

Plucky Acton teen swims across turbulent Ottawa River

By Frances Niblock

For just one fleeting second Acton's Margot Lafrance wondered if she could complete the swim across the Ottawa River, but the plucky 15-year-old dug deep, swallowed her fear and kept swimming to complete the 1.25-mile Deep River Crossing.

The crossing is an annual event in northern Ontario – this year was the 56th event – that draws a wide variety of entrants.

Swimmers, who must be 18 or have their parent's consent, are paddled across the river to the Quebec side where they jump into the river to swim back across to Deep River, accompanied by two people in a canoe.

Lafrance's canoe was manned by her parents, and the choppy waves and high wind blew them off course, causing her to wonder if she was going to make it.

"The current was really strong and the waves were high and my mom and dad were blown off course and that meant I was off course as well," Lafrance said on Monday, adding that added a lot of time to her swim.

"It wasn't as physically difficult as it was psychologically because you're out in the middle of the lake and you can't really see anyone and it's cold and the waves are going and you don't feel like you are moving," Lafrance said.

She said at one point it didn't look as if she'd moved any closer to the Ontario side or any further away from the Quebec side and that was disheartening. But she just thought about all of her family and friends who were rooting for her and that helped her keep swimming, doing the breaststroke.

She finished in 56 minutes and her

cousin, who was swimming in her second crossing, finished first with a time of 27 minutes.

Lafrance had hoped to try the river crossing last summer but was diagnosed with painful Juvenile Arthritis in her knees. Therapy allowed to continue training with the Acton Aqua Ducks and attempt the river crossing swim in late July.

Lafrance said it was exhausting, but really exciting when she got to the finish line which is in the water.

"You have to walk out at the end and there were people there who didn't know me who were cheering me on – that was cool," she said, adding that competing the swim was a "a really good accomplishment, but I won't do it again."

Lafrance said they celebrated the river crossing with a shower and then ice cream.



SUCCESSFUL SWIM: Acton's Margot Lafrance conquered her fear and Juvenile Arthritis to complete the annual Deep River Crossing – a mile-and-a-quarter swim across the Ottawa River from Quebec to Ontario. – Submitted photo

BRANCH No. 197 **LEGION NEWS** By James Hayes P.R.O.

Comrades,

The Branch attended the Leathertown Festival last Sunday, and for the first time in a few years the weatherman was unkind to the organizers. Six volunteers manned the both on Mill St. and the Legion material was well received by the citizens who braved the rain. At this time of the year we are all busy with our own activities, vacations etc. however it would have been nice if those working the booth had received a little more support from our members. No, I wasn't there either.

COMING EVENTS

Sunday August 26 - Family Fun Day & Gary Munday Memorial Fishing Derby.
Legion Week, Sept.16-

20- Might be a good time to bring some friends to the Branch to share the facilities you enjoy all the time.

District B Convention, Oct.12-14 - Hosted by Branch 197.

Honours & Awards, Sunday Nov. 4th.

*Yours in comradeship,
Jim Hayes,
Branch 197 PRO.*

LADIES AUXILIARY

Our nest general meeting, Thursday Sept. 6 at 7:30 p.m. Good date to pay your dues.

Euchre is begin held every Thursday afternoon in the games rooms starting at 1:30pm.

May Hoare is still hospitalized in Georgetown and



GOTHER MEN: Following their Mountie recruitment seminar last Wednesday in Acton, RCMP officers Bob Nichols (right) and Ralph Edward posed with Acton Employment Resource Centre staffer Carol Beaton. RCMP recruitment efforts are at an all time high. – Submitted photo

is recovering very well. Best wishes for a speedy recovery.

*Yours in Comradeship,
L.A. President
Annamarie Lowin*

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ODD/EVEN WATER RESTRICTIONS IN PLACE

Halton Region has implemented a mandatory odd/even water restriction on outdoor water use. Odd-numbered municipal (or street) addresses can water on odd numbered calendar days and even-numbered municipal addresses can water on even numbered calendar days. Watering is permitted only between the hours of 6:00 a.m. to 9:00 a.m. and 6:00 p.m. to 9:00 p.m.

This restriction includes the watering of lawns, flower/vegetable gardens, trees and shrubs. Vehicle washing is also included in the odd/even restrictions.

Please refer to Halton's website (www.halton.ca) for specific details on exemptions/restrictions or contact Halton Region at 1-866-4HALTON.

PLEASE AVOID ANY UNNECESSARY WATER USE WHENEVER POSSIBLE

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