

THE LOWDOWN
TO HULL & BACK NEWS

Supporting
LOCAL BUSINESSES

Making it **work** ... local

It takes ingenuity to stay nimble during a pandemic. Throughout this period of uncertainty, local entrepreneurs have constantly adapted their operations to keep their businesses up and running.

Over the past month, local business owners have shared information with The Low Down about how to access their goods and services during the Covid-19 shutdown. Previously published lists are available on The Low Down's website: www.lowdown-online.com/supportlocal

If you haven't yet participated in The Low Down's free business listing, please contact us with your submission and we will aim to include you in a future edition. New listings will be published in detail for one week and thereafter listed alphabetically in a condensed format.

Email general@lowdown-online.com with your business name, contact info, website, and 75 words about how our community can help.

Disclaimer: All listings were provided by business owners and have not been verified by The Low Down.

BLUEBARN COFFEE ROASTERS

(819) 282-8286

www.bluebarncoffee.com
info@bluebarncoffee.com

20 Chemin-de-la-Vallée-de-Wakefield
We're still roasting coffee daily and supplying our local grocery stores (IGAs and Wakefield General Store). Our full selection of coffees and cascara (coffee cherries) is available on our website and we're offering Free Shipping/Delivery for local residents

(Chelsea/Wakefield/and surroundings). Use discount code: WAKEFIELD. Thanks again for all the support, and we look forward to serving you in our new space once the social distancing measures are lifted.

CHELSEA CHIMNEY

(819) 827-3356 (please leave message)
ppotvin@chelseachimneysweeps.com
www.chemineeschelsea.com

Chelsea Chimney is open for business as essential services by the O.M.V.Q. We provide chimney sweeps and inspection of chimney. We have our early-bird pricing until July 1st for chimney cleaning. We will make arrangements with customers to keep at a safe distance when proceeding with the work. If you or someone in your family was infected with COVID-19, we suggest waiting 60 days for an appointment. Payment can be done by check or credit card on the spot or over the phone when making rendez-vous.

CINDY MULVIHILL PHOTOGRAPHY

(819) 422-1141

www.CindyMulvihillPhotography.com
Stuck in the house? Now is the time to spruce up your walls. Bring the outside into your home with a beautiful nature print. Brighten your home with prints from flowers to wildlife and so much more inbetween. Browse my website and choose your favourite image for print from my many collections. I'm sure you will find that special image that will bring some joy into your home. Free delivery within 50 km of Brennan's Hill. Thanks for your support.

CONNEXIONS RESOURCE CENTRE

(819) 777-3206

info@centreconnexions.org
www.centreconnexions.org

[Facebook@ConnexionsResourceCentre](https://www.facebook.com/ConnexionsResourceCentre)
Whether you're a senior, caregiver, parent or anyone looking for information on services and programs, we're here to answer your questions by phone or email. Check out our website for up-to-date information and resources on COVID-19. Looking to connect with your online community? Make sure to join us for our Facebook Lives from Monday to Friday! Connexions is a non-profit community organization that serves the health and well-being of the English-speaking population of the Outaouais.

FERME PURE CONSCIENCE FARM

www.pure-conscience.ca
info@pure-conscience.ca
(873) 822-1251

Bristol, Quebec

We're a young farm located in Bristol, Quebec. Our bio-intensive farm is free of any harmful products and everything is picked by hand and made with great passion. Honey, eggs, fruits and veggies, saffron and hand-crafted soap bars Opera of the Soaps made with ingredients from the farm.

LA FAUXMAGERIE MA PETITE CUISINE (MY TINY CUPBOARD)

helen@mytinycupboard.com
[facebook.com/mytinycupboard](https://www.facebook.com/mytinycupboard)
We are currently offering select delivery items every two weeks from our shop kitchen to yours. All plant-based, vegan cheese,

foods and treats, gluten-free items available. Check out our Facebook page 'Fauxmagerie Ma Petite Cuisine' for all details and delivery zone, as well as listed available items for delivery.

LES SAISONS COFFEE

(819) 827-3303

Hello hello to all of our wonderful customers! We miss you so much! Hoping that you are all healthy and safe with your loved ones. Since you can't come to us, we want to offer to bring you coffee beans to your house. If you live in Chelsea, we can deliver. Just order by phone (819) 827-3303 or lessaisonscoffee@gmail.com Delivery free if within 10 km of coffee shop. If you're out of my range, come pick up, or I'll deliver for \$5 more.

MAISON CHIROPRACTIQUE PETITS ET GRANDS

22 chemin Old Chelsea, Chelsea
(819) 827-4499

Hours of operation : by appointment only, an initial phone consultation will be done before each appointment. We are currently only offering chiropractic care for incapacitating pain, traumas, emergencies and limiting conditions for workers in essential services. We are offering free virtual consultations for anyone with questions or concerns about their current condition or about a new condition.

ROOTS AND SHOOTS FARM

(819) 664-6729

115 Chemin de la Beurrerie, Alcove
www.rootsandshootsfarm.com
info@rootsandshootsfarm.com
Due to the Covid-19 pandemic, it might take us a few extra days to

respond to your email - but we will get back to you! If you have an urgent question and need to call us: For general inquiries about our CSA or farm store, contact Jess: (819) 664-6729 For farmigo accounts, bookkeeping, and website issues, contact Emily: (873) 688-5658

ZUPS WAKEFIELD

www.zups.ca

Providing quality comfort foods for Wakefield, Chelsea and the surrounding Gatineau Hills communities using a safe, socially distanced, payment and delivery method. This week we will be offering delivery on Wednesdays for Wakefield and surrounding areas. Thursday deliveries will be south of Wakefield, down River Road to Route 105 and down 105 to Chelsea and surrounding areas. Visit our website www.zups.ca for menu, delivery and pick up details.

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It's so important that we all support each other in this time....

Thank you to the Low Down for using their voice to help small businesses.

*— Chris Kaarsberg
Owner, La Cigale*



**Support your local enterprises
in the Pontiac region.**



businesses get creative

Continued from previous page

This condensed list of businesses was previously featured in greater detail in past editions. Download all past lists from The Low Down website: www.lowdownonline.com/supportlocal.

Please contact each business directly for the most up-to-date information about their operations.

Ahimsa Eco Solutions
www.ahimsaeco.com

Ålska Farm
alskafarm@gmail.com

Amik Forest Gym & Contemplation Hub
(819) 230-8906
www.forestgym.ca www.natureismedicine.ca

Amy Pitkethly
Real Estate Sales Representative
(613) 850-1048
www.amyinottawa.ca

Apiverte
(819) 598-9983
www.apiverte.ca

Atelier Nick Barna
(613) 233-3137
ateliernickbarna@gmail.com
www.ateliernickbarna.com

Auberge de Mon Petit Chum B&B
(819) 459-1814
info@monpetitchum.com

Bean Fair Coffee
info@beanfair.ca
www.beanfair.ca

Belle de Nuit
(819) 720-0222
reservations@belledenuit.ca
www.wakefieldinn.ca

Bistro Pub Manchester
474 route 105, Chelsea
(819) 827-7727

Bistro Rutherford
(819) 459-2100

Bodytrains
(613) 890-3491
www.bodytrains.com
27 ch des sentiers, Wakefield

Bone Appetit
(819) 459-3847
715 Riverside Drive

Bougie Doozy Candle
181 Old Chelsea Road, Chelsea
(819) 827-1636
sales@doozycandle.com
www.doozycandle.com/shope

Central Gatineau Arena
central.gatineau.arena@gmail.com
www.central-gatineau-arena.com

Chelsea Freshmart
chelsea.freshmart@gmail.com
(819) 827-8001
528 Quebec Rte 105

Clinique Vétérinaire de la Gatineau
105 Chemin Old Chelsea, Chelsea
www.gatineauvet.ca
info@gatineauvet.ca

Colwyn Griffith Photography
(819) 459-2310
www.colwyngriffith.com

Dépanneur M&R
(819) 827-1728

Disegno Fine Jewellery
(819) 422-3700
www.disegnojewellery.ca

Dr. Barbara Kurtz, Optometrist
(819) 459-9907
170 Rte 105, Suite 203, Wakefield

Eden Energy Medicine
lisananni@gmail.com
www.lisanami.ca

End of the Line Boutique
1 Manse Rd., Wakefield QC
endotheline@bell.net

Español con Fernando
Fernando Castellano
castellanofernando@gmail.com

Expeditions Wakefield
www.expeditionswakefield.com

Famille Charles IGA
(819) 243-0011

Feldenkrais Online
Lynne Bedbrook, Guild Certified Feldenkrais Practitioner®
(819) 459 2574
lynne@lynnebedbrook.com

Ferme et Forêt
(819) 459-3861
lefarmteam@fermeeforet.ca
www.fermeeforet.ca

Ferme Juniper Farm
375 Shouldice Rd. Wakefield
fermejuniper@yahoo.ca
www.juniperfarm.ca

Ferme Lève-tôt
fermelevevetot@gmail.com
www.fermelevevetot.ca

Ferme Peabody Farm
26 Chemin Sullivan, Venosta
sandramarsters@yahoo.ca
(613) 558-4517

Ferme Reservoir
(873) 376-8910
fermereservoir@gmail.com
www.fermereservoir.ca

Franktown House Flowers
info@franktownhouse.ca
www.franktownhouse.ca

Galerie d'art Riverside
galerieriverside.com
galerieriverside@gmail.com
(819) 743-0660

Galerie Old Chelsea
info@galerieoldchelsea.ca
www.galerieoldchelsea.ca

Groupe Santé Dentaire
(844) 225-3368 ex 2
www.groupesantedentaire.com

Hannah Ranger Visual Artist/Feltmaker
hannahranger.com
hannahartfelt@gmail.com
(819) 459-3571

hOME Wakefield Bien Être
www.wakefieldwellness.ca
homewakefieldwellness@gmail.com
(613) 668-0120

Ixim Cafe + Bristro
727 Riverside Drive, Wakefield
www.iximcafebistro.com
(819) 593-0846

JUMApus
www.jumapus.com
(819) 319-5257
info@jumapus.com
87 Chemin Old Chelsea, Chelsea

Kate Douglas Pottery
(819) 664-4365
Facebook: Kate Douglas Ceramics

Kate Weekes
Guitar Lessons
(613) 297-3009
kate@kateweekes.com
www.kateweekes.com

Kunstadt Sports
www.kunstadt.com

La Boucanerie Chelsea Smokehouse
(819) 827-1923
smokehousechelsea@gmail.com
www.boucaneriechelsea.com

La Cigale
lacigalemanager@gmail.com

La Foret Aliments Naturels
(819) 459-3555 757
Riverside Drive, Wakefield www.la-foret.ca

La Grange Country Inn
www.lagrangecountryinn.com
info@lagrangecountryinn.com
(819) 459-3939

La Trame Wakefield
(819) 592-3749 stephanietrame-practitioner@gmail.com
la-trame.business.site

STAY UP TO DATE:

www.mrcdescollinesdeloutaouais.gc.ca
Visit the MRC des Collines de l'Outaouais's website to get updated information on programmes for small and medium-sized businesses affected by the Covid-19 shutdown.

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Stay *STRONG* together.
Shop in your community.

WILLIAM AMOS

Member of Parliament for Pontiac
Député de Pontiac

613-995-3950

[willamoscanada](https://www.facebook.com/willamoscanada)

[@willaamos](https://twitter.com/willaamos)

[william_amos_pontiac](https://www.instagram.com/william_amos_pontiac)

william.amos@parl.gc.ca

www.wamos.liberal.ca

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Le Beck Bretzel

(819) 431-9471
rebeccaup0624@gmail.com

Le Hibou

www.cafehibou.com

Le Resto Chelsea

www.restochelsea.com

Le Vignoble de Chelsea

Sugar Shack
info@cabaneasucrechelsea.com

Leilak Anderson

Tree Service

(819) 665-2850
www.leilak.ca

Les Arterres

lesarterres@gmail.com
www.lesarterres.com

So beautiful to see everyone pulling together!!!

I absolutely love this community! Thank you again for your help and generosity!

– Stephanie
Michele Fannon
La Trame Wakefield

Les Fougères

(819) 827-2387
www.fougeres.com

Les Serres Bourgeon

Greenhouses

(819) 230-9897
916 chemin des Érables, La Pêche
www.lesserresbourgeon.ca

Les Trois Érables Boutique Inn

shana@lestroiserables.com
www.lestroiserables.com

Life Without Plastic

info@lifewithoutplastic.com
www.lifewithoutplastic.com

Maison Tivoli

(888) 898-0369
(819) 827-4343
info@maisontivoli.com
www.maisontivoli.com

Marché McMillan

marchemcmillan@gmail.com
www.marchemcmillan.ca

Maureen Fehr Glass

info@maureenfehr.com
www.maureen-fehr-glass.com
myshopify.com

McCogan Photography

camcogan@rogers.com
www.camphoto.ca

Mega Bubbles

www.megabubbles.ca

Mikerochip

Technical Solutions
(613) 850-1334
www.mikerochip.ca

MJMD Pizza de Luigi

(819) 664-6160
(819) 827-2882 - Chelsea shop
(819) 720-0021 - Wakefield shop
info@mjmdluiqipizza.ca
mjmdluiqipizza.ca

Mtre Geneviève Parent

Notary
(819) 459-1123
gparent@notarius.net
www.genevieveparent.ca

Murai Céramique

(819) 598-3161
mariepierredrolet@gmail.com
www.muraiceramique.com

Naturally Vero

58 Chemin Old Chelsea, Chelsea
(819) 576-8080
www.naturallyvero.com

Nikosi Bristro Pub

(819) 459-3773

Northern Seeds

(514) 834-1686
www.northernseeds.ca

Ottawa Yoga Therapies

(613) 794-4991
dalfonsoja@gmail.com
www.ottawayogatherapies.com

Physio Des Collines

(819) 456-1133
info@phtdc.com

PhysioSport Chelsea

(819) 827-0091
physio490@gmail.com

Pipolinka Bakery

Info@pipolinka.ca

Pub Chelsea and Biscotti & Cie

(819) 827-2550 ex 0
www.biscottichelsea.ca

Rock's End Farm

www.rocksendfarm.ca
(819) 775-8132

Sherry Rounds

Craniosacral Therapist
sherryrounds@bell.net
www.sherryrounds.com

The Leadership Group

(819) 827-8000
info@theleadershipgroup.ca

The Low Down

lowdownonline.com/subscribe

The Village House

(819) 459-1445
thevillagehouse759@gmail.com

Tim Hortons Wakefield

(819) 459-3535
timhortons.com

Tonique Restaurant

www.toniquerestaurant.com
gotonique@gmail.com

True Nature Healing

www.truenaturehealing.ca

Une Boulangerie dans un village / Chelsea Bakery

(819) 827-8530
242 Chemin Old Chelsea, Chelsea

Vortex Art Studio

(416) 629-6504
www.vortexstudio.ca

Vox Kombucha

(819) 993-2540
voxxkombucha@gmail.com
www.voxxkombucha.com

Vraie Nature

Yoga + Mouvement
info@vraienatureyoga.ca
www.vraienatureyoga.ca

Wakefield Acupuncture

(819) 459-1247
wakefield.acu@gmail.com
www.brucecaudron.com

World of Maps

www.worldofmaps.com
info@worldofmaps.com

Support these pages!

Sponsor these listings! The Low Down wants to keep building these Business Listings to support local entrepreneurs during the Covid-19 shutdown.

Contact Aden Seaton to become sponsor: sales@lowdownonline.com 819-918-4246

If you haven't listed your business yet, please email us at general@lowdownonline.com with your business name, contact info, website, and 75 words about how our community can help.

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YOU can be the next sponsor!

The Low Down wants to keep updating these Business Listings to support local entrepreneurs during the COVID-19 shutdown.

Contact Aden Seaton to sponsor a page!
sales@lowdownonline.com 819-918-4246

STAY HEALTHY NOT HUNGRY!

LE RESTO CHELSEA

**NO CONTACT PICK-UP SERVICE
WEDNESDAY TO SUNDAY 4pm - 8pm**

819 827 5559

(Here's an idea - beat the rush and order ahead!)

www.restochelsea.com

Cheerfully serving Chelsea since 2008

Le Resto Chelsea

