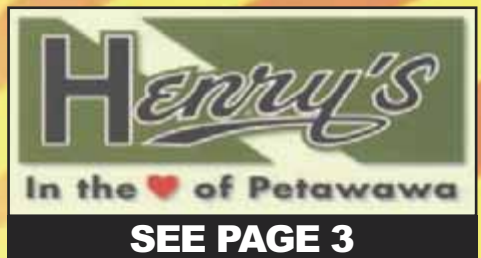


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THE NORTH RENFREW TIMES

DEEP RIVER, ONTARIO

WEDNESDAY, APRIL 8, 2026

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Council pay figures adjusted

BY VANCE GUTZMAN

The numbers have been adjusted, and Deep River council members weren't paid as much in 2025 as originally thought.

> CONTINUED ON PAGE 2

Good Friday was anything but good for anybody travelling, what with the high price of gas. Hunter Davis shown here filling his truck up while on his way to Sudbury at the Shell Station in Deep River, where the price at \$169.8 a litre, was the lowest in town. Forecasters are warning the price at the pump could reach \$2 a litre as the US war on Iran continues.

Photo: Vance Gutzman



QUOTEWORTHY:

"We in the Ottawa Valley have always punched above our weight."

- MPP Billy Denault
story page 15

INSIDE:



COUNTY TO VOTE NO TO ALTO?



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PLEASE RECYCLE

Council pay

CONTINUED FROM PAGE 1

A report on the agenda of this week's meeting shows council was paid a grand total of \$152,445 in regular salaries last year.

That's a sharp drop from the \$166,808 which was reflected in a staff report presented to council two weeks ago.

The Ontario Municipal Act mandates that municipalities issue reports outlining council remuneration and expenses on an annual basis.

The original report presented to council showed list Mayor Sue D'Eon topped that list, earning \$39,325 in 2025, followed by Reeve Glenn Doncaster at \$28,058 and Councillor Will Fitton at \$21,204.

Councillors Christina Giardini, Kathy Hughes, Terry Myers and Tom Vaughan were each paid \$19,555, according to the first report.

But Councillor Terry Myers questioned the figures when they were first presented to council, pointing out his individual amount was higher than the figure on his T4 and appeared to be 15 percent higher than what was stated in the remuneration and expenses report the town filed in 2024.

He questioned whether the numbers in the report included the employer's portion of things like Canada Pension Plan (CPP) and Employer Health Tax (EHT), noting the Municipal Act states the an-

nual reports aren't intended to reflect the costs of council to the municipality but, rather, expenses "paid to" each member of council.

Mayor D'Eon agreed with Myers, saying the reports should reflect straight salaries, unless some new regulation in the Municipal Act states otherwise.

The report on this week's agenda eliminates the CPP, EHT, as well as the Ontario Municipal Employees Retirement System from the equation.

Individually, the new report shows Mayor D'Eon still heading the list, but having been paid a straight salary of \$36,645, followed by Reeve Doncaster at \$24,185.

Councillors Fitton, Giardini, Hughes, Myers and Vaughan were each paid salaries of \$18,322, according to the new report.

PER DIEMS

The report also shows Doncaster and Fitton having received per diems of \$1,200 and \$634, respectively.

Those are the same figures in the original report, but the new one also reduces the numbers for conference registrations and travel expenses.

The original report showed the mayor was reimbursed \$7,554 for conference registration and travel expenses, with Doncaster reimbursed \$4,789, and Fitton expensing \$3,314 in that regard.

The new report shows the mayor and reeve being reimbursed \$6,682 and \$3,589 respectively for conference registration and travel expenses.

LURING, SEXUAL ASSAULT CHARGES LAID

The Upper Ottawa Valley detachment (UOV) of the Ontario Provincial Police (OPP) has charged a male from Ottawa in connection with sexual related offences involving a child.

Police say that on Saturday, March 21, UOV OPP officers received information that a child may have been lured over the internet for sexual purposes.

As a result of the investigation, Omer Yildirim, 23, from Ottawa was charged with the following offences:

- Sexual assault causing bodily harm - choke, suffocate or strangle - two counts
- Luring a person under 16 years of age by means of telecommunication
- Invitation to sexual touching under 16 years of age - three counts

- Sexual interference - two counts
- Possession of child abuse and exploitation material
- Making sexually explicit material available to a person under 16 years of age.

The accused remains in custody.

Anyone with information regarding this investigation is asked to contact UOV OPP at 1-888-310-1122. Should you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477).

ANOTHER SUV STOLEN FROM DRIVEWAY

The Upper Ottawa Valley detachment of the Ontario Provincial Police (OPP) is currently investigating after an SUV was stolen in the city of Pembroke.

The original report also showed honoraria paid to members of the town's police services board, with Tracy Russell having been paid \$3,383 in 2025, followed by Mayor D'Eon at \$2,983 and Kelly Lapping with \$2,651.

Those numbers are the same in the new report but a separate report on this week's council agenda recommends increases to the amount of money paid to members of the town's committee of adjustment, which makes decisions on planning matters such as minor variances.

The report from two weeks ago showed the three members of the committee of adjustment (Mike English, Wendy Murphy and Doug Rodgers) were paid a total of \$150 last year, or just \$50 apiece for their service to the municipality.

"We really have to look at remuneration for the committee of adjustment," the mayor said at the March 25 meeting.

"I don't think that's been reviewed in a long, long time, and it definitely needs to be updated immediately."

Honoraria for committee of adjustment members hasn't changed since 1992.

The separate report on this week's agendas calls for committee members to be paid \$100 for each meeting, and being eligible for a per-diem rate of \$200 for a full day, if it's required for training purposes.

The report also notes the town has budgeted \$1,000 for committee of adjustment remuneration, and doesn't expect to need additional funds in that regard, even with the proposed increases.

Police say that during the overnight hours of April 2-3, a 2024 Toyota Grand Highlander SUV was stolen from a residential driveway on Irving Street in Pembroke.

The vehicle was blue in colour and Ontario licence plate CZYJ 424 was attached to the SUV at the time of the theft.

During the same time period, there was an attempted theft of a 2025 Toyota Tacoma truck from a driveway on Boucher Street in Laurentian Valley township.

Police note that since March 1, eight motor vehicles have been reported stolen in the UOV area.

The OPP Renfrew County Street Crime Unit is assisting with the investigation along with the OPP Forensic Identification Services (FIS) Unit and an OPP Scenes of Crime Officer (SOCO).

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Public school chair seeks support for trustees

The head of Renfrew County's Catholic district school board warned recently that the province may eliminate locally elected school board trustees.

Bob Schreder called on local families to contact MPP Billy Denault to be a champion for the "local voice" in education and "ensure that our fundamental right to local representation is not discarded."

Now, the head of the county's public school board is urging local municipalities to speak up on the issue.

Leo Boland, chair of the Renfrew County District School Board, is calling on municipal councils to provide their support in "reaffirming the essential role of locally elected public school trustees as the primary community voice in public education."

In a letter to Petawawa council, Boland says there are proposals by the Minister of Education to "drastically change - or eliminate - locally elected English public school trustees in Ontario."

"The Minister has described current school board governance as 'outdated.' We strongly disagree," Boland says.

"Local democratic representation is not outdated, especially in rural communities like ours."

Boland says communities like

Petawawa "deserve a direct say in shaping the schools that shape our children."

"Elected trustees ensure open meetings, transparent budgets, and visible accountability," he says.

"Removing trustees would silence the only direct, elected voice families currently have, shifting decisions entirely to Queen's Park.

"Trustees are your neighbours and local champions. We understand local priorities firsthand - from long bus routes and the importance of small community schools to expanding skilled trades and experiential learning.

"We are often the first point of contact for families seeking help or advocacy."

LOCAL VOICE

Boland says the loss of local voice is "felt most deeply in rural and northern communities."

"Trustees identify transportation gaps, enrolment pressures, and facility challenges early, helping prevent costly crises and ensuring provincial policy works in local reality."

Boland urges council to pass a motion in support of local trustees and send letters of support to Premier Doug Ford and Minister of Education Paul

Calandra.

He says the town can also raise its concerns with municipal groups like the Association of Municipalities of Ontario (AMO) and "speak publicly in favour of maintaining elected public school trustees."

"Our education system is strongest when it reflects the communities it serves," Boland says.

"Protecting the role of elected trustees protects that strength for future generations."

The potential move to get rid of school board trustees has been on the province's agenda since at least last summer.

During the annual AMO conference last August, Calandra said the way schools are governed in the province is "outdated" and that he is open to eliminating elected trustees altogether.

"The ministry needs to step up to the plate more so than it has over the last 40 years," he told hundreds of municipal politicians in Ottawa.

"We have to stop downloading responsibility to trustees who neither have the authority to tax or the expertise to undertake some of the things that we're asking them to do."

The Ontario Public School Boards Association (OPSBA) says elected school trustees represent "a system of

governance that has been in place longer than Canada has been a country."

"This change, if implemented, would remove one of the most important ways that families and communities have a say in how their schools are governed," OPSBA said in a statement.

"It would also mean that important decisions about education could be made without appropriate public discussion, debate, and awareness."

PUBLIC INPUT

The association is calling on the province to hold broad consultations with "education partners" and the public before making any legislative changes to the school board system.

"When decisions are being made about our children and their education, they must be made in public, open to public scrutiny," said OPSBA president Kathleen Woodcock, a trustee for the Waterloo region district school board.

"The people making these decisions should be directly accountable to you, the public."

Woodcock noted that "the urgency of this issue increases daily," as nominations for municipal council and school board elections are slated to open on May 1, 2026.

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DR Library growing strong

BY VANCE GUTZMAN

Statistics being presented this week speak volumes about the Deep River Library's ongoing success.

The library's chief executive officer, Naomi Balla-Boudreau, will delivering her 2025 annual report to town council tonight - showing, among other things, the library's continued growth.

While its circulation numbers have remained steady, at roughly 57,000 items each year, about 1,000 people come through the library's doors on a weekly basis.

The report also shows 6,242 residents participated in the wide array of programs the library offers, up 7.8 percent over 2024.

The library also relies heavily on its cohort of volunteers, who contributed more than 4,000 hours of help last year - a figure equivalent to 2.2 full-time staff positions.

And, speaking of staff, the library welcomed new employees in 2025.

Melissa Daley was brought on board in January to handle interlibrary loans, followed in September by Alex Stephens to head up digital services, as well as student page Nolan Teyseyre.

The library also bid a fond farewell to Mira Anghel, who retired after many years of service, and the report credits her with boosting its DVD circulation to its highest point in five years, at a time when many libraries aren't even circulating DVDs.

The library also offered a variety of new programs in 2025, the report shows, including Caregiver Coffee Time, Family Art Night, Middle Grade Book Club and a summer reading challenge which invited Deep River's youngest children to read 10,000 pages in exchange for an ice cream party.

> CONTINUED ON PAGE 7

Plans for Ridge Road work delayed again to 2027

Issues with the storm sewer system mean no work will be done on Deep River's Ridge Road this year after all.

The town made a formal request to the county in February to proceed with the rehabilitation of Ridge Road this spring, with a preferred completion date of July 29, before the Summerfest long weekend.

Work on the road wasn't originally intended to start this year, as the town focused on its downtown revitalization plan.

But, following a review of infrastructure needs, coupled with the poor condition of Ridge Road and the impact of completing its rehabilitation now, town staff approached the county with a proposal to separate out the Ridge Road portion.

Reeve Glenn Doncaster, who chairs the county's operations committee, assured town council in February the money was still set aside for the work, despite the fact it had originally been deferred.

That assertion was confirmed at county council by Lee Perkins, the county's director of public works and engineering, who presented the project as part of the county's \$30.4 million capital program.

The county had budgeted \$1.112 million for the work on the 800-metre section of Ridge Rd from Dalton St at the top of the hill down to the four-way stop at Deep River Road.

The work would include milling the surface of the road, adjustments to water, sanitary and storm-water struc-

tures, repairs to both curbs and one to two lifts of pavement.

The capital program also contains \$854,000 this year and next for the rehabilitation of the short section of Deep River Road from Champlain Street to Ridge, with a view to starting construction work in 2027.

POOR CONDITION

However, plans for Ridge are now on hold.

Perkins reported to the county's operations committee that inspection of the "storm sewer infrastructure" throughout the project area "has revealed that this system is in poor condition."

"Although no imminent failure of the storm system is anticipated, the system

will require full replacement in the near future."

He recommended that the work be done at the same time as the roadwork to "achieve lower unit costs and avoid disturbing newly completed road infrastructure."

"Adding to the complexity," he said, "portions of the storm system as constructed in the field do not correspond with the record drawings on file."

"Design for a drainage system replacement of this magnitude requires a great deal of time to prepare and would likely not be ready in time for the upcoming construction season.

"Additionally, a greater budget will be required to replace the storm system in its entirety, rather than the 30% of repairs that was anticipated."

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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>

Seniors Corner



Upcoming FREE 55+ Senior Programs

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.

Men's Shed- Join us in the Deep River Public Library program room on Monday April 13 for a cup of coffee and to learn more about the Men's Shed! For more information contact larrywiegand1@gmail.com or cthorne@deepriver.ca. This session is drop-in and registration is not required.

Painting: Studio Time- Wednesdays at 9:30am, Deep River Library Program Room.

How to Register for Programs

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

April

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	22	23	24	25
26	27	28	29	30		

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Community Pool

Baby & Me Aquafit: Wednesdays, April 15-May 20, 10:30AM-11:15AM. Cost \$76.08 (HST incl)
Baby & Me Aquafit is a super fun way for you to get a full body workout while babies aged 4-18 months get water exposure. You both get to socialize with other families and best of all... babies in swimsuits are pretty much the cutest! Register online Under Aquatics/ Exercise Programs

Standard First Aid CPR "C" BLENDED. Classroom date: Saturday, April 25 – 9:00AM-5:00PM. Cost \$115.00 plus HST. Online section must be completed before the classroom component.

First aid training is a valuable, life-saving course. Accidents can happen at any time and place, and often, they occur without warning. Whether it is a minor injury or a life-threatening situation, knowing how to administer proper first aid can make all the difference. Register online under Leadership. Register through the Town of Deep River website under the Recreation tab.

Adult Group Lessons: Tuesdays April 14 to June 2 from 7:35-8:35pm. Cost is \$104.01 (HST incl.).

Looking to improve endurance and swimming stroke technique. Let us know your swimming goal(s) by registering for the Adult Group Lessons. Register online under Swimming Lessons. Register: app.univerusrec.com/deepriverpub/courses/index.asp

Recreation Department

Registration is open for the Deep River Triathlon and Triathlon Sprint, Sunday, August 2, 2026

Whether you're a seasoned athlete or a first-time competitor, our triathlon welcomes participants of all experience levels. Choose from individual male, female, or team divisions. Champion Chip Timing is used for accurate race results.

Fee includes event swag bag and ticket for post-race lunch.

Early Bird registration will close on May 29th at noon.

To register visit the Town of Deep River website under the Recreation tab.

Parent & Tot Soccer Program

Registration open/Spaces limited

This fun program is designed for children ages 3-4 and their parents to enjoy soccer together while developing basic skills, coordination, and confidence in a supportive environment.

Program Details:

5:15 p.m. – 6:00 p.m., Tuesdays & Thursdays, May 5 – June 25

Register on the Town of Deep River website under the Recreation tab. The program can be found under Sports.

SPRING CLEAN-UP May 4th – May 15th

YARD WASTE

- Leaf & yard waste (biodegradable bags)
- Branches & brush (biodegradable bags or bundled & tied, under 4" in diameter)

METAL

- Pipes, ductwork, metal appliances (No propane tanks)

ELECTRONIC WASTE

- Electronics for safe disposal e.g.: TVs, computers, keyboards, monitors, laptops, radios.

Set out ALL waste by 7:00 AM on May 4th – only one collection pass per stream per street! Items may be placed curbside one week in advance. Place materials on the shoulder of the road or back lane next to your driveway.

Items NOT Accepted:

Household garbage, recyclables, construction materials, furniture, mattresses, large tree limbs, plastic toys, tires, hazardous waste (e.g., oil, paint, batteries), propane tanks and more.

Deep River Public Library

Mon, Wed & Fri: 10am – 5:30pm
Sat: 10am – 3pm Tues & Thurs: 10am – 8pm
info@deepriverlibrary.ca 613-584-4244

Community Memory Vault: Seeking donations of old photos – We want your most interesting, informative old photos of Deep River & Area, in the early days! You can email scanned photos to us at info@deepriverlibrary.ca, or donate physical copies or originals. (In the latter case, we will ask you to fill out a donor form.) Please ensure that photo donations have accompanying descriptions of their subject matter; and that physical donations have your name and contact information clearly attached.

Children and Youth:

- Spring Storytime & Babytime sessions start the week of April 21
- Youth Chess Club: Tuesdays at 4pm throughout March and April.
- Family Art Club: Thursday, April 9th at 5pm. Geared towards kiddos 3+ and their caregiver. Free to attend. Drop in to craft with us while supplies last.

Youth Poetry Contest: Are you a budding poet (who knows it) ages 6 – 19? Do you want to share your poetry with the people of Deep River? Submit your poems between April 1st – 26th to rdennis@deepriverlibrary.ca or in person to become a published poet. The winner will be featured in our spring newsletter and will receive a gift from a local establishment. Good luck, young poets! We can't wait to read what you have to write.

Invasive Plants: Wednesday, April 8 at 7pm. Join Barb Shreeve for a presentation about invasive plants in the Deep River area, followed by a discussion about how small actions can lead to positive change.

Seminar Series for Inquiring Minds: Richard Wilson: "Deadly tree diseases – should you be concerned?" Friday, April 10th at 7pm.

Book Launch: Tracy Kasaboski and "The Birdman of Wylie Road" Saturday, April 11th at 1:30pm. Come celebrate Tracy's "heart-warming tale of love, loss and lifelong devotion, told with gentle humour and the kind of insight into the complexities of the human heart that only man's best friend could possess". Copies available for purchase onsite with Saturday Morning.

3D Printing Workshop for Adults and Teens. Tuesday, April 14th at 6pm. Join Ethan from CNL as he teaches how to prepare files for printing. Limited spaces. Registration required.

National Canadian Film Day Showing "The Queen of My Dreams". Wednesday, April 15th at 7pm. Doors open at 6:45pm.

Caregiver Coffee Time: "Strategies to Reach For When Your Loved One is Resistant to Receiving Care" with Sherry Cameron of the Dementia Society. Thursday, April 16th at 1:30pm.

An Engineer's Guide to Nuclear Reactor Core Materials by Malcolm Griffiths. Friday, April 17th at 7pm. Malcolm will present a brief history of his book and the motivation behind it, as well as some of the more interesting aspects of life of aging reactor core components.

Portrait Workshop: Saturday, April 18th at 1pm. Bring a friend, paint each other, or bring a reference photo! Hosted in partnership with the Library Arts Committee.

Deep River Fire Department

County to vote no to high-speed rail?

Renfrew County's mayors and Reeves are expected to vote this week to put the brakes on the federal government's high-speed rail project.

County council will vote Wednesday on a motion from the Eastern Ontario Wardens Caucus (EOWC) that calls on the government and ALTO, the Crown corporation created to build the high-speed rail connection between Toronto and Quebec City, to "fully explore train route options along existing infrastructure corridors, such as VIA Rail and/or Highway 401."

The motion notes that EOWC "formally opposes the ALTO project in its current form."

EOWC says its opposition is "based on concerns related to insufficient municipal consultation, unclear rural and small-urban impacts, potential environmental effects, and alignments with existing eastern Ontario planning and infrastructure priorities."

The motion notes that "portions of the proposed project will traverse and impact eastern Ontario communities, infrastructure, residential and agricultural lands, municipal trails, and environmentally sensitive areas... with no long-term economic benefits" to the region.

LOCAL INTERESTS

Meanwhile, the "closure and/or dead-ending of roads (due to the high-speed rail corridor) will have significant ongoing and unknown costs to municipalities, as well as service delivery and emergency response implications to residents and businesses."

The motion notes that in the face of potential impacts from the project, "municipal governments are responsible for protecting local interests, ensuring compatibility with existing planning frameworks, as well as safeguarding environmental, community, and resident mental health and well-being."

"EOWC is eastern Ontario's

united advocacy voice representing 103 communities who value and will advocate for the region's beautiful lands that hold deep agricultural and cultural roots, and that are home to our rural and small-urban communities that will be impacted by ALTO."

The motion was a late addition to the county's meeting on March 25, but Admaston Bromley Mayor Michael Donohue suggested the motion was "out of order" since it did not meet the deadline for the county's agenda.

Warden Jennifer Murphy explained the motion was added late because the EOWC had only met the previous Thursday and Friday.

But she said she had no problem waiting until county council met next on April 8.

"This ALTO high-speed rail actually does not affect the county. It doesn't even kiss the County of Renfrew," she said.

"However, it is important to other wardens in Eastern Ontario, and I'm happy to defer this (until the next meeting)."

The high-speed rail project was announced by former prime minister Justin Trudeau in February 2025.

Trudeau announced that the federal government will invest \$3.9 billion over the next six years to help develop a high-speed rail service under ALTO, a Crown corporation created in 2022.

The full cost of the project is expected to hit \$60-90 billion.

The proposed route will connect Toronto to Quebec City with stops in Peterborough, Ottawa, Montreal, Laval, and Trois Rivières.

Trudeau said the project will "turbocharge the Canadian economy – boosting GDP by up to \$35 billion annually, creating over 51,000 good-paying jobs during construction, and unlocking enhanced productivity for decades to come."

"A country that believes in itself invests in its people and infrastructure," he said in the announcement.

Library

CONTINUED FROM PAGE 4

That program exceeded the library's expectations, with the youngsters reading more than 53,000 pages.

The library was a home for all generations, as it also worked closely with the town's Senior Connect program, supporting one-on-one tech tutoring sessions with knowledgeable experts and volunteers.

It also invested in additional "Libby" titles, which are a user-friendly collection of e-books and e-audiobooks which can be downloaded and read offline. Its electronic circulation grew by 14.5 percent.

The library also worked to expand access to local history resources adding, for example, Camp 33 (the prisoner of war camp at Petawawa which also interned 294 Japanese Canadian citizens for a time during the Second World War) and the Index of Roman Catholic Church Burial Registries to the local history section of its website.

All that happened while also keeping an eye on the future, thanks to the library's partnership with Canadian Nuclear Laboratories, which donated a 3D printer to the

facility, as well as making presentations on the role of artificial intelligence in nuclear science.

One of the highlights of 2025 was celebrating the Canadian Clock Museum's 25th anniversary with Jeff Winch's world-premiere "Clockumentary."

Those that missed this special event can now view the film online.

Overall, the library boasted 1,686 active cardholders last year, who borrowed 38,158 physical items and 18,418 digital items. It also borrowed 1,180 items and lent 277 through interlibrary loans.

The library's collection now includes 95,178 e-book and e-audiobook titles, along with 30,623 print titles, 8,201 DVDs, CDs and talking books, and 117 items in its "Library of Things," which offers "things" such as museum passes, day passes to Ontario Parks, board games, play kits, costumes and outdoor equipment through the town's lending hub.

"Each person, whether staff, volunteer, resident or visitor makes a big difference to our library living room," Balla-Boudreau says in her report.

"We hope that you each seek inspiration, exploration, and learning, and find a place for connection when you come through our door in 2026."



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OPINION

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BY FAITH WOOD

Most people think clutter is what piles up on their desks, but the clutter that causes the most stress is usually in their heads.

The human brain was never designed to process the constant stream of information that defines modern life. News updates, messages, work demands and digital distractions compete for attention throughout the day. Studies of digital media habits show that many people check their phones dozens of times a day, often without realizing it.

Over time, that constant interruption scatters attention and makes even simple decisions harder, creating the mental clutter that many people now struggle to manage.

Managing that mental clutter is no longer a luxury. It is a practical skill for staying focused and productive. The good news is that a few simple habits can make a real-world difference.

- Use simple breathing techniques: You do not need to sit cross-legged in a dark room to benefit from meditation techniques. A few minutes of controlled breathing can calm an overstimulated mind.

Slow your breathing and focus on the rhythm of each inhale and exhale. When your thoughts start racing, gently bring your attention back to your breathing.

This simple exercise works because it interrupts the cycle of racing thoughts that often accompanies stress. Even two or three minutes of focused breathing can reset your mental state and restore concentration.

- Write things down: Many people carry an endless list of worries, ideas and obligations in their heads. The result is constant background stress.

Writing things down helps clear those thoughts from your mind so you can see them more clearly. Once they are visible, you can sort them, prioritize them and decide what actually requires attention.

You will often discover that several of those worries are either minor or completely outside your control. That realization alone can free up mental space.

- Stay in the present: A surprising amount of mental clutter comes from replaying past events or worrying about future problems that may never happen.



St Anthony's School in Chalk River doubled the fun recently with Twin Day and Winter Fun Day all in one. From matching outfits all around school to a full afternoon of outdoor excitement, it was a day packed with smiles, laughter, and a little bit of friendly competition.

THE LIGHTER SIDE

Miracle cure

A man was driving along the highway, and saw a rabbit hopping across the middle of the road. He swerved, but unfortunately the rabbit jumped in front of the car and was hit.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road and got out to see what had become of the rabbit.

Much to his dismay, the rabbit was dead. The driver felt so awful he began to cry.

A woman driving down the highway saw the man crying by the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained. "I accidentally hit this rabbit and killed it."

The woman told the man not to worry. She knew what to do.

She went to her car trunk and pulled out a

spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit.

Miraculously, the rabbit came to life, jumped up, waved its paw at the two humans and hopped down the road.

Fifty feet away the rabbit stopped, turned around, waved at them again, hopped down the road another 50 feet, turned, waved, and hopped another 50 feet.

The man was astonished. He couldn't figure out what substance could be in the woman's spray can!

He ran over to the woman and demanded, "What was in your spray can? What did you spray onto that rabbit?"

The woman turned the can around so that the man could read the label.

It said: "Hare Spray. Restores Life to Dead Hare. Adds Permanent Wave."

(Submitted by Seniors Friendship Club)



The Chalk River Lions Club held their annual winter carnival amid bitterly cold temperatures this February. Some hardy souls braved the cold outdoors and managed to warm up rather quickly while taking part in the log-sawing contest, including the mother and son duo of Tegan Pelletier and Courtney McGillis.

COMMUNITY GEMS

Chalk River & Area Lions Club

Interview with club president Terry Dickerson. “Community Gems” is a series about some of the clubs and organizations that make the community of North Renfrew a special place to live...

The Chalk River & Area Lions Club (CRALC) is a focal point for events and gatherings of all sort in North Renfrew.

CRALC was founded on October 24, 1973, and the signatories to the original charter reads like a “Who’s Who” of interlaced and engaged community representatives.

The Lions hall was built on Kellett Drive in Chalk River six to seven months later by a raft of volunteers and contractors.

The totally accessible and multi-function hall quickly became the “go-to” venue for community events such as winter carnivals, wedding receptions, bingo games, snow mobile rallies, and community suppers.

The mandate of the Lions Club is summed up in two simple words: “We serve.” And that is what the Lions Club has been doing now for over 51 years now throughout North Renfrew.

The benefits of the Lions Club are positively felt from Petawawa up the line and through to Stonecliffe.

The 56 members of the Lions Club meet on the second Tuesday of the month in the Lions Hall to review their mandate and plan out how to serve and build up and serve our community.

The general membership is guided by a six-person executive to ensure they are addressing the needs of our community.

“Elections are held annually to ensure the executive roles are filled for their one-year terms with energized and community minded individuals who are ready, willing, and able to perform their tasks at hand,” said president Dickerson.

Terry has been the president for approximately three years now and enjoys the rewards of his role.

HELPING PEOPLE

“I like helping people. I like to see the needs of our community being met whether it is through ensuring this hall is here for a child’s birthday party, a 50th wedding anniversary or for folks who want to come and take part in a weekly drumming or Cornhole League activity.

“Our hall is used for so many different activities by a diverse cross-section of folks within our community.

“I can’t imagine what the negative impact would be if we, as Lions, did not believe in and put action to our motto of ‘We serve,’” he affirmed.

When asked why he chose to step up and be the president of the Lions Club, Terry was steadfast in his reply that it “was my late wife Charlene McGillis who got me into the work of the Lions Club.”

> CONTINUED ON PAGE 22

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THIS WEEK

WEDNESDAY, APRIL 8

8-10:30 am, Coffee Club, Chalk River Lions Hall

11:30 - 12:30 pm, St Andrew’s United Church Soup & Sandwich luncheon, Chalk River Lions Hall

1 pm, GriefShare support group meets, Real Hope Christian Assembly, Hwy 17 Deep River (until June 17)

1:15 pm, Social Bridge, Deep River Library

7 pm, Presentation on Invasive Plants, Deep River Library

THURSDAY, APRIL 9

10 am, Seniors Friendship Club: Coffee, Tea and Conversation, Deep River Library

12:45 pm, Duplicate Bridge Club meets, Deep River Library program room

FRIDAY, APRIL 10

6 pm, Fun Darts, all welcome, Chalk River Legion

7 pm, Inquiring Minds seminar series, “Diseases of Trees” with Richard Wilson, Deep River Library

SATURDAY, APRIL 11

10-11 am, DR Horticultural Society “Green Thumbs” activity for kids, plant your pots for spring, DR Library

1:30-3 pm, “Musical Instrument Zoo,” hosted by Deep River Summermusic, CE Centre (beside DR Community Church)

4 pm, Final Draw for Rusty Dillabough Memorial (500 Club), DR Legion

SUNDAY, APRIL 12

10 am - 3 pm, Spring Craft & Vendor Show, CR Lions Hall

11 am - 3 pm, Shuffleboard, all welcome, Chalk River Legion

2-5 pm, Acoustic open mic, DR Legion

4-6 pm, Community Kitchen free meal, everyone welcome, CE Centre (beside DR Community Church)

MONDAY, APRIL 13

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, Fun Darts, Deep River Legion

7 pm, Al-Anon, group support for families & friends having alcohol addiction, CE Centre (behind DR Community Church)

TUESDAY, APRIL 14

10:30 am, Storytime, Deep River Library

1 pm, 49ers meet, Deep River Legion

4 pm, After School Chess (ages 8+), Deep River Library

WEDNESDAY, APRIL 15

6:30-8 pm, Spring Ladies’ Night, help make a lego bouquet, Point Alexander Library

Mental clutter

CONTINUED FROM PAGE 8

Both drain attention from the present moment. Neither changes what has already happened, and neither helps solve the task in front of you.

A useful way to manage this is to focus on the next concrete step you can take. When attention shifts back to the task in front of you, mental noise quickly begins to fade.

- **Do one thing at a time:** Multitasking is often praised as a sign of efficiency, but in reality, it usually produces the opposite result. Researchers in cognitive psychology have repeatedly found that switching between tasks slows performance and increases mistakes.

Switching constantly between tasks fragments attention and increases anxiety. Work takes longer, mistakes become more common and nothing receives full concentration.

A better approach is to complete one task properly before moving to the next. The sense of progress that comes from finishing something also helps reduce mental pressure.

- **Control the flow of information:** News alerts, emails, messages and social media updates arrive constantly. Left unchecked, that stream of information overwhelms the brain.

The good news is that you control more of that flow than you might think. Turn off unnecessary notifications. Step away from your phone and computer for periods of time. Resist the urge to check every headline or respond instantly to every message.

Reducing the amount of information competing for your attention can dramatically improve focus and mental clarity.

- **Create quiet thinking time:** Limiting incoming information reduces the noise, but the mind also needs time to process what it has already absorbed.

Setting aside even a short period of quiet thinking can make a significant difference. A walk without headphones, a few minutes sitting quietly or a break away from screens can allow your brain to organize thoughts and generate solutions.

Some of the best ideas appear when the mind finally has room to breathe.

- **Simplify small decisions:** Mental clutter often comes from an endless series of minor choices. Psychologists refer to this as “decision fatigue,” the gradual decline in decision quality after making many small decisions.

Planning the next day’s priorities before leaving work, creating routines for common tasks or using simple checklists can reduce the number of decisions you need to make.

When trivial decisions disappear, more mental energy remains for the things that truly matter.

Faith Wood is a professional speaker, author, and certified professional behaviour analyst. Before her career in speaking and writing, she served in law enforcement, which gave her a unique perspective on human behaviour and motivations. C Troy Media.

“Saturday Morning” getting set for Friday opening

BY HAZEL ATKINS,
LOCAL JOURNALISM INITIATIVE REPORTER

On Friday, April 17, Salina Vanderhorn will be opening her new bookstore at 35 Champlain Street in Deep River, called Saturday Morning.

“I’m opening on that Friday because it’s a new moon,” she said.

The bookstore is a new beginning for Vanderhorn. “I was born and raised here,” she said.

“My mother’s side was a pre-CNL family. My great-grandmother was the first one to live on Miller Road (that’s why it’s called Miller Road). She owned all the land from the highway down to the dump.”

On her father’s side, her grandfather came to Canada with his brothers when he was 18.

“He cooked at the staff hotel in Deep River, and then ran the cafeteria at CNL,” she said. “All my roots have always been here.”

Vanderhorn went to Toronto after high school to study graphic design. She lived in Toronto for 13 years, during which time she was a graphic designer and art director for various magazines and Holt Renfrew.

“I was art directing shoots and figuring out branding, website content, the look and feel for the entire company,” she said.

Eventually she and her art director left Holt Renfrew to start their own agency.

“That ultimately killed my nervous system,” she said. “I was miserable.”

KEEPING UP APPEARANCES

Adding to the stress of a worklife dedicated to the keeping up of appearances came Covid.

“I was in a basement apartment alone during Covid,” she said.

So in 2022 she decided to close the agency and come back to Deep River.

“I knew I needed something different,” she said. “I just didn’t believe in it anymore. The pressure of keeping up appearances, literally my job. I don’t think we should pretend things are perfect all the time.”

While keeping a handful of freelance clients, Vanderhorn started down a path of creative fulfillment.

“I knew I wanted to write,” she said. She also

tried pottery and got started painting again.

“If money were no object,” she asked herself, “what makes me happy?”

In spring 2025, she realized that what she really wanted to do was open a bookstore with a flexible space.

“I didn’t intend things to move this fast. I thought I’d start a five-year plan. But in the summer I checked out this space with Kevin Hickey, and I thought, ‘Oh! This space is perfect for me.’

“It was a clean slate - just cement and drywall.”

“I could just see the potential for this space,” she said. “I had a desire to create a place for community here. I didn’t want a tiny space - I wanted a flexible space.”

When asked why a bookstore in particular, she said, “For joy!”

“I find bookstores give so much hope,” she explained. “I wanted that feeling for Deep River; I want people here to be able to go into this space and feel good about the energy here.”

When she lived in the city, on Saturday mornings she would get herself a coffee and wander into a bookstore to browse, read, observe, and think.

“That’s why I called it Saturday Morning,” she said. “It’s personal for me.”

“Bookstores feel like they create an environment of community,” she said. “We’re all here because we love books.”

She’s hoping to make Saturday Morning into more than a place to buy books – she plans to use the space for workshops, lego building clubs, and creative community.

“In the city, if you’re creative you’re doing it for money. Deep River is full of people who create just for the love of it,” she said.

“I can see a lot of potential here. There’s a lot of stuff that happens in Deep River that’s worth paying for. There’s so much talent here, and I see an opportunity to help foster it.”

Vanderhorn’s first workshop at the store will happen within one month of opening. She also has some authors’ events scheduled.

“I really want people to think of this space as theirs,” she said.

“Please come in and buy books! But also please just come and hang out. Tell me what you want. I might not be able to do it, but I do really want to hear from people.”



THIS WEEK IN HISTORY: TOWN TO ALLOW SUNDAY BUSINESS OPENING?

75 YEARS AGO

APRIL 6, 1951: We wish to remind everyone of the Gilbert and Sullivan operetta "Iolanthe" to be presented by the Deep River Choral Group on April 20-21, and would like to dwell briefly on the production end of things. Our musical director needs no introduction. George Cowper has long been associated with the Choral Group, and has supported many musical enterprises of the community. Stage setting, lighting and costuming are supervised by Peter Hooper, assisted by Jean McCallum.

APRIL 6, 1951: Bowlers, here is the event of the year you have all been waiting for - the grand finale to a most successful bowling season - the annual dance and presentation of prizes. The day is Friday, May 11 and of course, the location is the auditorium of the Community Centre. The presentation of prizes will commence at 9 pm sharp, and dancing will be from 10 pm to 1 am to the delightful music of Bill Stevens' orchestra.

60 YEARS AGO

APRIL 6, 1966: An extensive program of road resurfacing using an asphalt mixture modified by the addition of asbestos has been proposed to council for inclusion in the 1966 budget. Although new to this area, the new type of road surface has been used successfully in other parts of Ontario during the last five years. The asphalt used in paving the older Deep River streets was of good quality and has lasted for 15 years but has now become brittle due to oxidation.

APRIL 6, 1966: Congratulations to Wayne Spence and Ross Davidson of Mackenzie High School. Last Saturday at the Upper Ottawa Valley Badminton Tournament, this partnership emerged as the senior men's doubles champions. Wayne also pulled a major upset in the day's most exciting game as he defeated Mac Fraser of Renfrew in the finals to take the senior men's singles.



Deep River Police have recovered the safe that was stolen from the Deep River branch of the Royal Canadian Legion back in January. Branch president Sam McCarthy and vice-president Rob Cobb pose here with the safe, which was broken and found near Bass Lake Road on April 1, minus the \$2,500 that had been inside it. The Legion plans to hold an appreciation night next month for all the businesses and members of the community that have come to its support since the break-in. (NRT April 12, 2006)

50 YEARS AGO

APRIL 7, 1976: For the first time since he was elected to the Ontario Legislature last fall, Sean Conway held a riding meeting in Deep River last week. It was the fourth of eight meetings that he intends to convene annually throughout the riding. Held in Childs Auditorium, which has a capacity of 450, it was attended by 25 people. But though the turnout was small, the interest of most in it was high, and discussion was free-wheeling for more than two and a half hours.

APRIL 7, 1976: Deep River's Fraser's Neutrons won their second North Renfrew Basketball League championship before a large enthusiastic home crowd last Wednesday evening, defeating the Camp Petawawa Stags in the third game of their best of three final by a score of 66-56. Vince (Stretch) Urbanic was Fraser's top scorer with 55 points in the series, followed by Jim Greenfield (45), Greg Mark (23), Billy Holmes (17), Wilf O'Brien (16) and John Smeltzer (15).

40 YEARS AGO

APRIL 9, 1986: Deep River council gave first and second reading last Wednesday to a bylaw that would allow retail businesses to be open on Sundays and eight other named holidays. Council has the authority to do this under the Retail Business Holidays Act, providing it can show the bylaw is essential for the maintenance and development of a tourist industry in the town. The bylaw was drafted following a request from Canadian Tire that it be permitted to be open seven days a week.

APRIL 9, 1986: No fooling - the Deep River area set a temperature record that turned out to be the highest in Canada, as well as a record high for the date on Tuesday, April 1. The thermometer used to record the temperature for the NRT "Weather Check" showed that the mercury hit 26.7C, or 80 on the old Fahrenheit scale. This beat Montreal's 26.2C and Windsor's 26 on the same date.

30 YEARS AGO

APRIL 10, 1996: Five employees of the Renfrew County Board of Education earned more than \$100,000 in 1995, according to information released last week as part of a new Ontario government disclosure regulation. In all, 10 public servants who work in the education or health sectors in the county were listed as have received in excess of \$100,000 last year. Topping the list was Dr Michael Corriveau, medical officer of health, who was paid more than \$146,000.

APRIL 10, 1996: A proposal to extend the Deep River marina has been given tentative approval by town council. Council offered its conditional support last Wednesday to a plan devised by the Marina Users Association, a group that was formed last November. The plan calls for 25 slips to be added to the existing 75 by reconfiguring the layout within the confines of the marina area.

20 YEARS AGO

APRIL 12, 2006: Eastern Ontario residents and businesses have about two months to get ready for the start of 10-digit dialling. Starting on June 17 of this year, residents in telephone area codes 613 in Ontario and 819 in Quebec will be asked to dial 10 digits - the area code followed by the phone number - for all local calls. The Telecommunications Alliance says 10-digit local dialling is being introduced in response to the strong demand for new phone numbers and to provide a uniform local dialling method across neighbouring regions.

APRIL 12, 2006: Deep River will soon have a new town clerk, just the fourth in the town's history. Town council approved the hiring last week of Ginette Brindle as the new clerk and the town's first chief administrative officer (CAO). Brindle will take over the position as of May 1. Mayor Ann Aikens said Brindle was chosen from a shortlist of five potential candidates.

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Local author to launch new book

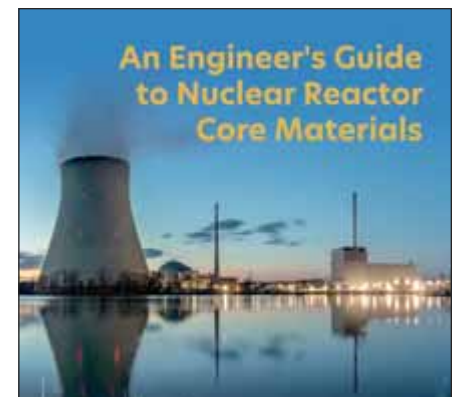
Just like a hitchhiker benefits from a travel guide (to the galaxy), a new book by Malcolm Griffiths of Deep River entitled “An Engineer’s Guide to Nuclear Reactor Core Materials” is intended to help young engineers and scientist navigate the complexities of “life, the universe and everything” as it pertains to the physics of materials in nuclear reactor cores.

A brief history of the book and the motivation behind it will be presented by the book’s author on Friday, April 17 between 7 and 8 pm at the Deep River Library.

Come and hear about some of the more interesting aspects of the life of aging reactor core components from

the perspective of an aging materials scientist who has spent more than 45 years working on nuclear materials (32 years in Chalk River).

Coffee and tea will be served.





The Deep River Community Church was the place to be on Saturday for Easter festivities. Jaxon Brunette is shown here (left) with almost an even dozen Easter eggs he found outside on the church grounds, while Isobel Pietersma was able to meet up with the Easter bunny up close and personal at a petting zoo inside the church's CE Centre.

Photos: Vance Gutzman

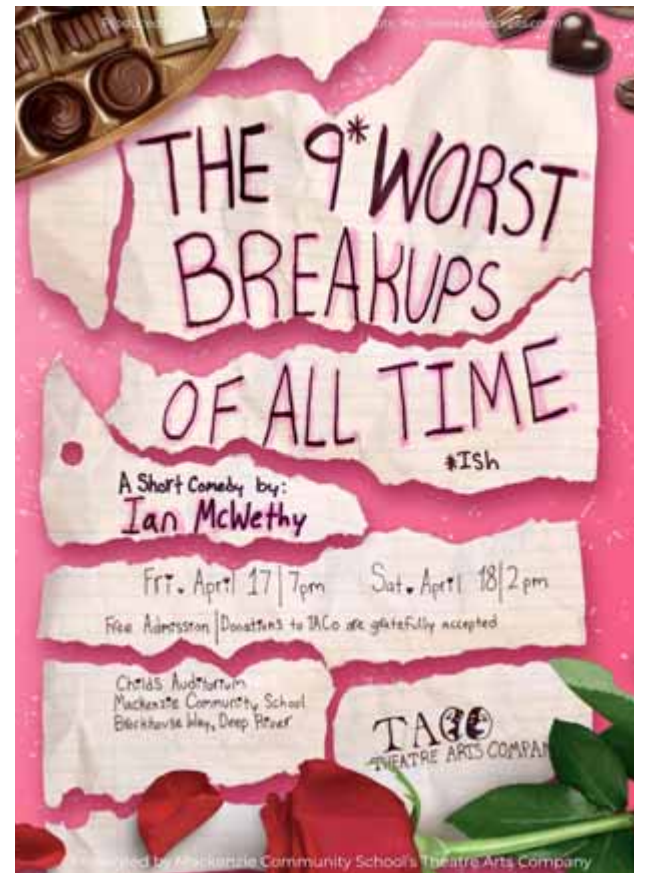
TACo presents "9 Worst Breakups"

Looking for the hottest gossip?

Check out "The 9 Worst Breakups of All Time," the latest show by Mackenzie Community School's Theatre Arts Company (TACo).

Watch out for ugly fights, hilarious mistakes, and so much more during this year's best rom-com, showing in the Childs Auditorium in Deep River on Friday, April 17 at 7 pm and Saturday, April 18 at 2 pm.

Admission is free but donations are gratefully accepted!



WOMEN'S WORLD DAY OF PRAYER 2026

Everyone is invited to join in for the 2026 World Day of Prayer service at Our Lady of Good Counsel Church, on Friday, April 17 at 10:30 am.

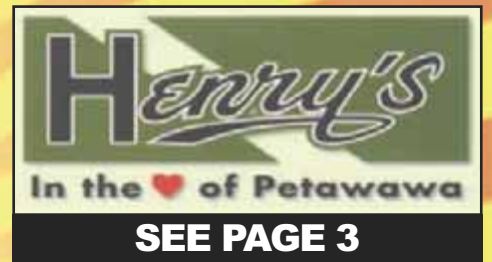
The World Day of Prayer is a prayer movement that invites us to enrich our faith experience through the life events of Christians from other countries and cultures, and to bring hope to women touched by injustice.

The 2026 service was written by the Nigerian World Day of Prayer committee. Everyone is welcome to join this ecumenical service.

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MPPs agree to mark Rural Ontario Week

The Ontario legislature has agreed to recognize “the vitality and importance of rural Ontario” by designating the third week of September of every year as Rural Ontario Week.

The legislature voted in favour of the idea first proposed as a private member’s motion by local MPP Billy Denault.

Speaking to the motion last week, Denault said he is “proud to be a product of rural Ontario,” and to have experienced “the uniqueness, the opportunity and equally the challenges coming from rural Ontario.”

“I can say with confidence that while many across this province may not always see rural Ontario in their day-to-day lives, they benefit from it every single day,” he said.

“The people, the places, the innovations and institutions all are worth recognizing.”

In his own riding of Renfrew-Nipissing-Pembroke, people may not know that the allergy medication Reactine is made in Arnprior, he said.

“If you turn on the lights, that power may have been generated in the many dams or as a benefit of the nuclear sector. All may very well come from the generation superpower that is the Ottawa Valley.

“When you’re taping up for some time on the ice, it could very well have been manufactured in Renfrew, from Renfrew Pro.

“In Pembroke, from Roseburg MDF to SRB Technologies to KI, we continue to build great things in the Ottawa Valley.

“In Chalk River and Deep River, you’ll find Canadian Nuclear Laboratories, the birthplace of the Candu reactor. The many farms, the mills, the many places to visit where people in our community work all are worth recognizing.

“Or of course there’s innovations like the Renfrew County Virtual Triage and Assessment Centre, innovations from Bubble Technologies or from Canadian Nuclear Laboratories, as well as many others.

“We in the Ottawa Valley have always punched above our weight,” he said.

But beyond the innovations and natural beauty of Renfrew County, “it’s the people,” Denault said.

“The people who show up every day in the fields and the forests, at the factory, at the jobsite, in the classroom and everything in between.

“Through them shines a personality that I have always come to admire: honest and hard-working, never to mince words and always to show such deep kindness - people that put in their time and build community.

“It’s those people that wove the fabric that is small town rural Ontario,” he said.

Overall, Denault said, rural Ontario is home to 2.5 million people, 268,000 businesses, and supports 1.2 million jobs.

POWERFUL STORY

“These numbers tell a powerful story. They show that rural Ontario is not peripheral; it’s foundational. Yet, despite this, there remains a gap in awareness.”

That gap is “why this motion matters,” he said.

“Rural Ontario Week is about recognition. It is about education. And it is about connection.

“It creates a dedicated time each year to highlight the importance, vitality and opportunities that exist within rural Ontario.

“It allows us to showcase the innovation happening in small towns, the economic power of rural industries, and the strong sense of community that defines these regions.”

Designating a week for rural Ontario “is not about creating division between urban and rural Ontario; it’s about bringing them closer together,” Denault added.

“It’s about helping someone in a city understand where their food comes from. It’s about showing young people the opportunities that exist in rural Ontario, right in their own backyard.

“And it’s about ensuring that rural voices are heard, understood and valued.”

Opposition members said they were happy to support Denault’s motion, but questioned whether the government really cares about rural issues.

> CONTINUED ON PAGE 19

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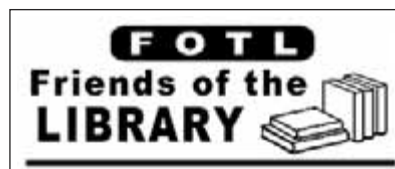
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Deep River's Pharmacy was proud to sponsor Team 9589 - Arcade Robotics from Mackenzie Community School with a \$1,000 contribution for the 2025-26 season. The team took part in two competitions in March and demonstrated exceptional problem-solving skills, working under pressure to repair and prepare their robot between matches. Local sponsorships are vital sponsorships in supporting teams like Arcade Robotics, helping cover costs and competition fees. The team has now been invited to the Ontario Provincial FIRST Robotics Championships in Niagara Falls April 16-19.



Question: What does the Spring Bonanza Book Sale at the Deep River Library (April 23-25) have in common with the "Murder by the Book" mystery theatre being put on by the Deep River Players (May 1-2 and 8-9)?

Answer: Watch this space next week for the answer.

Hint: It's all about fun and supporting our local library!

MATCH UP

VHS TAPES: We all have them, don't we? A drawer or cabinet full of old VHS tapes no one ever watches any more. If you have unwanted VHS tapes, a local collector would love to have them. To give them a good home, call Alex at 613-462-2684. Pick up or drop-off available.

COUCHES: Anyone looking for some extra furniture, perhaps for a cottage or basement? A local resident has two couches to give away. They are a two-cushion size in a floral print, no pets, no smoking. If interested, please call 613-584-2623.

MAIL KEY: A local mail key was lost recently. The keychain has a "rubber chicken" on it. If you may have picked it up, please call 613-584-1862 or email nrt@northrenfrew-times.ca.

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MURDER BY THE BOOK

A COMEDY


by Laura Teasdale directed by Sandra Celovsky

MAY 1, 2, 8, 9, 2026

7 pm May 1, 8, 9 (doors open 6:30 pm)
2 pm May 2 (doors open 1:30 pm)

St. Barnabas Church basement

Tickets: \$25
available at www.DeepRiverPlayers.ca
or click on QR code



Sponsored by Louise Penny

Produced by special arrangement with Playwrights Guild of Canada

CWL member marks 84 years of service

At a recent Catholic Women's League general meeting, Jody Anne McDonald, CWL president shared with members the milestone member Jeannine Mohns celebrated.

At 104 years young, Jeannine Mohns is marking more than just a remarkable personal milestone; she is celebrating an unparalleled 84 years of continuous service with Our Lady of Sorrows Catholic Women's League (CWL).

Service to the Catholic Women's League is in Jeannine's DNA. She is the daughter of the late Valerie Charette, a trailblazing woman who served as the very first president of the Our Lady of Sorrows CWL



when the council was chartered in 1938.

Jeannine followed closely in her mother's footsteps, joining the sisterhood shortly after its inception. Over the eight decades that followed, she has seen the parish grow from its earliest foundations to a

bustling community.

Most recently, Jeannine's stature within the organization was highlighted during the Pembroke Diocesan Council's 104th Annual General Meeting, where she was given the honour of crowning the statue of the Blessed Virgin Mary - a symbolic gesture for a woman who has spent nearly a century living out the CWL motto of "For God and Canada."

Jeannine has witnessed the transformation of Petawawa from a quiet settlement into a modern town. She has witnessed the military sector grow from Camp Petawawa, to Base Petawawa, and finally to Garrison Petawawa.

When asked about the secret to her life, Jeannine was quick to credit her mother - Valerie Charette - with three kernels of wisdom: "everything happens for a reason," "it's just a phase," and "go with the flow."

Today, at 104, her presence remains a source of inspiration. To her fellow CWL sisters, Jeannine is more than just a CWL member; she is a mentor, a historian, and a cherished friend.

Answer the call.

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Rural Ontario

CONTINUED FROM PAGE 15

John Vanthof, NDP MPP for Timiskaming-Cochrane, said the state of the roads is the biggest issue in his area right now.

Highway 11 was closed recently for three days because of a snow-storm.

Vanthof said he listened to the Minister of Finance when he made his budget motion “about how the status quo isn’t satisfactory and how they’re breaking down trade barriers across the country.”

“You can’t even keep the Trans-Canada Highway open and safe, so I ask, is that the rural Ontario that the member for Renfrew-Nipissing-Pembroke is talking about?

“Because I feel that rural Ontario; I’m proud of that rural Ontario,” Vanthof said.

“But when my residents can’t go to the grocery store for 36 hours, and when the highway opens they’re afraid to get on it, that



doesn’t feel like the rural Ontario that everyone here is so proud of. “That feels like you really don’t care.”

Vanthof said he knows and respects Denault.

“We all love Ontario. We love rural Ontario... I could feel it in his heart - and I hope you can feel it in my heart too.

“But please feel the pain and feel the anger when all we hear are words and people who live in my part of the world are afraid to get on the highway because - and in the words of someone who’s trucked his whole life, ‘It doesn’t matter how good a driver you are, at some point you’re going to get tagged’.”

Liberal MPP Ted Hsu agreed with Vanthof, saying that while there is a lot to celebrate in rural Ontario, there are many challenges as well.

“One is the health care desert,” he said.

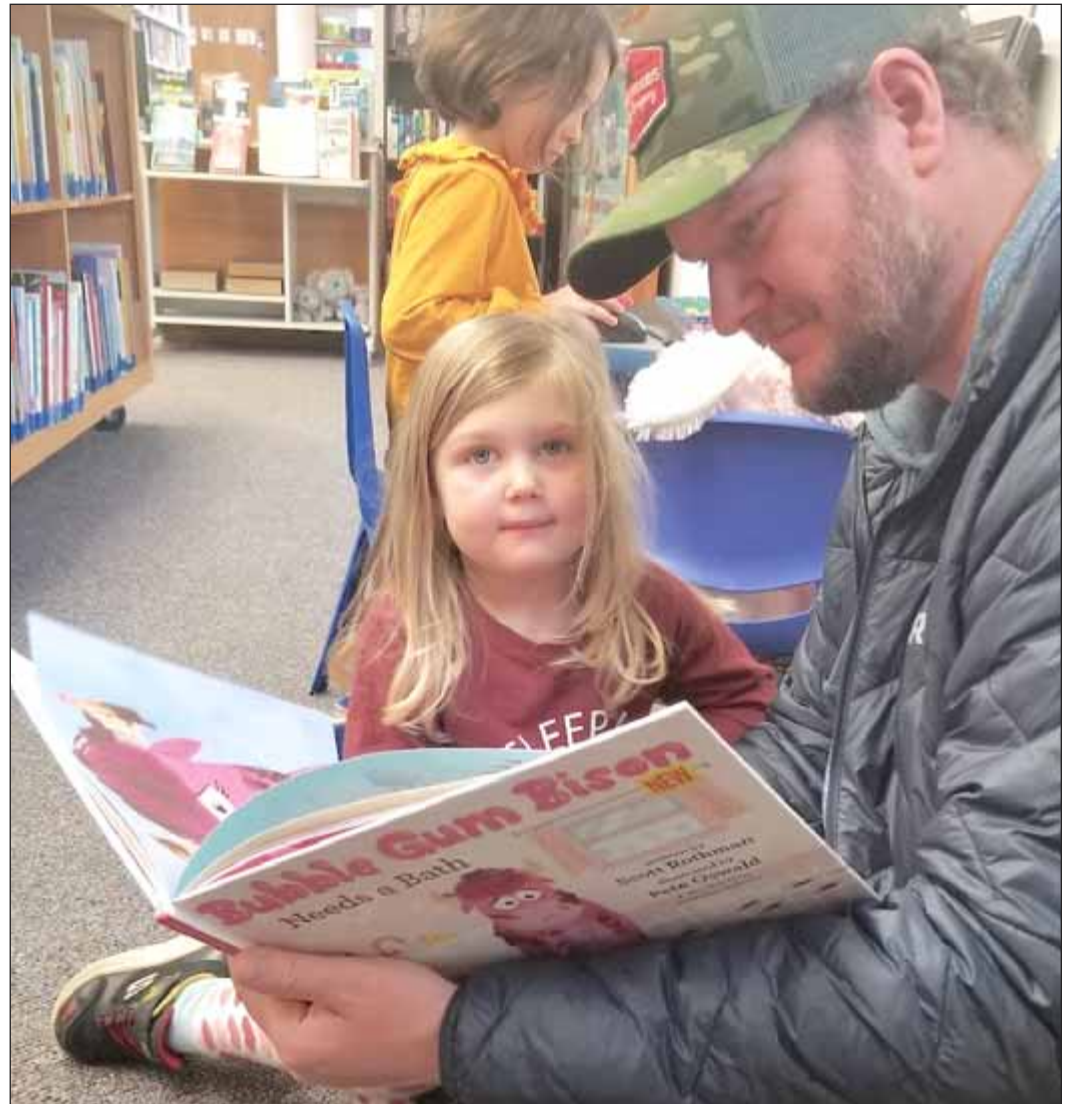
“We have rural emergency room closures that are continuing, that the opposition is always trying to get the government to pay more attention to.

“We have shortages of primary care and mental health care, which are worse in rural areas.

“Then you have the problem, compared to the big cities, of trying to raise money for equipment in hospitals without the big donors that you would find in big cities.”

Infrastructure, the “digital divide” and skilled labour shortages are also all issues facing rural Ontario, he said.

“I hope Rural Ontario Week is a week that not only celebrates rural Ontario, but draws attention to the problems and the needs of rural Ontario and it’s not just a fluffy tourist kind of holiday.”



The Point Alexander Library had an array of Easter activities on offer Saturday, including an Easter egg hunt and crafts. Afterwards, Matt Bond unwound, reading “Bubble Gum Bison Needs a Bath” to his daughter Maren. Photo: Vance Gutzman

SPRING SHOW

• The annual Spring Craft & Vendor Show will take place at the Chalk River & Area Lions Hall on Sunday, April 12 from 10 am - 3 pm. Free entry! Food will be available. Call 613-401-4546 for information or to

**Chalk River
Lions Club**

www.chalkriverlions.org



book a table.

• The annual Jim Boulanger Pancake Breakfast will be Sunday, April 19 from 8 am - 12 pm at the Chalk River & Area Lions Hall. Real maple syrup will be served! Come out to remember Jim and support your local Lions Hall.

STOREWIDE LIQUIDATION

SALE

CLOSED
WEDNESDAY
TO PREPARE!



SEE PAGE 3

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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.

“What is Al-Anon?” Al-Anon is a support group for friends and relatives of those affected by alcohol addition. The program is rooted in the principle of anonymity. The Point Hope and Strength Group meets every Monday from 7-8pm. at the Christian Education Centre behind the Deep River Community Church.

LANDFILL SITE HOURS

Baggs Road: Open Tuesday 9am to 6pm, Wednesday to Saturday, 9am to 4pm, all waste except Construction & Demolition (C&D).

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DEATHS

BURTCH,

Rosanne Elizabeth

At Deep River and District Health on Friday, April 3, 2026. Rosanne Burtch of Deep River at the age of 82 years.

Daughter of Reginald and Dorothy Roach (nee McDonald) of Kingston. Beloved wife of Barry Burtch. Loving mother of Candace Burtch and her husband Richard Cowell of Ottawa and the late Donald, his wife Judy, and the late Deborah. Cherished grandmother of Philip Cowell and his wife Raelle, Amanda Cowell and Thomas Cowell and his wife



Kayla, Shari Gosselin and her husband Andre, Bobbie Lewis, Hailey Burtch, and 6 great-grandchildren. Also sur-

vived by her brother Bert and his wife Linda (Willie) of Kingston.

Friends may call at the Valley Funeral Home, Deep River on Friday, April 17 from 6-8 pm. Mass in the presence of ashes will be celebrated at Our Lady of Good Counsel Catholic Church, Deep River on Saturday, April 18 at 11:00 am.

The family wishes to convey their utmost gratitude to the exemplary staff of Deep River and District Health for the compassionate care that

Rosanne received, and acknowledge the dedicated nurses and personal support workers that allowed Rosanne to remain at home for as long as possible.

In memory of Rosanne, donations to the Deep River and District Health Foundation, the Deep River and Area Food Bank or the Ontario SPCA and Humane Society Renfrew County Animal Centre would be gratefully appreciated.

VALLEY FUNERAL HOME

FRENCH,

Robert (Bob) Gordon

At Deep River District Health, Robert (Bob) Gordon French passed away peacefully on Monday April 6, 2026 at the age of 85 leaving behind a legacy of love, community service, and dedication to family and the world around him.



and Jean (Brian), as well as the Brennan family, Joan, Bruce (Gina), Heather (Jim), Dan (Heather) and Keri (Ty).

Bob believed deeply in giving back to community locally, nationally and internationally. He was committed to service and

dedicated much of his life to Rotary International, The Canadian Cancer Society, Robbie Dean Family Counselling Centre, West Champlain Family Health Team and Deep River Community Foundation. His commitment to helping others was a defining part of his life.

He had a lifelong love of the outdoors and was passionate about environmental causes. He could be found curling, cycling, skiing, and enjoying nature. Bob devoted his professional life to teaching and education, where he made a lasting impact on many students and colleagues.

Reflecting his outlook on life, Bob said, “I lived life

to the fullest, gave back as much as I could and enjoyed the experience of living.”

Bob will be remembered for his kindness, integrity, and the meaningful connections he built throughout his life. His memory will live on in the hearts of all who knew and loved him.

The family extends a special thank you to the health care providers that supported him at home over the past 3 years, as well as Doctors Ben Amor, Ceponis and Quenneville.

Respecting Bob's wishes, a green burial has taken place. A celebration of life will be held at a later date.

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- Experience with the operation of a tandem as well as various other equipment.
- Related experience as a truck driver, light equipment operator in either construction or maintenance of roads would be an asset.
- Must have a valid DZ drivers' licence, a drivers abstract will be required.
- High school diploma or equivalent.

Please submit your letter of application and resume in a sealed envelope clearly marked "Public Works" no later than 3:00 p.m. on April 17, 2026 to the undersigned.

Chief Administrative Officer
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RR1 Deep River, ON KOJ 1P0

We thank you for your interest, however, only applicants considered for an interview will be contacted. Accessibility accommodations are available for all parts of the selection process. Applicants must make their needs known in advance. Information collected will be handled in accordance with the Municipal Freedom of Information and Protection of Privacy Act.

FINAL DRAW

Happy Easter, everyone; busy week coming. Alex Bailey won the salmon fishing trip - congratulations, have a great time.

• This Friday, April 10, Maven Catering is hosting a trivia night + beer tasting (heard there might also be cornhole played there).

• On Tuesday, April 14 is Buddy Check 7 pm. On Saturday, April 18 the Ladies Auxiliary are hosting a cribbage tournament, registration at 11:30 am, play starts at 12 pm.

• On Thursday, April 16 is the next Karaoke - it was packed last week, good time had by all. Even Virginia got up to sing - according to her it will never happen again lol.

• There is one more week of the Rusty

Royal Cdn. Legion
Branch 436,
Deep River



Dillabough Memorial Draw this week April 11. This is the last one for this year - hope to see you all there.

March 28 results

of the draw were: 196 Mike Primeau, 245 Gavin Gervais, Mike Miller, 423 Kim Rodgers, 275 Debbie & Pierre, 275ebbie & Pierre, 423 Kim Rodgers, 113 Bill Owens, 53 Rob & Holly, 233 Debbie Martin, 146 Nancy Haller, 273 Drew Gareau, 265 Lee Ann & Billy Baker, 56 Randy Anderchek, 355 Mistress Lori; attendance 324 Kathleen Selkirk.

You are not dreaming, there were two double winners - remember your numbers are in the tumbler three times.

• Fun Darts, Cornhole, Euchre and Open Mic still ongoing - hope to see you there!

SEATBELT CHARGES LAID

The Upper Ottawa Valley (UOV) detachment of the Ontario Provincial Police (OPP) wrapped up their Easter long weekend seat belt campaign Monday.

Over the course of the campaign, officers conducted targeted enforcement looking for motorists who were not obeying seatbelt laws. As a result, UOV OPP officers laid five seatbelt charges over the course of the long weekend.

Although seatbelt use was the main traffic focus of the weekend, officers also conducted enforcement and education activities associated with negative driving behaviours - including distracted driving, impaired driving and aggressive driving - in order to reduce the amount of motor vehicle collisions, injuries and deaths on OPP patrolled highways.

In addition to the seatbelt offences, officers laid four impaired driving related charges, along with 52 speeding charges.

BAIL VIOLATIONS

Officers with the Upper Ottawa Valley (UOV) detachment of the Ontario Provincial Police (OPP) have charged a Laurentian Hills resident with bail violations.

Police say that on Wednesday, March 18, at approximately 5:30 pm officers began investigating after bail violations, in relation to a prior IPV (intimate partner violence) incident, were reported.

Investigation found that the victim had been subjected to unwanted contact and communication contrary to probation and bail conditions.

As a result of this incident a 26-year-old was arrested and charged with failure to comply with release order - two counts, and fail to comply with probation order - three counts.

The accused was held for a bail hearing and subsequently released to appear at a future date. The name of the accused was not released to protect the identity of the victim.

SUDOKU SOLUTION

• FROM PAGE 14

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CROSSWORD

• FROM PAGE 14

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Lot 2 Brouse Rd • \$75,000

1.3-acre vacant lot with driveway already partially cleared for a future build, offering endless possibilities. MLS* X12855074

Lions Club

CONTINUED FROM PAGE 9

“Charlene instilled in me the positive aspect of the Lions movement and shared the good feeling you get from serving and helping others.”

When asked about the Lions Club membership, Terry was visibly buoyed up and commented that “our members are from all up and down the line in North Renfrew.”

“They come from a wide cross-section of people from within our community and they are, what I consider to be, just normal folks who want to help and serve our community.”

Terry affirmed that, in contrast to other service organizations which are losing members and those who are staying are getting older, that “our new (Lions Club) members are tending to be younger these days, and they are staying with us into their retirement days.”

“In fact, we have some multi-generational sets of members, such as mother-daughter situations.”

NEW GENERATION

Terry was emphatic to point out that the Lions have a cadre of 10 “Leos” - young people, 12 years of age and older, who can join the Lions Club and become engaged in helping others in the community.

“We are a very unique club and provide an opportunity for both parents and their children to belong to something bigger in the community and come together to help others, to serve the community.”

Terry was very keen to outline the various activities and projects that the Chalk River and Area Lions Club, as part of District 4 of the Lions movement in Ontario and Quebec, is involved in.

He shared as well that Lions District 4 believes in “building a better world with one act of kindness at a time.”

“We are a very busy Lions Club and are involved in activities and events and charities for all ages within our community.

“We participate with the DRDH Auxiliary on some activities such as supporting the Mackenzie Free Store, and the breakfast programs at the three local schools, Mackenzie Community School, St. Anthony’s and St. Mary’s.

“We also accept donations of various

types of hygiene and personal items at the Lions Hall and pass them along in support of the youth of our community.”

Dickerson, who helps organize and supports many of the Lions Club events, stated “we also are well known for our monthly suppers, held on the last Friday of each month except during the summer months of June to August.”

“The fundraising suppers we host enable folks of all ages to come together in community and to not only have good food, but to be able to visit and catch up on things with their families, friends, and neighbours from throughout North Renfrew.

“Attendance at our suppers ranges from 150-200 people. It is amazing to see that many people, of all ages, from newborns to the 100-plus range, come together and share stories, laughter, and enjoy each other’s company.”

Dickerson pointed out, as part of their efforts to serve the entire community, how they also partner with volunteers from the School House Museum to host community dances with live bands and DJs to raise funds for other charities.

“Because we have an accessible venue, folks of all ages and with varying means of mobility, are able to attend get togethers such as wedding anniversaries, themed events such as the recent St. Patrick’s Day Stew Supper and Kitchen Party in association with the River Run Theatre group, children’s birthday parties and funerals and celebrations of life,” he said.

The Lions Club also provides their fully accessible venue for a weekly 11:30-12:30 Wednesday “Soup and Sammich” lunch hosted by St. Andrew’s United Church, from early fall to late spring, to enable people of all persuasions to once again, “come together and have a very reasonably priced meal with all sorts of folks and share in building up our community,” Dickerson said.

The Lions Club hall is the local venue of choice, with its big open and brightly lit space.

The hall is capable of comfortably holding several hundred people at a time, depending on the type of event, and over these many years it has been the location for such events as the Chalk River Winter Carnival, the Jimmy Boulanger Memorial pancake breakfast, the annual North Renfrew Robbie Burns Supper, the International Women’s Day supper hosted by the

Deep River and District Community Foundation (DRDCF), many wedding receptions, “Unity in Diversity” potluck suppers, all sorts of family get-togethers and events, and meetings related to Canadian Nuclear Laboratories (CNL) and related groups such as the varied labour unions from CNL to hold their membership meetings.

The Lions Club also offers its accessible hall to local health care organizations for flu/Covid clinics for the wellbeing of the community.

“Our hall has even been used as an ad hoc/temporary warming centre for when there has been a large storm occurring and many folks, including truckers, are stuck in the area,” advised Dickerson.

“This is a labour of love for me and from a personal perspective, I want to ensure the Lions Club flourishes for many years to come.”

“We truly are a focal point for our broader community. We rely on our volunteer members and our ‘non-members’ such as young folks at Mackenzie Community School who can get their volunteer hours by working at an event at the Lions Club.”

A key part of the Lions Club community efforts includes their used eye glass and child eye exam programs.

The Chalk River and Area Lions Club takes donations of used eyeglasses and forwards them on to the District 4 depot for processing to be provided to others who may need assistance with acquiring glasses.

THANKFUL

The Lions Club, in association with its District 4 partners, also participates with local schools in North Renfrew to provide free eye testing/exams for younger students.

Dickerson speaks highly of the team of Lions Club members and associated non-member volunteers who help make North Renfrew the welcoming and fun community it is.

“I am so thankful to our individual members and non-member volunteers for their time and efforts. We could not keep this facility open for the broad benefit of the community without them and their desire to serve.

“I went from a ‘behind-the-scenes’ non-member volunteer to the president of the club because of the satisfaction I receive from helping and serving others.

“I am proud of the way we, as Lions, are able to serve our community and promote awareness of what we can do as a community.

“We all benefit from the fellowship available at the many different types of events we either host or partner with others from the community.”

Indeed, it is evident from his actions that Terry does have the best interest of the community at heart in the way he serves the community day in and day out by being at the Lions Club hall five to seven days a week to help out and support Lions sponsored events and activities put on by other community groups and individuals.

Terry is always hard at it as the “chief cook and bottle washer” at the Lions Club hall during the community breakfast club.

When asked what are the best moments about being a Lion, Terry says with a wide grin that it is when he gets to “go on walkabout during one of the suppers we hold when there are 150-200 people having a meal and I can ask how people are doing and if they are enjoying the meal while visiting with their family and friends.”

“That is a special time for me. And, I get to know their complaints and their compliments.”

“Into the future, our desire is to help continue the growth of the Lions Club, especially through our Leos, to build up and serve our community.

“We want to enhance the awareness of the Lions Club by the community so that we can continue to serve as best we can.

“This is a labour of love for me and from a personal perspective, I want to ensure the Lions Club flourishes for many years to come,” he said.

If anyone is keen to know more about how to become a member, the Chalk River and Area Lions Club has a robust social media presence on Facebook to check out.

They can also drop in at the Lions Hall during the breakfast club between 8 and 10 am Monday, Tuesday, Thursday and Friday for a coffee and meet with Terry in person to enquire about more details.

Those who want to book the Lions Club hall for a birthday party or other event can contact Eileen Burke at 613-401-4546.

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