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AUGUST 2013 • VOLUME 13 NO. 8



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Mont Tremblant Half Marathon. Story on page 11.



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WHAT'S ON MY MIND....

Susan MacDonald, Editor

I can't help but feel dismayed over the general population's reaction to the power outages during the month of July. Not including those who suffered severe personal or property damage, most people should have considered themselves fortunate and no more than mildly inconvenienced. Yet, all I heard were continual complaints and laments as to when the electricity would be restored.

What shocked me the most was the sense of total vulnerability and the inability to cope that many people displayed during the few days of power suspension and it brought to mind how ill-prepared we would be if ever a real disaster did rock the Laurentians. The July storm was a perfect wake-up call to us all; always be prepared.

Think how different reactions would have been if every household maintained an emergency kit containing enough essentials for at least one week? Water, canned goods, propane gas, a camping stove, flashlights, candles, perhaps a good book and a few other items would have made all the difference. As the recent power outages have proven, it can take mere minutes to change our world and I hope we all take this lesson to heart.

Once again, we owe our thanks to the hydro teams, both local and from other provinces, for getting us out of the dark and re-connected. Thank you, guys; another job well done and much appreciated.

Moving on, we have two new writers in this month's edition, Melanie Parker (Spirited Adventures) and Dale Beauchamp (Strings and Things). Melanie is new to the Laurentians and has been playing "tourist" throughout the region, having found many exciting places to visit in Main Street's pages. Now, she plans to share some of those adventures with us.

Dale Beauchamp's passion is for stringed instruments and he will be covering basic information regarding guitars and anything else with strings in his quarterly column, Strings and Things. Music lovers across the Laurentians will find this column interesting and informative.

We are always looking for fresh voices and interesting content so if you feel you have some writing ability and a topic that others would find interesting, informative or educational, please feel free to give us a call.

Meet Paloma and Pedro, my two young interns who shared the Main Street office with me for about six weeks while recovering from illness. Although a few callers were surprised to hear lambs vocalizing in the background, everyone found it quite amus-



ing. Much to the delight of the entire household, both lambs made a full recovery and are now residing happily in the barn despite its lack of a television. I suppose that apart from being topics for a future article, these two were just not cut out for the newspaper business after all!

Enjoy the read and have a safe summer.

Writer's Profile *This month, Joe Graham shares a few words.*



When I was a teen-ager I could not imagine anything more boring than history, but the whole world was terribly confusing to me and I couldn't sleep. Most of the reading that I was assigned at school made me drowsy, though, so I looked for the thickest, longest book I could find and came up with H.G. Wells's *The Outline of History*. That did it. I slept, at least at first. After that, I stayed awake all night reading, fascinated. I have been reading history ever since.


During my career as a real estate broker covering a large territory in the Laurentians, I saw how overwhelmed my clients were with the distances. To take their minds off that so they would buy houses, I learned the history of the neighbourhoods we drove through and told them the stories. That worked, too, and sales improved. I discovered that the stories showed people how they belong to the Laurentians and I began to write them for our business newsletter. That led me to realize how the Parti Quebecois was encouraging the rewriting of our history and I wanted to reach young Anglos, who no longer felt they belonged. That's when Jack Burger asked me if I would share my stories with Main Street readers.

I have to get my writing done in the winter so that I can look after my gardens in the summer. In my spare time I have found myself sitting on committees and various boards and club executives committees, often preoccupied with something that happened a hundred years earlier and wondering how it has impacted the decisions we're making.

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Observations What They Don't Want You To Know

David MacFairlane - Main Street

It came like a silent killer and struck this once quiet, pastoral area of the country with a vicious, merciless coup-de-grace, forever changing the landscape and

leaving 20,000 dead and over 100,000 homeless in just a few minutes. The longer term environmental and health consequences would make this tragedy seem trivial by comparison.

On Friday, March 11, 2011, at 14:46 JST, an undersea earthquake off the coast of Japan, magnitude 9.0, occurred just 70 kilometers east of Fukushima in the Pacific Ocean. It was the most powerful earthquake ever to have hit Japan and the 5th most powerful earthquake in the world's known history. Since it happened under the ocean, the 'quake triggered an awesome tsunami that raced towards the coast at a speed over 200 km/hr, reaching a height of 40 meters (133 feet) and travelled 10km (6 miles) inland, destroying everything in its path. The earthquake was so powerful that it moved the main island of Japan 2.4m (8 feet) east and shifted the entire planet on its axis by an estimated 25cm (10 inches). Apart from the dead, injured and missing, the National Police Agency reported 130,000 buildings totally collapsed, 250,000 buildings half-collapsed and 690,000 buildings partially damaged, as well as heavy damage to roads, railways and all essential infrastructure, including electricity and water.

The TEPCO (Tokyo Electric Power Company) Daiichi nuclear generator complex of 6 reactors was located on the coast, in Fukushima, directly in the path of the tsunami. It occupied a 3.5 sq.km (860 acre) site and



was one of the largest nuclear power stations in the world. The complex was severely and permanently damaged by the earthquake and tsunami, which flooded the complex and caused a major nuclear disaster. Due to water damage and electrical failure the cooling systems were disabled, resulting in a Level 7 meltdown (the most severe) at three reactors and the release of huge amounts of radiation into the atmosphere, groundwater and ocean, which continues undiminished to this day.

Right from the start, TEPCO and the Japanese government have been in denial mode about the gravity of the situation. They have outright lied to the public and avoided all responsibility for the consequences. Finally, after relentless public pressure, it has been revealed that most children in the region have serious thyroid conditions and many of the workers at the reactor complex, who worked to contain the damage after the tsunami, are showing signs of serious radiation exposure. In fact, in July 2013, the plant manager died of esophageal cancer. He was only 58 years old.

He had stayed at the plant struggling to organize the clean-up and, finally, resigned in December 2012 when he was too sick to continue. Of course, TEPCO stated his death was not related to radiation exposure and nobody could prove the opposite. This is the mantle of denials and prevarication behind which the nuclear industry hides.

The available space does not permit a full-blown report on the dangers to the world as a result of this nuclear accident, but today, 29 months later, the news continues to be very bad indeed and the governments involved - Japan, the US and Canada - deliberately suppress information about contamination of the air, land and, most particularly, the Pacific Ocean. Not spoken about is the fact that 20 million tons of radioactive debris from Fukushima is still floating in the Pacific and approaching the west coast of North America. Some has already landed, but much more is to come. By many accounts, Canada's west coast was hard-hit by the radioactive fallout but the government has refused to undertake serious testing of the food and water supply since the summer of 2011, claiming that all is well. Japanese authorities continue to fudge the figures and show scant concern towards exposed citizens, and the US seems to ignore the entire matter altogether and does not release any information.

Efforts to contain the reactors have proven futile. The cores have melted through their containment chambers and authorities do not know where they are - most likely burning down towards the water table. As a result radiation outside the reactors

is far higher than within the complex. To prevent the used fuel rods from overheating, and because the cooling pools are in such a precarious state, over 400 metric tons of sea water are being sprayed on them daily and this water must be stored in tanks to avoid contaminating the groundwater and the ocean. However, there are obvious limits, and the tanks, hastily built, are leaking and authorities are fast running out of space and options. This radioactive water is continuously leaking back into the ocean, which is only a few hundred feet away.

According to Arnie Gunderson of Fairewinds Associates, perhaps the best known US nuclear engineer, the technology to achieve safe shutdown of these reactors does not exist at present and must be invented. He estimates, without a breakthrough solution, it will take about 40 years to put this matter finally to rest -

incredible, yes? Unlike Chernobyl (1986), a single reactor, which was buried under thousands of tons of concrete, Fukushima defies such a solution, so authorities are doomed to continue cooling the complex indefinitely, while seeking some other elusive alternative. The final price tag has not yet been determined. Chernobyl cost over a billion dollars (and still counting) and has claimed some 200,000 lives so far, plus ongoing human birth defects and mutations of plant and animal life.

This is the single, worst manmade disaster in the history of the world and the repercussions will continue for the next couple of generations. The Institute for Energy and Environmental Research states... "Radioactivity (lasts) essentially forever. It's very unclear how they are going to get at this molten fuel and extract it from the bottoms of these highly damaged buildings. This is an accident that's shockingly not stopping - even the emergency is not over."

Well, that's it for me for sushi, wasabe, tamari, nori, kombu, miso and all my Japanese menu items, as well as Pacific salmon, tuna and shrimp and... I will not be swimming in the Pacific Ocean any time soon! Sayonara.

"It has become appallingly obvious that our technology has exceeded our humanity... The release of atomic energy has not created a new problem; it has made more urgent the necessity of solving an existing one... The unleashed power of the atom has changed everything, save our modes of thinking, and we thus drift toward unparalleled catastrophe... We shall require a substantially new manner of thinking if mankind is to survive."

- Albert Einstein, 1879-1955, Theoretical Physicist, winner of the 1921 Nobel Prize

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Published by

Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: SEPTEMBER 13

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On Environment Peak Production From a Planet in Distress: Can We Keep It Up?

Worldwatch Institute's Vital Signs: Volume 20 showcases the planet's growing demand for food and energy, its shrinking resources, and the implications of these trends.

In 2012, global oil consumption reached an all-time high, the number of workers in vulnerable employment exceeded 1.5 billion people, and physical water scarcity affected some 1.2 billion people. The Worldwatch Institute captures the impacts of these alarming trends and the increasingly risky state of humanity in Vital Signs: Volume 20, the latest compilation from the Institute's respected Vital Signs project.

Vital Signs: Volume 20 provides up-to-date figures on many of the most critical global concerns. Drawing on a wide range of sources, the report provides authoritative data and analysis on significant global trends such as fossil fuel subsidies, agricultural commodities and rapid urbanization in the developing world.

"Our economic systems and theories are programmed to squeeze ever more resources from a planet in distress," said Michael Renner, Worldwatch senior researcher and director of the Vital Signs project. "A mixture of population growth, consumerism, greed and short-term thinking by policymakers and business people seems to be inexorably driving human civilization toward a showdown with the planet's limits."

Some of the trends highlighted in Vital Signs: Volume 20 are positive. Globally, sanitation and water access for 227 million people was improved between 2000 and 2010 to the point where these individuals are no longer considered slum dwellers. Within the agriculture sector, efficient irrigation methods have increased more than six-fold over the last two decades, and organically certified agricultural land has more than tripled since 1999.

Meanwhile, socially sustainable ways of doing business continue to emerge: about 1 billion people in 96 countries belong to a co-operative, whether as a worker, consumer, producer, or purchaser. Similarly, the emergence of so-called "benefit" corporations offers a more socially and environmentally responsible model for private firms.

"There is no shortage of alternatives to change the destructive trajectory that humanity finds itself on," said Renner. "Renewables and efficient irrigation are two practical options among many others. But we need to get serious about these tasks instead of consigning them largely to the margins."

Vital Signs: Volume 20 analyzes the above-mentioned trends and many more, using straightforward language and easy-to-read charts and graphs to explain global trends to governments, businesses, and consumers, helping them to make more informed decisions for our future.

Further highlights from the report:

Coal: Global coal production increased by 6,941 million tons in 2011, making coal the fastest growing fossil fuel. Spurred mainly by rising demand in China and India, coal's share in the global primary energy mix reached 28 percent in 2011 - its highest point since record-keeping began in 1971.

Wind power: Global wind power capacity grew by 21 percent in 2011—lower than the 2010 rate of 24 percent and markedly lower than the 2009 rate of 31 percent.



Automobile production: Passenger car production rose from 60.1 million vehicles in 2010 to 62.6 million vehicles in 2011 - and 2012 brought a new all-time record of 66.1 million vehicles.

Meat production and consumption: Global meat production surpassed 300 million tons for the first time in 2012; annual meat consumption increased just 0.4 percent to 42.5 kilograms per person.

Women farmers: Women farmers produce more than half of all food worldwide and currently account for 43 percent of the global agricultural workforce, yet women own just 2 percent of global farmland.

Natural disasters: During 2011, a total of 820 natural catastrophes were documented, causing an estimated 27,000 deaths and costing a record \$380 billion in economic losses.

Wage growth: Among the global workforce, wage growth has slowed from an average of 3 percent in 2007 to 2.1 percent in 2010 and 1.2 percent in 2011.

Water scarcity: Some 1.2 billion people - almost one fifth of the world - lives in areas of physical water scarcity, which occurs when annual supplies per person fall below 1,000 cubic meters.

New Democrat MP Mylène Freeman and Irene Mathysen Meet with Seniors

New Democrat MP Mylène Freeman (Argenteuil—Papineau—Mirabel) was happy to receive the MP for London-Fanshawe, Irene Mathysen, on July 26 for a meeting with community organizations for seniors. The discussions revolved around issues concerning retired Canadians and veterans' pensions (RRQ/CPP) as well as Old Age Security.

"It was a real pleasure to welcome my New Democrat colleague from southern Ontario," said Freeman. "The event, organized for the seniors and veterans of the riding, was very informative. Our lunch was a great success."

The New Democrat MPs received seniors from the Harrington Golden Age Club, the United Church, and the Royal Canadian Legions of Brownsburg- Chatham, Morin-Heights and Lachute.

"As Official Opposition Pensions Critic, it's my duty to properly inform Canadians of their rights," said Mathysen. "The people of the riding are really worried about the decisions being taken by Stephen Harper's Conservatives concerning seniors, and they were vocal about them during the event."

New Democrats will continue to put pressure on the Conservative government in order to ensure that all Canadians can retire with dignity.

Cabinet Shuffle: No Real Improvement, Says Freeman

The federal cabinet shuffle in Ottawa has yet again reduced the influence of Quebec in cabinet. In fact, Conservative Quebec MPs have been overlooked when it comes to important economic portfolios, like Industry and Transport.

"It's too bad that Quebecers are being left out of the decision making at a time when we need serious changes to things like railway safety," said Mylène Freeman, MP for Argenteuil-Papineau-Mirabel.

With this latest shuffle, Transport Canada, which had been under the responsibility of Denis Lebel, has now been passed to Lisa Raitt, an Ontario MP. In addition, Industry Canada, which had been run by Christian Paradis, has been handed over to James Moore, who hails from British Columbia.

The shuffle stands as a testament to the Conservatives' approach of making partisan politics more important than implementing common sense public policies. "Conservatives are saying that they've injected new blood in cabinet, but in the end it's just smoke and mirrors and a last-ditch attempt to revive the image of a used and tired government."

"The NDP is the only party capable of really changing Ottawa," added the MP for Argenteuil-Papineau-Mirabel.

CSSS D'Argenteuil Promotes Healthy Lifestyles with Great Workshops

The objective of the "Healthy Lifestyle Team" at the CSSS d'Argenteuil is to improve the health of Argenteuil residents by promoting good health and the prevention of chronic diseases. The team is composed of a kinesiologist, a nurse and a nutritionist. Together, they have your health at heart and are working to help you improve your lifestyle (smoking, diet and physical activity) individually or in groups. Several workshops have been planned to help educate the public on specific health-related topics.

Workshops in 2013

Boost your immune system: A healthy immune system is like an army. Once an intruder attacks, it reacts and protects against viruses and germs. To stay healthy it is important to have a good immune system. Learn how to boost your immune system on September 11, 7 pm and October 8, 1:30 pm.

The Prevention of Type 2 Diabetes: Throughout the Laurentians, the Argenteuil region is the most affected by diabetes. Has your doctor mentioned that you may be at risk? All aspects of preventing this disease will be explained during the workshops that will take place on November 20 at 7 pm and December 10 at 1:30 pm.

Workshops in 2014

Get Physical: Get motivated to develop a physically active lifestyle: January 22, 2014: 7 pm and February 11, 2014: 1:30 pm

Cholesterol: Good and bad cholesterol: March 19 at 7 pm and April 15 at 1:30 pm.

These workshops are free but you must reserve your place in advance. For reservation or more details, call la clinique jeunesse at 450 562-0271. For information about Saines Habitudes de Vie call 450 562-3761, ext. 72105.



Arthur with his truck from Grand Falls New Brunswick

of transformers and poles. They left, on their long haul back home, only when our power was fully restored.

I wish to thank them wholeheartedly for enabling me to have a warm shower just before the first night at the Festival des Arts de St. Sauveur on July 25. Oh what a relief! Thank you, Arthur and team!

The Saviours From NB Ilania Aibileah - Main Street

It was tough having no power for six days! However, bad events often bring something good, such as neighbourly helping hands and good cheer and sharing a meal by candlelight (even if the salad was a bit sandy).

But, let's not forget the Hydro-Quebec teams that worked diligently to restore our power. Special thanks go to the saviours who came to our lake from Grand Falls, New Brunswick. They worked hard, were friendly and even apologized for the delay, due to a shortage

Written by Ilania Abileah - Main Street. Photos by David Asch.

During the whole festival shows at the Big-Top were performed to full houses and standing ovations. The **BC Ballet** opened with an astounding performance by enthusiastic young, superbly trained dancers.

Aniel, choreographed by Emily Molnar, the artistic director was amazing; Herman Schmerman, with dancer Gilbert Small was delightful! *Muse*, choreographed by Nicolo Fonte, featuring two amazing male dancers, Darren Devaney and Dario Dinuzzi, was utterly engaging. *Petite Cérémonie*, choreographed by Medhi Walerski, was danced to a medley of beautiful music by Mozart, Bellini, Rogers & Hart and Vivaldi. This was a captivating thirty-minute piece, danced by sixteen well-trained dancers who were extremely expressive. Thank you BC Ballet!



BC Ballet, "Petite Ceremony."



Preservation Hall Jazz Band with TUBA man Ronell Johnson.

Aterballetto, from Italy, performed five pieces choreographed by Mauro Bigonzetti. *Cantata* had the whole group expressing themselves to the original and traditional music of southern Italy. There was humour, and young, exuberant folk-style dancing. The standing ovations, and calls of "Bravo" from the overwhelmed audience were continuous.

Both dance groups, BC Ballet and Aterballetto, featured group dances filled with tremendous amounts of original movements. As I write this review, one group remains to be seen, the Montreal Jazz Ballet.

The international, dance star-studded evenings, have left us with several memo-

orable moments starting with Greta Hodkinson and Ethienne Lavigne of the Ballet National of Canada. The young prodigy, Cesar Corrales, Benjamin Pech and Alice Renavand of the Paris Opera Ballet, in "Le Rendez-Vous" choreographed by Roland Petit, left a lasting visual memory. Ida Praetorius and Andreas Kaas of the Royal



BC Ballet, "Aniel."



The Ballet National of Canada, "The Leaves are Fading."

Danish Ballet, danced "Traditional," an award-winning choreography by Alessandro Pereira. And last, but not least, was the Quebec icon of contemporary dance, Louise Lecavalier and Keir Knight, with a fifteen-minute performance of extracts from choreography by Edward Lock.

The Preservation Hall, Jazz Band musicians were impressive. **Ronell Johnson, the TUBA man made us all get-up**

and dance! He skipped and danced around the stage carrying that big instrument, as if it is part of him, epitomizing what music and dance are all about!

FASS - Oh what a triumph! A whole village turned into a haven for dance and music lovers. A hub for happiness, rain and all! Life has always been beautiful, but FASS definitely makes it so much more so!



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CLD des Pays-d'en Haut Promotes Young Entrepreneur



L to R: M. Réjean Charbonneau, maire de Sainte-Adèle, Mme Shanna Fournier, Commissaire au développement économique, CLD des Pays-d'en-Haut, Valérie Corno, propriétaire de l'entreprise AZRA Joaillerie.

As part of the Promoting Young Entrepreneurs Program, the CLD des Pays-d'en Haut recently gave a grant of \$5,000 to Azra Joaillerie, who officially opened their doors on June 20, at 116, Rue Morin in Ste. Adèle.

This program aims to financially assist young entrepreneurs between the ages of 18 to 35 years to create a first or a second company, or, to acquire one already in existence. Thanks to a non-repayable contribution, young entrepreneurs benefit from a financial lever when starting

their business. For more information on the criteria eligibility or for filing an application, contact Shanna Fournier at 450 229-6637 ext 208.

Martin Buro Plus Offers New Fundraiser

Buro Plus Martin Ste-Agathe-des-Monts and Tremblant announce a team-effort fundraising campaign to raise funds for the St. Adolphe Health Co-op.

People have the choice to buy their office-supplies, electronics and school supplies in the store of their choice, but using the fundraising campaign card on behalf of the Health Co-operative from Buro Plus Martin, they will receive the equivalent of 5% in gift purchases (excluding textbooks) on purchases made in these two branches.

"Buro Plus Martin gives us the opportunity to appeal to the entire community without asking for financial assistance," said Anne-Marie Gagnon, director of the Co-op, who is very pleased with this generous partnership.

The mission of the Health Co-op, a non-profit organization founded in 2006 by the citizens of St. Adolphe d'Howard is, "To provide the population of the region with preventive health services (informative support, education and awareness) and curative services provided by physicians and other health professionals."

The team currently has four doctors, an auxiliary nurse, acupuncturist and more than 1,100 members. They offer professional services and blood tests appointments with a waiting period of 5 minutes.

Think health while shopping for school supplies for your children, a book for the holidays, your office supplies, etc. Anyone interested in participating can request a card from the secretariat of the co-op. You can use the card as many times as you want!

Golf Tournament Fundraiser - Order of Chartered Accountants

The Order of Chartered Professional Accountants invites you to their annual, fundraising golf tournament on September 12 to benefit the X-Quive Foundation. The mission of the X-Quive Foundation is to help reduce school dropout, by increasing the self-confidence and motivation of young people. This fundraising activity is one of the most important of the year and your presence will be the key for the success of the event. The price for CPA members in Laval and the Laurentians is \$195; \$215 for non-members and \$780 per foursome. Dinner only \$65.

Tickets include the right to play, the cart, brunch, a cocktail and dinner. The event will be held at the Golf Le Champêtre in Ste-Anne-des-Plaines, 401, montée Morel, Ste-Anne-des-Plaines. Schedule is as follows:

- | | |
|---|--|
| 9 am: Welcome, registration and brunch | 4 pm: Cocktail |
| 10:30 am: Simultaneous start | 5:30 pm: Dinner and awards ceremony |
| 3:30 pm: End of the tournament | 9 pm: End of event |

For information or to register call 514 448-4227; visit <http://cpa-quebec.com/communaute-des-cpa/regroupements-regionaux?reg=8&sa=False&na=c8d72813-67f4-4ccf-8329-c9049ebec536#ancreActivite>; or email laval-laurentides@cpa-quebec.com.

Precautions to Follow: Preparing Meat

Dr. Eric Goyer, Director of Public Health of the Laurentians, reminds the public to take precautions when preparing and cooking meat.

"Every year, with the return of the barbecue season, there is a number of people suffering from gastro-enteritis caused by bacteria from raw or undercooked meat," says Dr. Goyer. He also reiterates the importance of properly cooked minced meat, poultry, and pork. "Proper cooking destroys the bacteria," he insists.

The bacteria most often found in these meats are E. coli, salmonella, campylobacter and yersinia. To destroy them, it is necessary to completely cook the meat until the juices run clear and there is no pink colouring in the flesh. The following precautions should also be applied in the preparation of meat:

- Refrigerate or freeze soon after purchase.
- Thaw in the refrigerator.
- Never eat raw meat.
- Wash hands immediately after handling.
- Wash surfaces and utensils used for preparation.
- Use a clean spatula to remove meat from the cooking surface and a clean plate for transport to the table.
- Do not use the marinade in which meat was soaked.
- Refrigerate leftovers promptly.

These precautions should be followed strictly as it often happens that the contamination is done by hands, surfaces and utensils that were used during the food preparation.

Hibou Blanc Gives Generous Donation



Official check: M. Blair Ross and Marie-Josée Condrain

On July 4, the Argenteuil Hospital Foundation received a generous \$500 donation on behalf of the Hibou Blanc Snowmobile Club. Mr. Blair Ross, president of the Club Hibou Blanc, remitted the cheque in person.

The Club de Motoneige le Hibou Blanc has been in operation in the region for over 40 years and relies on the kindness of property owners for the use of their land for snowmobile

trails. This partnership is meaningful to the club, which in turn, contributes to various important causes, such as Breast Cancer Research, the Argenteuil Hospital Foundation and the Shriner's Hospital for their work with children. This year, the club is again pleased to make a \$500 donation to the Argenteuil Hospital Foundation towards its ambitious 5-year fundraising campaign, *Choisir la santé 13/17*.

"We are so grateful towards the community for letting us use their land and raising funds to help local community is our way of saying thanks! We raise the funds through registration fees for our Drag Race event and food sold at the canteen," says Mr. Ross.

Hiking in Mont-Tremblant

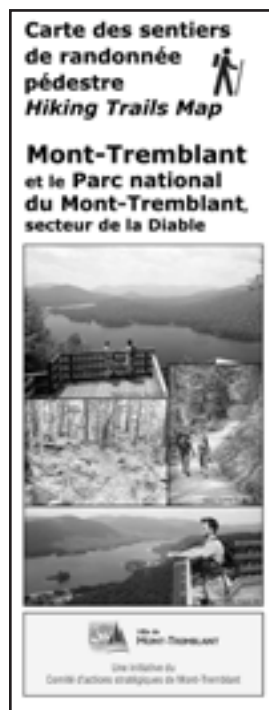
Residents and visitors now have access to a general map identifying the main hiking trails found in the immediate area of Mont-Tremblant.

Nearly 150 miles of trails available

The proposed trails are located at the Domaine Saint-Bernard (15 trails, 32 km), the Tremblant Resort (12 trails, 34 km) and La Diable sector of Parc national du Mont-Tremblant (13 trails, 74 km). The brochure identifies areas of practice hiking and places where you can get detailed trail maps for each of the identified clusters.

This initiative is part of a project of the committee of strategic actions to provide the region with a network of some 400 kilometers of multi-use trails connecting the various tourist attractions of the region of Mont-Tremblant.

Copies of the map are available at the municipal offices of the Ville de Mont-Tremblant, in tourist information offices and in most tourist establishments of Mont-Tremblant.



A Third Defibrillator for Val-David

During the past year, the municipality of Val-David has acquired two automated external defibrillators (AEDs), the first was designated to the fire department and a second set for the Regional Park of Val-David Val-Morin Dufresne sector. The necessary training was provided to staff.

Following these acquisitions, the municipality has received a third device, courtesy of the Heart Disease and Stroke Foundation in the context with Program AED, made possible with the financial support of the Boston Pizza Foundation and The Cowan Foundation organization.

Nathalie Goyer, Regional Director of CME, personally delivered the new device, which will be installed in the tourist bureau in the heart of the village in close proximity to the linear park Le P'tit Train du Nord, the Summer Market and Parc Leonidas-Dufresne, where community and recreational activities are frequently held.

Mini-Jeux



The 9th edition of the Mini-Jeux d'Argenteuil, an activity dedicated to the promotion of the importance of daily, physical activity and the adoption of a healthy lifestyle, was held on July 11. Over 360 children aged 6 to 12 years, participated in this free activity and had the opportunity to learn three different sports with some of the best athletes in Argenteuil. The village of Grenville proudly took the A.T. Joe Gilmore trophy home.



Spirited Adventures From Rivière du Chêne Winery

Melanie Parker

A newcomer to the Argenteuil region, Melanie Parker is exploring all the area has to offer. A lover of all things delicious, and a passionate scholar of wine,

beer and ciders from around the world. Melanie has sipped through the wine regions of Ontario's Prince Edward County and Niagara, Nova Scotia and Prince Edward Island. Internationally, she has toured the beer and wine making centres of Germany and the Czech Republic. Excited to taste all the Argenteuil region has to offer, she hopes you'll join in on her delicious local discoveries!

The recent humid summer weather beckons us to slow down and take time to appreciate the tasty bounty the Argenteuil region has to offer. Taking the opportunity to get out of the heat and find some refreshment, I recently found myself visiting the expansive Rivière du Chêne winery located just outside St. Eustache. Upon arriving, I was struck by how lovingly and meticulously cared-for the winery's property was, undoubtedly making visitors feel immediately welcome. The main building houses an airy boutique, conference rooms, a small restaurant, wine cellar and production equipment.

Everyone from wine novices to connoisseurs is received with warm smiles and gracious hospitality by the boutique staff. The boutique boasts an expansive wine tasting area, and local offerings such as duck pate and chocolate for sale. Rivière du Chêne winery conducts a comprehensive tasting of most of their offerings for five dollars. If one is curious about the vineyard's wine production, cellar and property, a tour and tasting experience can be yours for \$10. Wine tastings are available year round while tours take place between 10 am and 4 pm from June to October.

While I was impressed with the high quality of all the wine sampled during the tasting, the summer barbeque season is now in full swing and three of Rivière du Chêne's wines stood out as great partners for backyard get-togethers and casual, outdoor meals. Sure to please, the following wines will win over any guest.

Rivière du Chêne's William Blanc (SAQ 744169 - \$14.75) will please any fan of white wine. Vibrant and fresh with just a hint of oak and citrus, this wine would make any lighter-tasting fish such as sole, tilapia and cod dance on your taste buds. This wine would also pair well with a light salad of local greens. For a fizzier experience, add your favourite sparkling mineral water to William Blanc for a quick, cool and refreshing spritzer.

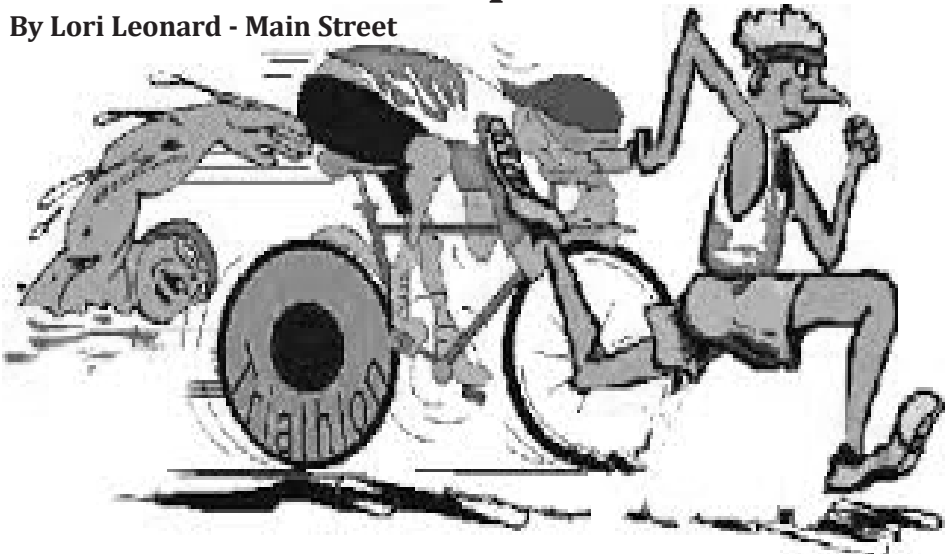
Never fear, red wine lovers, Rivière du Chêne offers a fun and fruity Baco Noir and Maréchal Foch grape creation. Baco Noir grapes give William Rouge (SAQ 743989 - \$15.25) a spicy finish that is perfect to drink while enjoying steaks or even a simple barbeque burger. An accessible wine that will please any crowd!

A treat for any rosé drinker, the winery boasts a dry yet fruity rosé that is an oasis for any parched palate. Rosé Gabrielle (SAQ 10817090 - \$15.80) contains aromatic Seyval Noir, Sabrevois and Frontenac grapes that thrive in the short growing season. This combination creates a pleasurable dry wine with a unique strawberry finish. Enjoy this wine with cold appetizer soups, such as gazpacho, or as a pleasant drink to enjoy with local field fruits and soft cheeses such as brie or camembert for dessert.



Invitation to Participate in Triathlon

By Lori Leonard - Main Street



If you enjoy swimming or participating in triathlons and believe in good causes, join the Ste. Adèle Triathlon competition scheduled for August 24. The municipality has partnered with the Neptune Swimming Club, St. Jérôme and in order to help defray costs for pool rental, trainer fees and other training expenses, has generously agreed to remit all of the profits back to the swimming club.

The triathlon events (biking, running and swimming) are open to everyone 7 years old and over and will commence early morning on August 24.

For those who wish to compete in the swimming competition only, there will be a 1 km, 2 km and 5 km competition held in the afternoon at Lac Rond. For more information, call 450 431-6616 or visit the website www.triathlonstadele.com.

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Simply Words on Paper Innovation is the Factor Seldom Considered

Jim Warbanks - Main Street

Somewhat reluctantly, I watched the 1975 movie *Lies My Father Told Me*, set in 1920s Montreal, the other night. Acclaimed at the time, it has not gained stature. The father, who disdained "honest" work, aspired to riches through innovation. His failures included an early attempt to manufacture permanent-press clothing. Wasn't he just ahead of his time?

The success of an innovative individual or enterprise is less than predictable. The resultant products or processes are not intrinsically good or bad. The use that is made of them determines their fate. We would not have the ongoing benefits of the various Nobel Prizes, which recognize and spur innovation, if Alfred Nobel had not been shocked by the horrific destruction caused by the use of gunpowder. The concern currently being expressed over the promising 3-D printing technology, because of the demonstrated potential for individuals to manufacture handguns, once again aptly demonstrates this ambivalence.

Pollution

Production and shipment of petroleum products from Canada's oil sands has raised serious environmental concerns. U.S. President Obama seems to lack enthusiasm for the proposed Keystone XL pipeline and the potential economic benefits. Yet, coal-based electricity generation causes far greater environmental damage, both in the U.S. and elsewhere (ex.: China).

An innovative process, championed by a small Calgary-based company, appears to have the potential to limit significantly greenhouse gas emissions with "a minimum 50% reduction in CO2, and we think we can see a reduction of as much as 80%," according to Expander Energy Inc. CEO Jim Ross.

Synthetic diesel

The process converts refinery waste into synthetic diesel, naphtha and other oil products. Expander has adapted a technology developed in Germany in 1925 by two chemists, Franz Fischer and Hans Trosch, intended to convert coal into oil. The proposed process would use instead Alberta's bitumen waste, gasify it, then incorporate abundant natural gas to create usable end products, while significantly reducing carbon dioxide emissions.

This chemical process can also convert coal and natural gas into a clean-burning fuel that is colorless, odorless and low in toxicity, according to the EPA website. The resulting fuel can be blended, with little to no modification, with conventional fuels. This means the fuels can be transported by the same means as crude oil.

Failures

Will this venture succeed? Perhaps, but Expander was initially founded with the goal of converting wood chips into biomass. Though promising, this proved to be uneconomical. I do understand the frustration. Early in my career, I contributed a great deal of time and effort to expand a very promising lab experiment to the pilot plant stage. Unforeseen problems arose and the project was ultimately shelved, much to my dismay.

Cleaner oil sands production is a laudable goal while we wait for viable alternatives to emerge. Despite the hype, there is no real pent-up demand for electric cars. Major producers, such as Honda and Fiat, are only producing the minimum number of electric vehicles required to meet statutory regulations in certain jurisdictions. Fiat anticipates losing \$10,000 on each electric vehicle sold. Nissan and General Motors have opted to dramatically reduce prices to boost tepid sales figures. Substantial government rebates have had little impact. This is technology that is simply not yet ready for prime time.

Canadian venture

Ballard Fuel Cell, a Canadian company, touted fuel cell technology as the basis for green car development twenty years ago. Most auto manufacturers have some form of fuel cell powered vehicle under development, but only Honda has produced a viable prototype. It promises the convenience of a gas engine, while featuring low noise levels and zero air pollution. How long before an affordable automobile reaches the showroom floor remains an open question.

Don't expect me to subscribe to any of the very prevalent, hare-brained conspiracy theories suggesting that "Big Oil" and / or "Big Auto" market leaders, with huge investments to protect, are preventing the emergence of competing alternatives. I'll gladly leave that questionable task to others. Nor do I sit with the boring modern-day Luddites who continually forecast a bleak and depressing future for mankind.

Research

I prefer to believe that innovative entrepreneurs ultimately will meet the challenges we face by cleverly manipulating existing technologies, such as the solution to oil sands pollution I initially cited, or by profiting from ongoing pure research or targeted industrial research initiatives.

We have evolved from cave-dwellers to become space travelers. The path we have taken has not always been straight or consistent, but I prefer to be sitting on the optimist side.



A Library Addict

Grif Hodge - Main Street



New books at the Jean-Marc Belzile Library in Lachute available to residents of Lachute, Gore, Harrington, and Wentworth.

JUNIOR FICTION

**Bradley, Alan -
Speaking From Among The Bones**

Flavia de Luce is an 11-year-old amateur sleuth appearing in her fifth novel. She lives at Buckshaw, her beloved but decaying family home, with her widowed father and two older sisters, during post-war England. Poisons are her passion and she is a genius at both chemistry and crime solving.

**Chainani, Soman -
The School For Good And Evil**

This winner centers on an ordinary group of boys and girls who are kidnapped from their homes and sent to The School for Good and Evil, where they become either fairy tale heroes or villains - part of a trilogy, soon to be filmed by Universal.

Hocking, Amanda - Lullaby

Prepare to fall under the spell of this new series that begins with *Wake*. This, the second book in the Watersong series and continues with Gemma Fisher being endowed with strange new powers that plunge her deep into a magical world. *Wake* is available on the adult shelves in both French and English.

ADULT FICTION

Graves, Sarah - A Bat In The Belfry

A new title in the "Home Repair Is Homicide" mystery series. Will the belfry that produced the body of a young girl be saved in the face of a severe storm?

Inman, Matthew - How To Tell If Your Cat Is Plotting To Kill You

"If your cat brings you a dead animal, this isn't a gift, it's a warning." An offering of cat comics, facts and instructional guides. **Goodread**

**Semple, Maria -
Where'd You Go, Bernadette?**

A bright young girl wends her way through her mother's emails, invoices, school memos, correspondence and other evidence as she attempts to understand why her mother has abandoned her family. As I followed along on Mom's trail I found I was making comparisons with Jonas Jonasson's book, *The 100-Year-Old Man Who Climbed Out The Window and Disappeared*. A reading group guide is available.

**Steele, Danielle -
Until The End Of Time**

Two couples, four decades apart. One believes that if lovers die, they find each other again in another life, or, perhaps they wind up as stars side by side in the sky, together forever. "The poignant story of two parallel destinies and the kind of love we all hope will be everlasting." *Fly Leaf*

OTHER NEW TITLES BY FAVORITE NOVELISTS

Cussler, Clive - Zero Hour (Curt Austin and the NUMA Files)

Perry, Anne - Midnight at Marble Arch (Charlotte and Thomas Pitt)

Rankin, Ian - Standing In Another Man's Grave (Inspector John Rebus)

NON FICTION

O'Leary Kevin - Cold Hard Truth On Men, Women & Money

Subtitled as **50 Common Money Mistakes and How To Fix Them**. Reads like he talks on **Dragon's Den**.

Star Trek: The Visual Dictionary

Subtitled as the *Ultimate Guide To Characters, Aliens, and Technology*. Foreword by John De Lancie.



News Wire From Weir

Claudette Pilon-Smith - Main Street

What this country needs are more unemployed politicians.

News from City Hall

RUE PRINCIPALE is a go, finally! From the Catholic Church to the post office we now have new pavement and grassed islands, a new street and parking lot for the town hall and finally, lights to be installed before the end of August.

Congratulations to the council for a job well done.

Blood donor clinic: HEMA-QUÉBEC

Tuesday, August 13: 1:30 pm - to 7:30 pm at the Community Center of Montcalm (Weir), situated on Rte Lac Rond N. facing the Library.

Hydro dilemma: After another saga with Hydro, one question needs to be answered: why is it that Europe, where mountains and terrain are much more difficult than here, they manage to install the cables and wires underground? Why not here?

Activities in our area

All summer: Guided, educational visits for everyone at Morgan Farm. Call for reservations: 819 687-2434.

Afternoon for Arts: Every Monday from 1 pm to 4 pm. Info: Maida Rivest (Betw'en Friends) 819 687-9938, Community Center (Weir)

Bridge: Every Tuesday from 1 pm - 4 pm at the Community Center (WEIR). Info: Marc Faille (Betw'en Friends) 819 687-3888

Annual Golf Tournament: August 11 at Arundel Golf Course to benefit the Résidence Vallée de la Rouge. Putting Contest from 11 am -12 noon. Simultaneous tee-off to start at 12.30 pm. Spaghetti Supper served at 6.30 pm. Tickets: 819 687-1347.

Please forward any comments, news or topic to: mmcsp40@gmail.com.



HÉMA-QUÉBEC



About Sainte Adèle

Chris Lance - Main Street

The climate in July hacked a week off our summer calendar. Nature has her way with us: thunder claps, pitch-dark, cloudy sky, lightening bolts, huge winds tearing through the trees and uprooting huge maples, cottonwoods, cedars and spruce.

A tip of the hat to Ste. Adèle municipal councillors for authorizing six of our firefighters to help out in Lac Megantic on July 18 and 19. Also, the village has contributed a \$2000 donation and, during the July 13 presentation of the "Blushing Brides" band, an additional \$1000 was raised and donated to the residents of Lac Megantic.

Owner Valerie Corno of Azra Joaillerie at 114-116 rue Morin received a \$5000 cheque from a development fund, "Le Programme Jeunes Promoteurs." The funding from the CLD des Pays-d'en-Haut is meant to encourage young business owners (18-35) to create first and second enterprises. Along with designed jewellery, you can munch on a homemade cupcake.

Creations florales de Ste-Adele, 555 boul Ste-Adele has recently celebrated its 40th year in business. You can browse for decorating ideas, flowers, jewellery and clothing. You can even take a virtual visit of the boutique on line at www.goonline360.com/portefeuille/creations-florales-de-ste-adele (try memorizing that internet address!).

Les Tetes de Cochon, a new resto and supermarket has opened on the hill on the 117, opposite the CHSLD. Good to see another new business opening up.

Spago Resto has started serving lunch on Wednesdays, Thursdays and Fridays. Also the combo, Forfaits Cinema Plaisir à 2, starts again on the 23rd of August - that's dinner at Spago and a movie at the Pine Theater. You can purchase your tickets at Tabagie Le Calumet, situated next to Spago's on the 117, all the while seeking out your favorite magazine, newspaper or picking up a hostess gift.

Bourbon Street is booming with shows on Friday, Saturday and Monday Staff Night. Check out what is happening at www.bourbonstreetclub.com.

If you like fishing, 9000 trout are swimming about at Parc-Doncaster. If you like sweating, you can check out the Triathlon de Ste. Adele on August 24. If you like beer-drinking, you can start thinking about Oktoberfest on the 4th, 5th and 6th of October. If you like golfing, we have lots of courses: Golf Alpine 9 holes, 1 800 361-3303; Club de Golf du Mont-Gabriel 450 229-3547; Golf La Vallee 450 229-4653; Club de Golf Chantecler 450 229-3742 and Club de Golf Val-Morin 1 877 258-2465.

Le Marché Public d'ete is a great success - you can shop your heart out Saturday mornings in the village center, after breakfast at John le Grec or Au Petit Chaudron.

Chez Milot has an Angus beef special on Fridays for \$19.95 with soup or salad. The restaurant is located on 958 rue Valiquette and check their offerings at www.chez-milot.qc.ca

At the other end of town, Restaurant Juliano (www.restaurantjuliano.com) has specials on Tuesdays, Wednesdays, Thursdays and Fridays.

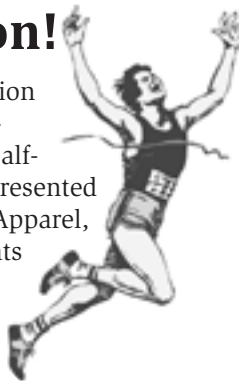
If lakeside summer dining is your quest, try a meal at Restaurant Esmeralda sur le Lac. Hosts Enrico and Albina are great fun and you can enjoy a wonderful evening. www.esmeraldasurlelac.com

Enjoy the tail-end of the summer. The fall season is around the bend. Stay happy. Wave and honk at Mayor Charbonneau; you might see him training for the marathon in August!

Another Record-Breaking Year for the Mont-Tremblant Half-Marathon!



The 4th edition of the Mont-Tremblant Half-Marathon, presented by Lacasse Apparel,



has reached a record again this year with over 3000 participants already pre-registered. With this great turnout, the organizing committee is preparing to host over 6000 spectators and participants at the official event site, located at the Parc au fil de l'eau/City Hall, where many activities will be offered, including an event exhibit, live music and inflatable games for kids.

A conference will be held at 3 pm on Saturday, August 10 at the event site. Event ambassadors, Martin Desbiens and Robert Roy, kinesiologist and running specialist, will provide some pre-event motivation and useful tips to help prepare participants for the following day. Free and open to all!

The run itself will take place on Sunday, August 11 and is open to avid runners as well as beginners in the sport with four distances being offered including the 21.1 km presented by the Mont-Tremblant Casino, the 10 km presented by Hôtel Château Beauvallon, the 5 km (walk or run) presented by Rona Forget Mont-Tremblant and the 1 km kids run, presented by Industrial Alliance. The finish area for all distances will be at the official event site. For more details download the course map, available on the event website.

The exhibit will showcase over 30 exhibitors and will be open on Saturday from 10 am to 5 pm and Sunday from 8:30 am to 1:30 pm.

The organizing committee has launched a community project in collaboration with Soles for Souls, an organization that collects used running shoes and footwear for re-distribution in communities in need around the world. Shoe donations can be dropped off at Rona Forget Mont-Tremblant, 302 rue St Jovite, until August 11.

For more details visit demimarathontremblant.com. Participants and spectators are encouraged to download the participant guide also available on the website.

Follow the event on: facebook - facebook.com/DemiMarathonMontTremblant, twitter - @demimaratremb



TechSpot

Where the Waves Roll Overhead

Steve Friedman

(Vice President, COO, TECHSPA) - Main Street

There are some local places where the cellular signal waves tumble by, as if they had no intended purpose or destination. They're broadcasted from a tower nearby, but the signal doesn't reach where you are.

The topography of our Laurentian area is a challenge for sending and receiving radio waves. Radio waves deliver wireless phone and Internet services. We have beautiful, yet obstructing, tree-covered mountains, valleys and cliffs. The waves can penetrate leaves, but rocky surfaces block and reflect the waves. If you're trying to get cellular or wireless Internet service, some types of materials used in building can add to the difficulty. This doesn't mean it's impossible to have dependable connections, but it can be quite a task.

Example One

A very large house situated centrally in a town, located right near the cell towers and with a decent signal at the road, had practically no cellular reception in the house. Problem 1 was a cliff between the road and the house. Problem 2 was that the house was huge, extremely well built and reinforced with heavy-duty materials that insulate and reflect the signal.

The solution to the cell tower problem was fairly straight-forward; put an antenna on the roof and aim it at the tower, along with a cellular booster amplifier in the house. Problem 2, the internal signal obstruction issue, was not as simple to resolve. Wherever cell service was needed, there had to be an inside antenna and there were many places that needed service! That meant lots of wiring and several amplifiers. Problem 3, the wiring needed to be invisible and there was hardly any available space available in the conduits, where the wires were intended to go.

Fortunately, some of the wires that had been installed for earlier uses (like TV) were discovered and could be reused for the antennas. Problem 3 was resolved.

With wires repurposed and numerous amplifiers installed for the long runs of cable to the numerous antennas, the job was complete.

Example Two

Internet in "the last mile," where wires don't reach. (Not really! The TelCos and the CableCos just won't wire it, because there's not enough profit and our government doesn't demand it of them!)

A house 15 km from cell towers gets one, sometimes two bars, on cell phones. In certain spots on the top floor, there's a chance of getting or making a cell call without a dropped call (disconnection). Internet service is unavailable from the usual suspects, Bell and Cogeco. The challenge; to deliver Hi-Speed Internet and reliable cellular phone service at low cost.

The solution, once again, was to install an antenna on the roof, aimed at the cell tower and plug it into a cellular amplifier, with another antenna to broadcast inside the house. The iPhones now get four or five bars of signal strength and no dropped calls. The big bonus; the iPhone can act as a WiFi hotspot, providing a solid Internet connection for all the computers and tablets in the house.

Too many of us, who love to live and work in the beautiful Laurentians, have to find alternatives to the standard, economical, wired Internet services of Bell and Cogeco (Videotron in some towns). The alternates are wireless. Most often, service follows the popular driving routes, since cellular service is in high demand wherever cars frequent. So if you happen to be fortunate enough to have your home or office close to one of these routes, with no natural or unnatural obstructions between you and the towers, you're in business.

However, if you are obstructed, or isolated, good service is possible with a little help.

If you have any questions regarding the topic of this article, please call TECHSPA at 450 227-4118 or email info@techspa.ca.

If you would like to access my previous articles, please go to www.facebook.com/techspa.inc/notes or <http://themainstreet.org/previous-editions.html>.

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Strings & Things

The Silent Killers

Dale Beauchamp - Main Street

This is the first installment of a quarterly column about stringed instruments, focusing mainly on guitars but also touching on banjos, fiddles and what have you. I'm excited and grateful for the

opportunity to contribute to such a fine publication, and am looking forward to sharing some tips that pickers 'n grinders of all musical persuasions should find useful.

Since it's summer, and "singin' around the campfire" season, today's topic will deal with those silent, but deadly, enemies lurking out there; heat and humidity. This is something that applies to all stringed instruments, but for simplicity, let's use the acoustic guitar as our subject. Better quality guitars tend to be constructed with "real" wood as opposed to "plywood," although many of the more recent offerings from factories in China and Korea are featuring solid spruce tops at prices that make them great entry-level instruments.

Generally speaking, the more real wood there is in a guitar, the more refined a tone it will produce, but the more care it will require. It will react more to changes in humidity than a guitar built with plywood, which is more stable, but usually won't reward you with as great a sound. If you're going to have only one guitar, and want to take it camping now and again, consider one of these; either all plywood or plywood with a real spruce top. If you own an all-solid-wood instrument, you'll want to be more careful. Never leave either of these in the back seat of your car in the sun on a hot day. Glue joints often fail under those conditions, leading to braces coming loose, warps, even a loose bridge that could potentially fly off the face of the guitar taking pieces of spruce with it.

Whatever the extent, it can mean costly repairs. Something we see often on 12 string guitars is when the neck-block comes loose enough to creep forward, pulling the neck into the body, distorting and/or breaking wood around the sound-hole. It can happen gradually so that you don't really notice it until it's too late. That's a very expensive repair to have done and can be cost prohibitive on a low-end guitar. In milder cases, you may hear a rattle when playing certain chords or notes. That's likely a loose brace, which is relatively easy for a qualified person to fix.

Other typical symptoms of high humidity's effects include a higher string height or "action," or the guitar can take on a muddled tone as opposed to the bright clear sound you're used to. The bare, unprotected wood inside the guitar absorbs moisture from the air and swells up, raising the action and damping the resonance. Summer being what it is, we have to live with some degree of changes like these, but we can minimize the effects with a little effort. In winter, lack of humidity can wreak havoc too; I'll cover that more in a later issue.

Manufacturers, like the legendary C.F. Martin guitar company, have in recent years been offering guitars made of synthetic materials that sound pretty good and the Rainsong Company has been making graphite guitars for a while now. Both of these are, for the most part, unaffected by changes in heat and humidity, and are superbly constructed. But many would argue, myself included, that nothing beats the beautiful, rich, earthy tone you get from a well crafted, all-solid tone-wood guitar, that only gets better with age and a little T.L.C.

Order of the Eastern Star Donates to Lachute 4-H Club



Pictured right to left: Jenna Hammond (President of 4-H), Linda Rodger (Lachute Chapter), Stacy Godin (Treasurer of 4-H), Bobbi Heatlie (Secretary of 4-H), Elaine Wilson (4-H member).

The Lachute Chapter #56 of the Order of the Eastern Star was happy to make a donation to the 4-H Group of Lachute as one of their donations for 2013. The 4-H Club is very active with the youth of Lachute and surrounding region and has many activities to help train them in several different fields. The square dancing group is well-known for their lively entertainment at local benefits.



Call to Artists - Lachute

Artists may now submit their portfolios for the 2014 season at the "Maison de la culture" exhibition room of Lachute. Each year, seven or eight professional or amateur artists of the Argenteuil region, exhibit at this location. Each exhibit is for three weeks and is open to the public during the regular hours of the Jean-Marc Belsile library. Due date is Friday, Aug 30.

Registration forms, conditions and details, are available on the website: www.ville.lachute.qc.ca/loisirs-et-culture/salle-d-exposition. Submission should include a duly completed registration form, a complete CV, a description of suggested exhibition (including artist's statement and press clippings), five high-resolution photos of recent works, a photo of the artist for publicity and a short biography (maximum 250 words). Interested artists are requested to send material by post or by email to: Expositions 2014, Maison de la culture, 378, rue Principale, Lachute (Québec) J8H 1Y2 - or: legault@ville.lachute.qc.ca. (IA)

Laurentian Elementary School Awards

Rachel Moore Memorial Award - donated by the Moore family in memory of Rachel Moore, a former student of LES. Given to a student who is "always there and willing to lend a helping hand." The recipient was **Ariel Joly**.

Reid Drouin Mathematics Award - given in honor of Mr. Drouin, retired teacher/principal of LES. Presented to **Maeve De Block and Xavier Mallette**, by Mrs. Jenn Hall, for students demonstrating fluency in approaching mathematical problems.

Central Parent Committee Award - for a student who demonstrates the greatest effort throughout the school year. Presented by Mr. Derek Braney, the Laurentian Elementary School's Central Parent representative to **Maude Ouellette**.

Lachute High School Award - In memory of all teachers of Lachute High: given to students demonstrating good sportsmanship. Mr. Benoit Mallet gave trophies to **Katie Heatlie, Xavier Mallette, Chris Dorman, Amy Tellier and Kimeva Petit**.

Laurier Teachers' Union Award - presented by Mrs. Rheubottom to **Katie Heatlie** for showing altruism, concern for all students' interests, social commitment, conscientiousness and respect for the basic worth of others.

Music Award - to honour a student that is an excellent musician, dedicated to learning music and offering leadership in all activities. Mrs. Anna Foreman gave a trophy to this year's winner, **Nickolas Gauvreau**.

Sir Wilfrid Laurier Foundation Citizenship Bursary - for Grade 6 students that work as volunteers within their community (family, school, neighborhood, non-profit organization, etc). Presented by Mr. Robert Dixon, Commissioner, to **Thomas Sasson and Anabelle Forcillo-Pilon**.

Pat Berry Citizenship Award - donated in memory of the late Pat Berry, given to a boy and girl in Grade 6 who show genuine characteristics of responsibility, respect, leadership, punctuality, participation and congeniality. Mr. Cliff Berry presented individual plaques to the winners, **Amy Tellier and Ryan McOuat**.

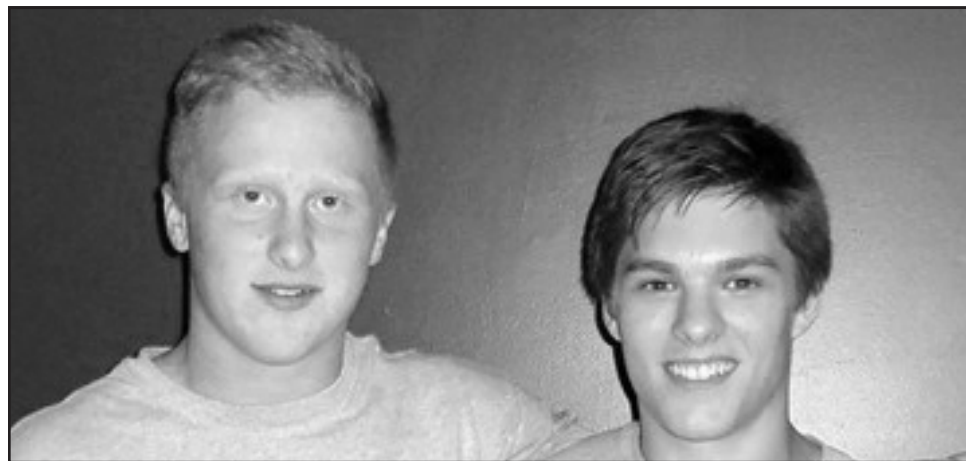
Lara Koury Award - donated in memory of Lara Koury, a former student of LES, given to a boy and girl in Grade 4 who show the genuine characteristics of a person who embraces all aspects of life. The winners of this award, **Joëlle Comeau and Evan Heggie**, received a cash award from Lara's dad, M. Mike Koury. Laurentian Elementary would like to thank Les Edition Jonction and the Koury family who are working together to keep Lara's memory alive at LES.

Barbara Foreman Art Award - given in honor of the late Barbara Foreman, a former teacher at LES. The winner of this award must be a Grade 5 student who shows outstanding originality and creativity in art and demonstrates initiative and pride in all academic subjects. Miss Emma Foreman, granddaughter of the late Barbara Foreman, presented this award to **Sarah Speight**.

Laurier Gala Awards - This award is awarded to students who succeed in areas of sports, literature and artist creativity. This year's winners were:

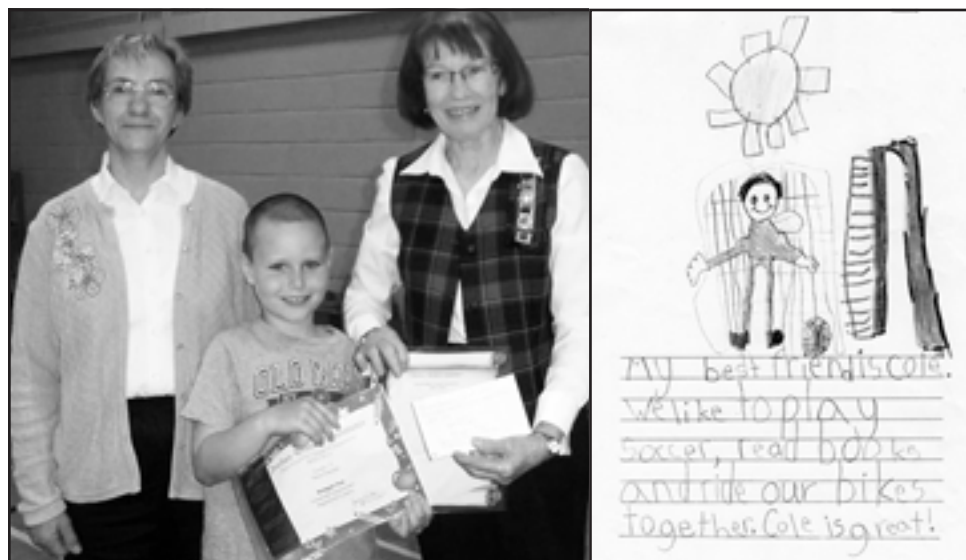
- **Tyler Dufresne** (grade 4) for Academics
- **Victoria Lees** (grade 4) for Creative Writing
- **Sabrina DeCastro** (grade 6) for Academics
- **Mikah Spatzierer** (grade 4) for Mathematics
- **Zachery Bates** (grade 5) for Sports
- Congratulations to all!**

LRHS Students Represent Quebec



Morgan Stone (17-years-old) and Weston Hill (18-years-old), two students from Lachute Laurentian High School, were selected to represent Quebec (under 19 years), in the Canadian Nationals Rugby tournament in Calgary Alberta, which took place July 16 to 21. They were very pleased with the support they received from fellow students, friends and family to compete in this event.

"My Best Friend" Essay, by Keegan Fox



Joyce Crooks, President of the Grenville Women's Institute, and Hannah Hoare, County Chair for Education, present Keegan Fox, a grade 1 student of Grenville Elementary School, 3rd prize, for his essay, "My Best Friend."

Response to Observations article, "The Dark Side of Environmentalism" (March 2013).

I must complement you on this article by David MacFairlane. While it was quite interesting, he missed a few points.

We can all agree that CFLs are not a good choice. The cost of LED lights is quite high as well as the understanding of lumens (the brightness) and the color (soft white, bright white, etc.). Also, most LED lights are designed for down-lighting. For example: 7 watts cold = 700 lumens (approx. a 60 watt light). This is a very cold commercial white and not to everyone's liking. To go with a warmer, or softer light, the wattage of the light has to be increased (9 watts warm) to obtain the brightness or glow.

As far as the cost is concerned, the average 7-watt light is between \$24 and \$29. This would turn-off most people. If you figure the average house has 10 lights; that makes it between \$240 and \$290 to update, oh yes, plus taxes. Yes, they do indeed last longer, up to 50,000 hours, so that is a plus.

I recently updated our chalet completely; it took a while to decide what lights worked best for me. Also, I found a place in Montreal that is importing these lights and will sell directly to the public at about 1/3 of the regular price. Like everything else, these lights come from China (What doesn't?) They also come in a plain, white cardboard box (good for the environment).

If any of your readers are interested, they should look up montrealimports.com. I am not related to this company in any way, but I figure some of your readers will be interested. This will also save the legwork.

Thank you for the many great articles.

Sincerely, Rod Ilich

Response to Observations article "Run for the Hills" (July 2013)

I must confess I do look forward to reading David MacFairlane's submissions such as the recent Run for the Hills. His cynical and pessimistic outlook is a refreshing change from the optimistic and giddy, positive predictions of my investment-advisor. So far, I think David may have the better track record.

One thing, that I, personally, and I suspect many other readers are waiting breathlessly for, is a laid-out plan of what we should do.

I get from David's latest vignette that stocks, common or preferred, bonds, treasury bills, futures, funds, GICs and cash are all doomed to the trash bin.

That left me wondering what to do with the meagre earnings I have. Please, David, give us a road map on what to do; I would welcome an entire article from you on that subject, and keep up your undiluted thoughts - my banker is getting far too exuberant, yet again.

Everett Clausen, Lachute, Quebec

Municipal Taxes and the Common Good

Am I naive to think that municipal taxes are used for the common good of the community? It would never occur to me not to pay the school tax even though I have no school age children and, in fact, am only a seasonal resident, because I know we all have a responsibility to educate children, rich or poor.

So, does it not follow that the municipal taxes are applied to support the infrastructure of our community (roads, fire, police, garbage collection, library etc.)? Services that benefit us all?

Naturally, I do not object to a reasonable and equitable tax levy for local improvements, which are not necessarily in my personal interest, but which fit the definition of community.

Therefore, when my municipality (Wentworth-North) began pushing, rather aggressively, for the construction of a municipal road behind my property, I was astonished to learn only the properties (approx.. 20) touching this proposed road, would be assessed extra taxes (estimated cost per property \$50,000).

The municipality claims that this road is necessary in order to comply with the new environmental regulation (www.publicationsduquebec.gouv.qc.ca/Q2R22) i.e. septic systems in isolated residences.

This claim totally ignores the possible method of barge and pump presently in use by other lake-only-access areas; Lac des Seize Iles comes to mind, which the majority of the property owners are willing to finance.

It begs the question; is there another reason the municipality is so anxious for this road? Does this disguise the fact that the road opens up previously inaccessible land for the benefit of developers and thereby increase the tax base of the municipality? For the good of all, but, paid for by a very, very few?

Julia Mason, Lac- Saint-Francois-Xavier

MacFairlane Replies

As I have avoided responding directly, in the past, to readers' comments and declined all invitations to meet with or speak to those who have requested personal introductions, my editor suggested, as an alternative, I might consider commenting individually on the occasional letters received from readers concerning my articles. I agreed, and will begin with the last letters received.

To Mr. Joe Graham, regarding my Observations about the dangers of CFL light bulbs: Thank you, sir. Information is far better than ignorance, although many prefer the latter - it is more comfortable. The blind adoption of technological advancements without diligent and systematic investigation into human and environmental consequences is the bane of modern society, evident in our declining ability to distinguish between right and wrong.

To H. Wiemer of Wentworth Nord: Humans are the only species with the freedom to choose, and we have always opted for the most self-serving paths. The precarious condition of our society today is proof of our inability to discern what is in our mutual best interests. Therefore, to most, truth becomes the victim of relativity. To propose that we are innately divine, and latently perfect, must seem as ridiculous as claiming that pigs can fly.



Run For Cover... a Look at Shelter Does Size Matter?

Frans Sayers - Main Street

In considering the single-family dwelling many factors come into play. Location is one of the primary considerations that guide all the ensuing decisions to be taken. Context (the surrounding built and natural environment) and the needs of the occupants along with budget are some of the other factors that determine the nature of the final product.

The energy required in construction and the energy required in maintenance are both of primary concern if one is to aim for a sustainable and healthy environment that will support a family (defined in the modern context).

In today's world, with the uncertainties and unstable nature of our societies, we strive to build in a manner that we can afford both financially and socially. The "monster homes" that have come into existence seem to exemplify the disparities and the tremendous gap between the very wealthy minority and the rest of society. These homes are often inhabited by a small group and then only for part of the year. The energy required to heat and protect these homes puts a further strain on the electrical grid, which we all share. Water resources are often squandered on a lifestyle of excess with hot tubs and spa installations. The large carbon footprint is thus disproportionate to the number of people served. The environmental impact can sometimes be extreme as the amount of land required and its (necessary?) reshaping has a negative effect on the flora and fauna which had thrived before. The introduction of invasive species of plant and animal further taxes the natural environment. These homes stand in stark contrast to the modest shelters that house the majority.

The architect, Christopher Alexander, coined the term "pattern language" to describe an approach to the planning of towns, houses, rooms and neighbourhoods that encompasses sound and sustainable building and design practices. This inclusive, creative, and sustainable approach was first introduced in 1977 and has grown ever since to include builders, architects and, most importantly, the end user. It is worth noting that the evolution of this approach has grown to be a meaningful dialogue that brings us into the contemporary environment rife with the challenges we face now.

Also of note is the work of the architect Sarah Susanka of the "Not So Big House" fame. Building better and not bigger is a philosophy that can be easily embraced by anyone interested in creating a healthy and sustainable home environment. This concept extends into community building and neighbourhood planning as well.

Barrier-free and universal design elements are practical and respectful in the planning and execution of shelter. Wheelchair access does not just benefit those who rely on wheelchairs but also those with mobility problems of a more individual nature. Once again, basic design that includes and respects all humanity does not have to be costly and unsightly but can actually enhance and elevate. Businesses that embrace universal design principles are actually more likely to be profitable as a broader spectrum of clients is able to make use of the services offered.

Recently, the stretch of highway between Montreal and Toronto (the notorious 401) has seen the modernization of the rest stops. The washrooms are barrier-free and spacious, with a minimum of physical points of contact, largely eliminating the transmission of bacteria (no doors, except for the stalls). The large common areas are pleasant and easily cleaned, with lots of natural light and tables. The same elements are repeated, from one stop to another, creating a familiarity in layout.

Size does indeed matter as the finite space we inhabit becomes increasingly more fragile. We have borrowed heavily from future generations...

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Out & About

Ilania Aibileah - Main Street

village church, 1829, chemin du Village, Mont Tremblant. **Sat, Aug 31: 7:30 pm** - The closing concert is performed by David Braid, a well-known, young, Canadian pianist/composer, who has already won two JUNO awards in his

early thirties. He has played in Europe, Australia, Korea, Japan, China and other Asian countries. He combines classic European music with the spontaneity of American jazz. Tickets: \$32 or \$29 for students and golden-agers. (Also, 10% discount for 3 concerts). 1 877 545-3330. Village Windigo - 1 866 946-3446. Pourvoirie Cécaurel: 819 275-2386. www.concertshautes-laurentides.com.

1st Baroque Festival - St. Adolphe d'Howard

"Cercamon" presents song and dance music with Pierre-Alexandre Saint-Yves (vocals, flutes and other instruments) and Jean Philippe Reny (oud and bouzouki). This is a FREE concert on **Sat, Aug 10: 10 am** at Parc des Aïnés. Another FREE concert with Ensemble Alkemia, who brings the sounds and instruments of Spain's history will follow at 1 pm. Musicians: Mélisande Corriveau (gamba and flute), Jean-François Daignault (vocals and flute) and Dorothea Ventura (vocals). Parc Adolphe-Jodoin. The major event of this Festival is the **Aug 10** concert at the village church, at **8 pm**. It features nine musicians, two soloists and a thirty-voice choir, with a two-hour voyage discovering the great Baroque composers. The musicians: Mélanie de Bonville (baroque violin), Émilie Brûlé (baroque violin), Sari Tzuji (violin and baroque alto), Mélisande Corriveau (baroque, cello), Jonathan Addleman



1st Baroque Festival - St. Adolphe d'Howard

(harpsichord), Jean-François Daigneault (flute) and Céline Laverdure (organ). Soloists: Jean-François Daignault, Dorothea Ventura and Ensemble Vocal Ô Choeur du nord, directed by France Levasseur. The program includes music by Johann Sebastian Bach, Henry Purcell, Antonio Vivaldi, Georg Friedrich Handel, Johann Pachelbel, Philip Stopford, Orlando De Lassus, Gabriel Fauré, Franz Bieble, Wolfgang Amadeus Mozart and Richard Séguin. Tickets at the door: \$25 - 819 327-2626 (daytime) and 819 327-2890 (nights). The festival will conclude with a picnic on the grass, **Sun, Aug 11 at noon** with Duo Tria, who will play violin baroque music in the garden of Bistro L'Ange Vagabond. The program will include music by Telemann, Leclair, Guignon and Vivaldi. www.festivalbaroqueplus.com.

Aug 7 - 11: free concerts on two outdoor stages, in the downtown (St. Jovite sector) and the old village of Mont Tremblant. **Fri, Aug 9: 1 pm** - Trio Jerome Beaulieu (Radio Canada discovery 2013-2014). Jerome Beaulieu, Philippe Leduc and William Côté. **3 pm** - Michel Donato & Pierre Tanguay. **7 pm** - Pianist Matt Herskowitz. **9 pm** - Vic Vogel Quartet: Vic Vogel, Dave Gelfand, Richard Irwin and Dave

Turner. **Sat, Aug 10: 1 pm** - François Jalbert Quartet. **3 pm** - Jean-François Groulx Trio - Jean-François Groulx, Yvon Plouffe and Adrian Vedady. **7 pm** - Taurey Butler. **9 pm** - Raneé Lee - Raneé Lee, Richard Ring and Taurey Butler. **Sun, Aug 11: 1 pm** - Vincent Lachaine Quartet - Vincent Lachaine, Gabriel Bertrand Gagnon, Gabriel Drolet and Étienne Mason. **3 pm** - Fish-Lachapelle-Cormier - Axel Fish, Magella Cormier and Normand Lachapelle. **7 pm** - Geoff Lapp & Adrian Vedady. **9 pm** - Mont Tremblant Jazz Project - Paul Brochu, Alain Juteau, André Leroux, Normand Lachapelle, Karl Desforges and Alain Labrosse. festijazzmttreblant@gmail.com - www.jazzmttreblant.com 514 994-0543.

Mont-Tremblant Music Festival

Sat, Aug 31 to Sept 2. At the Centre de Villégiature, Tremblant. Under the direction of Angèle Dubeau, you will enjoy a diversity of music from classical to world-music and jazz. 1 888 736-2526 www.tremblant.ca. **6th Festi-Jazz Mont-Tremblant**

10th Les Rhythms Tremblant

Free musical performances. **Sat, Aug 10** - Bruno Pelletier. **Sat, Aug 24** - the popular young singer /songwriter from Mont Laurier, Bobby Bazini, will perform. 1 888 736-2526 www.tremblant.ca.

2nd Festival of Lights on the Lake - Ste. Agathe

There are two stages for a daily multimedia light show in the evening, and another, where daily performances by top names of the Quebec music scene are featured. **Fri, Aug 9 - Les 3 Accords; Sat, Aug 10** - Mes Aïeux; **Sun, Aug 11** - Alter Ego. Tickets: \$20 day-ticket, \$45 unlimited passport, children under 12 - free admission. Place Lagny, 2, rue Saint-Louis, Ste. Agathe. www.lumieressurlelac.com

Fiesta Cubana - St. Sauveur

Once again, Park Filion will become a Cuban haven with a three-day weekend of Cuban music, dance and food! A real Cuban Fiesta! Not to be missed! And it's Free! **Aug 30 to Sept 2.** valleesaintsauveur.com 450 227-2564 / 1 877 528-2553.

Music

Linda Dubois - Ste. Agathe

Singer/songwriter, Linda Dubois, will perform. **Aug. 24: 8 pm.** Villa des Arts Liliane Bruneau, 2 Chemin Tour du Lac, Ste. Agathe. Reservations required 819 326-1041.



Linda Dubois - Ste. Agathe

Cammac Sunday Brunches - Harrington

Sun, Aug 11: concert **11 am**, brunch noon - Eric Abramovitz plays clarinet, with Roslyn Abramovitz on piano. Eric Abramovitz was a finalist at the Trois Rivières competition and first-prize winner at the OSM Standard Life Competition. Reservations required. Cammac Music Camp, 85, Ch. Cammac, Lake McDonald, Harrington. 819 687-3938 cammac.ca

Beatles Story - Ste. Agathe

The Beatles Story: a chance to relive or discover Beatle-mania, through narration, costumes and the instruments that marked the Beatles era. **Fri & Sat, from Aug 9 to 31: 8:30 pm.** Get your tickets early - \$46! Théâtre le Patriote, 258, rue St-Venant, Ste-Agathe. 819 326-3655 info@Theatrepatriote.com.

Summer Festivals

6th Double Défi - Amateur Theatre Festival - Mont Laurier

A bi-annual unique event! Over twenty amateur theatre groups from different countries will compete at this festival. Theatre pieces will be presented in the language of the individual group's country. Shows will be held days and evenings. It might be a good idea to arrange for a bus to see a few shows in one day. There are also B & Bs and other types of lodgings in and around Mont Laurier. **Thurs, Sept. 5 to Wed, Sept. 11.** The shows will be at Polyvalente St-Joseph and the Centre Collégial de Mont Laurier. 1 819 440-2666. info@doubledefi.org. www.doubledefi.org.



15th Classical Upper Laurentian Festival

Most of the concerts feature refreshments and meetings with the artists after the show. **Fri, Aug 9: 7:30 pm** - Marc Hervieux and the Sinfonia de Lanaudière (Bal en blanc - Festa Italiana) Centre sportif et culturel (l'Annunciation sector), 1550, rue du Rapide, Rivière-Rouge. Tickets: \$50 (table of 6) or \$35. **Fri, Aug 16: 7:30 pm** - Pianist, Michel Fournier (Morin



Michel Fournier, pianist

Heights). Michel plays "Claire de Lune" of Debussy and other romantic pieces and sweeps us into a tender reflective place. Also playing, the talented Yogane Lacombe who is gradually creating a style of her own and plays pieces demonstrating her prowess with a variety of sounds. Notre Dame du Laus church: 68 rue Principale, Notre-Dame-de-Laus. **Sun, Aug 18: 2:30 pm** - Singer, Nadya Blanchette, will perform pieces from her album "Nostalgia" plus music by Michel Legrand, Poulenc, Cole Porter and Duke Ellington. Notre Dame de Lourdes church: 15, ch. de l'Église, Lac-du-Cerf. **Sat, Aug 24: 7:30 pm** - Pianist, Wonny Song, performs music by Franz Liszt and "Pictures at the Exhibition," by Mussorgsky, at the

THEATRE MORIN HEIGHTS UPDATE



Annual production of BLITHE SPIRIT

coming this fall. Theatre Morin Heights will present this classic by Noël Coward. Noël Burton will direct (just 'google' this man! WOW!) We all look forward to this new adventure! More details to come.

Be a part of our production team this fall!

- Assistants:**
Get experience with the pros!
- Seeking:**
Assistant Director (to Noël Burton)
Assistant Producer (to Penny Rose)
- Also seeking:**
- | | |
|------------------|-------------------|
| Set Designer | Make-Up |
| Set Construction | Script Assistants |
| Set Décor | Front of House |
| Set painting | Sales |
| Stage Hands | |

Penny Rose (450) 226 2746
pennyrose@jenanson.com

Theatre Morin Heights will present a reading of

THE DIARY OF ANNE FRANK

by Frances Goodrich & Albert Hackett,
Directed by Libby Barratt

Saturday, September 28 at 4 pm
Restaurant O'Petit
139 Watchorn
Morin Heights

There will be free service of coffee/tea and cake!

Dinner service will be available after the performance. Please make your reservations.



Alan Gerber, Holy Trinity Church, Gore
 Alan Gerber has been performing solo for the past thirty years. This is his second concert in Gore. (He played in the first Gore concert series in 2006).
On Sat, Aug 24, at 8 pm, he will perform at Holy Trinity Church, located at 4, chemin Cambria, near Route 329 between Lachute and Morin Heights. Tickets: \$20 in advance (Town Hall, 9 Cambria Rd. Lakefield) or \$25 at the door (if tickets are still available.) Space is limited. Call for reservations: 450 562-2025.

Ça me dit Concert Series - Park Filion - St. Sauveur

Aug 10 & 11: Djembé Weekend: **Sat, 7:30** - Zale Seck. **Sun, 7:30** - Hans Longpré. Weekend **Aug 17 & 18:** **Sat,**

7:30 - Just Ladies. **Sun, 7:30** - Marie-Christine. **Sat, Aug 24, 7:30 pm** - Ophélie Welldon & Annie Gaudreau-Roy. **Sun, Aug 25, 7:30 pm** - Thomas Hodgson & Marjorie Fiset Band. These are FREE concerts!

L'Ange Vagabond - St. Adolphe d'Howard

This lovely spot in St. Adolphe offers pleasant evenings and a good place to hear musicians give intimate performances. **Sat, Aug 10: 8 pm** - Simon Lacas, \$20. **Sun, Aug 11: noon** - Duo Tria (Festival Baroque). **Sat, Aug 17: 8 pm** - Chloé Lacasse, \$20. **Fri, Aug 23: 8 pm** - Kaya Laflamme, \$20. **Thurs, Sept 5: 7:30 pm** - Travel Diary - Japan, free admission! **Sat, Sept 7: 8 pm** - Les Bluebell Sisters, \$20. **Fri, Sept 13: 8 pm** - Michèle O, \$15. **Fri, Sept 20: 8 pm** - Jael Bird Joseph (semi-finalist of "La Voix"), \$15.



The Bluebell Sisters, St. Adolphe d'Howard

The Man in Black - St. Sauveur

Tribute to Johnny Cash: **Sept 4 - 14.** Théâtre des Pays-d'en-Haut, 442, chemin Avila, Piedmont (formerly the Chapiteau in St-Sauveur). Exit 58 from Autoroute 15 Nord. 450 224-5757 or 1 855 551-5757 <http://tpdh.ca/>

Diffusion Amal'Gamme - Prévost

The new program of concerts for 2013-2014 is already on-line, starting with two theatre performances. The concert season starts with the ensemble "Klezstory" who is back by public demand with the program, "Violin Diona." The Sextet musicians are: Henri Oppenheim (accordion), Mark Peetsma (contrabass), Alain Legault (guitar), Airat Ichmouratov (clarinet), Elvira Misbakhova (violin) and Mélanie Bergeron (accordion). This group has played with humour, passion and joy since 2002. They perpetuate the Gypsy and Jewish sounds of Eastern Europe and present unique arrangements, which are true to the original, traditional compositions. They sweep the audience into an emotional voyage. **Sat, Sept 21: 8 pm.** Tickets are \$30. St-François-Xavier Church Hall, 994 rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Sunday at the Park - St. Placide

On the shores of Lake of Two Mountains, but in case of rain, events will be held in the St. Placide Church. Tango Festival - For amateurs and beginners: free "Milonga" dance session. Tango course given by professionals indoors (\$15) followed by a BBQ. Bring your own or buy food and participate in an evening of "Milonga" indoors with free demonstrations. **Sat, Aug 10: 2 pm** - Initiation to Argentine Tango - free. **Sun, Aug 11: noon** - Picnic foods available on location. Performance with concert violin, contrabass and piano (contributions appreciated). After the concert there will be a tango course (\$10) indoors and at 7 pm, there will be a Masked Ball (Free).

On Stage

"Les Rendez-Vous Amoureux" - Prévost

An evening of readings by four well-known Quebec theatre actors, Pierre Chagnon, Christine Lamer, Yves Corbeil and a mystery guest. Impressive scenes from various theatre pieces. **Sat, Sept 14: 8 pm.** \$20. A collaboration of the town of Prévost (450-224-8888 ext., 228) and Diffusions Amal'Gamme (450 436-3037). Salle St-François-Xavier, 994, rue Principale, Prévost. info@diffusionamalgamme.com 450 436-3037.

Dorice Simon - Val Morin

Comedian Dorice Simon, performs her program, "C'est des choses qui arrivent!" **throughout the summer** at the Théâtre du Marais, 6140, rue Morin, Val Morin. \$37 819 322-1414 www.theatredumarais.com

"Présence d'esprits" - Théâtre St. Sauveur

Noel Coward's "Blithe Spirit" adapted to French and directed by Jean-Guy Legault. The plot: writer, Charles Condomine, invites an eccentric medium, Madame Arcati, to his house to conduct a séance. Later he is haunted by his first wife, Elvira, disturbing his marriage with Ruth who is unable to see the ghost and thinks her husband is hallucinating. The cast: Steve Laplante, Isabelle Brouillette, Sophie Faucher, Brigitte Paquette, Henri Chassé, and Geneviève Bélisle. Not to be missed! Throughout the summer **until Aug 31. Thurs, Fri, & Sat, 8:30 pm.** \$42 (tax incl.), Théâtre St. Sauveur, 22, rue Claude, St. Sauveur (exit 60 autoroute 15 N). 450 227-8466 or 514 990-4343 info@theatrestsauveur.com.

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“VooDoo” Puppet show for Adults - Prévost

“VooDoo” is a puppet show by Kobol Théâtre for adults and children 13 and older. **Sat, Aug 10: 8 pm.** Louis Ayotte, Christiane Berthiaume and Pier Du Four perform their art. \$20. This is a collaboration of the town of Prévost (450 224-8888 ext. 228), and Diffusions Amal’Gamme (450 436-3037). Salle St-François-Xavier - 994, rue Principale, Prévost.

Visual Arts & Fine Crafts

Marilyse Goulet - Mont Laurier

The artist presents her observations of eating in photography, drawings and prints, **until Aug 24.** Maison de la culture au 385, rue du Pont, Mont Laurier. Tel: 819 623-2441 cempl@lino.sympatico.ca www.expomontlaurier.ca.

Jeanne Fabb - Nathalie Levasseur - Val David Exhibit Centre

On display, are the works of two artists who have a deep concern for nature and who express it through contemporary Art in Nature. “Limén” - in memory of Jeanne Fabb who recently passed away, is a collection of photographs, videos and sculptures, dealing with the relationship of women and nature. The second exhibition is “Pourvu qu’il pleuve” by Nathalie Levasseur, who prepared new, interesting installations in the downstairs hall; Pierre Paiement digitally recorded her “in situ” projects in photographs and videos. Exhibition continues **until Sept. 2.** Centre d’exposition de Val David, 2495, rue de l’Église, Val David. Opening hours: **Wed - Sun: 11 am - 5 pm.** www.culture.val-david.qc.ca. 819 322-7474.

Holly Friesen “Lumen Naturae” - Mont Tremblant



Holly Friesen “Lumen Naturae,” Tremblant

Exhibition by painter, Holly Friesen. **Aug 7 - 25.** Open: **Wed: 1 pm - 5 pm, Thurs & Fri: 1 pm - 9 pm, Sat: 10 am - 3 pm, Sun: noon - 5 pm.** Alphonse-Desjardins Hall, 1145, rue de St-Jovite. 819 425-8614, Ext., 2500. www.villedemont-tremblant.qc.ca.

International Art in Nature Symposium - Val David

The trails will be open to the public throughout the summer, **until October 20.** This year’s invited artists are: Guillaume Labri (Quebec), Sherri Hay (US), Monica Bengoa (Chile), Wes Johnston (Nova Scotia), Zoné Vert (Quebec) and Humberto Diaz (Cuba). The art pieces were created on location in nature. On **Sat, Aug 17 at 2 pm,** there will be a poetry session with Jean Morisset and Normand Guilbeault, and at **3 pm,** a guided tour and a ceramic workshop. On **Sun, Sept 1 at 1:30,** there will be a “Citizen’s Day,” paying tribute to the pioneers of Val David.

Admission is free to residents of Val David for this session. On **Sat, Sept 14 at 2 pm,** there will be a benefit event, with proceeds going to the educational programs of the centre. Open to the public daily until **Aug, 18 from 10 am to 6 pm. Sat and Sun, Aug 24 to Oct 20: 10 am to 5 pm.** Admission \$15 adult, \$5 children 6 to 17; Family \$30, Golden age \$12, Students \$10. Season’s pass \$25. Group rates available. There are creative workshops on **Wed, Thurs, Fri, Sat, & Sun,** at the “Agora de l’animation” - cost \$3 per person. Les Jardins du Précambrien, 1301, Montée Gagnon, Val-David • 819 322-7167 / 1 877 858-1222 www.jardinsduprecambrien.com • info@fondationderouin.com.

2nd “L’été des Métiers d’Arts” Fair - Ste. Agathe



2nd “L’été des Métiers d’Arts” Fair - Ste. Agathe

Fine crafts in the Ste. Agathe region have been part of the cultural scene for the past seven years. The 2nd Summer Fine Craft Fair of Ste. Agathe gathers skilled artists who share their words with the public. There is a broad range of fine items to see and a great opportunity to meet these artists

individually plus an array of locally made, unique gifts. This event attracted over 3500 visitors in its first year! The organizing committee presents selected, professional artisans, who will exhibit their creations at the Salle J-A Ratelle. The selected artists are: Jocelyne Groulx (natural fibre clothing with mohair and angora), Marie Lacroix (ceramic painting), Mariane Laperrière (mosaic), Catherine Leclers (pottery), Jean-Claude Darveau (jewellery), Annie Dufort (textile art), Michel Gauthier (recycled material), Jésabel Girard (painting on textile), Mariane & Lucie Bombardier (recycled leather bags), Wagna Celidon (jewellery - silver, enamel), Emmanuelle De Courcy (jewellery) and Linda Côté (textile-felt, alpaca.) Some of the exhibiting artists are members of “Signature Laurentides,” an organization of fine-

craft artists. This second edition of the Summer Fine-Craft fair also denotes the 150th anniversary of the town of Ste-Agathe. Some ancestral arts of Quebec, such as wrought iron and weaving, will be demonstrated. Johanne Martin will launch the 150th anniversary creation, by inviting families

to participate in a collective-work, using a traditionally woven carpet. Brazilian musicians will provide their type of jazz-sound on the outdoor stage. “Le Caveau” will offer delicacies at their food stands, serving products made with maple syrup, apples and

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August 30 : 5pm to 9pm • August 31 : 10am to 5pm • September 1st : 10am to 5pm

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Sheila Eskenazi & Joseph Graham, Honorary Presidents

artisanal chocolates. The event will take place on **Fri, Aug 30: 5 pm to 9 pm; Sat, Aug 31 & Sun, Sept 1: 10 am to 5 pm.** Place Lagny, 2, rue St-Louis, Ste. Agathe. Sheila Eskenazi and Joseph Graham of "Main Street" are proudly presiding over this event. More details are available on: www.ville.sainte-agathe-des-monts.qc.ca.

Route des Arts - St. André d'Argenteuil



Route des Arts - St. André d'Argenteuil
Route des Arts Open Studio Art Tour is over. However, the gallery, displaying artworks by its thirty-nine member artists, is open on weekends until Mon, Sept 2: 10 am to 4 pm. Christ Church, 163, Route du Long-Sault, St-André d'Argenteuil 450 537-2081.

Espace Fresque - Val David Church

A group of eight artists exhibit at the Val David church until **Oct 6. Open Sat: 10 am to 4 pm; Sun: noon to 4 pm.** Artists are: Sylvie Tisserand, Agnès Guay, Nathalie Frenière, Claude Savard, Lisa Carney, Delphine Henly, Marian Baril and Lorraine Galarneau.

Triptic Exhibition - St. Sauveur

Visual artists present paintings in three parts (triptic) at Park Filion. Fri through **Sun, Aug 9-11.**

Les Sculpturales - St. Sauveur

Thirty well-known Quebec sculptors provide the public with the opportunity to discover and share their passion at Park Filion, **Fri to Sun, Sept 6-8: 10 am -5 pm.** Valleesaintsauveur.com 450 227-2564.

1001 Pots - Val David

This is the last weekend of this annual summer event where one finds beautiful handmade gifts. There is also a lovely tea-house on site. **Until Sun, Aug 11: 10 am to 6 pm daily.** 2435, rue de l'Église, Val David. 819 322-6868 expo@1001pots.com.

Afternoon Tea - Roger Lauzon & Mireille Dubreuil - Piedmont

Pays-d'en-Haut Rendez-Vous Art present Roger Lauzon's collection of thirty images and poetic texts titled, "Formes et Lumière," and Mireille Dubreuil, stone-sculptor, on **Sat & Sun, Sept 14 & 15.** The public is invited to have a cup of tea and meet the artists from **1 pm to 4 pm,** at the Salle Polyvalente, Piedmont Old Station, 146 chemin de la Gare, Piedmont. 450 229-6637, ext. 126.



Afternoon Tea - Roger Lauzon & Mireille Dubreuil - Piedmont

Tomiyuki Sakuta - Atelier de l'Île - Val David

Tomiyuki Sakuta, from Japan, is the artist in residence at the Atelier de l'Île in Val-David. He will exhibit his artwork **until Aug 18.** Tomiyuki Sakuta is an internationally known artist with thirty years of printmaking experience, in particular, with intaglio (etching). He has received numerous international awards and prizes, including the Carmen Arozena 2013 Award, in Spain. He teaches at the University of Fine Arts in Tokyo, at the University of Yokohama and University of Kyoritsu, and has participated in many international collective and solo shows. The collection he will exhibit is from his recent production, "Hundred Faces," at the Atelier de l'Île. **Mon to Fri: 10 am to 5 pm.** Tomiyuki Sakuta will also offer a master-class on his approach to intaglio, aquatint, and chine-collée techniques on **Aug 10 & 11.** Atelier de l'Île: 1289 rue Jean-Baptiste Dufresne, Val-David 819 322-6359 www.atelier.qc.ca.

O'Arts Garden Studio - St. Hippolythe

At O'Arts Studio, 14, rue de la Chaumine, Saint-Hippolythe, Lynne Ricard and her invited guests are holding an exhibition including unique sculptures in the studio and garden. **Open to the public weekends, 11 am to 5 pm.** 450-563-2493.

Arts Morin Heights 30th Anniversary

Last chance to visit this annual show with twenty-seven artists displaying watercolours, oils, acrylic, wood and ceramics. Also on display is a mosaic of five inch by five inch originals plus a display of large-format artworks. Until Sunday Aug.11: 10 am to 5 pm. St. Eugene Hall, 148 Watchorn Road, Morin Heights. www.artsmorinheights.com - artsmorinheights@gmail.com - 450 226-3236 or 514 913-2087.

BGL - Laurentian Museum of Contemporary Art - St. Jérôme

The three BGL artists, Jasmin Bilodeau, Sébastien Giguère and Nicolas Laverdière attended the opening of their show. They use recycled material to make statements about ecology. Their installations are unique and subtle, while humorously criticizing social malaise. Exhibition continues until Sept 8. Musée d'art contemporain des Laurentides, 101, place du Curé-Labelle, St-Jérôme. Opening hours: Tue to Sun: noon to 5 pm. 450 432-7171. www.museelaurentides.ca.

Book Fair - St. Sauveur

Fri - Sun, Aug 23-25: a used book fair & sidewalk sale organized by the Association of Laurentian Authors, at Park Filion.

Please submit items for inclusion in the next edition (covering the period Sept 13 - Oct. 11) by August 24 to: ilania@IlaniaAbleah.com, or call me at 450 226-3889.

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RELIGIOUS SERVICES



**Branch 171 Filiale
Morin Heights**

Aug. 17: Gerry Hecklinger's Golf Tournament & Steak Dinner
Aug. 23: 6 pm - T.G.I.F. Smoked Meat Dinner
Aug. 24: 8 pm - Bowser & Blue Limited Tickets (\$25) - call for availability.
Aug. 31: 6 pm - Labour Day Steak Supper
Sept. 7: - Flea Market #4 - Rain date - Sunday, September 8
For information on any event call 450 226-2213 (after 12 noon)

**Branch 70 Filiale
Lachute**

Sept. 17: 7 pm - General Meeting
Sept. 27: 5 pm - Smoked Meat Dinner Donation \$9
Enjoy the summer everyone!
For more information on any event call: 450 562-2952 (after 2 pm)

**Branch 71 Filiale
Brownsburg**

The Brownsburg Legion wishes everyone a safe and happy summer.
See you in September.
New members always welcome.
For info call Trevor or Sheila Holmes: 450 562-8728

**Branch 192 Filiale
Rouge River**

Aug 16: 6 pm - T.G.I.F. Donation \$8
Aug 17: 2 pm - General Meeting
Aug 31: 6 pm - Labour Day Supper.
Sept 6: 6 pm - T.G.I.F. Donation \$8
Cribbage every Tuesday night at 7 pm.
Darts will resume
September 20: 3:30 pm
For more details please call 819 687-9143.

HILLSIDE CHAPEL

755 Village Road, Morin Heights
We are known as a singing church so if you enjoy Country Gospel and like to sing, or just listen, come and enjoy our Sunday evening services. Instruments will also be welcomed.
Services will be held at 6:30 pm until the last Sunday in August and everyone is welcome! Terry Sheahan - 450 229-5650.

MORIN HEIGHTS UNITED CHURCH

831 ch. Du Village
Sunday services will be held at the regular time at **10:30 am**

CHABAD OF SAUVEUR

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Call Rabbi Ezagui 514 703-1770 or visit www.chabadsauveur.com

DALESVILLE BAPTIST CHURCH

245 Dalesville Road, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sunday School: **10 am**
Worship service: **10:45 am**

Hymn Sing:
Every 4th Sunday of the month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU

Info: 819 687-2752

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757 du Village, Morin Heights
Worship Service **Sundays 11 am**

Rector: Rev. Bryce Sangster 450 226 5307
e-mail: wbsangster@hotmail.com

Please join us. Visitors very welcome.

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94 Ave. St. Denis, St. Sauveur
450 227-2180

Service **Sundays 9:30**. Rev. Bryce Sangster 450 226-5307 wbsangster@hotmail.com.

ANGELICAN CHURCHES ALONG THE OTTAWA RIVER

Holy Trinity, Calumet and St. Matthew's, Grenville- Holy Eucharist on **Sundays at 11:15 am**. Alternating locations: Holy Trinity, Hawkesbury - Holy Eucharist on **Sundays at 10 am**.

Please call 613 632-9910 for information.

MILLE ISLES PRESBYTERIAN CHURCH

Mille Isles Road
Sundays: 9:30 am - weekly Sunday services.
150th Anniversary Service

Aug. 18: 11 am - Our little church will be holding a special service of worship and music. Special musical guests will be the Montreal gospel group, Aeternal. To further mark the occasion, a BBQ and potluck will follow the service. Come celebrate with us!

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Spiritual Leader: Rabbi Emanuel Carlebach
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MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH

463 Principale Lachute
450-562-6797 Minister Dr. D. Robinson

Sundays: 9:30 am - Morning service.

Aug 10: 7:30 pm - Concert with classical theme in the church. Freewill offering.

ST.-EUGENE CHURCH, MORIN HEIGHTS

148 Ch. Watchorn

Sept.15: 10 am - noon

Anglophone First Communion classes begin

For more information, call Johanne at 450 226 2844 or 1 866 552-0552

Register as soon as possible.*

***** The last date for registration for the Anglophone First Communion classes is on September 8 at the BBQ.**

ANGELICAN PARISH OF ARUNDEL & WEIR

Grace Church - Arundel

Sundays: 10 am - Services in Grace Church followed by coffee & fellowship.

ST. SIMEON'S ANGLICAN CHURCH

445, rue Principale, Lachute

The Rev. Paul Tidman: 450-562-2917

Sundays: 10 am:
Regular services have resumed.

SHAWBRIDGE UNITED CHURCH

1264 Principale, Prévost (corner de La Station)

is seeking members for the congregation.
Sunday service time is **9:15 am**

You are welcome to join us after the service.

THE CATHOLIC CHURCHES

NOTRE DAME DES MONTS PARISH

Huberdeau **10:30 am** Laurel **9 am**

Morin Hts **10:30 am** Montfort **9 am**

16-Island-Lake **10:30 am** Weir **9 am**

Please call 613 632-9910 for more information.

LOST RIVER PRESBYTERIAN CHURCH

5152 Lost River Road, Lost River

Services start **11 am:** Eveyone is welcome.

LACHUTE BAPTIST CHURCH

45 Ave. Argenteuil - 450 562 8352

Pastor Rénald Leroux

Sunday School 9:45 am
Worship Service -11 am

Wednesday Prayer & Bible Study - **7 pm**

HOLY TRINITY ANGLICAN CHURCH

12 Préfontaine St. West, Ste. Agathe (corner of Tour du Lac and Préfontaine)

Rev. Canon Ralph Leavitt: 819 326-2146

Services every Sunday at **8 am** (Breakfast afterwards in a restaurant)

Also at **10 am** Music, Sunday school, coffee.

Christians of all denominations are welcome.

Parking and elevator for handicapped.

CHRISTIAN FELLOWSHIP CENTRE OF THE LAURENTIANS (CFCL)

Chalet Pauline Vanier
33 de l'Église, St. Sauveur

450 226-7621, 450 229-5029, 450 229-7858

Please join us every Sunday at **10 am**

ARUNDEL UNITED CHURCH

17, du Village, Arundel, 819 687-3331

Sunday Worship Service **9:30 am**

As well as alternating services at **11:30 am** at Harrington and Avoca

During winter there is no wheelchair accessibility. Sorry for the inconvenience.

ST. ANDREWS EAST PRESBYTERIAN CHURCH

5 John Abbott Street, St. André d'Argenteuil

Information: 450 537-8560

Please call for schedule of services.

VICTORY HARVEST CHURCH

361 des Erables, Brownsburg-Chatham

Sunday Service **10:30 am**

Pastor Steve Roach 450 533-9161

Call to confirm: **Wed. 7 pm**

Prayer/Bible Study

ARGENTEUIL UNITED PASTORAL CHARGE

Rev. Georgia Copland

Please call 450 562-6161 for service information.

PARISHES OF THE LOWER LAURENTIANS

ST. AIDAN'S - LOUISA

86 Louisa Rd - Louisa

Aug 18: 10 am - Holy Communion

Sept. 1: 10am - Morning Prayer

Sept. 15: 10 am - Holy Communion

Oct. 6: 10 am - Morning Prayer

ST. PAUL'S - DUNANY

1127 Dunany Rd. Gore

Aug 11: 7 pm - Evensong

Aug 18: 7 pm - Holy Communion

Aug 25: 7 pm - Evensong

Sept. 1: 7 pm - Holy Communion

Sept. 15: 10 am - Morning Prayer

Sept. 29: 10 am - Holy Communion - Joint service for Parish

Oct. 13: 7 pm - Holy Communion - Thanksgiving

HOLY TRINITY - LAKEFIELD

4 Cambria Rd, Gore

Aug 11: 10 am - Musical Celebration

Aug 25: 10 am - Holy Communion

Sept. 8: 10 am - Morning Prayer

Sept. 22: 10 am - Holy Communion

Oct. 13: 10 am - Morning Prayer - Thanksgiving

CHRIST CHURCH - MILLE ISLES

Aug 11: 10 am - Holy Communion

Aug 25: 10 am - Morning Prayer

Sept. 22: 10 am - Morning Prayer

Oct. 13: 10 am - Morning Prayer - Thanksgiving

TO POST A COMMUNITY ANNOUNCEMENT OR EVENT FREE OF CHARGE, EMAIL: MAIN.STREET@XPLORNET.CA FAX: 819 242-2022

PAIX: To fend off violence!
You love your children, your partner, your family! You want to avoid exposing them to violence! So stop and think... Do you need help? PAIX is there to help you. To register for a group: 819-326-1400 or 1-800-267-3919 www.organismepaix.ca

The 4 Korner Family Resource Center is now open in Sainte-Agathe-des-Monts
Visit the office on Tuesdays from 8:30 am to 4:30 pm to find health and social services in English.
Do you want to stay informed about what is happening in the English Community? Send us your email address.
We are a cornerstone of the community!
50, rue Corbeil, Sainte-Agathe-des-Monts
Call us anytime at 819-324-4000 ext. 4330 or 1-888-974-3940
www.4kornerscenter.org kim@4kornerscenter.org

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LAURENTIANS CARE AT 855.522.7372

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Vacation Bible School
Dalesville Baptist Church
Aug 19 - 23: 9 - 11:45 am

Children aged 4 yrs - 12 yrs are invited.

Come and enjoy a free program of bible stories, games, songs, crafts & more.

Information: 450 533-6729 or 450 533-4567

Quilt Show, St Sauveur
Mont-Habitant Ski Chalet
Sept 28: 10 - 5, Sept 29: 10 - 4

Laurentian Quilters' Guild invites you to the 2013 Quilt Show, "My Laurentians."

Bed quilts, wall hangings and other creations, quilted by guild members, will provide a feast for the eyes. In addition, visitors will be able to purchase unique treasures at the craft table and supplies to create their own projects from the on-site vendors.

Drawing for a hand quilted queen-size bed quilt will be held Sept 29 at 2 pm. Tickets will be available on site. Admission: \$5.

Dany's Book Club

A monthly meeting including lively discussion and exchange of ideas about books. General area of Ste. Anne des Lacs. 450 224-5469.

Summer BBQ & Corn Boil
Harrington Golden Age
Centre, 259 Harrington Rd
Aug 17: 5pm

Bring the family and have some fun!

Flea Market
Morin Heights United
Church, 831 Ch. Village
Aug 31: 8 am - 2pm

Knick Knacks, dishes, odds & ends, books galore! Everyone welcome!

Super Breakfast Lost River
Community Centre
Sept 1: 9 am - noon

Monthly breakfast with ham, fried eggs, potatoes, toast, baked beans, fruit, juice, tea and coffee. Adults \$6, kids \$3. Join us for a scrumptious breakfast, we'll do the dishes!

Willkommen

Sind sie interessiert and der Pflege der Deutschen Sprache? Deutschsprachiger Klub sucht neue Mitglieder. Treffen einmal im Monat: Kontakt: Luise 613 678-6320. Eva 450 451-0930.

Community BBQ
St.-Eugene Church,
148 Ch. Watchorn
Sept 8: 11 am - 3 pm

There will be booths for information on, and registration of, our services. There will also be booths from local community services such as 4 Korers, Scouts, local artists, etc. Activities for the kids include inflatable games, face painting, stories, games and music. There will be a small fee for the BBQ. Children eat free.

For information, call Kathy or Johanne at 450 226-2844 or 1 866 552-0552

Gore Seniors Network

EAT & GREET: Takes place every last Monday of the month at 12:30 pm at the Trinity Community Centre, 2, Cambria Road in Gore. For more info contact Cécilia at 450 562-2161.

25th Anniversary
Celebration, Lost River
Community Centre
Aug 10: 4 pm - 10 pm

Celebrating the 25th anniversary of the Lost River Community Center. Food/music/games/door prizes/fun for all. Join us for our celebration in Lost River.

ADVANCE
NOTICES

Roast Beef & Pork Supper
Avoca Community Centre
Sept. 21: Music starts at
2 pm, supper at 6 pm

Square Dancing starts at 8 pm with Ann & Linda MacTavish with Bruce Armitage on fiddle. Licensed Bar. Adults \$20, children 5 -12 yrs \$5, under 5 years - free!

For tickets call Shirley Young: 819 243-3943 or Art: 613 307-0489

Everyone Welcome!

Ham & Salad Supper
Margaret Rodger
Memorial Church, 463,
rue Principale, Lachute
Sept. 27: 5 pm - 7 pm

Delicious dinner, homemade pies for dessert!

Hosted by the Order of the Eastern Star - Lachute Chapter # 56

Please keep this date open for a really good meal. We look forward to seeing you!

Fund Raising Bazaar -
Lakefield/Mille Isles
Women's Institutes
Lakefield Community Hall,
2 Cambria Rd.
Oct. 12: 10 am - 2 pm

White Elephant table, craft table & home-baking, coffee & muffins at 10 am.

Luncheon at 11:30 am

Table rental, call Jean Edwards: 450 566-2552

Halloween Party -
Music Through the Ages
Morin Heights Community
Center, 148 Ch. Watchorn
Sat. Oct. 19: 7 pm - 12am

We begin with music from the 1940's music. After 30 minutes we move on to the 1950's, then so on until the 2000's. There will be the dance of the decade (Rock Around the Clock, Thriller, The Macarena, etc.) as well as many other fad dances, so practice at home and show off your moves at the party! Door prizes and best costumes. Tickets are \$10 each without the 11pm buffet and \$20 with the 11 pm. buffet. Cash bar. Info and tickets: 450 226-2844 or 1 866 552-0552

S U M M E R M A R K E T S 2 0 1 3

☞ **STE. ADÈLE**

PUBLIC MARKET:

Saturdays, June 22 to Sept 28: 8:30 am - 2 pm. Parking lot on de la Forge and rue Valiquette, Ste. Adèle 450 229-2644 / www.sainte-adele.net. Reserve table: 450 821-3231.

☞ **ÉCO-GOURMET MARKET:**

Sundays, June 23 to Sept 29: 10 am - 2 pm. Church parking lot on 1, ch Fournel, Ste. Anne des Lacs, 450 821-3231 / www.sadl.qc.ca. Reserve your table: 450-821-3231.

☞ **MT. TREMBLANT**
OUTDOOR MARKET:

Saturdays, June 29 to Aug 31: 9 am - 1 pm. 1875, Ch du Village, Mt. Tremblant - 819 322-6419 / www.marchedete.com.

☞ **ST. EUSTACHE MARKET:**

Saturdays, June 29 to Sept 7: 8:30 am - 1:30 pm. 220, boul. Arthur-Sauvé, behind Complexe Walter-Buswell 450 491-4444.

☞ **VAL-DAVID'S SUMMER MARKET:**

Saturdays Until Oct 5: 9 am to 1 pm. École Saint-Jean-Baptiste, 2580, rue de l'Église, 819 322-6419 / www.marchedete.com.

☞ **MORIN-HEIGHTS MARKET:**

Fridays until October 11: 2 pm to 7 pm. 148, ch Watchorn, Morin-Heights, 450 226-2789 / www.marchemorinheights.com.

☞ **ST. JÉRÔME'S PUBLIC MARKET:**

until Nov 30, Tues: 6 am - 5 pm, Fri: 6 am - 9 pm, Sat: 6 am to 4 pm. Place de la Gare (Centre-Ville), 450 436-1511 / www.vsj.ca.

☞ **MARCHÉ DÉCOUVERTES**
D'ARGENTEUIL:

Saturdays, June 21 and 28: 4 to 8 pm. Corner of des Érables and Principale, Brownsburg-Chatham 514 979-5104 / www.decouvertesdargenteuil.com. A public market moving from one city to the next to better serve the population of the region.

ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://www.csss-sommets.com/english/70/English.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

BADMINTON!

Join this group of ladies Mondays and Fridays at 9:15am at the St. Adolphe d'Howard Community Center on Rue de College. For more info call Betty Reymond at 450 226-6491 or Robin Bradley at 819 327-2176.

Laurentian Region
Cancer Support Group

Groupe de Soutien du Cancer
de la Région des Laurentides



August 2013 meeting for cancer patients, families and caregivers is
SATURDAY AFTERNOON
August 17 - 1 pm
Speaker: Pharmacist Mark Labow
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

NEXT MEETING:
Saturday, September 21 at 1 pm
Speaker: Jodie Duplisea
Yoga and Movement for Ailing Bodies

Meetings are conducted in English
ADMISSION IS FREE

For more information about meetings and the group's other services call June Angus 450-226-3641 or email cancer.laurentia@yahoo.ca PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

JOYFUL NOISE CHOIR

invites you to sing

every Tuesday evening at **7 pm** beginning Tuesday, **September 10th, 2013** at:

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MORIN-HEIGHTS, QC

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Christmas Show

Thursday, December 12

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Overlooking Paradise - Eco Spa Highland

Susan MacDonald - Main Street

The Harrington Valley has been described as one of the most picturesque places found anywhere in the Laurentians. Descending into the valley, from any direction, in every season, is absolutely breathtaking. Soft, rolling hills, set against a backdrop of dense forests brings to mind the cultured meadows of England or the bonnie hills of Scotland and that's from the open road. Looking down over the valley from the top of the mountain is nothing short of spell-binding and that is the view, from Eco Spa Highland (18 Mountain Road, Grenville-sur-la Rouge, 1 855 532-6772).

Just recently opened, Eco Spa Highland was a seven-year project in the making; five for the planning stage, and two, for the actual construction. Years of meticulous research by the young owners, Philippe and Marie Eve, were necessary in order to develop a spa that would complement, not intrude upon, its surroundings. The final choice of the name clearly defines their vision.

Eco-friendly technology is a major factor at this spa, from the architecture down to the heating system and spa waters. Solar thermal energy and wood gasification are two complex systems used to heat the buildings, pathways and water for the three outdoor baths, which are filled with salt water rather than being chlorinated. Even the resin used on the exterior cedar siding is a natural product, developed in Quebec. The buildings and landscaping have been carefully arranged, respecting the natural lay of the land and existing flora.



Winding stone pathways weave their way from the main building to the baths (two hot and one cold) and across a natural stream down to the sauna rooms (dry or wet). Along the way, lounge chairs are placed discreetly, encouraging a stop to relax and enjoy the view.

Back at the main building, visitors may enjoy a light meal in the elegant dining/lounge area, prepared mostly from local, organic products from the region. If they're lucky, guests may even get to hear Philippe playing softly at the piano; a real treat, adding the perfect background ambiance to enjoying the view of the valley below. Strolling through the main hall will bring you to the boutique that offers a selection of beauty products from two well-known brand names, as well as those from a local naturopath.

In addition to the baths and saunas, Eco Spa Highland offers several varieties of relaxing massages, facials, pedicures and manicures. They offer deluxe accommodations and several combination packages that are sure to leave you feeling relaxed and stress-free. Be advised that all visits, even to the baths, must be reserved in advance.



When I first learned that a spa had opened so close to home, I admit to having had concerns that it might negatively change the dynamics of this very special valley that I call home. A personal visit, and long chat with Philippe and Marie Eve have convinced me otherwise and I believe their dedication to this project will remain steadfast, for as Philippe gently reminded me, "This is my paradise too."

And so, welcome Eco Spa Highland, and the best of luck to Marie Eve and Philippe on their new venture. Other spas may be located closer to amenities and have better roads, but they will never sit at the top of the world, overlooking paradise.

You may peruse all Eco Spa Highland's luxurious details at the website www.ecospahighland.com. For reservations, call 1 855 532-6772, send an email to info@EcoSpaHighland.com, or fill out the form on the website under "Reservations."



Celebrating 100th Birthday!

"OLIVE KILPATRICK - NEILL celebrated her 100th birthday on July 13 with many family and friends from coast to coast at the Lachute Residence. She has 3 children, and many grands, great-grands and great-great grandchildren. It was a very joyous gathering."

Congratulations on this amazing milestone celebration!



Happy 65th Anniversary!

Marjorie and Herb Montgomery celebrated their 65th wedding anniversary on April 24, 2013. They celebrated their special occasion with family and friends in Ottawa. Marjorie grew up in Lachute. They were the first couple to be married in St. Simeons Anglican Church in Lachute in 1948. Congratulations!



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LAKEFRONT	LAKEFRONT	IMPECCABLE!
 \$248,000 SAINT-SAUVEUR Weekend property directly on Lac-des-Beccs-Scie (motor boat), with sandy beach. Very bright with lake view! 3 bedrooms, flat land and guest house with fireplace! Rare product!! MLS 19498941	 \$429,000 SAINTE-ANNE-DES-LACS Magnificent, at edge of Lake Guindon. Over 130 ft of lakefront. Attractive property with view on the mountains. 4 bedrooms + 3 bathrooms, two stone fireplaces. Excellent location. MLS 28631794	 \$229,500 SAINTE-ADÈLE Canadian style property with 3 bedrooms, 2 bathrooms. Renovated over the years. Near services. In mint condition! MLS 9032468
LAKEFRONT	PEACEFUL	PRIVACY
 \$350,000 SAINT-SAUVEUR A quiet haven far from the noise, yet a few minutes from the village activities. 3 bedrooms, on Lac des Chats. Pedalo, canoe and a clear lake to swim in at your doorsteps. MLS 8742073	 \$339,000 SAINT-SAUVEUR Modern custom-built home surrounded by nature. 3 bedrooms. Open and bright kitchen with center island. A few kilometers away from Saint-Sauveur center. For nature lovers with modern style!!! MLS 9952325	 \$229,000 SAINTE-ANNE-DES-LACS Attractive property with a view on the outdoors situated at the entrance of Ste Anne. 15,000 sq ft of landscaped land that offers a lot of privacy. 2 bedrooms. Be an owner at the price of a rental. MLS 9632580

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About Food

Vanilla Poached Peaches

Tiffany Rieder - Main Street

Here is a delicious, seasonally appropriate dessert that can be dressed up or down, and made well in advance of serving (up to 2 days*). These poached peaches would also work well as an element in a fancier dessert i.e.: a layered peach sundae or a summer peach trifle.

Vanilla Poached Peaches (Serves 6)

- 6 ripe peaches
- 2 cups spring water
- 250 ml (1 cup) sugar (white granulated, brown or raw)
- 1 vanilla bean pod and seeds (or several saved empty pods)
- 1 small strip lemon zest or 5 lemon verbena leaves
- Score peaches (make a little x in the skin), and blanch for 15 seconds in boiling water. Remove quickly with a slotted spoon, and place in an ice bath (a bowl containing ice and water), to stop the cooking.
- Let peaches cool, and gently peel.
- In a medium saucepan, add the water, sugar, vanilla bean pods and lemon zest or verbena leaves. Bring to a boil and reduce heat to low. Add peaches. Cover and cook for 15-20 minutes, turning every few minutes. Do not allow the peaches to get mushy or overly soft. Remove peaches with a slotted spoon, and reduce the poaching liquid until thick syrup forms. Remove the pods and lemon zest or verbena leaves. Serve the peaches (cut in half and pit removed), and syrup with ice cream, yogurt or sweetened mascarpone cheese. Or, alternately, add some fresh raspberries just before serving. These peaches can be served hot, room temperature, or chilled.



*Recombine the peaches & poaching liquid once they both have cooled in an airtight container in the refrigerator.

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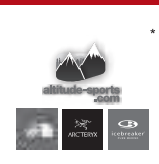
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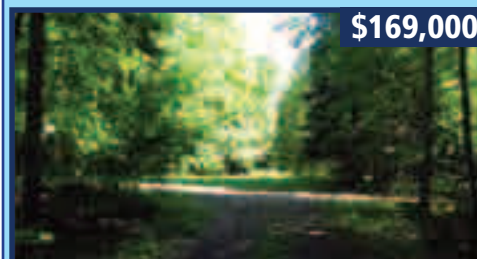
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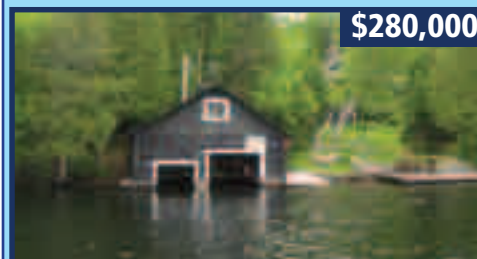
\$169,000

MLS 10866365 Large lot of approximately 7 acres, situated on Chemin du Lac Echo at a short distance from the village of Morin Heights and the famous aerobic corridor. Municipal aqueduct is easily accessible. Ideal for an integrated project or private residence.



\$495,000

MLS 9577909 Location, location! Newly renovated with gourmet kitchen and antique wide plank pine floors, soapstone fireplace, much more! New 3-boat boathouse, bunk house and guest house on beautiful property with lots of waterfront. Sit on the deck and watch the sun go down... It's the best!



\$280,000

MLS 10887319 Beautiful spot on Lac des Seize Iles facing the sunset. Authentic log cabin, cathedral ceiling and fabulous fieldstone fireplace. Log boat-house with room above. Over 120 feet of lakefront with great view of the lake and surrounding mountains. Large lot for privacy around the house.



\$239,000

MLS 10822125 Lovely Canadian style house on a cul-de-sac street(2 houses only). Wood floors, fieldstone fireplace and lots of bay windows. Located only minutes to ski Morin-Heights and all the local services. Attached garage with a large basement and lots of storage room. This is a good one!



\$169,000

MLS 10792640 Waterfront lot with more than 1000 feet of shore line and over 3.25 acres of property on which to build your private domain with the potential of a main house and a guest cottage. Only 5 minutes to the village of Morin-Heights. Rare find!



\$75,000

MLS 10851050 Waterfront property with approximately 210 feet on the lake. Very natural setting with mature trees and an area to build. Lovely stream flows down along the lot to the lake. Water well already on the site.

www.allanvaillancourt.com



Lori's Lookout More Fun in the Sun...

Lori Leonard - Main Street

All aboard! To cool off, why not take a relaxing **cruise on Lac des Sables or on Lac Tremblant?** It is an inexpensive way to enjoy a sunny afternoon with family. You will be surprised at what you can learn about our beautiful local lakes. There are fun activities on board and services include catering, a full bar, music and washrooms. Cruises last just under an hour. For more information check out: Croisière Alouette, Ste. Agathe 819 326-3656, www.croisierealouette.com or Croisière Lac Tremblant 819 425-1045 www.croisierestremblant.com.

If you enjoy birds and want to introduce your children to the various species visit **Perroquets en Folie**, 1430, route 344 in St. Placide. They have over 175 varieties of colorful parrots and exotic birds from all over the world including toucans, African touracos, budgies and others. Phone: 450 258-4713, www.perroquetsenfolie.com.

The **Bois de Belle Rivière Regional Park**, 9009 rte. Arthur Sauvé, Mirabel has lots of activities and walking trails. Bring along a picnic, go fishing for trout (fishing gear available on site), swim at the beach, bird watch, etc... Phone: 450 258-4924, www.boisdebelleriviere.com.



For rainy days....

The family will enjoy a visit to **Billes & Cie.**, 191 rue Principale, St. Sauveur. While there, wish them a Happy 3rd Anniversary! They have absolutely everything you need to create your own jewelry and offer more than 40 different types of workshops for all ages, including kids' parties.

They carry amazing, unique brand-name jewelry such as Swarovski crystal, Murano glass, Pandora-style bracelets and more. You can find some very interesting accessories, including colorful and elegant Pirose scarves (you can wear them so many ways), les Nana purses and European designed jewelry. Beware: Shopping here could become addictive. Owner, **Caroline Pearson**, and her friendly staff, will be pleased to help you out. 450 227-9008, www.billesetcie.ca.



If you prefer lizards and the like, check out **Exotarium**, 846 Fresnière St. in St. Eustache. This place is not for the squeamish or faint of heart. Residents are large and small; slimy snakes, scaly lizards and crocs, plus frogs and insects. See more than 300 types of cold-blooded, exotic and local animals. Open daily from 10 am to 5 pm. Phone: 450 472-1827, www.exotarium.net.

Visit or tour the **Oka Abbey Monastery**, which for the first time in its 128 years of existence, is open to the public. There are many historic photos exhibited. Products for sale include their famous Oka cheese, (plus many other varieties), delicious jams, jellies, chocolates, fruit and date cakes. The abbey was originally a Trappist Cistercian monastery. The main monastery is surrounded by a dozen outbuildings, all of which are situated on a 270 hectare property. Open every day, Sundays included. 450 415-0651, www.magasinabbayeoka.com.

Any time...

If you are a true cheese lover, check out the incredible, selection that **Yannick Achim** and **Claudine** offer at Yannick Fromagerie, 357, rue Parent in St. Jérôme. One can find so many treasures... mild and strong cheddar, creamy cheese, mozzarella, gorgonzola, regional varieties and special European choices from France, Belgium, Switzerland and England. They have even created their own cheese fondue and offer an assortment of raclette varieties. Yannick and Claudine celebrate their 20th anniversary in business this year and their products are featured at the Val David Summer Market. **Yannick Fromagerie** is open daily, call for hours: 450 436-8469, www.yannickfromagerie.ca.

If you have any fun activities or suggestions that you would like me to include in my column next month, please send me an email at lori.leonard@sympatico.ca.

2nd Ironman - Mont-Tremblant



This prestigious project that promotes a healthy style of living brings together over two thousand athletes from fifty different countries to swim (3,8 km), bike (180 km) and run (42.2 km). The event takes place on Sun Aug 18, in the Mont-Tremblant Village. For full details and scheduling, please call 1 888 736-2526 or visit the website www.tremblant.ca.

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Fit Tip #81

Time for the Belly Fat Blast

Lisa Mclellan - Main Street

It's been a really hard year for trees, cedar hedges, tempos and balconies, roads, driveways, power lines and vegetable gardens. "Ça brasse," as we say in Quebec.

What does this have to do with belly fat? Stress of course. Stress leads to weight gain in the belly area because it stimulates the secretion of cortisol, which increases blood sugar levels, suppresses insulin and makes us crave high calorie foods. Originally, this response, supported the flight or fight reflex; the sugar surge and resulting increase in appetite, served to produce the energy necessary for survival in dangerous situations. Today, most of our stress is not survival based, so we do not expend the extra calories on physical activity. The result is belly fat.

Excess belly fat is linked with cardiovascular disease, diabetes and cancer. If you understand the health issues linked with belly fat, you may be more motivated to take action. Use your waist-to-hip ratio to determine whether you need to lose belly fat. Divide the circumference of your waist by the circumference of your hips. Example: 34" waist divided by 40" hips = .85 ratio. A healthy number for women is .8 and below and for men, .9 and below. If you are over that it means you need to lose to protect yourself from disease.

Tips to burn belly fat:

1. Exercise in short bursts: Combining cardiovascular (aerobic) exercise with resistance training is more effective than cardiovascular training alone. Planks are particularly effective, especially side planks. Do 3 or 4 sets holding for 30 seconds. Do interval training; ramp up the intensity, or speed, for short bursts, then slow down to rest. Repeat for 15 to 20 minutes during your walk, swim or bike ride. Aim to take 10,000 steps a day.
2. Sleep about 7 hours a night: This helps your body shaping goals. Fatigue stimulates the production of gherin, which triggers craving for sugar and other fat-building foods. Try Melatonin to improve your sleep.
3. Hydrate: Consistently drinking water throughout the day can lead to a more active metabolism. Alkalinize it by squeezing the juice of half a lemon into your glass and run it through an alkaline filter (I like Vitev) or add a tablespoon of apple cider vinegar to a cup of hot water. Start your day with a glass of water.
4. Reduce calories: Fill up with protein, vegetables and whole grains and replace bad snack habits with good ones. Add more fibre to by eating an apple a day. Soluble fibre (found in apples, oats and cherries), lowers insulin levels, which helps speed up the burning of visceral belly fat.
5. Eat breakfast: Studies show that eating breakfast within an hour of waking keeps your insulin levels steadier and your LDL cholesterol levels lower.
6. Eat good fats: Olive oil, avocado, wild salmon, seeds and nuts (like walnuts).
7. Eat thermogenic food: Hot peppers, lentils, green tea, lean meats and whole grains. Add cinnamon to your food to help stabilize blood sugar.
8. Decompress: Slow your breathing with pranayama practice, sitting meditation, Yoga, Tai Chi or Qigong. Take saunas and massages. Laugh, play, have fun.

Avoid these 5 fat storing foods:

- | | |
|---|---|
| 1. Concentrated orange juice or any concentrated fruit juice - full of sugar! | 3. Whole Wheat (bread, pasta, bagel etc.) |
| 2. Margarine | 4. Processed soy |
| | 5. Genetically modified corn |

Now choose and apply 5 different tips consistently for a month. You can do it. Bonne chance!

If you would like more information regarding the topic of this article, please visit my website at www.lmfitness.ca or email me at info@lmfitness.ca.



Judy Diez d'Aux
flûtiste, musicienne de chambre
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STRICTLY BUSINESS

By Lori Leonard

Congratulations to:

Jason Stewart, son of Garden Talk's **June Angus**. Jason started his own company offering Wilderness First Aid courses. He is a certified instructor with Wilderness Medical Associates International (WMA) and organizes group courses. Recently, he presented a course for the Sir Wilfred Laurier School Board at the Outdoor Center in Arundel. Jason can be reached at 514 805-1766 or at www.secourspleinair.com.



Frederick Heath Edwards and Chef Gaétan ("Gates") Poitras, new owners of **Restaurant Marabou**, 358 Principale St., St. Sauveur (June 17). The restaurant has been fully renovated with a fabulous sound system and delectable new menu. Chef Gates was previously the Chef at Cavalli and W Hotel in Montreal. Some of his signature dishes include a delicious Mac and Cheese with truffles, beef short

ribs with Jack Daniels BBQ sauce and deep-fried lobster/crab maki rolls. Valerie McLellan, mixologist, is on hand to prepare amazing martinis. Many evenings offer live music and DJ Papa is there to entertain the crowd. Phone: 450 694-1207 or e-mail frederick@lemarabou.com.

Luc Denault, new owner of **Château Ste. Adèle**, 3080 boul. Ste. Adèle. Hotel doors opened on June 7. We wish the best of luck to **Richard Poirier**, the new director, who was formerly the manager at L'eau à la Bouche, and to **Lucie**



Maillé, Director of Operations. The hotel has been freshly renovated. Outstanding features are a lovely rooftop terrace and a bar-terrace-lounge. Outdoor facilities include 2 saunas, 5 hot tubs and 1 cold tub. A delicious breakfast, lunch and dinner are available. **Brigitte Couture** is the new manager of the spa, which includes 8 massage rooms. Zorah products are available. Phone: 450 229-9192, www.chateausainteadele.com.

Angèle Brazeau, Félix Leroux and Laetitia Brut; three new owners of **Général Café**, 1303 de la Sapinière, Val David. This café offers Grandma's old-fashioned, buckwheat crêpes served with butter and molasses, homemade Budwig cream, freshly-pressed orange juice, house smoothies and freshly-brewed Union coffee. Lunches include sandwiches prepared on freshly-baked artisanal bread. Local regional products include jams and candies. There is a small boutique offering handcrafted soap, baskets, scarves, jewelry and cards. Open every day from 8 am to 5 pm. 819 322-6348, legeneralcafe@gmail.com.

Interesting business finds:

Méchoui - Les Friands Gourmets



If you are seeking a novel way to entertain your family and friends, or ideas for wedding, special anniversary or events, think of **Les Friands Gourmets**. They offer delicious, cost-effective, méchoui meals of pork, beef, turkey, chicken, veal, and bison. They also offer barbecue fare such as brochettes, hamburgers and their specialty - Friands Gourmet smoked meat, as well as tasty appetizers

and a selection of salads. Owners **Eric Jutras**, **Chef Steve** and Coordinator **Amélie Laporte** make it all look easy. They bring everything to your home or event venue including linens, dishes, glasses and cutlery. They are professional and courteous. 450 710-0569, www.lesfriandsgourmets.com.

Have you experienced car dents, scratches or stone chips?

Brian Bossé is the owner of a Laurentian business that does paintless dent removal and hail damage, as well as looking after vinyl and stone chip repair. Brian also has a quality body shop with reasonable prices and all work is guaranteed. Phone: 450 565-7726 or by e-mail bbooss01@live.ca.

Kosé Rare

The store opened in March 2012 at 194, rue Principale in St. Sauveur. Owners, **Fabrizio Vighi** and **Cathy Di Guglielmo**, lived in Indonesia for 18 years and now offer an eclectic array of home décor items from Bali and Java such as unusual lamps, bowls, vases, mirrors, etc, plus trendy Italian, prêt-à-porter women's clothing. Also available is "La Vape Shop," electronic cigarette products, offering a healthy way to quit smoking, with several flavors to choose from. Call 450 744-1868, www.koserare.com.

Jacqueline Gareau, Olympic athlete and runner, operates a massotherapy business in Ste. Adèle. She provides excellent massages and offers courses to individuals to encourage them to exercise properly. Jacqueline also offers informative lectures on various topics such as "Good balance for wellness and happiness," which she is presenting at the dinner for the **Marathon de La Rouge** on October 12. Jacqueline is greatly committed to community activities and participates in challenging, local triathlons, as well as the Boston Marathon. Jacqueline is involved with **Suicide Action Montreal** and will compete in the **Montreal Half Marathon** on September 22 for their cause. For more information, call 450 229-1743, www.jacquelinegareau.com

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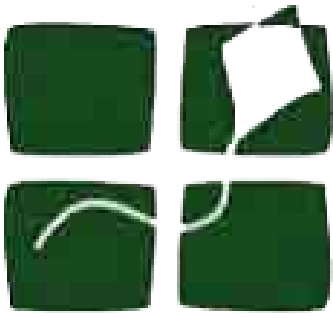
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CENTRE DE RESSOURCES FAMILIALES
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4 Korner Caregivers' Workshops this Fall

By Michelle Booth - Main Street

Due to the generosity of a grant supplied by L'Appui des Laurentides, as well as the work of the Comité Local des Proches Aidants, which works to bring together organizations assisting caregivers, 4 Korner is able to offer 6 workshops this autumn for caregivers in the Lachute, Deux-Montagnes, Rosemere and Kanesatake areas. According to director Rola Helou, "4 Korner is very proud to offer the exact same workshops in English that are now currently offered in French by the Centres de Santé et de Services Sociaux (CSSS)." This 6-week workshop is designed for caregivers to help provide tools and strategies to ensure that he/she does not burn out. A caregiver is anyone who takes care of someone who needs extra attention, is ill, losing their independence, or, has some functional limitations such as emotional, psychological, or physical issues. Caregivers can be any age and may feel tired, alone, overwhelmed and exhausted. They may have a hard time saying no, or making too many decisions at once. But they are not alone. 4 Korner believes that the best care caregivers can give to a loved one is caring for themselves, and through skills learned in this workshop, caregivers will learn how to take much needed time for themselves. Lisa Agombar is a coordinator for the Lake of Two Mountains caregiver program. According to her, the workshop has been a great success with "exceptionally positive feedback from caregivers who, through the program, have learned how to set limits, delegate tasks and take necessary breaks." Doreen Draycott, a caregiver who was very stressed from providing 24h care to a loved one, stated, "The caregivers' course gave us a chance to meet with other people in similar circumstances who were experiencing the same stress. We talked, complained, unloaded and sometimes cried, but in the sharing, we also saw the humor and we laughed together. Homecare has always been a vital and important necessity of life and this course helped us to realize that we were not alone. Sharing and laughing with others is both healthy and fun, and it also provides another tool with which to cope. I definitely give it 5 stars!" So, if you are a caregiver who is feeling overwhelmed, and don't know where to turn, look no further. This 6-week workshop is just for you! Activities can be arranged for loved ones and please mention your needs when you register. Monthly conferences will also be organized so let us know what you are interested in.

Caregivers many not be aware that their local CSSS offers support such as homecare services and daily respite, caretaking, professional services, respite beds and day center stimulation. Please contact your local CSSS for more details. For more information regarding the caregivers' workshop and to register please contact 4 Korner at 450-974-3940 or at 1-888-974-3940. www.4kornerscenter.org or email @ info@4kornerscenter.org



Nature's Gift Chipmunks (Tamias)

Rose Labrie - Main Street

Last summer I befriended a chipmunk and named him Alvin. I find chipmunks to be adorable creatures with an innocent appeal. Alvin lived in his own little burrow in the ground nearby and we shared an awesome relationship. Our first challenge was one of trust. I

slowly convinced Alvin to feel safe with me by putting peanuts on my toes and, in no time, he felt comfortable enough to come to me and fill his little cheeks with up to 6 peanuts at a time. He would then scamper away to hide them in his burrow.

Each morning I would go outside and call him by his name and within minutes he would show up ready to gather more peanuts. Our communication became one of understanding. For example, when I was on the telephone Alvin would climb all over me wanting his nuts but I would make him wait until my conversation was over. For his part, Alvin would leave his droppings on my chairs to let me know of his discontent when he came and I was not there to feed him.

We went through a big bag of peanuts that summer so I was not worried about Alvin passing the winter in comfort and sure enough, in the spring, he showed up with a family. One morning, to my deep dismay, I found my little friend drowned in the swimming pool. Broken-hearted, I performed a small ceremony and sent his little soul into the universe.

Chipmunks are small, striped rodents of the family Sciuridae, which includes squirrels. All species of chipmunks are found in North America, with the exception of the Siberian chipmunk, found in Asia. The scientific name is *Tamias*; Greek for treasurer, steward or housekeeper, and a reference to the animals' role in plant dispersal, through their habit of collecting and storing food for winter use. Their diet consists primarily of seeds, nuts and other fruits.

Most food is carried in their cheek pouches and brought to their burrows for either storage or consumption. Eastern chipmunks mate in early spring and again in early summer, producing four or five young per litter (Western chipmunks breed only once a year). After about six weeks, the young emerge from the burrow and strike out on their own within the next two weeks. A chipmunk's burrow can be more than 3.5 m in length with several well-concealed entrances. The sleeping quarters are extremely clean as shells and feces are stored in refuse tunnels. The Eastern chipmunk hibernates in the winter while the western variety does not, relying on the stores in their burrows. The activities of these small mammals fulfill important functions in forest ecosystems due to their harvesting and hoarding of tree seeds. Chipmunks live about three years, although a few have been observed living to nine years in captivity.



"I'm Just Saying" "Press 1 for discontent. Press 2 for anguish."

Ron Golfman - Main Street

I was initially planning to go on in an Andy Rooney way, about people consistently putting photos on Fb, which illustrate just how lonely, bored or both they really are. In a world where we have overdosed on technology, communication skills of a mechanical

sort are exceptional, yet our ability to relate to each other in a healthy manner is experiencing the same fate as Beta and Pet Rocks. I promise to spend only a short time here, moving on in a moment to another vexatious communication breakdown we all endure.

I ask myself why people take photographs of food they've cooked and then display them on Fb. I'm not talking about a photo of Shauna Dunbar's amazing cakes, which are food and art at the same moment, or that, one time, someone made rack of lamb and the presentation looked as if it came from a famous kitchen in Paris or Monte Carlo, no, not at all. My beef (couldn't help the pun) is looking at Philly cheese steaks with onions, corn beef and hash, poutine, etc., food, which even if not air-brushed in photo shop, looks pre-digested through the camera lens. For goodness sake, stop and think; are you that lonely? Instead of posting the meal, invite someone over to share it with you, please!

Another social phenomenon, which is starting to feel like bamboo shoots under the fingernails, is the abundance of "out-sourcing" in our daily living. I'm not talking about the contractor who, when building a home, makes sure to hire an electrician, a landscape expert or other specialist, oh no.

I'm talking about big companies, which used to provide customer and technological services, but have opted to have surrogates in these roles instead.

For example, I was recently having some difficulty with my television/computer/phone bundle service through the warm and fuzzy Bell Canada, and I stress "Canada" because the only aspect of this once-proud company that is still Canadian is the customer. Alexander Graham Bell must be spinning like a rotisserie chicken in his grave. Here's the true story; I call for service and, after a short wait, I speak to a barely-audible gentleman on the other end of the phone, quickly trying to ease the tension by saying that we have a "bad connection." He does not understand my humour and assumes that I am calling about a bad connection.

Once we clarify the real situation, I begin to explain my problem, quickly realizing that I cannot understand what he is saying and, "I'm just Saying," that my words don't appear to make sense to the man on the other end either. Politely I ask, "are you a rep of Bell in Canada, say Montreal or Toronto?" to which he explains that

this is an "out-sourcing call centre" in India. I then want to temper my dismay and be politically correct, so I state "nothing personal, but how can you help me from there?" The dialogue degenerates, as he explains that I have no choice but to deal with him, while I explain that he doesn't know what I am talking about when I describe the problem and, short of asking me to first boil some water and tear up some clean rags, this call is going nowhere fast.

We end up getting into a heated discussion about inappropriate outsourcing. I ask how he could, for example, explain to me what to do if my dish has ice and snow on it in winter without doing damage; there is silence. I then push the button further by asking if he would call me in Canada for advice on a cricket match dispute? I score a minor victory, in that the man says "never; good point." We decide to agree to disagree. He then tells me a valuable secret, which I will share with you; just don't tell the OLF.

If you call Bell for "French service" your call goes to a Canadian call centre, where you can feign making a mistake, and you're likely to get someone who can help you, in French or English, from this continent. Amazing as it sounds, it is true.

There are some variations to this theme, which I am grateful for; Greek people make the best pizza in Canada; it used to be that only a Jewish butcher, trained in the art of cutting smoked meat, could give you a real "old fashioned" on rye. Now, many places and people share the technology quite well. Aside from expensive foreign cars (which will never be a problem for me) or British cars, whose wiring won't allow the vehicles to start if it even looks like rain, most mechanics can work successfully on most cars.

At the end of the day, out-sourcing is generally a frustrating and inadequate experience, with very few exceptions. I'll know it's actually too late for us in this area, when another band has the audacity to attempt to replicate the Stones singing "I Can't Get No Satisfaction," or, as is the case now, when I call somewhere seeking help, and the person on the other end asks, 'Can I help you?' I'm already doubtful.





Geezer's Corner Forgettable Characters

Dale Dawson - Main Street

Think back to those forgettable characters that you've met - oh right, you've forgotten them. I've kept notes and will mention those who have made no impression on me. It'll be so unexciting.

The first time I was tossed out of school was because of the misunderstanding that I believed school didn't have to be boring and the principal did. I went to great lengths to liven the place up and, for my efforts, received a thoughtless expulsion. The boring principal and most teachers in that institution were quickly forgotten as I hit the ground running.

I held my first job in the big city for five weeks, at a time in history, when the man who could yell the loudest was given the highest position. My boss could out-roar a Texas Longhorn and was only slightly smaller. I've never much cared for being yelled at, so we were on a collision course from the start. It bothered him that whenever he screeched at me like he was calling hogs, I would softly and sarcastically answer him back just below his hearing level. He spent half of his days screaming "WHAT?" at my retreating back. It annoyed me that employees with family responsibilities had to take his verbal abuse. One day, I could hear him caterwauling from three floors above our department and I said to myself, today is the day. Remember that country song called, "Take this Job and Shove It"? I was one of the first to coin that phrase, as I yelled it over my shoulder along with some other constructive criticism as I fled out the door.

Did you ever wonder how some of those people on the "left-leaning" CBC got their jobs? CBC news people specialize in morose, monotonous mournfulness. These media people are boring because they can only see the socialist side of any argument. I like to hear both Liberal and Conservative views. While ideas on the left side need to be discussed by intelligent debate, so, too, should those on the right be heard. Any large news network should have employees with both Liberal and Conservative convictions so that listeners and viewers can digest both opinions and become more informed. The CBC only hires people that refuse to negotiate right turns at intersections. It's hard not to doze off while discussing forgettable characters on the CBC.

Then there are the people who bore you to tears because they never shut up. I remember a fellow that chattered all day long, even when he was alone. They tried to take his picture for a company ID card, but failed, as the photographer could never snap the shutter when his mouth was closed. I heard, that the guy's wife could out-talk a nervous auctioneer on speed and, when he was at home, he never had a chance to speak. When the man was let out in the morning, he had reached the point where he was about to explode and it took all day for him to wind down. He became one of my forgettable characters.

Some people seem to tire suddenly in the middle of a sentence and just stop talking, assuming that you are a great mind reader. They try our patience and cause a substantial increase in alcohol consumption. Oops! I'm out of space; I'll finish our discussion on forgettable characters another time.



Loving it All Adventure Life

Grace Bubeck - Main Street

Life's just like in any "real" adventure. The only difference is that we don't choose life; we're already thrown in at the deep end.

Are we prepared for adventure? My parents never transmitted the required mindset to me. They aren't the adventurous type, even though they're both quite courageous and definitely unconventional. So, I have to learn my adventure skills as I go along. The latest opportunity was what turned out to be a three-day power outage during which a friend from Montreal was visiting. She brought her camping stove and treated it as a camping weekend, with some added bonuses like a real bed that was guaranteed to stay dry and other creature comforts that didn't depend on electricity or running water. As the host, I was a lot more in the spirit of trying to keep things going somehow ... not exactly a very adventurous attitude!

So what's the spirit that would transform life into an ongoing adventure? It all depends on how we respond to the unknown and unpredictable. Most peoples' default response to the unknown is fear. Some fear responses are built into our bodies, and some nervous systems respond more easily to anxiety than others. A lot of it, though, is a learned response. As children, we experienced the alarm of adults around us and learned what to be afraid of. Fear has survival value, as it teaches us to keep ourselves safe. But when we respond to everything with fear, and its inevitable companion, the attempt to stay in control, the spirit of adventure never develops.

One of the meanings of adventurous is willing to take risks or try out new methods, ideas, or experiences. So in the face of the new and unknown there is a readiness to stay open to the challenge of that situation. Fear then transforms into excitement and thrill. We may still tremble, but we now feel powerfully alive in the midst of unknown possibilities. We're prepared to discover ourselves in new ways, to learn and develop new skills, to experience whatever arises. That's the true spirit of adventure.

Now we usually think of adventures as happening in far-away corners of the world or in wild and untamed parts of nature. But we can find them inside, too. All it takes is a willingness to not respond in habitual ways, which ultimately boils down to accepting that you don't know what to do. So, next time you find yourself in one of those situations where you usually do try to stay in control, especially one where you're afraid or don't like what's going on, try to treat it as an adventure instead. Then who knows what you'll discover in this new-found spirit of living life as an ongoing adventure!

To contact Grace call 450 226.3251, or go to www.heartoftransformation.org or www.heartoflovehealing.net.

Book Review

The Mighty Goblin Gritty but Fascinating Read

Jim Warbanks - Main Street

Johnny Barcelo's life story, as recounted by Denis Messier in *The Mighty Goblin*, is very far from an inspirational tale; nor could it be considered light summer reading for the beach / cottage. Still, you will recall many of the vivid incidents that marked / tainted his life.

Set in the Portuguese immigrant community living in Lewiston, Maine, over the period from 1935 to 2005, the tone emerges early with exposure to incest / rape and the premature death of his sister, Henrietta.

The odds are indeed slim that anyone could rise from the hopeless grinding, genetically-transmitted poverty, with the additional handicap of limited educational opportunity, to build a substantial business enterprise in a marginal field. Johnny succeeds because of his innate drive, desperation, self-reliance, fearlessness, low moral standards and lack of concern in adopting illegal means to achieve his goals.

Pedophilia

Barcelo perseveres, and thrives, though his personal life is seldom rewarding. Pedophilia is a prominent theme explored explicitly, emotionally, though not graphically. An aware reader is unlikely to take offense.

The role played by the Catholic Church in asserting community control, while not adhering to the moral stance preached to the faithful leads to an alliance between Barcelo and an unconventional priest that provides some redemption, but with associated legal implications.

Distraction

The fast pace and unexpected turn of events make up for some unfortunate distractions. The punctuation expected with dialogue has been completely mishandled, possibly due to a software issue. There are frequent malapropisms to deal with, as well as incorrect idiomatic expressions that careful editorial review could have eliminated. Frequently recurrent was the use of "breath" when "to breathe" was evidently intended in context.

Readers with the required linguistic ability may want to select the initial French version *Le Vilain Lutin*, which I first perused. Though the basic story / structure remains, the English title is not simply a translation, but rather an adaptation, with different aspects emphasized / modified.

Games & Puzzles Sudoku

SUDOKU RULES:

Sudoku is played over a 9x9 grid, divided to 3x3 sub grids called "regions."

Sudoku begins with some of the grid cells already filled with numbers.

The object of Sudoku is to fill the other empty cells with numbers between 1 and 9 (1 number only in each cell) according the following guidelines.

1) Number can appear only once on each row. 2) Number can appear only once on each column. 3) Number can appear only once on each region.

A summary of these guidelines would be that a number should appear only once on each row, column and region.

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

3		2	8			7		
8						9		5
5	9			2		8	1	
		1	5		7	3		
		5	3		2	1		
		3	9		1	6		
	5	8		7		9	1	
7		6						8
		9			8	4		7

Find the solved puzzle in the September edition!



The Story Behind Niko's and Cal's

Joseph Graham - Main Street, joseph@ballyhoo.ca

From Bloomberg Businessweek:

"Demetrius Manolakos has been practicing as a Notary and Legal Advisor ... for the past 39 years. ... (He) holds Diplomatic Office as Honorary Consul of the Sultanate of Oman in Canada. ... (has) held various positions ranging from President of the Hellenic Community of Montreal ... political office as elected Councillor of the City of Montreal ... served as Chairman of Neuro-Biotech Corp.... (and) Chairman and Director of Quantitative Methods Corp. ... Director of the Hellenic Canadian Trust ... (and) holds positions as Member on the Board of Directors for several charitable organizations, such as, the Generations Foundation, the Mount Sinai Hospital Foundation and the Foundation for the Montreal General Hospital."

In the summer of 1958, Demetrius (Jimmy) Manolakos opened up a hotdog stand on Route 11 at the southern extreme of Val David. He invited his brother-in-law Kalo Heretis to partner with him and even called it Cal's to encourage him. Jimmy needed the summer job to pay for his university education. A salesman convinced them to serve pizzas and their stand soon became known as Cal's Pizza. It was only the third pizzeria in the greater Montreal area and certainly the first in the Laurentians.

Even though his career was in law, Jimmy and his parents had had a long relationship with both the Laurentians and restaurants. His father, Nicholas, was 18 when he came to Montreal from the small town of Gythion in Laconia, Greece, in 1909. He pushed a hotdog cart in Montreal to make himself a living and to send money home to his mother for his sisters' dowries. When one of his sisters died, he suggested his mother and other sister come join him in Canada. He had worked as a busboy and waiter for Canadian Pacific, seen all of Canada by rail, decided he liked the Laurentians best, and that it was time to get married. He wrote another polite letter home, to a neighbour who had three daughters. Explaining that he had established himself securely in Canada, he asked the neighbour to send him one of his daughters so they could marry. Nicholas and Panagiota, his new bride, married five days after she arrived. They ran a restaurant in the 1920s and early '30s, but it didn't make it through the Depression. Jimmy was born during that period, in 1935, and he remembers when his parents set up Carmel Popcorn on St. Catherine Street in 1940. Soon they were supplying Belmont Park and other locations.

Their lives were tied to Montreal where Jimmy's father was involved with the Greek Orthodox Church, doing a lot to promote Greek culture and the Montreal Greek community, but their hearts were in the Laurentians. Nicholas acquired a

home on Golden Lake in Val David after the war but it proved not to be what he wanted, so he soon bought Osias Beaulne's farm off the Trout Lake Road, the old Route 11 climbing up from Val Morin through the western part of Val David.

Panagiota never learned to drive, but at nine years old Jimmy did. For his mother, he represented independence and she and her friends would take off to Sainte Agathe from their chalet in Val David with Jimmy driving their 1940 Ford. He enjoyed it but one time, when he was all of ten, while he was waiting in the car outside Massé's in Sainte Agathe, a policeman told him that their car could not stay there. He ran in to tell the women he had to move the car and suggested his mother sit very close to him - he was small and disappeared as they drove off with his mother almost behind the wheel. They took the back roads home. When Jimmy couldn't get the car, he and his friends liked to jump the train and explore the Laurentians, careful to hide out in the washrooms when the conductor came by.

By the time he was a teenager, they were living up on the farm his father had bought. Like all the cottage owners, they depended upon ice deliveries to keep their food cool. Charles Guindon was the iceman, and some mornings he just didn't show up. Upon investigation, Jimmy discovered that Mr. Guindon often had a hangover, and made a deal to deliver the ice on those bad days, keeping the difference between the wholesale and retail prices. It wasn't long before he had a hernia.

The hotdog stand was a better fit. Despite having named it Cal's for his brother-in-law, Kalo, Jimmy was on his own and worked 12 hours a day to make the money he needed for university. When he graduated with a law degree in 1964, he turned the stand over to his cousin Angelo Menegas. The little fast-food eatery had already become a landmark.

His father died the same year Jimmy graduated from university and ten years later, in 1974, Jimmy built a Greek Orthodox church on the property in Val David, something his father had dreamed of doing. He called it Saint Nicholas des Laurentides. Thirty-nine years later it is still used by the community.

Eventually, Angelo wanted to buy the pizza stand, but Jimmy wasn't ready to sell. Angelo bought another property south of Belle Neige and moved Cal's Pizza there, where it continues today. Jimmy turned the original location over to a childhood friend, Georgia Kakouris, and her husband George. They called it Niko's, for their eldest son, but also perhaps to honour Jimmy's father. Niko runs it today and boasts the best souvlakis in the Laurentians, maintaining the legendary popularity of the spot. They have done much more than that with it and Jimmy has always been like a member of the family.

Notary Dimitrius Manolakos still practices and has been involved as one of the leaders of Canada's Greek community for most of his professional life. He never married but has a huge family anyway thanks to his community involvement and generosity. Recently he succeeded in making Saint Nicholas des Laurentides into a parish with a congregation of one hundred Greek families, from Sainte Adèle to Saint Jovite. He asked the municipality to name the street it is on Saint Nicholas, but they had already decided to call it Rue Manolakos.



Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Inc.

The Rising Cost of Education

While paying for a child's post-secondary education is a great investment in his or her future, tuition fees and other education-related expenses continue to climb. As a result, it's becoming difficult for

families to fund the cost of post-secondary education, especially if there's more than one child involved.

Have you thought about how you will fund your child's post-secondary education? If you answered 'yes' to this question, keep reading.

An RESP can help. A Registered Education Savings Plan (RESP) is a type of savings vehicle, registered by the Government of Canada, that can help you (the subscriber) pay for the cost of a child's education after high school, including tuition, books and living expenses. Money contributed to the plan is allowed to grow tax-deferred until it is taken out to pay for a child's full-time or part-time post-secondary education expenses. However, you do not get a tax deduction for the contributions as you would for RRSP contributions. There is no annual contribution limit with an RESP, but there is a lifetime plan maximum of \$50,000 per beneficiary. Anyone can open an RESP: parents, guardians, grandparents, other relatives or friends.

Having an RESP means you can start saving early for a child's education and help them continue their studies beyond high school. The sooner you start an RESP, the longer the investment can grow tax-deferred.

Government grants are available with RESPs. The Government of Canada can help RESP savings grow through special grant incentives.

- Contributions to an RESP may qualify for the Canada Education Savings Grant (CESG), which boosts the annual contribution to your RESP. The Basic CESG pays 20 per cent on the first \$2,500 contribution each year per child until the child is age 17 and up to a maximum lifetime grant of \$7,200 (The maximum annual CESG is \$1,000 on a \$5,000 contribution if the beneficiary has adequate grant carry forward room available.) An additional CESG is available for low-income families. The amount of money that can be received in an additional CESG depends on the net family income of the child's primary caregiver.
- The Canada Learning Bond (CLB) is an additional incentive of up to \$2,000 that the Government of Canada can put into an eligible RESP. It's available for children born after December 31, 2003 and whose families receive the National Child Benefit Supplement (NCBS), also known as the 'family allowance' or 'baby bonus'.

In addition to the CESG and CLB, certain provinces may offer grant incentives. It's

important to remember that government grants are only available if you open an RESP.

What happens if my child doesn't pursue post-secondary education?

You have options if a child doesn't pursue studies beyond high school. You can transfer the money to a brother's or sister's RESP, or you can withdraw your contributions tax-free but you may have to return the CESG and CLB portions of the savings to the Government of Canada.

When you close an RESP, you will have to pay taxes on any investment earnings you receive. You may, however, be able to reduce the taxes by transferring up to \$50,000 of the tax-deferred growth directly into your RRSP or a spousal RRSP, provided you have contribution room.

Keep in mind that an RESP can remain open for up to 36 years, so it may be worth waiting a period of time before you do anything with the plan. The child could change his or her mind.

Your RESP provider or advisor can give you more details about your options and explain the conditions that apply to your plan when a child doesn't pursue post-secondary education.

How do I open an RESP? To open an RESP, the child must be a Canadian resident and you'll need his or her Social Insurance Number. The Service Canada website (www.servicecanada.gc.ca) explains how to get the documents you need.

Next you'll need to decide on an RESP provider - most financial institutions offer RESPs. However, given that an RESP can remain open for up to 36 years, it's important to choose a provider wisely. Consider one that supports the grant incentives that are important to you - not all plans support all government grants. Also, look for a provider that can offer more than one RESP product option. This means you'll have more choice and a better chance of obtaining the options that work best for you. You may want a provider that offers a choice of deposit frequencies and plan and contract types. And you should consider a company that is reputable and financially strong. When the child begins receiving money from the RESP, the provider will, after all, be responsible for making the payments according to your plan's terms.

Speak with your advisor. Speak to your advisor about the RESP option that would work best for your unique situation. You can also visit www.canlearn.ca for more information. This Government of Canada website has a wealth of information about education savings and student financial aid.

If you have any questions regarding the topic of this article, please call 514 788-4883 or my cell 514 949-9058. Have a warm and happy August

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated.

Staying Green with The Corde à Linge

Claudette Hay - Main Street



A clothesline full of things, flapping freely in the wind and sunshine, is a scenery booster for me. I can almost sense the freedom suspended articles might feel, away from the dark cauldrons of washers and dryers, and body parts that never see sunshine. Wind billowing through jean legs is a personal favourite. These everyday scenes passed down

through the ages are now being discriminated against in some municipalities because, if you can believe it, they "don't look nice." Where are the wind and sun power, and global warming enthusiasts on this issue of "green-clean" clotheslines? Using one slows down the spinning wheel in the hydro-meter; isn't that reason enough? Can you imagine Italy, Sardinia or Mexico, without laundry sunbathing from balconies, or rural Provence, without sheets draped over bushes? Imagine the alleys of Montreal barren of the hundreds of parallel lines resembling finger-string-art.

Many people appreciate clotheslines for sentimental reasons or for the stories they trigger. For the fun of it, I googled the subject, and found several beautifully written tales. Folk history, says sailors may have invented them, by hanging their laundry out on ship halyards. Some people regard them the same way as they do art, with geometrical patterns, colour coding and forms of garment designs. There is also the feeling of trying to capture nature, in all that one owns and wears. Many of us can't stand to see wind and sun passing by without trying to collect a hint of it in our belongings. We use it throughout the seasons, not wanting to place it on seasonable employment. After freezing our fingers, as we remove sheets and long underwear from the winter clothesline, we enjoy watching the ghostly distortions they make as they thaw from stiff to soft. True enthusiasts don't bring in their clothes when it rains; they allow them to dry with time. My mother always said they would, even through snow and rain. She left them to hang, and now, so do I. She also said you could tell a change in the wind by watching them.

When I was a child, I had my own "corde-a-linge" for hanging socks. Although things might hang spread-eagled on the line when kids hang clothes out to dry, they love to get acquainted with its powers, such as how it rolls the clothes along, much like a ski gondola. Real clothesline enthusiasts aren't ashamed to hang out underwear either, if only for the fresh scent; after all, everybody wears them. And, what a true pleasure it is to wedge oneself between lovely, cool sheets smelling as fresh as if they were still hanging outdoors.

I do have a dryer that I use now and then. I don't want people to think I'm old fashioned. But I always leave a little something on the line for scenery, for watching which way the wind blows and for observing the weather take its time drying the clothes - naturally.



Child Fitness On Water Safety

By Efrat Laksman & Robert Taylor, Owners of Gym Action Fitness in St. Donat - Main Street

There is nothing like the feel of cool water on your skin on a hot summer day. Swimming and water sports are the main seasonal activities for most families on vacation or at home. Why? Water play is fun and

accessible for all ages.

Toddlers feel safe in wading pools while youngsters explore the shallow end of a pool. At the beach, children of all ages have fun building sand castles on the shore and, depending on the child's age, walking out into the lake. Bring along buckets, shovels and sand toys when going to the beach. Children develop fine motor and measuring skills without even knowing it.

The backyard pool offers many possibilities for fun, apart from swimming, such as water games. You can buy basketball nets and other equipment at most sports stores for older kids. Be sure to warm up before swimming. Does that sound odd? Some light walking and simple stretches will help to avoid cramps when swimming laps and playing in the water.

It is important to ensure that beginner swimmers feel secure with the appropriate floats, water wings and rafts, but don't depend on these items to keep your kids safe. You must always supervise your children in any water; in your backyard, at a supervised pool or beach. According to the Canadian Red Cross, drowning is the second cause of accidental death among children, especially those under the age of five. Most parents don't think about enrolling very young children in swimming and water safety lessons. The Red Cross offers three levels of water skills courses for children 1 to 3 years old.

A word of caution regarding flotation devices such as a lifejacket: a lifejacket will roll a person into position where the head is out of the water. Make sure that it fits your child properly. Check that the buckles and snaps are tight yet comfortable. For children under the age of 3, try to find a lifejacket with a strap that fits between the legs and snaps at the back and the front. This prevents the device from riding up over the shoulders. The Canadian Red Cross encourages attaching a whistle to the front as well.

Make sure older kids understand where and when it is safe to dive. Repeat the rules of the pool for kids of all ages especially over-excited young ones. For example, no running on the deck, no pushing and only one person on the diving board at a time.

Finally, teach all children that they must stop and wait for permission to go into the water and understand where it is safe to enter.

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Obituaries Main Street considers it a community service to publish standard obituary notices at no charge.

BERRY, Betty (nee Rowe)

Passed away peacefully at home on July 23, 2013 with her family by her side. Beloved wife of Wayne and loving mother of Jeffrey (Diane), Scott (Amy), and Craig (Cathy). She was the cherished grandma of five grandchildren and the dear sister of Connie Haldimand (Peter) and David Rowe (Jackie). Pre-deceased by her parents, Perry and Viola Rowe. Forever in our hearts.

CLARK, Charity Ellen (nee:Wicks)

On July 28, 2013, Charity Ellen Wicks-Clark passed away unexpectedly at the young age of forty-two. Generous, sensitive and creative, Charity had a presence that could brighten any moment with her warm fiery spirit. Beloved wife of Danny Clark and devoted mother of two children, Benjamin and Skylar Clark, of Wentworth North, Quebec. Cherished daughter of Jacqueline Murray and Derek Wicks of Toronto, Ontario. Supportive sister of Alexander Blaise, Derek (Clayton), Jason and Dwayne Wicks of Toronto, Ontario. Charity and all her beauty will be forever missed by Lawrence Blais, nieces, nephews, family



and friends. A memorial service will be announced at a later date. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660, rue Principale, Lachute, Qc.

LITTLE , Madeleine

Madeleine Little, co-founder of CAM-MAC, wife of George Little, passed away July 18, 2013 at Notre-Dame Hospital's palliative care centre at the age of 97.



She will be missed greatly. She is survived by her daughters Anne (Patrick Van Gheluwe), Elizabeth (Normand Roy), Margaret (Réjean Poirier), her grandchildren Nadia, Antoine, Marion (Thomas Geissman), Gabrielle (René Lafleur) and Pascale (Daniel Bernard), her three great-grandchildren Miguel, Santiago and Olivier, as well as family and friends.

For 60 years, Madeleine was the directing mind and Ambassador of CAMMAC. Her love of music, her commitment, dynamic and positive spirit, made CAMMAC. She left us, but she leaves as her legacy, an organization, which 60 years later, continues to bring together amateur musicians for whom she had so much affection and respect.



The English Link Your Quebec Health Record

Kim Nymark - Main Street

Good news for all Quebecers! As of this summer, the Quebec Health Record (QHR) will progressively be put into place everywhere in Quebec. As

pharmacies, clinics and health care facilities become connected to it, every person who is a part of the Quebec Health Insurance Plan (Régime d'assurance maladie du Québec) may also be part of the QHR. The QHR is a digital tool that is available to Quebec doctors and health care professionals. They will be able to see essential information regarding their patients and thus provide rapid patient management and insure quality monitoring.

The QHR is a very secure technological environment that allows the collection and conservation of highly confidential health information. Only those having explicit rights may see the information within the context of a consultation, a treatment or another health service. Access rights are granted to people according to their professional role. Certain authorized persons have access to some of the information and others have access to all, depending on their professional needs.

Rigorous security measures are in place to assure the confidentiality of the information gathered by the QHR. Authorized persons must obtain access rights before they may transmit or consult health information concerning the patient. Authorized persons must follow a strict procedure to gain access to the information. They must:

- Submit an access request to the Régie de l'assurance maladie du Québec (RAMQ).
- Undergo a rigorous identity verification process in to receive an access device.
- Use a specially configured workstation to connect to the QHR.
- Authenticate their identity in the system with an access device and a password.
- Regularly authenticate identity, as the system disconnects automatically after a short period of inactivity.

The QHR is there to improve the quality of care, as it will:

- Enable faster interventions, especially in an emergency.
- Prevent errors and unwanted reactions as the professionals responsible for your care will be able to see the medications prescribed to you regardless of which doctor prescribed them.
- Provide access to your health information from anywhere in Quebec. It will be very useful if you are consulting several professionals in different health care facilities or in another region.
- Help reduce the number of tests as professionals can consult previous results.
- Provide better monitoring by doctors and other professionals.

The QHR is not a complete medical file and only health information that has been determined to be essential for frontline services will be collected. Information about medications will generally be the first information made available. The results of lab analyses and medical imaging exams (X-rays, scans, MRIs, etc.) that are done in the public system will come next. Vaccinations administered in Quebec and hospital summaries done by an attending doctor will be made available later on. To find out what information is accessible in your region, consult the website: www.dossierdesante.gouv.qc.ca.

The QHR is a very useful tool for helping health professionals give patients the right medical care, especially in emergency situations. However, should you choose to opt out of the QHR, you must contact Santé et Services Sociaux Québec by using one of the following four methods. Be sure to have your medicare card.

1. Online, by filling out the secure opting out form <https://refus.dossierdesante.gouv.qc.ca/en>
2. By mail, by filling out the refusal or modification of refusal form and by sending it to the specified address.
3. By telephone, at 514 644-4545 or toll free at 1 877 644-4545
4. For the deaf and speech impaired at 1 800 361-9596

Your refusal to participate will prevent the communication of personal information but the information will be collected and stored by the QHR even after opting out.

For more information: <http://dossierdesante.gouv.qc.ca/en/index.php>

kim@4kornerscenter.org for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1 888 974-3940.

This Summer, Take Time to Give Blood

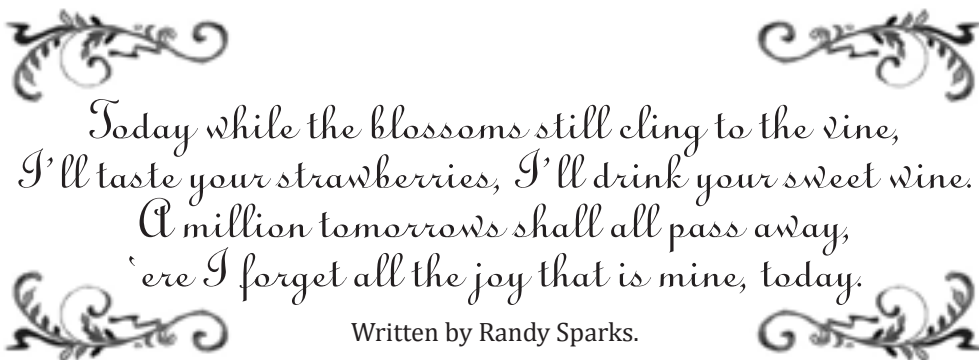
Make summer a celebration of life by taking time to give blood at the blood drive in Morin-Heights on Monday, August 26.

The drive will take place at the St-Eugène Church, located at 148 Watchorn Road. Donors can drop by anytime between 1:30 pm and 7:30 pm. The organizing committee hopes to see 65 people at the event.

Even during the summer months, 1,000 donations are required every day to meet the demand of Quebec hospitals. Someone in the province needs blood every 80 seconds. As blood products have a limited shelf life, the supply must be replenished constantly to ensure it remains at a sufficient level.

Any healthy person aged 18 years or older who meets Héma-Québec eligibility criteria can give blood as frequently as every 56 days, i.e., six times a year. Donors are encouraged to eat and be well hydrated before going to the drive.

To determine whether or not you are eligible to give blood, call 1 800 847-2525 or visit the Donate section of the Héma-Québec website at www.hema-quebec.qc.ca. **Give blood. Give life.**



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Zach Factor An Invasion at Our Doorstep

Lys Chisholm & Marcus Nerenberg - Main Street

The Viking Age began with a single raid on the Lindesfarne Monastery in the Northern British Isles...“ AD. 793. *This year came dreadful fore-warnings over the land of the Northumbrians, terrifying the people most woefully: ...on the sixth day before the ides of January in the same year, the harrowing inroads of heathen men made lamentable havoc in the church of God in Holy-island (Lindisfarne), by rapine and slaughter.*” -Anglo Saxon Chronicle.

The Vikings were red-haired, large, and easy to spot with their horned helmets. Although we look outside ourselves for terrorists in turbans, today's invaders are no longer that visible. They hide themselves well under corporate flags and use vast wealth to buy their way around public regulations protecting the health and welfare of people. We often see them endorsed by governments as clean-cut contributing members of the corporate community. Not until it is too late do we pay attention- until the invading weapons are buried in our food supply, later affecting our bodies, and still later, our newborn children and livestock are born with mental and physical illnesses.

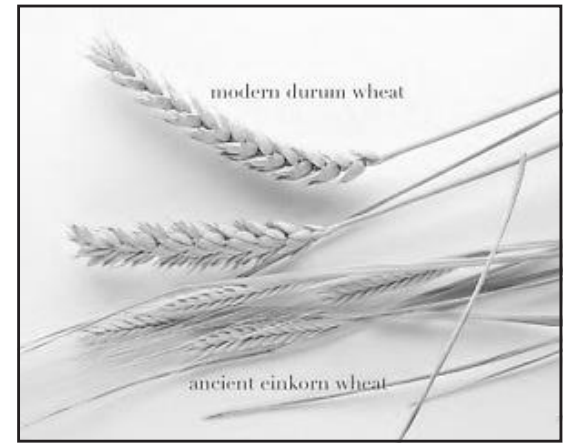
Today's invading weapon is wheat, specifically, genetically engineered Durham wheat. On May 29, the USDA released a statement, “The Animal and Plant Health Inspection Service (APHIS) announced today that test results of plant samples from an Oregon farm indicate the presence of genetically engineered (GE) glyphosate-resistant wheat plants. Further testing by USDA laboratories indicates the presence of the same GE glyphosate-resistant wheat variety that Monsanto was authorized to field test in 16 states from 1998 to 2005.” In the past two months, farmers from Idaho, Kansas and Oregon have launched 3 class actions suits against Monsanto. Round-up-ready wheat was found growing in an 80 acre wheat field in Oregon; this is the same experimental grain with chromosomal alteration (designer genes with pesticides) that was to have been destroyed nine years ago after they did not get USDA approval for its use. The Idaho farmers have had cancellations of international wheat orders worth hundreds of thousands of dollars. It is possible it will cost them even more to clear their fields, clean their equipment and buildings. Although Michael Firko, APHIS deputy administrator claims that no affected seed has entered the wheat market for consumption, several countries have outright cancelled fall wheat orders and European countries have stepped up stringent testing on North American wheat. Monsanto claims no responsibility as the wheat was not growing in one of their registered experimental fields and cannot explain how the wheat ended up in Oregon. The affected farmers may be tied up in litigation for years. Meanwhile, the Vikings have landed.

Preparing for Battle

The idea of GE wheat in our food supply is disturbing. Some of us may shrug our shoulders and prefer to believe nothing has changed. Others, especially those with autistic children, may be camping at the offices of Monsanto on September 17 in Ottawa for the new Occupy Movement that is launching on their doorstep. Some of us may stop eating a plant that has been unpredictably modified in the past 50 years. William Davis, author of the acclaimed book “Wheat Belly,” says wheat strains have been hybridized and engineered to make wheat resistant to environmental conditions such as drought and pathogens. Such alterations to wheat have resulted in drastic changes in its genetic code. Even small changes in the protein structure of wheat can cause an abnormal immune response in many individuals.

Wheat, now linked to many health problems including Crohn's disease, Type 2 diabetes and

gluten intolerance, is genetically unrecognizable and vastly inferior nutritionally to its ancestor grain Einkorn wheat - a grain we have been eating for over 7,000 years. However, grain has been at the core of civilized society. Paraphrasing Greg Wadly and Angus Martin from the journal Australian Biologist in 1993, it is grain, and particularly wheat, that allowed us to stop running after buffalo or mastodons. It is grain that allowed us to survive periods of droughts and famine and it is grain cultivation that allowed us time to create art, music and dance. It is not necessary to throw away this gift of agriculture but we need to take back control of our food supply. Next month: A battle plan.



Einkorn wheat is the parent grain of modern Durham wheat. Durham is a heavily modified grain that is used in everything from donuts to pizza, pasta to pancakes, and forms 28% of all grains consumed worldwide. Photo credit: thehealthhomeeconomist.com.

Mountain Biking Triathlon & More in St. Adolphe d'Howard

Ilania Abileah - Main Street

The village of St. Adolphe d'Howard is offering a variety of outdoor activities as well as a 1st Mountain Bike Triathlon. The Mont Avalanche trails are open to the public. Trail card at the Mont Avalanche Sports Station: day-pass \$5 or season-pass \$20. The final event takes place **Sat, Sept. 14**. Call: 819 327-3232 #2. Mont-Avalanche, 1657, rue de l'Avalanche, St. Adolphe d'Howard. www.mont-avalanche.com.



Photo: Mont Avalache Mountain Bike Trail

The **1st Mountain Biking Triathlon** will take place **Sat. Aug 31!** This is actually a **Trailathon**, using the Mont Avalanche mountain-bike eight-kilometre trail. This unique event encourages athletes of all levels and ages to participate. There are a few types of competition levels - **Duathlon**: 2 km run/ 13 km bike/5 km run. **Triathlon Sprint**: 500 m swim / 13 km bike / 5 km run. **Olympic Triathlon**: 1000 m swim / 21 km bike / 10 km run. **Duathlon Children**: 500 m run / 3 km bike / 500 m run. There is a possibility of a team splitting the competition, i.e. one does the swim, one does the biking etc. Visit www.evenementstopchrono.net for registration with credit card online. **Please register before August 30.**

Note: St. Adolphe d'Howard is hosting a performance of singer **Gabryelle Frappier** (of La Voix) with forty-five selected cadets from the Eastern Quebec Region, aged 15-18 years, who are on a tour of Quebec. **Sat, Aug 17: 8 pm - a free concert** at Park Adolphe Jodoin. Call 819 327-2626.



Accepting Assistance

Christina Vincelli - Main Street

This has been a very busy summer for Laurentians CARE in regards to assisting families with homecare in the Laurentians.

Remaining at home is becoming more of a challenge for many seniors. Due to ongoing health conditions and loss of mobility, staying at home may or may not always be safe or appropriate. If you are on your own or know of someone in need of homecare assistance, the first step would be to contact your local municipality or CLSC as they can connect you with the proper resources.

Many seniors are falling into isolation, depression and even starvation, believe it or not, due to the reluctance of accepting assistance in their homes for fear of loss of privacy and autonomy. Many times, due to their reluctance, this responsibility for care falls upon their children or other family member or close friends. Unfortunately, a crisis often happens first, before outside assistance is brought in.

When my mother was diagnosed with dementia 3 years ago, I took the decision that a caregiver was a must, at least once weekly. I immediately asked the local CLSC to come and make an evaluation of her needs so that she could remain at home with assistance. After a cognitive evaluation by a neurologist, a caregiver was hired, and fired 5 times afterwards, by a very stubborn Italian woman!

Finding the correct approach to convince one who is in need of aid is very challenging. Realizing that assistance can certainly compliment one's on-going independence can make the transition easier to accept. Home assistance is not a loss of independence, but rather a way of protecting independence.

The biggest step is in recognizing the need for, and accepting, assistance. Check various organizations in the region that offer support in homecare assistance. Stick to community-based groups, as they know what is available in the area and confirm that the organization is registered with the government. Also, insurance is a must for reputable services as well as official background checks for personal support workers. Make it clear as to what services you require. Give yourself at least six weeks to adjust to the new arrangement.

Laurentians CARE is an active member of the Pay's D'en Haut local regional community table for seniors. Through its incentive, the new English Information Booklet for community organizations in Pay's D'en Haut is now available.

This information booklet offers contact information to organizations involved with health & social services within the community in both French and English. Please check with your local municipality, CLSC or L-CARE for more information on this booklet.

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Garden Talk

Attracting Bees And Butterflies

June Angus - Main Street

First bees grabbed the headlines. Plenty of them were turning up dead or simply absent from places they were once abundant. While I am happy to report I have seen lots of bees pollinating my flowers this year, there many places where Colony Collapse Disorder (CCD) continues to create serious problems for farmers. The cause is not confirmed, so research and an ongoing debate continues. Meanwhile, scientists are speculating that when bees ingest a dangerous cocktail of pesticides and fungicides, frequently found these days in fruit tree pollen, they become susceptible to a fatal infection caused by a parasite.

Now butterflies, another popular group of garden pollinators, are making the news. Butterflies are usually abundantly visible in our gardens throughout the Laurentians for most of the summer. But this is not the case this year for at least one popular species. In fact, the scarcity of Monarch butterfly sightings throughout Quebec has left insect specialists worried. Entomologists at the Montréal Insectarium estimate there's been a 90 per cent drop in the Monarch population in Eastern Canada this year alone, based on their research and tallies from citizen monitoring activities.

So what's going on with the Monarchs? The current theory is that extreme weather throughout the central and southwest USA last year created terrible conditions for migrating Monarchs. As the butterflies headed from Canada to Mexico last fall, they travelled through high winds and heavy rain, making for less than ideal flying conditions. Those that made it past this calamity then had to cross a region hit hard by high temperatures and drought. As a result, food from nectar-bearing plants, which butterflies desperately need for energy to continue their journey, was scarce. Reports suggest very few healthy specimens actually arrived at their usual winter habitat in Mexico. In turn, very few made it back to Canada this spring.

While none of us can singlehandedly solve the man-made or natural calamities plaguing bees or butterflies, we can create habitats to attract and help these essential plant pollinators thrive in our gardens. Start by growing a range of plants that will offer a succession of flowers, and thus pollen and nectar, throughout the growing season.

Nectar, loaded with sugar, is a bee's main source of energy. Pollen provides balance to the bee's diet with added proteins and fats. Native plants are usually best for native bees, and can be used in both wild areas and gardens. There are also many garden plants—particularly older, heirloom varieties of perennials and herbs—that are excellent sources of nectar or pollen. A few good options include: Aster, Black-eyed Susan (Rudbeckia), Elder, Goldenrod, Joe-pye weed, Lupines and purple Coneflowers (Echinacea).

To attract and keep butterflies in your garden you will need two different types of plants: those that produce nectar to feed adult butterflies, and host plants upon which caterpillars (immature butterflies) can feed in order to complete their life cycle. So it is important to include a few host plants in your beds. For the most part, these will be native species that you may have already or can perhaps find in your neighbourhood. Be careful to prevent them from spreading, as some of these plants are very invasive.

Many species of butterflies have a single host plant. For instance, Monarch butterfly caterpillars feed exclusively on milkweed, a wildflower/weed that provides a caterpillar with food and shelter until it forms a chrysalis from which it will emerge two weeks later as a new butterfly. Other butterflies found in Quebec such as Swallowtails, Sulphurs and Frittarays may frequent a variety of plants as their preferred hosts including Pin cherry trees, elm trees, flowering tobacco, dill, fennel and parsley.

A butterfly garden can be any size ranging from a window box to a portion of landscaped yard to a wild untended area on your lot. As a rule, perennials produce more nectar than annuals but it's best to offer a variety of plants, including perennials, annuals, herbs, climbers and shrubs. In addition to the nectar producing plants enjoyed by bees, butterflies also love Common lilac, Common yarrow, Cosmos, Sunflower, Impatiens, Sweet Alyssum, Petunia and Verbena to name a few.

But if your beds are full of roses, lilies and peonies, you won't attract many butterflies. Most of these plants produce very little nectar. Also be aware that some popular hybrid flowers are bred to resist disease or to grow bigger, more colourful, longer-lasting blooms. Unfortunately many hybrids produce

less nectar and pollen, which sometimes leaves the resulting plant completely sterile and useless to bees and butterflies.

Every garden needs pollinators, so finding ways to attract bees and butterflies is an excellent strategy. Watching these hard working insects at work is also fascinating and rewarding. So plant some nectar-producing flowers, sit back and enjoy.



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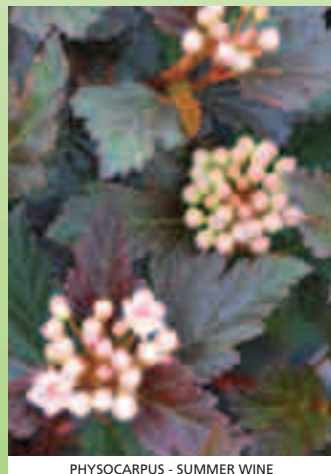


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My Health in Mind MRC d'Argenteuil Mayors' Golf Tournament: 9 Incentives, 1 Cause

Michael Dubois - Main Street

Seven years ago, the MRC d'Argenteuil organized the 1st edition of the Mayors' Golf Tournament to create a fund to support amateur sports and physical activity. The decision to establish such a fund came from the elected officials, as the MRC d'Argenteuil was the first MRC in Quebec to adopt a "0-5-30 Combination Prevention" action plan around the same time. Today, the goal constitutes the quintessential objective of the "My Health in Mind" initiative started in 2008, which is to promote the adoption of a healthy lifestyle and is testimony to the mayor's commitment towards the betterment of the community.

Since the inaugural Golf Tournament in 2007, nearly \$150,000 has been raised for the cause. Organizations such as SamediVélo, the club d'haltérophilie du Nord, the club de gymnastique Barany, the Grenville Optimist Club, the Lachute Stars, Univers Jeunesse Argenteuil, Relais pour la vie de Lachute, the Lachute Figure Skating Club as well as others, have been able to benefit from support for the organization of their activities.

The MRC d'Argenteuil is proud to announce that the Mayors' Golf Tournament will be back with its annual fundraiser. On August 21, the nine mayors will show off their swings and invite everyone's support by attending the entire event or, grabbing a bite at the official dinner while getting ready to bid on the different prestigious items at the annual auction. Please remember that all donations would be greatly appreciated and will be used to promote and encourage physical activity in the area. For tickets, call Dany Robillard at 450 566-0530, Ext. 2307.

Not to be missed

Pédalons à "Fonds" 5th Edition: Come ride with SamediVélo to benefit the Argenteuil Hospital Foundation on Saturday, September 14. Distances of 15, 30, 60, 90, 120 or 150 km. Departures at 8 am, 9 am, and 1:15 pm from the Saint-André Elementary School at 1, rue Legault, in Saint-André-d'Argenteuil. For registration and information: 450 562-3761, Ext. 72 100.

Samedi Vélo: 8th Season: Every Saturday until September 21, enjoy cycling just for the pleasure of it. Departure every Saturday morning at 9 am from the Saint-André-d'Argenteuil elementary school at 1, rue Legault. For additional details: www.samedivelo.ca

Registration for fall activities: With school coming soon, it is time for a change of activities! Check the Lachute Municipal Bulletin, published this month (and online at www.ville.lachute.qc.ca). For other municipalities, contact your Town Hall.

For any questions or suggestions, contact Michael Dubois at mdubois@argenteuil.qc.ca or call 450 566-0530, Ext. 2305. Have you missed the previous column? You can find it at www.argenteuil.qc.ca.

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Denis Messier

**THE MIGHTY
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Denis Messier, a local writer living in the Laurentians, is a man who has travelled and observed. He spends his time reading, writing and painting. His work is peppered with existential questions that may offend some. The book is partially based on a true story, his observations of social issues and his reflections on inequality and poverty.

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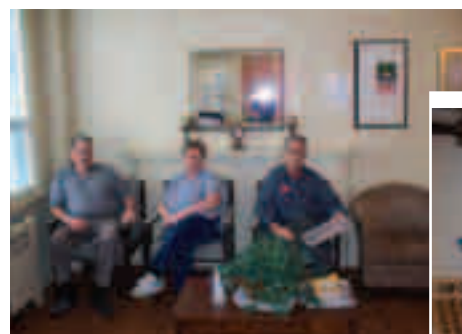
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