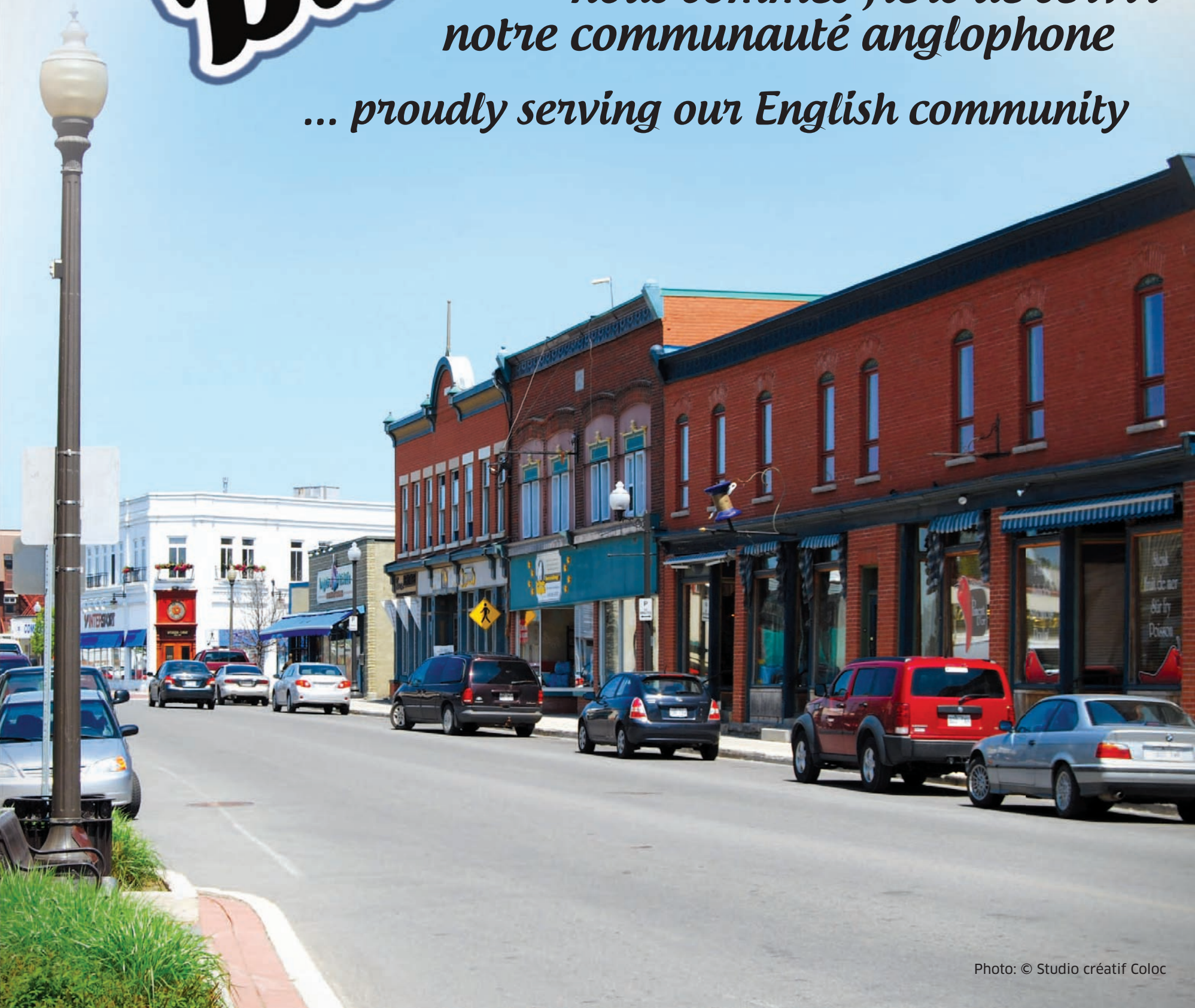


À **Buckingham**

*nous sommes fiers de servir
notre communauté anglophone*

... proudly serving our English community



Buckingham: the promise of warmth and culture



LILY Ryan

Lovers of interesting architecture, history, culture will find kindred spirits in Buckingham. Established along La Lièvre River because of the power and wood industry,

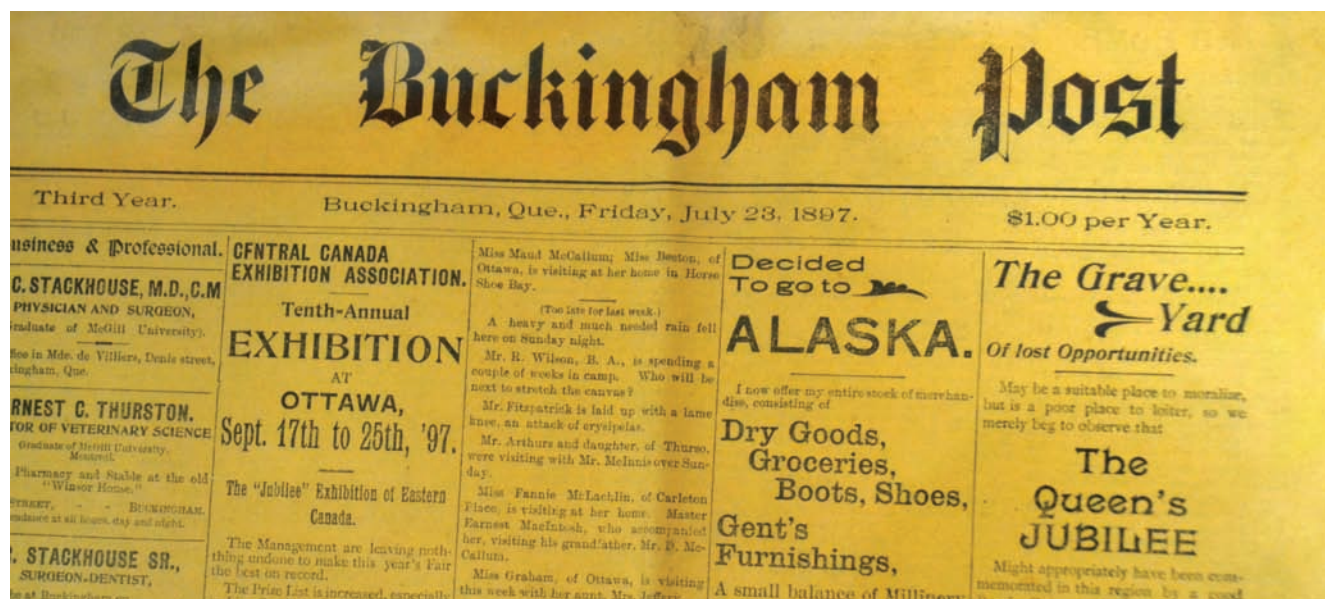
*Very proud to serve our
Buckingham community*

Stéphane Lauzon
Member of Parliament
Argenteuil-La Petite-Nation



Buckingham
819-281-2626
stephane.lauzon.c2@parl.gc.ca

127 Joseph Street
Gatineau QC J8L 1G1



it is home to one of North America's oldest newspapers: this one. Called the *Buckingham Post* at its founding in 1895, the weekly paper still brings news to English readers in Outaouais, under the name *West Quebec Post*.

To complement the Victorian homes and later business buildings, Buckingham has focused on catering to modern tastes. The Centre Nautique de la Lièvre offers kayak, canoe, pedal boat, paddle board and rabaska rentals. This is a must-visit treat that offers visitors 18 km of navigable waterway that includes urban, rural and forested scenery. Pack a snack and water bottles, but

leave room for a great meal in town afterward. Buckingham business people made things easy! Just park in old Buckingham and take a stroll. It is beautiful, creative, and when visitors find a café, they will stay for a full meal, as Buckingham is known for the delicious meals served in many restaurants.

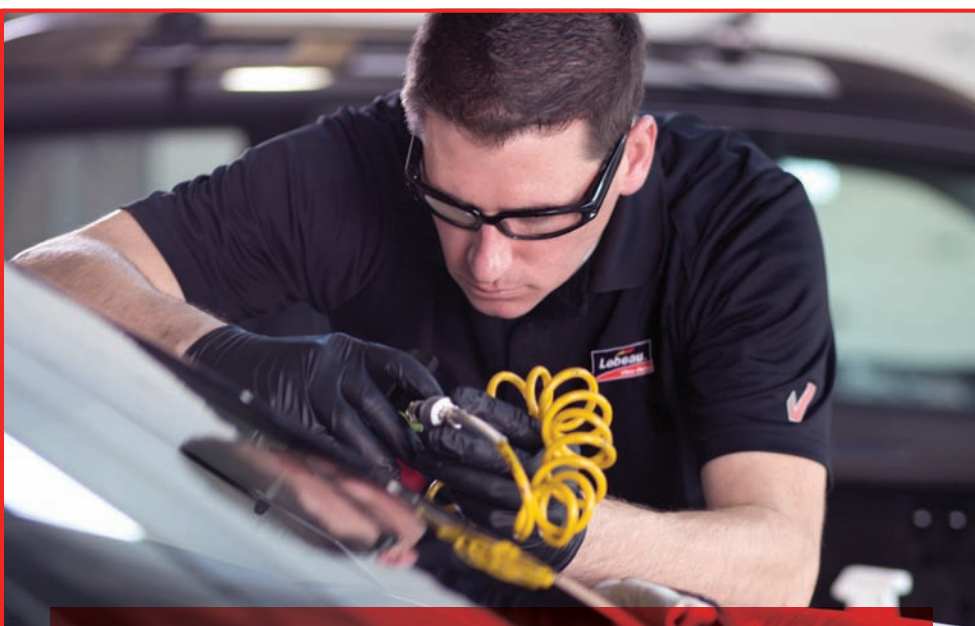
This front page of the Buckingham Post hangs in the offices of the West Quebec Post. It was an edition from July 23, 1897, bringing local news to Buckingham, at a cost of \$1 per year.

PHOTO: WQP



Paddleboarding is a popular way to enjoy waterways. Rentals are affordable and the scenery is breathtaking. Visit Centre Nautique de la Lièvre in Buckingham: 255 avenue de Buckingham.

PHOTO: TOURISME OUTAOUAIS



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BUCKINGHAM HELPS



SAMUEL Poirier

Serge Grenier and his wife Sonia C. Grenier have been running Grenier d'apprentissage Jacques L. Charbonneau since 1992. Located at 477 Bélanger Rd in

Buckingham, this learning centre has been aiding, and continues to aid, young adults with mental and physical disabilities.

Besides a regular curriculum of history, geography and anatomy, Serge and Sonia assist them in learning important life skills like autonomy, literacy, cooking and many more. In addition, they've helped these young people in more nuanced areas such as socio-emotional development, cognitive, language and motor skills. But it's not all work and no fun! Mr and Ms Grenier



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Grenier d'apprentissage Jacques L. Charbonneau



plan family activities, cultural outings, craft workshops, etc. Government funds account for a small portion of the capital required to make this happen; in the end, all of this is possible because of the

selfless nature of this couple and the generous donations from the public. Serge and Sonia have invested a lot of their time and money into making this a reality and plan to do so for the foreseeable future.



PHOTO: © STUDIO CRÉATIF COLOC

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3R Quebec: Buckingham makes a difference

SAMUEL Poirier



PHOTO: SUBMITTED

3R Quebec, a non-profit organization, aims to decrease the amount of 'garbage' that is sent to landfills every day. Their main location, where most of the materials are sorted, is located at 15 Boulevard Fournier in Gatineau. This is where you can bring your non-recyclables like electronics, clothing, purses or shoes, even furniture, from Monday to Friday between 9 am and 4 pm or on Saturday from 9 am to 3 pm. In addition to this main location, there is a thrift shop, 1079 St-Louis Rd Gatineau, where they sell most of the things collected at a very affordable price. Founder and director Simon Boudreau created 3R Quebec for three simple, but very important reasons; to lessen our footprint on the environment by reducing the materials destined for landfills, to help low income families by giving them access to affordable clothing and house-



hold necessities, and to create jobs for those with a lesser degree of education. R3 Quebec also helps to provide a steady supply of clothing to another organization named La boutique des 121 trésors. Located in Buckingham, this training centre welcomes young adults, 21 and over, with mental or physical disabilities.

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FONDATION SANTÉ DE PAPINEAU :

Papineau Health Foundation: helping Buckingham stay healthy!



LILY Ryan

There are a few Outaouais communities with strong ties to the health system. Buckingham is one of them. The Fondation Santé de Papineau (or, Papineau Health Foundation in English) is at the heart of ensuring the area has access to the equipment and health services people need.

A strong health foundation shows a strong community. With so many local people involved in their health services, the region has strength in other facets of community life. Coordinator for the foundation, Isabelle Plouffe, invites readers to get involved. The business association, Gens d'affaires des secteurs de la Vallée-de-la-Lièvre et de la Petite Nation, helps host a Souper Gastronomique as a fundraiser for the health foundation. Last year, the event netted \$52,500 for the Fondation Santé de Papineau. The 2017 edition is September 30 and is an exceptional



Souper gastronomique to the benefit of the Fondation Santé de Papineau 2016. Isabelle Plouffe, Nathalie Nadon, Anne Mercier, Gabrielle Larocque, Sylvie Hotte, Roger Lafrenière, Katia Carrière Proulx, Julie Gagnon et Louise Bellemare.

PHOTO: SUBMITTED

opportunity to both help the community and to get to know people who are involved. People across the Outaouais know the hospital in Buckingham is a reliable place for health care, sometimes driving an hour for the emergency room.

To contact the health foundation for any reason:
155, rue Maclaren Est
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