays and Thursdays at the medical clinic.

FEBRUARY 8, 2006: Total spending on the Deep River Police Service is expected to be just over \$1 million this year. The police budget was one of three draft budgets town council reviewed last week. Deputy Mayor Glenn Doncaster said it was the first time he has seen the total police budget go over the \$1 million mark. "People want to know where we spend our money," he said. "Well this is one area where we spend money."

On board: DRDH launches new campaign

The Deep River & District Health Foundation (DRDHF) is proud to celebrate the extraordinary generosity of our community while announcing the launch a new fundraising initiative focused on connection, dignity, and quality of life for residents in the new Four Seasons Lodge long-term care home.

Over the past several years, the Foundation has been deeply moved by the compassion shown by donors, volunteers, and community partners.

This unwavering support has strengthened care across our local health system, helping residents and families receive the services they need to stay closer to home.

Launched in early 2022, the “Closer To Home” campaign became the largest fundraising effort in our community’s history.

The campaign set out to raise \$2.5 million to supplement Ministry of Long-Term Care funding and help furnish and equip the new 96-bed Four Seasons Lodge.

In October of 2025, the community proudly surpassed that goal, and donations continue to come in.

“It has been a remarkable experience seeing the momentum this campaign created,” said Christian Kaiser, chair of the DRDHF board.

“Closer To Home resonated deeply with so many people, and reflected a level of compassion that is both powerful and incredibly motivating.”

Building on this success, the Foundation is now turning its focus to a new fundraising priority that responds to evolving community needs and continues the journey of providing the best possible long-term care experience.

“As we watch our new Four Seasons Lodge come to life,” said Janna Hotson, Deep River & District Health pres-



The Deep River and District Health Foundation wrapped up its successful “Closer to Home” campaign in support of the new 96-bed Four Seasons Lodge last fall. The Foundation is now launching a new campaign to raise funds to buy accessible, wheelchair-friendly buses to provide transportation to the new home’s long-term care residents.

ident and CEO, “our priority is the 96 residents who will call it home.

“Creating a true sense of home means maintaining strong community connections – and that depends on safe, accessible transportation.”

To support this vision, the Foundation is launching a new campaign with the goal of raising \$750,000.

Funds raised will go toward acquiring a fleet of fully-accessible, wheelchair friendly buses, along with related equipment, and initial operating costs.

These new buses will enable residents of the new Four Seasons Lodge

to safely attend appointments, participate in community activities, visit familiar places, and maintain vital social connections.

“We know that social connection is essential to the overall health and well-being of those in long-term care,” said Hotson.

“Accessible transportation supports the safety and dignity of our residents, while also creating new opportunities to strengthen connections across our broader community in the future.”

Fundraising efforts will continue over the coming months, with opportu-

nities for community members to contribute, participate in events, and learn more about the impact of their support.

Every gift, no matter the size, helps move this vision forward.

“We have worked hard to keep our loved ones closer to home” said Kaiser, “now let’s keep them connected to their community.”

For more information on the campaign or how to get involved, visit the Deep River & District Health Foundation online at www.drdhfoundation.com or call us at 613-584-3333 ext. 7140.

Strong results in employee survey

Deep River and District Health (DRDH) says the results of a recent employee engagement survey show a “committed, collaborative workforce and meaningful advances in employee

experience.”

As part of DRDH’s ongoing focus on fostering an inclusive, supportive, and sustainable workplace, employees were invited to participate in the survey conducted in late 2025.

Nearly 40% of DRDH team members responded, offering insight into how its workforce perceives core areas of engagement compared to the previous survey in 2023.

DRDH said that overall, employee sentiments improved in 22 of the 30

areas measured, with notable gains in communication, teamwork, respect, and empowerment.

“Employees continue to express strong pride in the quality of care delivered across DRDH and report positive, respectful relationships within their teams.

“Measures of team respect and collaboration scored 94% and 88%, respectively, while perceptions of quality of care and organizational pride exceeded 92%.

“The overall workplace rating climbed to 83%, reinforcing DRDH’s reputation as a supportive, values-driven organization.”

DRDH said several areas saw “particularly strong growth.”

Consultation about change increased by nearly 19%, and empowerment and decision-making rose by more than 13%, reflecting growing trust, inclusion, and confidence in leadership.

> CONTINUED ON PAGE 27

Valley Artisans Co-op welcomes guest artist

BY TRACY KASABOSKI

Mohammad Jokhadar is a visual artist whose work has graced some unusual canvasses.

For 12 years, Mohammad lived and painted in the Zaatari refugee camp in Jordan after the war in Syria forced him and his family from their home.

On the walls of ramshackle structures, prefab caravans and on the wooden doors of canvas tents, he painted murals and scenes documenting the stories he and his fellow refugees were living: one of displacement and asylum, but also of hope.

The Zaatari camp, which began in 2012 as a cluster of tent shelters for some 450 Syrian refugees, expanded over the years into a sprawling metropolis housing 80,000 displaced people.

The UNHCR, the refugee agency that co-manages the camp, assists with arts and culture projects that not only provide a creative outlet for camp residents but also help develop livelihood skills and create business opportunities.

Among the many projects supported by the UNHCR and its partners was a winter bazaar held in Amaan, Jordan.

The show highlighted the art, craft and traditional skills of Syrian

refugees. One of the artists whose work was displayed in Amaan was Mohammad Jokhadar.

Art had always been Mohammad's passion, and he'd shown talent from a young age.

As an adult in Syria, before Zaatari, Mohammad Jokhadar had worked in his family's construction business, but even after a full day's work, he would paint, sometimes from dusk to dawn.

Then, his portraiture was of hopeful, beautiful faces rendered in rich, vibrant colour.

At Zaatari, the mood of his paintings changed, but he continued to create art. The day after he and his family walked into the camp, Mohammad bought a barber shop in the three-kilometre long commercial alley dubbed by refugees the Sham-Elysee, a play on ash-Sham, a word Syrians call Damascus, and of course the famous Paris street.

In between haircuts, and while his staff looked after the customers, Mo-



hammad painted in a corner of the shop.

Interest in his work evolved into Mohammad giving basic art lessons to fellow refugees, or, for the more accomplished, providing a friendly space to create.

Mohammad believes art is a message, and he feels it is his duty to

paint the truth. While that truth may include images of destruction, killing and war, his paintings also convey beauty, dignity and optimism.

Art, for Mohammad, gives a voice to stories and emotions that words fail, and, he says, one of the best things is being able to share that part of himself with others.

In 2025, the extended Jokhadar family moved to Petawawa, arriving as part of a community and international effort.

Mohammad and his brother Tamer, also a gifted artist, have exhibited their work locally and internationally, and Valley Artisans' Co-op is thrilled to host Mohammad as a guest artist.

The co-op will be hosting a "Meet the Artist" evening at the store at a later date yet to be determined.

Please visit the website www.valley-artisans.ca to find out more.

Saturday, Feb 14

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served w/starter salad, garlic mashed potatoes, vegetables, dessert, coffee/tea

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Foundation announces further grants

The Deep River and District Community Foundation (DRDCF) recently announced the six grants totalling \$34,728 that were awarded in our 2025 fall grant cycle.

During the 24 years the Foundation has been in existence, a total of 313 grants have flowed into our communities via our Foundation.

The 2025 fall grants were presented to:

1. Four Seasons Conservancy / Deep River Cross Country Ski Club
2. Point Alexander Library Friends
3. Scientists in School
4. Mackenzie Community School Robotics Club
5. North Renfrew Family Services
6. Camp Lau-Ren - shower/washroom building.

Grants 3 and 4 are featured in the above photos.

STEM ENRICHMENT

This week's first photo shows the \$4,000 cheque presentation to Scientists in School.

Their Equitable STEM Enrichment program will offer opportunities for 208+ youth to engage in STEM education through 12 online classroom workshops in Deep River and Chalk River.

Young scientists will ask questions, conduct experiments, and engage in hands-on learning experiences.

ROBOTICS COMPETITION

This week's second photo shows the \$2,500 cheque presentation to the Mackenzie Community School (MCS) Robotics Club.

Their grant will cover part of their Robotics Competition fee and the purchase of tools and equipment. These will give students hands-on experience while building teamwork, problem-solving, and leadership skills.

Through mentorship and the provincial robotics community, students connect classroom learning with real-world innovation.

See further articles and photos in the NRT for details on the final two 2025 fall grant recipients.

DRDCF grants support a variety of projects in the categories of environment, community, arts & education, social services and health.

Both grants 3 and 4 featured this



week are in our category of arts & education.

Supporting the arts promotes the public appreciation of arts and culture by providing assistance to high quality performances of theatrical, instrumental and choral works and by sponsoring

workshops in the visual arts.

Supporting education provides assistance for scholarships, prizes, bursaries, teachers, equipment, supplies, school/alumni councils, museums, and libraries, etc.

To learn more about the DRDCF and

how you can become an important part of our legacy, visit www.drdcf.ca and follow us on social media #drdcommunityfoundation.

Support your community now and for the future www.drdcf.ca/donate.



February is
Heart

Month

A healthy heart is a gift for life

**5 types of exercise
 that boost
 heart health**

Heart disease affects approximately 2.4 million Canadian adults. February is Heart Month in Canada, the perfect time to bring attention to the importance of cardiovascular health. Did you know exercise is one of the best ways to reduce your risk of heart disease? Here are five types of exercise to improve your heart health.

1. **Brisk walking** is a great way to increase energy levels, reduce cholesterol and strengthen your heart. Moreover, it's easier on your joints than other types of exercise like running.

2. **Weight training** builds lean muscle mass, which can help you burn more calories at rest, and in turn, help you maintain a healthy weight. It also reduces pericardial adipose tissue, a type of fat around the heart.

3. **Cycling** is an excellent aerobic exercise that helps improve your balance and coordination. It also strengthens the heart muscles, lowers resting pulse and reduces blood fat levels.

4. **Yoga** increases strength and flexibility and promotes relaxation and mindfulness. This helps relieve stress and reduce blood pressure.

5. **Swimming** is a full-body workout that's good for your heart and trains the body to use oxygen more efficiently. Swimming is also low impact, so it's a good activity for people of all ages and those with arthritis or joint pain.

Finally, the most important thing is to find an activity you enjoy and can integrate into your lifestyle. Aim for at least 150 minutes a week of moderate-intensity activity. Consult your doctor before starting a new exercise program.

Heart Health and Oral Care



Oral health can impact overall health. Poor dental hygiene can be linked to heart disease so the benefits of great oral health go far beyond a healthy smile!



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DRSO presents musical moods & storytelling

The power of music to evoke moods and also to tell stories will be highlighted at the DRSO's next concert February 28.

The concert opens with the overture to Engelbert Humperdinck's opera "Hänsel and Gretel," which he composed in 1891-92. He referred to it as a fairy tale opera and is based on the Grimm brothers' fairy tale of the same name.

Cellist Brandon Wilkie is the guest soloist in Robert Schumann's cello concerto in A minor written in 1850.

It is somewhat unusual in structure for a concerto as it is played

as a continuous piece with no break between movements.

It is described as evoking moods ranging from passion, intensity and melancholy to playfulness, desperation and optimism.

Brandon is well known to local audiences having performed as guest soloist with the DRSO on numerous occasions.

The concert closes with Prokofiev's "Peter and the Wolf" with narrator Sean Keels, a familiar figure in Pembroke area musical theatre productions including as Jean Valjean in the Deep River Musical Society's production of "Les Misérables" in 2013.

Peter and the Wolf, referred to as a symphonic tale for children, has been enjoyed by audiences of all ages since it was written in 1936.

The narrator tells a Russian folk tale, which the orchestra illustrates by using different instruments to play themes that represent each character in the story and is considered a great introduction to the instruments of the orchestra and classical music.

The Saturday, February 28 concert starts at 7:30 pm in Childs Auditorium, MCS.

Advance tickets are available by email drsoemail@gmail.com or by calling 613-584-3737.



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Seniors Friendship Club



MARSH WALK

• Walks in the Woods: For today we plan a circuit around the marsh edge, only possible in winter. Meet at the DRXC chalet on Balmer's Bay Road ready to walk at 1:30 pm on Wednesday, February 4.

Bring a snack and we can socialize afterwards in the heated chalet (also only possible in winter). The walk is just over 2 km and should take about an hour.

• Thursday morning Coffee and Conversation will be at the Deep River Library at 10 am on February 5.

• Beaded Leather Workshop with Trudy Miller: Tuesday, February 10 at 9 am at the Deep River Library program room, "Introduction to Edging."

Coffee will be available. Space is limited. Please register and pay by e-transfer at: 23uovsfc55@gmail.com or by dropping your payment with note in the SFC drop-box at the Deep River town hall. We will have a waiting list.

• Movie Afternoon, Thursday, February 12. More details to follow.

• Vietnam travelogue presented by Elaine Bisson: Tuesday, February 17, 10 am in the program room, Deep River Library. Here is Elaine's description:

"From Deep River to Vietnam, A Photo Journey - Last year, seven of us from Deep River set off on an incredible journey through Vietnam. It was a trip with vibrant culture, stunning landscapes (and caves) and plenty of laughs.

"I've finally sorted through my favourite shots and would love to share them with you! Join me for a presentation of photos and stories of our travels.

"What to expect – A visual tour of our time in Vietnam and maybe a few

travel tips if you are planning on going."

• Monthly Watercolour Classes with Elaine: These will continue on February 24 and March 31.

• SFC Bowling & Dinner, Thursday, February 26: Bowling from 3:30 until 5:15 pm. Optional dinner at Santa Fe at 5:30, at your own expense.

Payment must be received in advance, no later than Friday, February 20. Payment may be made by e-transfer to: 23uovsfc55@gmail.com or using the SFC drop-box at the Deep River town hall.

Twenty people are needed for this event to take place. We can accommodate a maximum of 24 people (4 people on a team /per lane).

If you would like to join us, please email: 23uovsfc55@gmail.com no later than Friday, February 20: 1. confirming that you will be bowling, and 2. confirming whether or not you will be joining us at Santa Fe following bowling.

**Let's hope we get enough people to run this event – last month we had to cancel because not enough people signed up.

• Please note: the Stained Glass Garden Stone workshop on March 10 is FULL, as is the Chicken Pottery workshop in April. You can contact 23uovsfc55@gmail.com to put your name on a waiting list for either or both of these.

The barn quilt workshop which will be March 17 and 24 at 9 am in the Deep River Library program room will be payable by e-transfer to 23uovsfc55@gmail.com or by cash or cheque in the SFC drop-box at the Deep River town hall (please include identification and what it is for). Only 20 people allowed.

The Upper Ottawa Valley Seniors Friendship Club is open to all adults living in the area from Chalk River to Deux Rivieres. Our website is seniorsfriendshipclub.ca and Facebook page is www.facebook.com/sfc.uov.



cross word

answers use American spelling

ACROSS

1. Tacks on
5. Building annexes
9. Hole-punching tool
12. Leak slowly
13. Banister
14. Fixed charge
15. On an even _____
16. Allowed in
18. Parsley unit
20. _____ and the same
21. Engine parts
24. Shocked responses
28. Nonconformist
32. Public melee
33. Smashing serve
34. Golden-haired
36. '60s do
37. Neat
39. House's threshold
41. Male voice
43. Tease
44. Fisherman's pole
46. Looks sullen
50. Sideways
55. Fairy-tale baddie
56. Man
57. Sinister
58. Secluded valley
59. Trinket
60. Writing surface
61. Stared at

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		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52				53	54		55			
56					57				58			
59				60					61			

DOWN

1. Probes
2. Not shallow
3. Doe
4. Edit film together
5. Memorable time
6. Young fellow
7. Chauffeured car
8. Hurl
9. Fore's partner
10. Itty-bitty
11. Guided
17. Binge
19. Clothing
22. Moderate
23. Hurry
25. Filter
26. _____ over (study)
27. Finish
28. Actor LeBlanc
29. Unit of land
30. Mineral deposit
31. Realize
35. Trickle
38. Further
40. Moe or Curly
42. Paddled
45. Swoop
47. Homely
48. Poplar, e.g.
49. Cause to go
50. Easter edible
51. In _____ course
52. Phys ed classroom
53. Sib
54. Broad-antlered beast

sudoku

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

8	2			6		1		9
			2	8	3	6	7	
	6	7		9		2		
	8	1		3		7	5	
	5	2	4	1				
			5		7			
	1	5	3				8	
	7	9		5			6	
		8	9					1

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SIX FULL TABLES

Six full Duplicate Bridge tables competed in a Howell movement last Thursday. Top scorers were as follows:

1. Geoff Edwards and Rosemary Nishimura, 60.00%
2. Peter Brewster and Doug Barnard, 58.33%
3. Lois Fitzpatrick and Erik Hagberg, 56.25%
4. Patricia Mellors and Linda Mizzan, 55.00%
5. Kerry Burns and Mike Atfield, 54.58%

A MOYSIAN FIT

“The Bridge World” has been publishing to the bridge community since the year contract bridge was invented (1929), but in 2026 it is on its last legs and it seems likely that it may fold after

its current editor, Jeff Rubens, retires.

In the last 80 years, The Bridge World has had only three editors. Jeff took the job in 1997, taking over from Edgar Kaplan, who had been the senior editor since 1967. For the 20 years prior to that, starting just after WWII, the editor was Alphonse “Sonny” Moysie.

In the 1930s and 1940s, four-card major systems were common. Opener would start with a four-card major suit and responder was expected to raise with three or more. This led to a lot of 4-3 trump fits, of course.

Such trump fits are playable, but can be a bit tricky, since one or other of the defenders often has as many trumps as declarer.

As editor, Sonny Moysie championed



4-3 trump fits and wrote many editorials about their advantages. The result was that, since the 1960s, 4-3 trump fits have been

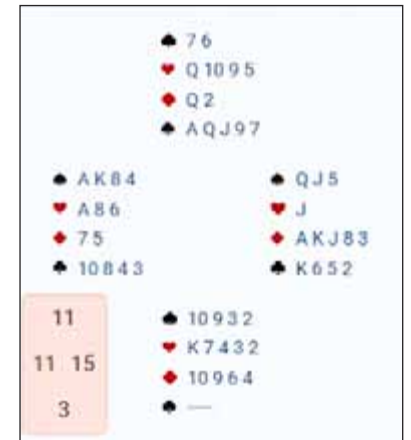
known as “Moysian” fits.

Since the rise of five-card major systems in North America, where opener needs five cards to open 1 of a major, Moysian fits tend to be arrived at more by a bidding misadventure, than by choice, however.

Board 14 is an interesting deal in which E/W can make at least eight tricks in any of: spades, hearts, diamonds, clubs, or no trump.

Sonny Moysie would have been pleased that, of all the contracts, it is the Moysian spade fit which yields the best available score to E/W of +140 (assuming ideal play).

Results this afternoon were (with N/S results and matchpoints in brackets):
 3HS -1 (-50, 5 points)
 2SW = (-110, 3.5 points)
 3DE = (-110, 3.5 points)
 2DE = (-130, 2 points)
 2SW +1 (-140, 1 point)
 3sW +1 (-170, 0 points)



WINTER CARNIVAL

Morning everyone: we had six members in Petawawa on Saturday playing in District darts. They had a great time

and came oh so close to moving on to provincials but missed it by one game.

- Peter Brown was the high score again at Euchre.

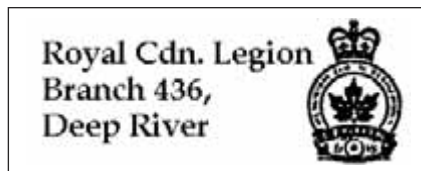
- We have Zone Shuffleboard on February 7 in Chalk River - the signup sheet comes down tonight.

- February 10 is Buddy Check 7 pm.

- In support of the Deep River Winter Carnival, there will be a Pancake Breakfast on February 21 - also while you are digesting your big breakfast there will be a trivia contest open to all from 1-3 pm hosted by Tony, then if you are still feeling active the “Shiver and Shake” dance starts at 7:30 pm.

CHILI COOK-OFF

- On February 22 during Open Mic there will be a Chili cook-off - you get to try them all and vote on the best, the spiciest, etc.



- On February 25 at 6 pm we are hosting a public speaking contest for all school categories - if you are home schooled and want to participate, contact Lee

Ann at 613-401-8296.

- On February 27 it is the famous end of the month pool tournament.

- The Super Bowl Pool sheet is starting to fill up - it is on the bar, so get your picks in soon or miss out on all that money.

- Now for the Rusty Dillabough Draw winners week 16: 411 Julia & Neil Wong, 279 John Barrington, 207 James Elliott, 42 Bill Ward, 83 Lennox & Grandpa, 371 Richard Sutherland, 258 Claire Kennedy, 471 Barb Hooper, 398 DJ Helmut, 268 Katie & Alex Roblin, 229 Paul Chisholm, 268 Candice Peplinski, 464 Courtney & Eric O'Connor, 474 Dave Rouselle, 143 Nelson Childs; attendance 150, not here so it grows.

- In the sellers contest (number of winners), it was Lee Ann 7, Virginia 3, Joanne & Donna 2, Cindy & NRLTC 1.

- Fun Darts, Cornhole, Euchre, and Open Mic are still ongoing.



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MATCH UP

CELLPHONES: North Renfrew Family Services is seeking donations of used cellphones that are in working condition but no longer being used. These phones are provided to clients in need to help enhance personal safety. If you have a donation, please call the NRFS office at 613-3358.

SUNGLASSES: Two pairs of sunglasses were picked up some time ago after they were seen sliding off the roof of a car on Ridge Road. One is a pair of Maui Jim sunglasses with prescription lenses, the other a pair of Foster Grants. They have been turned in to the NRT and may be claimed at the NRT office, 8 Glendale Ave, Deep River, or by calling 613-584-4161.

ELMO: Seems like no one wants lost Elmo... A plush Elmo figure, approx. 9” tall, was found on Glendale Ave some time ago. Perhaps he dropped from a little hand or fell out of a bag or stroller? He is still waiting to go home, safe and sound at the NRT office, 8 Glendale, and can be claimed by calling 613-584-4161.

Haggis lovers turn out for 10th Burns dinner

One hundred and seven Haggis lovers packed into the Chalk River and Area Lions Hall on Saturday, January 24 to celebrate tradition, build up community, and foster collective morale at the 10th Annual Robbie Burns Supper.

The Renfrew Highland Pipes and Drums were on hand to share a rousing highland pipe concert with the assembled.

There were the usual tunes including “Scotland the Brave” and a singular focus on a beautiful rendition of “Highland Cathedral.”

The concert ended with an emotional playing of the set consisting of “Mingulay Boat Song,” “My Land” and “Balmora.”

All of the tunes played by the Renfrew Highland Pipes and Drums evoked pride, passion, and of course much emotion about Scotland for those who gathered to celebrate the birthday of Scotland’s “ploughman poet,” Robbie Burns.

The address to the Haggis was delivered in fine form, while the Toast to the Lassies was presented by Sheldon Alley, whose poetry was approaching in many ways towards that of Burns.

The Reply to the Toast to the Lassies was delivered in turn by Amanda Alley and most assuredly pleased the audience.

Rena and Brian Corbett, Mariah Tennant, and Melissa Friske also recited several of Burns’ poems to the delight of the crowd.

Mr. Kellow is the manager of the local Chalk River Haggis Breeding program. It is the only foreign licensed Haggis breeding facility by the Scottish Haggis Licensing Board.

Mr. Kellow sent along his 2025 annual report and it was of keen interest to those assembled to hear that the Chalk River Haggis Breeding program is doing very well and the haggis are very fecund as noted in the very same report.

Indeed, after harvesting operations and exporting to Portugal, Antarctic, and Greenland, 82 females and 41 males remain, in addition to two of the original breeding stock from Scotland.

(Greenland is renewing their 2025 order and may be increasing it by 10,000% in anticipation of having to feed all the expected NATO troops.)

The Celtic band Traditional Fare played during cocktails and then again during the Cèilidh to the delight of Scottish Country dancers who were at the supper.

All in all the 2026 Burns Supper was a wonderful evening of good food, fun, and fellowship and raised \$1,770 for DRDH.



UPCOMING WEBINAR

Join us for our February webinars for an update on the Gently-1 Decommissioning Project, CNL's Transportation of Dangerous Goods Program, and Whiteshell's Underground Research Laboratories.

Tuesday, February 10, 2026

Gently-1 Decommissioning Project: Decommissioning and Licensing
9:00 a.m. – 10:00 a.m. EST

CNL's Transportation of Dangerous Goods Program
10:00 a.m. – 11:00 a.m. EST

Whiteshell's Underground Research Laboratories Final Experiment
11:00 a.m. – 12:00 p.m. EST

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Contact ermstakeholder@cnl.ca if you have any questions



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day, February
5, join us

downstairs from 2 to 4 pm for a chat with fellow parishioners over a cup of tea. Everyone is welcome!

• Join us on Sunday, February 8, downstairs following our 10 am worship service, for purchasing sweets as a special Valentine's gift.

There will be a lovely selection of Empire and Gingerbread Heart cookies, desserts by the piece, and packages of assorted nuts and peanuts. Celebrate Valentine's Day with a special sweet gift.

• Join us for a seven-week Lenten study beginning February 12 and ending on March 26. Because we live in a very active community, the study has been pushed to an earlier time on Thursdays. It will last one hour beginning at 6 pm.

The title of the study is “Seven Last Words of Christ.” Each week, we will explore one of the phrases

spoken to come to one or all of the evenings, whatever fits your schedule.

There will be no homework and no registration is required. Just come when you can and share with others these meaningful phrases from Jesus.

PANCAKE SUPPER

St. Barnabas is hosting a pancake supper on Shrove Tuesday, February 17 from 5 to 7 pm downstairs in the church hall.

We invite all in our community to come and enjoy this meal of pancakes, sausages and fruit salad with all the trimmings.

Come with your family, friends, meeting others or come to enjoy a meal peacefully on your own.

This space is wheelchair accessible. A free will offering will be welcomed.

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SPORTS



A shooter for the Ottawa Valley Moose (OVM) rips home the final goal in a 5-1 win over the Slashers in round robin action during the third annual Valley Sports Talk adult hockey tournament at the Deep River Arena. Picking up the tradition set by the since-departed Loggers event on the final weekend of January, the VST tournament featured 18 teams in four divisions - men's A, B and C, and women's - with the top teams in each group facing off in the championships Sunday afternoon.

Photos: Terry Myers





Mackenzie Community School scored some great results in the Renfrew County west Grade 7 and 8 badminton tournaments last week. Above, Amy Fraser of MCS won gold in the Grade 8 girls singles while Drew Gerundin of Bishop Smith took silver. Below: Ally Hogue of MCS took gold in the Grade 7 girls singles while Ellyse Pardy of Valour earned the silver. In other results, the Grade 7 team tied for first overall with Jeanne Lajoie while the team of Hanlon/Phillion earned silver in girls doubles, and Luqman Mudassir took the silver for MCS in Grade 8 boys singles.



SATURDAY YOUTH SPORTS • RCDSB Community-use-of-schools

Saturday Youth Sports

FEBRUARY 2026 UPDATE

New Youth Sport

February 7, 14, 21 and 28, 2026.

Parent and Youth Tennis for ages 4 and 5 years
Develop hand eye coordination, learn forehand rallies with lots of bounces and tennis balls, and prepare for fun outdoor playing close to net, for progression to full courts. Children tennis rackets will be available.

High school students welcome for volunteer hours.

This is for youth to drop in, enjoy and discover recreational sports, with respectful and screened volunteer supervisors.

Contact Rose Dolinar 613-584-4567

Mockingbird, Jays, Eagle, highlight annual bird count

BY CATALINA ANGHIEL AND JIM UNGRIN

The Deep River Christmas Bird Count (CBC) for 2025 was held Sunday, December 14. In total, 50 birdwatchers took part, 18 in the field parties, 30 as feeder watchers, and two in both. We were thrilled to welcome seven new field party participants.

The star bird of the day was the Northern Mockingbird, found with teamwork by Barrie Greiner and new participant and sector leader Sarantia Katsaras. It is the first time this species has been seen during the Deep River Count!

Barrie scouted the bird in a shrub on Frontenac Crescent on the first day of Count Week, and using his location instructions, Sarantia found it on Count Day.

Other birds of note were two Canada Jays (also known as Gray Jays) which were found by Robert and Colleen Labre in the woods west of town, and a Bald Eagle found by Richard Richardson near the Baggs Road dump.

The eagle was sitting motionless in a tree, far in the distance, probably observing the CNL/Chalk River sector birders as they had almost finished scanning the area!

A few species were only seen by the feeder watchers: two Mourning Doves, a Common Grackle (with a bent beak), six Northern Cardinals, and the two species of sparrow (American Tree Sparrow and White-Throated Sparrow).

However, it was a quiet day for some groups. The Forestry and West of Town field groups had some of the lowest number of species ever seen, and more than one feeder watcher was visited only by chickadees on Count Day. But every single bird counts!

> CONTINUED ON PAGE 25

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Millers Road: Tues-Sat 9am-12noon, C&D waste only. Info 613-401-0434 www.northrenfrew-landfill.com

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HIRING CAMP ASSISTANT(S)

Deep River Summermusic camp is hiring 1 to 2 assistants. These positions are ideal for students and could be held by the same person depending on the candidate's skills and interests.

The **Administrative Assistant** will perform tasks such as photocopying, preparing music folders, creating simple signs, and sorting and filing music after camp. We expect some tasks to begin in April, with most of the work to be completed throughout the month of July. For this position we are seeking a candidate with strong organizational skills, initiative, and attention to detail. Some background in music is required.

The **Camp Assistant** will work during the two weeks of camp (July 13-24) between 9:00 am and 2:30 pm, leading recreation activities, supervising during breaks,

and assisting with sessions as needed. For this position we are seeking a candidate who is energetic, creative, and comfortable working with children and youth. Musical background is not required.

To apply, submit a resume and cover letter by email to summermusic.deepriver@gmail.com by February 25th. Pay rate is \$20 per hour. More information is available on our website: www.summermusic.ca.

NOTICE

PHOTO REPRINTS! Colour prints are available of most photos appearing in the NRT. Drop by the North Renfrew Times office, 8 Glendale Ave. or call 613-584-4161.

"The Whistle Stop" (in same building as the Bowling Alley) is open Tuesdays through Saturdays 1:30-3:30pm. Thursday evenings 6:30-8:00pm. CLEAN donations thankfully accepted during these hours. NO FURNITURE, baby furniture, sports helmets, TV, stereo or computers please.

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- send us your news and events at
nrt@northrenfrewtimes.ca

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DEATHS



CHARTRAND, Joann
August 13, 1956
- January 8, 2026

With heavy hearts we share the passing of our Niece, Sister, Aunt, Cousin, Friend, In her 70th year, at her residence in Oshawa with two of her friends by her side.

She will be dearly missed by her family and friends; her sisters Mona (Kevin) Jawort, Brenda (Micheal) Hower, her brothers Brad (Karen) Higson, all of Pembroke, Danny Higson of Edmonton, Alberta, her cousin Tommy who was like a brother to her, Uncle Winston & Aunt Linda & Uncle Vic & Aunt Gerry, by many cousins, nieces, & nephews. By many great friends in the Valley, as well by many great friends in the Oshawa area.

Predeceased by her mother Christine Higson (nee) Chartrand, and sisters Donna, & Cecilia (Penny).

She has been cremated and there will be a funeral Mass and burial in the Spring. In lieu of flowers a donation to the cancer society or charity of your choice may be made.

FULFORD,

Frances Thérèse

September 17, 1943
~ January 25, 2026
(age 82)

At the Grove Long Term Care, Arnprior on Sunday, January 25, 2026. Thérèse Fulford (née Conliffe) of Deep River at the age of 82 years.

Beloved wife of Donald Fulford. Dear stepmother of Allison Fulford (Heather) of Dartmouth, Nova Scotia, Melanie Fulford of Ottawa, and the late Jennifer Fulford.

Cherished sister of Mary Walker and her husband Bill of Camrose, Alberta, Eve Corrin of Arnprior, Lucie Lemaitre and her husband Paul of Westford, Massachusetts, and Timothy Conliffe of Scarborough.

Predeceased by three brothers David, Mark, and Christopher Conliffe, and three sisters Gloria Hanschell, Ingrid Barnett, and Jeannette Conliffe.

Also survived by sisters-in-law Ena and Rosemary Conliffe who will cherish her memory. She was a fun loving and deeply adored Aunt to 25 nieces and nephews.

Thérèse was born in Barbados, the eighth of eleven children, the daughter of Rev. Clement and Marjorie Conliffe and at the age of thirteen moved to Pakenham.

She went on to pursue



her calling in Nursing at the Royal Victoria Hospital in Montreal before embarking on a remarkable career as both an ICU and Emergency Room Nurse.

Thérèse served communities across Canada with her dedication and deep caring. For the past forty years she made her home in Deep River, where she was known and respected for her professionalism and generous spirit.

The family cannot express enough its thanks to all of the staff at the Grove, for taking such loving care of Thérèse.

Cremation has taken place. A Celebration of Life will be planned for the spring. In memory of Thérèse, donations to the Deep River and District Health Closer to Home Campaign, or to the Grove Long Term Care Friends & Family Council, Arnprior, would be gratefully appreciated.

Thérèse will forever remain in our hearts.

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Opinions expressed in opinion columns, editorials and reprinted articles are not necessarily the opinions and philosophies of the Digest Media Inc. or its directors.

Find us online at
northrenfrewtimes.ca

Kathryn Leppinen

Feb. 5, 1987 - Feb. 5, 2002



*You are always in our hearts.
It doesn't matter how long
you've been gone you will
forever be a part of us,
We miss you everyday.*

Love from
Dad, Mom, Anna, Aaron

LAURENTIAN HILLS PUBLIC LIBRARY

AFTERNOON GAMES

• Afternoon Games continue at Point Alexander branch, every other Wednesday afternoon at 1:30 pm (February 11, 25, etc), with friends, tea and cookies. Drop-ins welcome.

Game options: Azul, Banagrams, Blokus, Clue, Dominoes, Scrabble, Sequence, Skippity, Ticket to Ride, Yahtzee and more!

• The 2026 Knitting Group at Point Alexander branch continues, every other Thursday afternoon at 1:30 pm (Feb 5, 19, etc).

Meet new people and visit with old friends while learning to knit something new! Baby hats continue for another week

or two, with new projects to follow. Beginners and experienced knitters welcome.

• Toddler Time: Stories, games and crafts for 2-4 year olds take place at Point Alexander branch on Thursdays at 10:30 am, January 15 - March 19.

• Crafters Unite: Get out of the cold and come warm up with your fellow crafters. You bring your work-in-progress, we'll provide the companionship. Crafters of all levels welcome - Mondays at 2:30-4 pm at the Chalk River branch.

• Building Sugar Cube "Ice" Castles at Point Alexander branch on Saturday, February 7, 1:30-3 pm. All ages welcome with parental support for young children.

Please register by February 5 by contacting the library (on Facebook, email library@laurentianhills.ca, or phone 613-584-2714).

BOOK CLUB

• Join our 2026 Book Club at Point Alexander branch, second Monday

each month starting February 9 at 5 pm.

The librarian will provide a number of book options based on a topic or theme. Choose one, read it, give it a rating, recommend it to others (or not), switch books with someone else, and then discuss with others (as desired).

• Last call for donations of gently used books and DVDs in preparation for the next book sale planned for late winter 2026; drop off at Point Alexander branch preferred.

Bird count

CONTINUED FROM PAGE 23

In total, the count found 33 species on Count Day and two more in Count Week, with a total of 1,705 birds.

Several items stand out in the Count. The first is the very low number of Common Crows. They have been scarce not only on Count Day, but in general. Has the West Nile Virus had an effect?

A second (welcome) point is the large

number of Black-capped Chickadees. The number seen this year was only exceeded once ever.

One more notable point is the lack of Waxwings, Bohemian or Cedar. None have been reported throughout the winter.

A detailed report has been sent to all participants. Please contact canghel-nature@proton.me if you would like a copy.

The next upcoming birding event is the Great Backyard Bird Count, requiring as little as 15 minutes spent watching birds between February 13-16. Details are available at www.birdcount.org. Happy birding!

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- Willing to obtain required licenses

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Turn back clock on GoCo

CONTINUED FROM PAGE 5

Among the uses of MMRs being considered is their ability to power future military facilities in the Arctic.

“When the US political executive is keenly interested in the Arctic and threatening to annex Canada, does Canada really want US companies to have access to dual use IP and proprietary strategic Canadian nuclear information such as what, when, and where Canada might deploy SMRs?” Leuprecht asked.

Leuprecht said that in awarding the new GoCo contract, AECL made an “economic decision that considers nei-

ther national security nor sovereignty.”

“This bidding process, in my view, was neither fair nor accountable.”

Leuprecht said the GoCo contract needs to be reviewed by an independent third party to determine if there really have been any savings for Canadians.

If not, “then turn CNL back into a Crown corporation” and hire new management “based on clear metrics of competency, KPIs and accountability.”

“The UK tried the GoCo model and has reverted to the previous model. We can learn from our allies,” Leuprecht said.

In December, the committee heard from AECL president Fred Dermarck that there were as many as nine groups originally interested in bidding on the GoCo contract in this round.

But in the end, only two passed the pre-qualification stage, and only one bid - from NLPC - was actually submitted.

Leuprecht said that should have been

a “red flag” for the government.

“When you have a single bidder, and that is entirely American, that is not an opportunity for either AECL or the board or minister to assess the best opportunities that are out there for Canada to maximize its interests in the current environment,” he said.

“The UK tried the GoCo model and has reverted to the previous model. We can learn from our allies.”

But Eric McGoey, vice-president of corporate affairs for CNL, pushed back on the idea that the GoCo model was not in the best interest of Canadians.

McGoey said CNL operates Canada’s nuclear labs on behalf of AECL, which continues to own the sites and intellectual property.

“It also sets CNL’s mandate and remains accountable to the government of Canada and to Parliament.”

“CNL’s role,” he said, “is to deliver that mandate safely, securely, and effectively in full compliance with Canadian law, Canadian regulations and AECL’s requirements.”

DIVIDED LOYALTIES

As far as suggestions that any of the American managers at CNL may have “divided loyalties,” McGoey said all members of the executive team have to sign a contract pledging “primary loyalty to Canadian Nuclear Laboratories, period.”

McGoey said that one of the ways in which AECL evaluated potential bids for the GoCo contract was that they wanted Canadian experience in key areas.

“They wanted subject matter expertise, so decommissioning, waste management, science and technology, health and safety so on, and they wanted GoCo experience.

“I think it’s really important that we remember there is only one GoCo contract in Canada, this one.

“Since the incumbents who had the contract for the last 10 years (CNEA) did not come back as a consortium to bid again, that means if you want GoCo experience, you’re going to have to look outside of Canada,” he said.

“And so the way the contract was written guaranteed that we were going to

have people from outside of Canada who were subject matter experts and could bring that GoCo expertise.”

Meanwhile, McGoey said, even though they may be American citizens, several members of the leadership team have already had long careers in Canada.

Chief operating officer Len Clewett, for example, was previously executive vice president and chief nuclear officer at Bruce Power.

“So the idea that to be American is to be incapable of loyalty to CNL is something I reject,” McGoey said.

“I also reject the idea that to be American by citizenship means you can’t have Canadian experience. I know that not to be true.”

STINKS

But Conservative MP Corey Tochor continued to say that “something stinks” around the current contract.

Tochor said that “we know” Prime Minister Mark Carney owns shares in one of the companies involved in NLPC, and that under US law, President Donald Trump could “order” US citizens to turn over information to the American government.

Tochor charged that even McGoey has “links” with the federal Liberal government in that he had worked as a volunteer on a local campaign for a Liberal candidate.

“This goes back to the transparency of this contract,” he said.

“We know that there’s experts in the security field that have rang the bell that this is bad for Canada bad for our sovereignty.

“Then we have witnesses that come that claim they have no association with the federal Liberals. But then, we find out through their LinkedIn profile that they have volunteered on campaigns in the past...

“This might be the way Liberals operate in Canada, but I can tell you Canadians are fed up. Fed up with saying one thing and your actions don’t match, and this (GoCo contract) is a prime example,” Tochor said.

“When we sell out our Canadian nuclear labs to an all-American group that has connections to our prime minister, it stinks, and we need more study on this, and I’m very interested to see this report at the end (of these committee hearings) and the recommendations on how we should be ripping up this agreement and starting over again.”

NO PAPER

Wednesday, Feb 11

as the newspaper takes a winter break.

The NRT will return to regular weekly issues
Wednesday, February 18.

Office Hours:

10am - 1pm Thursday, Feb 5

10am - 1pm Friday, Feb 6

Closed Monday, Feb 9

Thank you in advance for your understanding and support.

THE
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Regular Office Hours

Monday: 10am - 4pm, Thursday: 10am - 4pm, Friday: 10am - 1pm
The office is closed on Tuesdays and Wednesdays.

TWO DIE IN SATURDAY CRASH

The Renfrew detachment of the Ontario Provincial Police (OPP) is investi-

gating a two-vehicle collision that resulted in two fatalities on Highway 17 Saturday.

Police say that on January 31, 2026, shortly after 1 pm officers responded to reports of a head-on collision involving

a pickup truck and another passenger vehicle on Highway 17 between Anderson Road and McCallum Drive, in the township of McNab/Braeside.

Both drivers, a 55-year-old male from Renfrew and a 71-year-old male

from Ottawa, were pronounced deceased.

Highway 17 remained closed between Anderson Road and Goshen Road for several hours for the ongoing investigation.

DRDH survey

CONTINUED FROM PAGE 12

Among the key themes highlighted was a strong interest in career growth, with employees aspiring to move into leadership, education, or specialized roles as DRDH prepares for the expansion of our health campus, including the opening of a new 96-bed long-term care home and the development of future hospice services.

At the same time, many employees expressed a deep commitment to their current roles, emphasizing team cohesion, stability, and satisfaction in continuing to contribute within their existing positions.

Janna Hotson, president and CEO of DRDH, said she is “proud of our team and the dedication and professionalism they demonstrate each day.”

“These survey results show real progress in how our team members feel supported, included, and empowered.

“As we look to the future, this feedback will help us build on our strengths and continue fostering an environment where everyone can thrive professionally while providing excellent, compassionate care to our community.”

DRDH said results from the 2025 employee survey position the organization to “retain, recruit, and grow our workforce, ensuring a workplace where employees feel respected, heard, and valued.”

SUDOKU SOLUTION

• FROM PAGE 17

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CROSSWORD

• FROM PAGE 17

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88 Glendale Ave Newly renovated 3 bed, mn fl laundry, gas heat, detached garage
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116 Frontenac Cr 4+1 bed, 3 baths, quality updated kit, 2 fp, scrn rm, lg lot borders woodland
MLS X12427011 \$599,900

25 Laurentian St 2 bed, 2 bath, wood fp, fin bsmt, large yard, screened porch, inground pool
MLS X12371517 \$495,900

294 Lau-Ren Rd Custom 4 bed 5 bath home on 2.3 acres, 200 ft sand beach, fin walk-out bsmt
MLS X12446398 \$1,449,900

37335 Hwy 17 4 yr old 1 bed backing onto Crown Land. Open concept, large new det garage
MLS X12382151 \$269,900

44A Main St 3+1 bed, lg kit w/ vaulted ceil & solid wood cpbds, gs fp, en suite w/jacuzzi, fin bsmt
MLS X12251556 \$899,900

94 Glendale Ave 1.5 storey, 3+1 bed, gas fp, breakfast nook, mn fl laundry, det gar w/storage, lg yard
MLS X12652092 \$415,000

123 Algonquin St 3 bed semi, gas heat, fin bsmt, updated win, siding & roof, gazebo, det gar
MLS X12341392 \$259,900

5 Hammond Ct 2+2 bed, hdwd, spacious, fin bsmt, carport, close to parks, cul-de-sac
MLS X12146168 \$359,900

313 Meilleur's Rd Custom home on 19.77 ac. 3 bed, 3 bath, 3-season room, garage/wkshop
MLS X12472118 \$1,170,000

11 Hammond Ct 3+1 bed on cul-de-sac, eat-in kit, fin bsmt, private back yard, storage shed
MLS X12182431 \$379,900

119 Frontenac Cr 3+1 bed, 2 baths, updated kit, 4 season rm, fenced yard, gas fp, workshop
MLS X12414977 \$535,000

34224 Hwy 17 26 acres, 3 bed, 2 bath, gas fp, 3 season room, newer furn & roof, att gar, shed
MLS X12129172 \$929,900

11 Banting Dr 3+1 bed, 1.5 baths, liv/din rm w/airtight woodstove, dble gar, full bsmt
MLS X12204172 \$499,900

1 Brockhouse Way #111 1 bed, oak kit, 4 appl incl, laundry room, gas ht/ca, large storage rm
MLS X9518587 \$185,500

4 PLEX

RIVERFRONT

8 Tweedsmuir Pl 4 bed, 3 bath, gas fireplace, basement rec room, workshop, detached gar
MLS X12426980 \$525,000

28 Lasalle Dr 3 bed, updated kitchen, mn fl laundry, private back yard, gazebo, large garage
MLS X12226754 \$389,900

14 Huron St 2 bedroom units w/4pc bath, kit, laundry/utility, recent renovations, 4 garages
MLS X12626844 \$507,000

37103 Hwy 17 2 bed, eat-in kit, mn fl fam rm w/woodstove, mud room, large lot, carport
MLS X12519562 \$299,900

581 Rocky Point Ln 3 bed custom bungalow, 2 baths, lg gar, walkout bsmt, 254' river front
MLS X12645418 \$1,200,000

101 Lance Rd 3 bed, full bsmt w/airtight woodstove, prop furn/ca, dble gar w/ht workshop
MLS X12542466 \$409,900

29 Glendale Ave 2 bed, updated kit & bath, mn fl laundry, sunroom, gas furn, heat pump, det garage
MLS X12373292 \$260,000

19 Alder Cr 3 bed semi, updated 4pc bath, bright living/dining, mudroom, hdwd floors, 5 appl
MLS X12342268 \$289,900

196 Loon Valley Ln 1 ac, 2+1 bed bungalow, 2 baths, partially fin walk out bsmt, 3 car gar w/ loft
MLS X12234990 \$949,900

979 Lea St Spacious 4 bed, 1 bath, wood fireplace, gas heat, central air
MLS X12604412 \$170,000

COMMERCIAL/RESIDENTIAL

COMMERCIAL

SOLD

120 Deep River Rd 5 offices, 2 & 3rd level features custom finished residential area w/ stunning views
MLS X12486696 \$1,150,000

10 Ridge Rd 700 sq. ft, downtown, presently rented w/signed lease, updated roof, new siding
MLS X12681362 \$199,900

140 Cecelia St 3+2 bed, updated kit, baths, flooring, furn, bsmt in-law suite, deck, gar, shed
MLS X12126054 \$309,900

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Josie Lane, 15.8ac	\$99,900	X12193886
Pt Lt 49, Old Moore Lake Rd 0.3ac	\$49,900	X12232283
Hwy 17 Deep River 0.42ac	\$59,900	X9517157
Hwy 17 Laurentian Hills 201.8 ac	\$499,900	X11986187

Riverfront Properties		
Mackey Creek Rd, 1.99 ac	\$279,900	X12378144
Bissett Creek, 5.8ac	\$479,000	X12465268
Rantz Rd, Petawawa 16ac	\$350,000	X12646790



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