

BEST PHOTO ESSAY

SPORTS

Montreal celebrates Olympic excellence



TMR's Catherine Ward (left), with teammate Marie-Philip Poulin took part in the Hockey Canada Sports Station during the Future Olympians Festival as part of the Canadian Olympic Excellence Day activities.



Left: Throngs of people attended the Future Olympians Festival and closing show featuring G... final shine to the base of the Olympic Torch that stands outside of the Canadian Olympic House.

By Mark Lidbetter
The Suburban

It wasn't a sprint last Thursday but a marathon of Olympic proportions as Montreal played host to the Canadian Olympic Excellence Day (COED) as the ribbon was cut on Canadian Olympic House on Rene Levesque.

From Mayor Denis Coderre welcoming International Olympic Committee president Thomas Bach for breakfast at City Hall and awarding Bach the key to the city to a spectacular show featuring Gregory Charles and friends to close out the festi-

ties, it was a day long celebration of the Olympic spirit.

Following breakfast it was off to tour the World Anti-Doping Agency, then on to the World Sport Luncheon that featured a parade of Olympians, both homegrown and international favorites. Nadia Comaneci, nine-time Olympic medalist, Katarina Witt, two-time Olympic medalist, Joannie Rochette, Olympic medalist, Greg Louganis, five-time Olympic medalist Mark Tewksbury, three-time Olympic medalist Elizabeth Manley, Olympic medalist Marie-Philip Poulin, two-time Olympic medalist and Greg Joy, Olympic medalist



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**K. CROSS LANDON,
M. LIDBETTER,
P. SERAFINO**

The Suburban (City Edition)

A nice mix of overall, medium, and detail perspectives gives the reader a full view of the event.

DAVID IRVINE

The Low Down to Hull & Back News

A nice series, painting a vignette of the subject's life and work.

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The Low Down to Hull & Back News

April 8 - April 14, 2015

Sweet somethings at Ferme et Forêt



Photos and story
by David Irvine

Sean Butler and Genevieve LeGal-Leblanc of Ferme et Forêt are doing something amazing at 225 Shouldice Rd. in Wakefield.

Two people. A 150-acre farm. Seventeen kilometres of tubing for sap collection from 2,350 trees. Eight thousand litres total holding capacity. Forty cords of cut and stacked wood. Up to 100 litres of syrup produced per day in a three- to four-week season for an anticipated 2,000-litre crop yield. "The reason we are in this," said Butler, "is to promote a different idea of agriculture. The current practice is one of the most destructive things we do on the planet, but agriculture has the potential to be one of the most beneficial things we do. If we can shift how we do agriculture, perhaps we can have

an impact on it."

Butler and LeGal-Leblanc scaled up operations from 200 buckets in 2013 for personal consumption to creating a sustainable agriculture maple share program this year that will have its 150 investors partaking in some of the sweetest dividends around: maple syrup.

"What makes our production unique is the equipment we are using and a tubing system that only a few producers are using," Butler explained. "Most use vacuum pumps to get higher sap yields, but we didn't want to install a pump so we are going for this natural vacuum."

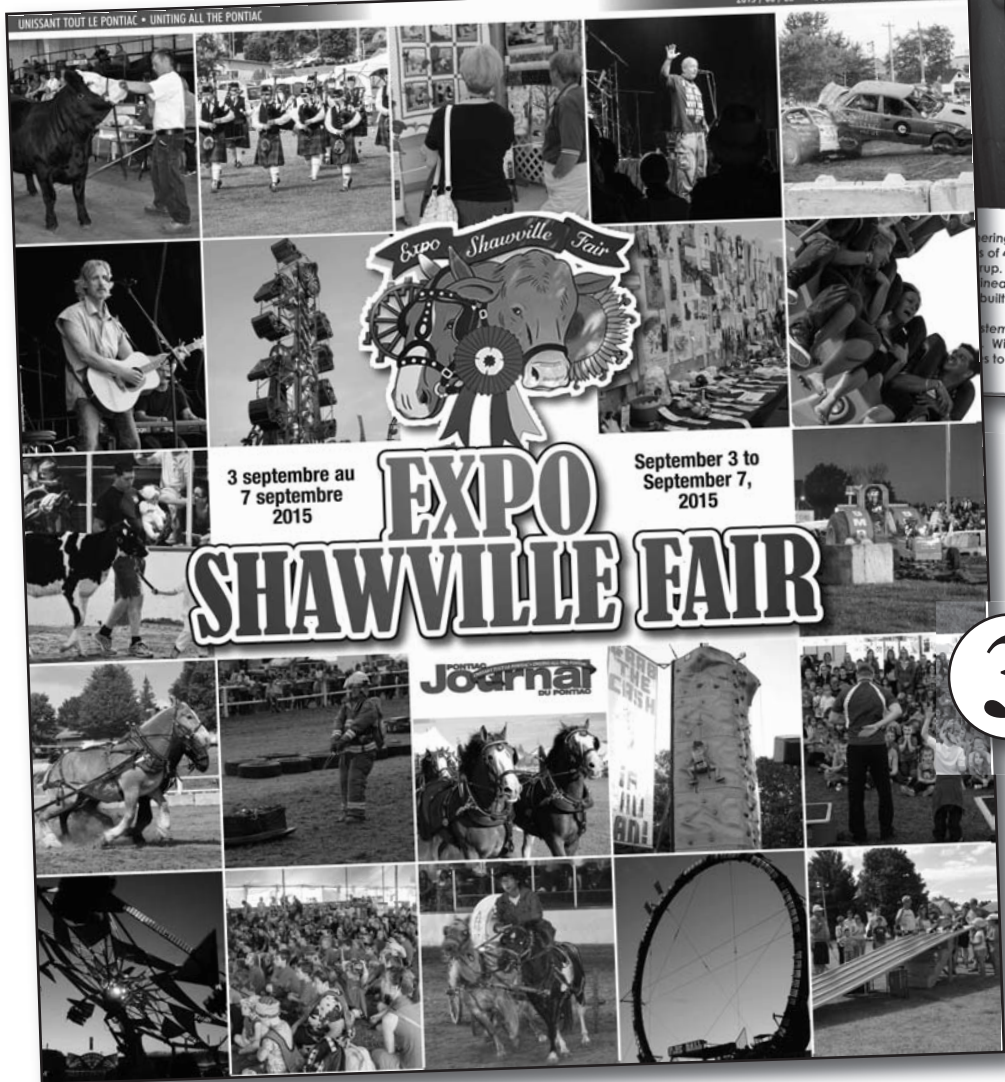
For a pre-purchase minimum of five litres (they signed up last fall), shareholders have priority access to the different grades of light, medium, or dark syrup, a discounted price, and delivery to their homes in the Ottawa/Gatineau area at the end of the harvest.

Gatineau area at the end of the harvest.

The maple share program makes Ferme et Forêt a viable business by providing much needed cash flow to the farm. However, another real benefit to the program is customer engagement.

"It's an act of faith when people cut a \$75 cheque in October for five litres of syrup to people they don't know," said Butler. "[It's] an act of trust between us and our customers that creates a little bit more of a human connection that we are always striving for with our farm business."

Ferme et Forêt, known locally for its eggs, farm-made granola, and herbal teas, plans to include log-grown shitake mushrooms and frozen natural tree sap at its food stand on Shouldice Road when it opens on April 17.



3 septembre au 7 septembre 2015
EXPO SHAWVILLE FAIR
September 3 to September 7, 2015

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**J. CLOUTHIER,
B. ZIMMERLING**

Pontiac Journal du Pontiac

A diverse array of images using different creative styles, if only each image was given more space!