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WHAT'S ON MY MIND...

Susan MacDonald, Editor

Balancing law and nature



Over the past few weeks, I have received several calls in regards to wildlife. While some have focused on adult raccoons and skunks trespassing through urban backyards, the majority of calls have concerned young orphans, lost babies and the question of what to do with them once "rescued." If you live in the Laurentians, it is imperative that you have a basic understanding of the creatures that share our region, as well as the governmental laws that apply to them. Otherwise, you are going to find yourself in a very precarious and emotional situation.

All babies are irresistible and between mid-spring and early summer, we are often treated to the beautiful sight of young wildlife out on their first excursions with their moms. These first few weeks out in the "big world" are a monstrous challenge for the families and sadly, the mortality rate is usually quite high. This is the law of nature.

Education for the little ones begins as soon as they are mobile enough to keep up. Time is short and there is much to learn before winter if they are going to survive. This is when they are most likely to run into trouble and when well-meaning humans intervene, often, when they shouldn't.

It is important for every person to spend a little time researching the basic habits of the local wildlife; this includes, city dwellers, as our encroachment has forced several species to adapt to urban living. It is vital to be familiar with their habits and be able to recognize when intervention is really necessary and when it is best to leave nature alone. For example few people know that baby fawns, unable yet to keep up with their mothers, are deliberately left alone in secluded locations, or, that baby raccoons sometimes wander away from their dens, but are soon retrieved by their mother. These are the mistaken orphans that should have been left alone.

First and foremost, it is imperative to know that regardless of the situation, it is illegal for a citizen to harbor any wild animal and that there is a heavy penalty for doing so. If you do find a baby animal, your calls to the authorities will result in you being told to return the animal to the forest and allow nature to take its course. Second, by mid-June, the few wildlife sanctuaries and rehabilitation centres we have are full and will not accept any new arrivals, so these calls will also prove fruitless. And final point, regular veterinarians are not licensed to treat wildlife, so they are unable to provide medical care or humane euthanasia. So, here you are, with an illegal baby, but absolutely no resources to deal with it and nobody to take it off your hands.

The laws governing animal welfare in Quebec are profoundly lacking and this issue has never been a priority for our governments, at any level. Many of the laws we do have are ineffective or conflicting and legal consequences for those who inflict cruelty, provided they can ever be brought to justice, are not even worth mentioning. Those willing to help animals, domestic and wild, are forced to do so under great restrictions with limited or no funding and there are just not enough of them to effectively manage the ever-mounting surplus of animals in need. The problem continues to escalate with no solution in sight. We are 50 years behind most other countries in regards to animal welfare; isn't it time for us to stand up for change?

We live in the Laurentians because we love nature but in order to live in harmony, it is important that we understand and respect our wildlife and act accordingly. The sign at the entrance to every wildlife park states, "Please don't feed or touch the animals." It is there for one reason, to protect us all.

Next month we will be taking a drive south to St. André d'Argenteuil so join us on our visit to this charming community.

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Observations The Battle Against GMOs

David MacFairlane - Main Street

"Here's what I'll do as President; I'll immediately implement "country of origin" labelling, because Americans should know where their food comes from. (They) must (also) know whether their food has been genetically modified, because Americans should know what they are buying ..." Barack Obama, on the campaign trail in 2007.

Genetically engineered foods are required to be identified, clearly, in the EU, Russia, Japan, China, Australia, New Zealand and many other countries around the world - 30 in all - because they recognise that genetic modification of plants poses significant health risks to consumers and to the environment and, in spite of US pressure, they have said "NO!"

Obama, during his election campaign in 2007, made a clear promise to legislate disclosure of GMO food but, instead, has vigorously supported GMO seed producers and even pushed through legal protection for these companies against any future lawsuits - the so-called "Monsanto Protection Act." He also promised to limit subsidies to large agri-businesses, and to provide incentives to support family farms, making entry into farming much easier than before. These promises, too, were broken and, instead, Obama has clearly supported the growth of farming worldwide by agri-business giants.

Regrettably, Canada has stood by and allowed GMO crops to dominate our farming industry and, today, our main farm outputs of corn, soybeans, canola and sugar beets are genetically modified. In fact, Canada is the third largest producer of GMOs in the world and, as cultivation expands and intensifies, even Environment Canada has begun to recognise "that ecological risks are emerging, such as super-weeds, pest resistance and adverse effects on non-target organisms." This government department goes on to say, "environmental scientists **do not yet know** what long-term impacts on bio-diversity and eco-system function could result from dispersing GMOs and ... herbicides and Bt toxins in the environment ..." So, you see, **even our own government admits ignorance** of the impact of cultivation (and consumption) of GMO plants, yet they have allowed their use, knowing the possible dangers. This is totally ridiculous and sociopathic, and we are left to conclude that **we are the guinea pigs, or lab rats, in this long-term experiment.**



Recently, while public opposition to the use of GMOs continues unabated worldwide, the USDA very quietly pushed through approval of "second-generation" GMOs, without so much as a squeak of dissent from anywhere. This time, it is Bayer AgriScience,

the second-largest agri-chemical company in the world, which received USDA approval of its new soybean plant, which is designed to resist an even more dangerous herbicide, named isoxaflutole (IFT). This herbicide has been classified as "a probable carcinogen" and is capable of causing extensive damage to both humans and the environment. The EPA says this about IFT ... "based upon a battery of acute toxicity studies, isoxaflutole **demonstrates developmental toxicity** and has been classified as a Group B2 carcinogen ... IFT is very phytotoxic ... is persistent and mobile ... may leach and accumulate in groundwater ... and surface water."

IFT is immeasurably worse than glyphosate, which is the active ingredient in Monsanto's Roundup herbicide, currently sprayed on earlier-generation plants, and now showing major resistance and dwindling yields. Glyphosate has already destroyed biological diversity in farmland and ground and surface water sources.

This new "generation" of herbicide-resistant plants has been brought to market because the previous iteration has resulted in so-called super-weeds (think giant, ugly, monster weeds that defy extermination and completely overwhelm and ruin once productive fields). Monsanto and Dow are not far behind Bayer. They have been busy designing their own "second-generation" crops. Monsanto will soon have new versions of corn and cotton, while Dow has its own versions of 2,4-D-resistant corn and soybeans.

When you add the use of neonicotinoid insecticides to these dangerous herbicides, the problems become even more serious. These are a class of systemic insecticides that are taken up internally by the plant and transported to all the tissues - roots, stems, leaves, flowers, pollen and nectar. They affect the central nervous systems of insects, causing paralysis and death. They are used against sap-feeding insects, such as aphids and root-feeding grubs, and are applied to more than 140 crop varieties. By 2008, neonicotinoids had a 25% share of the world insecticide market.

Neonicotinoids are acutely toxic to bees and other pollinator species, and even at sub-lethal doses will disrupt foraging behaviour, homing ability, communication and larval development. Their immune systems are also impaired, making bees susceptible to parasites and disease infections. Bees have abundant genes for learning and memory, used for their systems of social communication and organisation, but few genes for detoxification of harmful chemicals, unlike many other insect species.

Worldwide declines in bee colonies (known as Colony Collapse Disorder) are threatening global agriculture, because bees are needed to pollinate most agricultural crops and the economic value of their contribution is estimated to be over \$200 billion (2005). A study by the University of Stirling (UK) concludes that, "there is an urgent need to develop alternatives to the use of neonicotinoid pesticides on flowering plants wherever possible." Most of Europe has banned the use of neonicotinoid insecticides, but we still forge ahead, regardless!

When you look around, it must be obvious that our world is very sick. The earth, air and water are being poisoned, people have been reduced to ciphers, animals are units of profit, the quality of life is declining in spite of advances in technology and science, wars (state-sanctioned murder) have become so banal, they are perceived as natural occurrences, ethics and integrity are derided and love has become redundant. We have become a disposable society of throw-away things and relationships. We have lost authenticity.

Isn't it time we woke up? Ding-a-ling-a-ling!

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Co-owners: Steve Brecher, Susan MacDonald

Advertising Sales: Steve Brecher

Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

Art Director/Management Consultant: Elle Holland

Contributing writers: Ilania Abileah, June Angus, Joan Beaugard, Peter Cloutier, Grace Bubeck, Lys Chisholm, Chris Collyer, Dale Dawson, Sheila Eskenazi, Beth Farrar, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Efrat Laksman, Lori Leonard, Lisa McLellan, Yaneka McFarland, Jessica Million, Marcus Nerenberg, Melanie Parker, Claudette Pilon-Smith, Tiffany Rieder, Frans Sayers, Michèle St. Amour, Christina Vincelli, and countless other contributors from the Laurentian community at large.

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Simply Words on Paper ParticipACTION Longest Day of Play List Not Likely For Most Kids

Jim Warbanks - Main Street

Many readers will recall the much earlier ParticipAction campaign urging Canadians to get out and exercise because, shamefully, our average fitness age fell well short of Scandinavian adults. It was aggressively promoted and did have a certain impact.

A much more timid campaign was launched on June 24: the ParticipACTION Longest Day of Play List – 24 things every Canadian child should do by the age of 12. Unfortunately, given the level of inactivity among children and the growing levels of obesity, only a small proportion of the targeted youth could be expected to accomplish even the rather undemanding tasks listed.

The reasons for this decline in the level of physical activity among children are obvious. The allowed physical activities at recess in schools have been severely curtailed. The prevalence of video games and the time spent vegetating in front of a television limit opportunities to achieve and maintain a decent fitness level. The scourge of helicopter parents, who ferry their kids everywhere, from the time of arranged play dates through adolescence, assure that these youngsters are unlikely to take the initiative to explore their environment. Organized sports programs tend to be very scripted and time-sensitive, which discourages true “play” time.

Down hill

Most of the proposed activities would have been taken for granted, even a generation ago. Not so today. Seeing a Coke commercial involving a short segment of a person actually enjoying rolling down a sandy hill motivated me to re-read the play list. Number 10 suggests rolling down a big hill. How many kids have ready access to a big hill? How few would even consider rolling down? Sliding down something on a piece of cardboard is also improbable.

There are several activities that would be prohibited as inherently unsafe by cautious adults. Experience total weightlessness at the top of a swing; hang upside down from a tree limb; ride a bike with no hands; create an obstacle course; swim in a lake or ocean; jump into water cold enough to almost take your breath away; bury someone you love in the sand. Why attempt these last three activities when a heated, sanitized pool is available close by?

Some of the suggestions made me feel sad for the unfortunate youngster who has to be prompted to experience such simple joys: skip stones across water; build a fort (it could collapse!); jump in a pile of leaves; fly a kite (hand-made?); throw rocks or snowballs at a post from a distance until you get a bull’s-eye (you might hit someone...or something); make up a game involving a ball. The very concept, competitiveness, inherent dangers, need to assemble and organize teams for (gasp!) dodge-ball all seem like insurmountable challenges now.

Stare blankly

Play leapfrog and piggy back are two games that require no equipment or little preparation, just motivation. I am willing to wager that most 12-year-olds would stare blankly, if that were proposed to them.

Collect something in a forest and hike somewhere for a picnic both appear to be non-starters. Besides limited access, imagine how the lack of supervision would be greeted by politically-correct guardians.

What else is on this list that might be achieved by the average pre-teen? Paddle a canoe? Possible, but only in a supervised camp setting. Try a sport requiring a helmet? A somewhat mysterious entry since some propose the use of helmets for any activity that requires movement. How long before soccer moms insist that their precious charges wear approved helmets to play soccer, since there is an alleged increasing incidence of concussion from heading a ball, (or simply prohibit heading until most of the kids decide to abandon the sport in their teens?).

In the rain

Play outside in the rain? Perhaps, if the child is wearing full rain gear, but that defeats the purpose, does it not? Make a snow angel? (Gasp!) In our secularized society, where Christmas has become virtually unmentionable, how did this insensitive suggestion make it past the censors / lawyers? Obviously, demeaning and sufficiently inclusive. People who profess faiths that do not include these winged wonders, as well as atheists, would march in the streets. Or would they?

Sigh! This leaves only a single item to consider: number 13 on the list is to make up a dance routine. This might just work....

In all fairness, there are some youngsters who potentially get to experience some of these simple activities now threatened with extinction. Some Scout / Guide troops and 4-H clubs fulfill the role of promoting health-play activities. It is a pity that so many kids today will miss out.

Coming Up On Facebook This Month



This month on Facebook we will be bringing you highlights from the artistic performances being presented during the acclaimed Festival Arts St. Sauveur from July 31 to August 9. Local news updates, summer closures and some interesting articles will all be posted over the next few weeks along with some summer health tips and any advisories. We will also be following the progress of the cycling crew from Canada Cycles for Kids as they cross the Rockies raising funds for the Children’s Wish Foundation. Keep checking back to see what’s new and exciting in the Laurentians.



LITIGATION WITH LAND?

I’M YOUR MAN!

Me PAUL JOLICOEUR, LAWYER
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ABOUT SAINT-ADÈLE

Chris Lance - Main Street

In the March 2014 issue of L'Actualite Adeloise, on page 4, there are 4 paragraphs about our performance as a town of how we dispose of garbage, compared to the rest of La Belle Province. Sainte-Adèle did not do

well – too much garbage, not enough recycling and even putting the wrong stuff in the wrong bins (mixing blue and black). So, be forewarned; Mayor Charbonneau has hired a garbage police person. She goes around neighbourhoods, opens your garbage and checks if you have put the right thing in the right bin. One citizen I spoke to explained that the “garbage specialist” rummaged through her blue and black boxes on her private property. The garbage lady then knocked on the door and explained that the citizen had put certain things in the wrong bin and that she would be issued a warning - this time. Next time, it would be a fine. So, if you see someone bent over inspecting your garbage, it's not a bag lady or CSIS, or the tax department, it's the Garbage Police!

In the June 2014 edition of L'Actualite Adeloise, on page 3, another set of garbage rules has been put into effect. If you place your garbage or recycle bins on the road before 6 pm the day preceding pick-up, or leave them after 10 pm on collection day, you will be fined \$100 plus costs. There is also a note saying this will be “severely applied and controlled.” If you want more information, call le Service d'urbanisme at 450 229-2921 ext. 114. There is no point in being funny; garbage is smelly and there is money to be made in garbage, as we pay taxes to have it picked up. Now, we will have fines for improper placing of garbage bins and fines for improper sorting of garbage. Soon, I am sure there will be continuing education courses, earning garbage credits that can be used against the fines; courses offered at the elementary school level, as so few Quebecers make it through high school. Garbage in – garbage out.

Last June 16, the town council presented its year-end for 2013 - a surplus of \$963,214. The mayor was pleased with this outcome of “over-taxation.” He waxed positively about all the social events and cultural programs for all seasons as a result of the completion of La Place des Citoyens and the surrounding Parc Claude-Henri-Grignon.

The Soirees Nostalgia runs from July 5 to July 26. All the programs can be found at www.ville.sainte-adele.qc.ca or call 450 229-2921 ext. 244.

The summer season is in full swing: there is tennis, soccer, skateboarding, walking, running and swimming. All the parks are open from 6 am to midnight, except Parc Doncaster, which opens from 8 am to 6 pm. The swimming at Lac Rond is from 10 am to 7 pm. The swimming is free if you have a citizen card, which you can get at the library.

If you are a weekender, remember to get a neighbour to put your garbage out and then take the bin back in. If you don't or you forget, it could be an expensive fine every time you come up to your cottage. If you see Mayor Charbonneau – honk and wave.

Have a great summer.



News Wire From Weir

Claudette Smith-Pilon - Main Street
News From City Hall

Montcalm is aiming towards economic development

Welcome to our new local development agent, Dominique Cadieux, and his administrative assistant, Marise Matte. For details: 819 681-3383 local 5804. A project in the works is a general store in the village of Weir. It is a project for the people by the people! Presently, 80% of citizens would become members of the COOP. Have you been surveyed?

Welcome to our new fire chief, Mr Yves Robitaille, who has recently retired from the Montreal fire brigade after 30 years of loyal service. Would you consider becoming a volunteer fireman? If so, call the municipality for more information.

Hiking path: A grant of approx. \$20,000 was awarded to refurbish the hiking path so it will meet the criteria of “Fédération de la marche.” Work will continue throughout the month of July. Access to Mont Larose will soon be clearly identified and welcoming to citizens and tourists.



Upcoming events:

Saturday August 2: Starting at 4 pm - Family Fest

Friday September 5: 9 am - Challenging Rally: Come see the cars and meet the drivers 9 am -10 am.

Thursday December 4: 9 am – noon - vaccination

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

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations and welcome to:

Johanne Joliat, Pierre Senez and Denis Levesque, who opened **Adèle Bistro**, 1241 chemin du Chantecler, Ste. Adèle, late in 2013. Chef Michael Lessard, formerly of L'eau à la Bouche, provides a delicious, semi-gastronomic menu.



Two sommeliers are on site to suggest excellent wine choices. Local and seasonal produce is always used. Open Tuesday to Friday: 11 am – 4 pm and for dinner: 4 pm to 9 pm. Brunch, lunch and dinner are available on weekends. Tapas and wine/cocktails are available on Thursdays. Ambiance is great, particularly with Pierre on site to share his boyhood fishing stories and tales about his “famous chaloupe”! 450 229-4894

Diane Lacelle, who opened a new **denturology clinic** at 1405 boul. Ste. Adèle, Ste. Adèle. The clinic is open 7 days a week for repairs, new dentures, etc. If you are not mobile, someone can visit you at your home to assist you with your denture requirements. 450 745-0339, www.cliniquedenturo.com

Willy Pollett, owner of **Piscines St. Sauveur**, has moved to new premises at 129, rue Principale, St. Sauveur. Pool supplies, pool systems and pool opening/closing services and repairs are available. Please call 450 227-3212 for business hours. www.piscinestsauveur.com.

Marc Colangelo, the new owner of **O'Bodum restaurant**, 220 chemin du Lac Millette, St. Sauveur. The restaurant features large TV screens and an exciting new breakfast/lunch menu. In late August or early September, Marc will offer dinner on Thursday, Friday and Saturday evenings, with an expanded wine list. Fish 'n chips, chicken wings, and steak with fries (plus more) will be on the menu. 450 227-0458.

Stéphane Couture, Jack Allen Abramovitch and Jason Abramovitch have opened **Mi Casa Automation**, 6 Préfontaine est, Ste. Agathe. They will provide comprehensive services in security alarms, camera systems and home automation. Their service will extend well beyond the initial sale and installation of a system, and their team will provide presence and peace of mind to all of their customers 1 877-787-2010.

Audrey Marleau, who recently opened **Le Bouillon** (Fondues Urbaines Bar), 575 Principale, Lachute. They offer a variety of delicious fondues, tapas and burgers daily. On Wednesdays, it's “all you can eat - mussels” from 5 pm - 9 pm. They have a lovely terrace, where you will enjoy a cold draft, or a refreshing jug of sangria with family or friends. 450 562-4323.

Seniors and Families at the Heart of Argenteuil



Maude Marcaurelle – Main Street

Need a Helping Hand?

For the past four years, the Coopérative solidarité Coup de pouce Argenteuil has continued to shine due to the professional services of domestic help and personal assistance it provides to residents of the MRC d'Argenteuil.

Whether it is for occasional work around the house, or for housekeeping services, Coup de pouce addresses the important needs of the population. Rates are adjusted according to the client's income. In many situations, especially for seniors wishing to stay home as long as possible, the help of a trustworthy individual to prepare meals, do errands, or offer a few hours of respite to a caregiver is very valuable.

Anyone 18 years of age or older, who resides in one of the nine municipalities of the MRC d'Argenteuil, is eligible to receive services provided by Coup de pouce. Fees vary depending on the type of service required and the age, annual income and marital status of the client. Anyone 70 years of age or older is eligible for a tax credit. For a personalized assistance plan, contact Coup de pouce Argenteuil at 450 562-9993.

If you have any questions concerning other services in the area that could potentially meet your needs, or you simply need someone to talk to, contact Maude Marcaurelle, liaison officer for seniors, at 450 562-2474, ext 2304.

Not to be Missed this Month!

5th Edition of the Coureur des Bois Challenge in Gore – July 29
Everyone in Argenteuil is invited to the Coureur des Bois Challenge on July 29: 10 am at 45 Cambria Road. The event will also have a family component with a ton of activities for all ages, including a WIXX area for the kids. The Challenge combines an 8 km race with a ¼ km swim. Other races will also take place during the day: 2 km for kids up to 15 years and a 2 km for those aged 70 and over. Participants can register on event day from 10 am -11 am. For more information call Tammy Hall at 450 562-2025, ext. 21.

Festival de la famille d'Argenteuil - July 26 to August 3

The festival has a day reserved for seniors called Bel âge et à mobilité réduite. The entrance fee is \$5. Entertainment includes: Polyphonie: 1 pm to 4 pm, Mozus: 7 pm, Chantal Pary: 8:45 pm.
To see the entire program, visit www.festivalfamille.ca.

Lakefield-Mille Isles Women's Institute Celebrate 95th Anniversary



The Lakefield Women's Institute first met on New Year's Eve in 1919 at the same time and place as the existing Farmer's Club. Future meetings were important as social events as well as a way to learn how to care for the health, nutrition and safety of one's family. Recipes were shared along with sewing patterns and, of course, the local news.



Front row, Judy Kenton, Jean Edwards,
Back row, Patricia Crocket, Ann Cochrane
Missing from photo, Conne Vipond, Corrine Connolly

The Farmers' Club was disbanded in the 1940s, however, the Women's Institute continued, doing charitable work and helping needy neighbours donating food, clothing and pieces of furniture. At times, they also bought boots and knitted mitts for needy school children. They donated items such as brooms, whisks, waste paper baskets and pans to local schools, all bought with money raised by fundraisers such as annual picnics, social evenings, card parties and church concerts.

The Mille Isles Women's Institute was created in September 1939. These two Branches joined together in the early 1980's to be called Lakefield-Mille Isles. They have continued to do charitable work for the surrounding communities such as providing funds for continuing education, supporting local food banks and helping at senior residences. They are a notable presence at the Lachute Fair, providing monetary donations and exhibiting their crafts, which include knitting, quilting, embroidery, painting, culinary arts, or anything that can be made by hand.

The Women's Institutes continue to be active as a worldwide organization, bringing together many women in many countries. It is an organization that unites these women with their desire to help one another through education, sharing life experiences and learning about everyday life.

Congratulations to Lakefield-Mille Isles on this special anniversary!

News from Holy Trinity Church

• **Soaking Time:** For many months, we have been running what we call "Soaking Time;" music playing in the church, providing a background to a period of quiet, conversation-free reflection. In the evenings, we play classical music, in the afternoon, traditional hymns. These soaking times (which are as popular as our regular services) occur on the same Sundays as our regular services, which are on the 2nd and 4th Sunday of the month over the summer period until Thanksgiving. After that, we will move to our winter schedule. To improve the sound of music up to the quality of the acoustics of the church, we are purchasing new music equipment, funded by grants from the Diocese of Montreal and the Anglican Church of Canada. Both grants were only available for new initiatives involving community and neither for building upkeep.

• **School Bags:** Over the summer months, we will repeat our annual Schoolbag Project in which we provide school supplies to the residents of Gore who need assistance in bearing the costs of having children at school. For first-time recipients, we provide a school bag for their supplies and for all we provide the supplies required by the School Board. This year, we are calling for donations of used schoolbags or backpacks in good condition, which will be passed on to those who have received a school bag in the past, but that has now worn out. The letter that went out to schools received a very positive response.

• **Concert:** On Saturday July 5 at 8 pm, Glenn and the Watchmen, a crooner revival group, played at Holy Trinity. This was our first concert in 2014. Many of you will remember Marc Morin, a resident of Gore who was very instrumental in bringing in the musicians for our concerts from 2006 - 2013. Marc and Glenn Lévesque, both members of Glenn & the Watchmen, also play in MG3, a well-known and appreciated Montreal guitar trio.

• **Building projects:** Our work would not be complete without our building projects. We continue to beautify the core of Lakefield of which the church is a major part and to be more environmentally responsible in maintaining the structure of the church. This summer, we will be insulating the basement to reduce energy use, repairing the eaves and installing illuminating lights to make the view from Cambria and from Rte. 329 more attractive. The lighting is possible as a result of a generous bequest.

Family BBQ at St. Eugene Church

148 ch. Watchorn, Morin Heights
September 7: 11 am - 4 pm.

We have received several requests to date so for the table rentals. Therefore, the deadline for reserving a table will be August 15. After that date, registrations will be accepted depending on space availability. There will be a small fee to help cover the marketing costs: non-profit organizations \$10 and \$25 for-profit enterprises. This fee includes your name published in our pamphlet being mailed to every Morin-Heights home. There is also an opportunity for businesses to buy a complete business-card spot in the mailing pamphlet for \$25.

For more info or to register for a table, please call the church at 450 226-2844 or email Johanne at johanne.leblond@gmail.com

NEWS BITS FOR JULY

MRC ARGENTEUIL

Argenteuil Liberal Association launches its youth committee

The Argenteuil Liberal Association's president, Bernard Bigras-Denis, presents the achievement of one of his first commitments, the creation of a committee for Argenteuil's young liberals.

The Argenteuil Young Liberals Committee aims to bring together the riding's 16-25 year-olds to allow them to stand up for their interests within the Liberal association. Argenteuil's young liberals are invited to join the committee and to attend the next youth wing members' congress to be held in Lennoxville, August 9 and 11. More information can be found on the youth wing's website (www.cj.plq.org). For committee info email assoliberaleargenteuil@gmail.com.

The MRC d'Argenteuil receives the 2014 Culture and Development award

The MRC d'Argenteuil was named winner of the Prix Culture et Développement 2014 award in the 20,000 to 100,000 inhabitants category

The MRC d'Argenteuil was awarded the Culture and Development prize at the 27th conference of the community arts network, in Alma in recognition of its 53-minute documentary, "La gare de Lachute, une épopée formidable." The documentary tells the story of the railway and the old Lachute train station and the important role they played within the Argenteuil community. The MRC would like to thank the creators of this magnificent audio-visual document, namely Catherine Lapointe, for the original project idea, and Maxime Hébert and Robert Simard, who co-directed the documentary.

MRC PAYS-D'EN-HAUT

New appointments to the board of directors of Pays'D'en-Haut

President, Réjean Charbonneau and CEO, Mr. Stéphane Lalande, are proud to announce the appointment of Mme. Sylvie Bolduc and M. Normand Durand as new members to the CLD's Board of Director in Pays-d'en Haut, to the positions of financial sectors and Travel Services.

Open-church tour

On May 31, thirteen churches in the Pays d'en Haut region participated in the open-church tour. Over 800 visits were made to the various churches throughout the day. This unique opportunity to explore the historical churches of the region was made possible due to the collaboration of the Conseil du patrimoine religieux du Québec (CPRQ), la Caisse Desjardins de la Vallée des Pays d'en Haut and the Historical and Genealogy Society of Pays d'en Haut.

Dragon Boat Race Day

For this year's edition, the finals were played out between the team of King Communications / the Chamber of Commerce Saint-Sauveur and the municipalities of Morin Heights and St. Adolphe d'Howard. It was a very tight race, eventually won by the Municipality of Morin Heights. As is customary, the winning municipality's flag flew from the flagpole in front of city hall.

St. Sauveur

Soup Kitchen - Week of Sharing a huge success

The Soup Kitchen of the Valley of Saint-Sauveur collected a total of \$ 13,516 during the "Week of Sharing," which took place from May 10 to 19. A huge THANK YOU to all the people of our region for their unparalleled generosity. These funds will be used to maintain the mission of the Soup Kitchen, and to serve full meals on Mondays, Tuesdays and Thursdays from 11:30 to 12:45, in the basement of the rectory St-Sauveur, Tuesday at St. Adolphe d'Howard and Sainte-Anne-des-Lacs on the first Wednesday of the month until September.

MRC LAURENTIDES

Mont Tremblant

Governments of Canada and Quebec invest in public transit infrastructure

The Honourable Denis Lebel, Minister of Infrastructure, Communities and Intergovernmental Affairs and Minister of the Economic Development Agency of Canada for the Regions of Quebec, the Minister of Transport and Minister responsible for the Montreal region, Robert Poëti, and the Mayor of the City of Mont-Tremblant, Luc Brisebois, are pleased to announce that four new bus shelters and five bike racks have been installed on the territory of Mont-Tremblant with contributions from the Governments of Canada and Quebec.

The new bus shelters have been installed at the following stops: No. 44 in front of the tourist office on the way to Brébeuf; No. 30 to the intersection of Saint-Jovite and Pioneer; No. 29 at the intersection of Boulevard Dr. Gervais and Cadieux Street and No. 56 at the intersection of rue Labelle and Montée Ryan.

MRC ANTOINE-LABELLE

Mont Laurier

Support for the implementation of specialized studies

The Minister of Energy and Natural Resources and Minister responsible for the Laurentian region, Mr. Pierre Arcand, announced on behalf of the Minister of Forestry, Wildlife and Parks, Mr. Laurent Lessard, the award of financial assistance in the amount of \$29,625 to Uniboard Canada Inc. This amount will be used to perform a feasibility study on the construction of a cogeneration plant on the site in Mont-Laurier. "The project we are supporting today will enable the company to increase the capacity of its plant to better serve its customers and improve its competitiveness. Well established in our region since 1987, counting 85 employees and a turnover of \$45 million, Uniboard Canada Inc. will be able to consolidate dozens of jobs by investing in the modernization of some of its facilities.

Changing attitudes

Again, I was moved to tears whilst watching the funeral of the three fallen Mounties in Moncton NB; such an outpouring of love and concern from their peers and the community to individuals doing a very dangerous job.

Officer Eric Czapnik gave his life in the line of duty on Dec. 29/09 while sitting in his car at an Ottawa Hospital - another senseless killing that stirred the nation, and now, here again, we have all been touched to the core by the three deaths in Moncton by a deranged individual.

Maybe it's time to think of these officers, these members of the community, not as the "bad guys" who give out tickets, but as those who would go to extraordinary lengths to protect us and keep our communities safe.

Let's change this stigma, and make a conscious effort to "THANK A COP." Attitudes change when we change. Start a trend and make a cop your friend!

Ken Draycott
Downtown Cushing.



Birth Announcement

Chantal Séguin and Gergely Tóth (Browsburg-Chatham) are pleased to announce the birth of their daughter, Brooke Ilona Tóth. Born June 12, 2014 at the Hawkesbury

General Hospital, she was 7 lbs. 9 oz. Brooke is a little sister for Owen. Proud grandparents are Danielle Joly & Willard McArthur and Luc Séguin & Suzanne Tilsley and Erika Istenes (all from Brownsburg-Chatham) and Ferenc Tóth & Zita Bányai (Miskolc, Hungary). Our precious child is also a great granddaughter for Ilona Elischer and great great-granddaughter for Ilona Lote (Miskolc, Hungary).



A New Year Ahead

Christina Vincelli - Main Street

Laurentians CARE believes education is the gateway to an improved quality of life and in extending longevity in the home. One effective way people can gain important knowledge is by learning how to navigate the health and social service systems in their area. Our new plan of action for the next 2 to 3 years includes a dynamic approach to providing home and health care maintenance and management, and, to improve communication and expectations between primary healthcare professionals and their patients.

Knowing what legal rights you can expect within the health and social care system has become our priority. We can provide that support in regards to the proper resources now available through our new legal resource contact. Steering you in the right direction is our way of ensuring our caregivers are well taught, trained and supported for the work they do.



This year, Laurentians CARE has embarked on a special project to film seniors out and about in their community. The purpose is to point out that seniors enjoy life the most when they can remain in their own home, surrounded by loving care. But, this can result in a toll that weighs heavily on the caregiver. This video sheds light on challenging situations that at times, can be a harsh reality, especially when request for aid is denied.

McGill University has asked Laurentians CARE to provide a presentation for the MLLL department, focussing on seniors' needs and how they cope while living in the Laurentians. Christina Vincelli (Executive Director and Founder of L-CARE), Chris Wynn (director pertaining to Dementia / professional videographer), have already visited several families in various areas to gain knowledge of their individual experiences that will be transcribed into a video. Anyone interested in attending the August presentation at McGill can call L-CARE for information. The presentation will also be offered in the Laurentians at this year's AGM in late August.

The majority of seniors and caregivers are unaware of the lengths to which municipalities and regional groups will go to in order to monitor and provide needed services. One such organization is Le Table de concertation régionale des aînés des Laurentides (TRACL).

L-CARE was the first English community organization that joined TRACL then known as TRAL. Laurentians CARE is proud to remain an active member providing information pertaining to seniors living in the upper Laurentians as well as the needs from the Anglophone community to this organization. Working together with our French partners has always benefited L-CARE and we look forward to continuing our mission with TRACL.

Our work is done. In August, the AGM will bring in a new Board of Directors comprised of professionals with direct links to information pertaining to elders and caregivers, their needs and their safety.



The English Link Mobilys

Laura Young - Main Street



Quebec is facing a big challenge; too many youth are dropping out of high school. The Agence de la Santé et des Services Sociaux des Laurentides puts the rate at 19.2% for the Sir Wilfrid Laurier School Board for the 2009-2010 school year. This number includes English schools in the Laurentians, Lanaudière and Laval regions. This is important to us as a society because, although there are exceptions to every rule, people without a high school diploma are more likely to be unemployed, or have lower-paying jobs, than high school graduates. With new programs aimed at keeping our kids in school, there has been a reduction in dropout rates over the last ten years although areas like the Laurentians, outside of the big cities, are still struggling with student retention.

The Mobilys Foundation is a non-profit organization whose mission is to mobilize Quebecers so that the academic success of our youth becomes a collective priority. The old saying, "It takes a village to raise a child," is part of the philosophy behind this organization. Local businesses and citizens are encouraged to donate time, money and/or materials to their local schools. Mobilys believes that when children feel supported by their community, and recognized for their efforts, they are more likely to become actively involved in continuing their education. Local celebrities, including Georges St. Pierre and Alexandre Bilodeau, are lending their voices and participating in a fun project where they share their high school graduation photos on the Mobilys website.



Sainte Agathe Academy was chosen to be part of this pilot project. Chantal Paquin, a behaviour technician from the school, states that although they have a low dropout rate, the dedicated staff and administration agreed to participate in a lengthy process of meetings and training sessions in Montreal and to allow a film crew into the school to create a short video promoting Mobilys. On April 23, Sainte Agathe Academy and Mobilys officially launched the project and invited members of the community to join the students and staff to view the video.

Sainte Agathe Academy's new Facebook page announces all the activities and positive things taking place to help raise awareness of the school and its special projects. One month after the launch, the number of people following them on Facebook has doubled. To help a school in your area or to read more about Mobilys, check out www.mobilys.org.

For more about the dropout rates in Quebec and the Laurentians:
<http://www.statcan.gc.ca/pub/81-004-x/2010004/article/11339-eng.htm>

Wedding Congratulations

On July 5, friends and family gathered to witness and celebrate the marriage of Sylvie Barsalo and Barry Young, adoring friends and partners of several years. May they continue to share a lifetime of love, peace and happiness. Congratulations to you both.



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Marché Découvertes and the Laurentian Farmers' Markets

Among the Laurentian Farmer's Markets, The Marché Découvertes d'Argenteuil is unique in that it visits three different cities, St. André d'Argenteuil, Lachute and Brownsburg throughout the course of the summer season, June to September. During the month of July, the market is set up in St. André in the Presbyterian church parking lot (1, route des Seigneurs) and is open from 9 am - 1 pm.

August 3 to September 13, from 9 am - 1 pm, the market moves to Lachute and can be found at the junction of Rte. 158 and Rte. 329. For the last two weekends, September 20 & 27, the market heads up Rte. 327 and sets up at the corner of rue Principale and Rte. 329 (9 am - 1 pm).

Since its beginning, several new members have joined this local coop, which now includes over fifteen members. For those who enjoy the freshness of locally produced food, the market offers an array of delicious products including seasonal fruit and vegetables, various meats (sanglier and lamb), sweets (chocolates, caramels and honey) and artisanal treasures such as soaps and "home-grown" blankets. Aux cassis d'Argenteuil offers refreshing

beverages transformed from the unique cassis berries and there are several other interesting booths to browse through as well. While the coop members join together on market days, many also offer their products straight off the farm and there are a few who will provide food baskets filled to the brim of what's ready each week. To discover the full list of producers, please visit www.decouvertesdargenteuil.com. Drop by and meet the passionate producers who take pride in providing the best of the best for your table.

Other markets offering wholesome goodness are:

Mont Tremblant: Saturdays, until Aug 30: 9 am to 1 pm. Located in the heart of the old Tremblant village, next to Lake Mercier and the train station.

Ste. Agathe: Thus far no Farmers' Market announced for this summer.

Val David: Saturdays, until October: 9 am to 1 pm. Over 50 producers, many sell organic products! Located at Rue de l'Académie, on the corner by the church of Val David. 819 322-6419. www.marchedete.com.

Ste. Adèle: Saturdays throughout the summer: 8:30 am to 3 pm at Park Grignon, in the heart of town.

Morin Heights: Every Friday afternoon from 2 pm - 6 pm. 148 Watchorn Road, 450 226-2789. morinheightsmarket@gmail.com.

Lachute Farmers' & Flea Market: 25, rue Principale, Lachute. Every Tuesday from early mornings to late afternoon. 450 562-2939. www.lachutefarmersmarket.com.

Celebrating Canada Day



On July 1, even the very young spent the day celebrating Canada Day.

Photo submitted by Kathryn Beaven.

COMING SOON: **ECOLOGICAL LOG SPLITTER POWERED BY YOUR ELECTRIC PRESSURE WASHER**

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Agri-forest Equipment Inc

Toll free: 1 866-681-0550
Cell: 514 816 2251

info@andersonagri-forest.com
www.andersonagri-forest.com

Produce high quality split kindling & firewood. BAG & STACK directly from machine - ready for drying & delivery



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Use **QUADIVATOR ATV** Equipment to care for your terrain. Benefit and have fun whilst using your ATV!!!
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La croûte et le fromage

Delicatessen • Fine Cheese Bakery • Ready-to-Eat Meals Cold Buffets • Wine & Cheese Parties

LUNCH COUNTER:
Prepared meals & cold buffets. meat pies, chicken pies, ragoût

Marc Tremblay and Deanna Copp
254, Bethany, Lachute

450 566-0660

Closed on Sunday

Visit Facebook



Out & About

Ilania Abileah - Main Street

child accompanied by adult \$5. 819 323-8956, www.lumieressur-lelac.com

Happenings at Park Filion - St. Sauveur - See Page 18

Summer Festivals Music & Dance

16th Upper Laurentians Classical Music Festival

Sat, July 19: Marie-Josée Lord Quartango (Centre culturel de la Vallée de la Rouge, Rivière Rouge); **Sun, July 20:** 7:30 pm: Luis Ledesma (Mont Tremblant Village church) and at the same church on **Sun, July 27:** 7:30 pm: Chamber Music by the Alcan Quartet. **Sat, Aug 3:** 7:30 pm: tenor, Simon Gfeller (Nominique Church). **Sat, July 26:** Michel Brousseau with the Nouveau-Monde Philharmonic Orchestra, plus choir with soprano, Maria Knapik and baritone, Pierre-Étienne Bergeron (Mont Laurier church). www.concertshautes-laurentides.com Tickets: Regular \$32. 1 877 545-3330.

Jazz Festival - Mont Tremblant

Nearly forty free jazz concerts, **August 6 to 10.** 5 jazz-filled days presented on 2 outdoor stages, and in cafés in Saint-Jovite (downtown sector) and the old Mont Tremblant village. The R.C. Jazz Ensemble, directed by Raoul Cyr, will open the festival on **Aug 6: 9 pm.** Info: 514 994-0543. festijazzmttremblant@gmail.com



Jazz Fest Mont Tremblant - R.C. Jazz ensemble

Festival des Arts de Saint-Sauveur - See Page 21

July 31 - to Aug 9. Ticketed performances and free shows in the park! Not to be missed!

Sunday Brunch Concerts Cammac - Harrington

CAMMAC presents its traditional Sunday Brunch Concerts. **July 20:** Pallade Musica (baroque matinee); **July 27:** Quatuor Bozzini (contemporary, experimental music); **Aug 3:** Oliver Jones (piano) and Eric Lagacé (double bass); **Aug 10:** a trio of clarinet, viola and piano. **Aug 17:** Antoine Rivard-Landry, (piano - winner of the 2013 Trois Rivières orchestra competition). Concert & brunch: Adult \$35, children \$14. Concert only: Adults \$20, children \$5. Info: 819 687 3938 national@cammac.ca. **Festival**

Lumières Sur Le Lac - Ste. Agathe

Concerts held at Place Lagny **July 23 to July 27** starting at **7:30 pm** with a different opening act each evening. **July 23:** All Star Show with Andrée Watters, Brigitte Boisjoli, Marc Déry, Sylvain Cossette and William Deslauries. **Thurs, July 24:** Marie-Mai. **Fri, July 25:** Zachary Richard. **Sat, July 26:** Boogie Wonder Band. **Sun, July 27:** Roch Voisine. Tickets: Family rate 2 adults + 2 children \$56. Regular: \$25,

“Ça me dit” concerts in the park! **July 12: 7:30 pm:** Motel 72. **Sun, July 13: 7:30 pm:** the Bootleggers. **July 19 & 20: 7:30 pm:** Perri Canestrari is back; tribute to Elton John; Stephan Montanaro and the Salon-Expo of Laurentian authors. **Sat, July 26, 7:30 pm:** Tribute weekend: Floyd Memory. **Sun, July 27: 7:30:** tribute to Louis Armstrong. **Aug 3: 7 pm:** Circus Géronimo. **Aug 15, 16 & 17: 7 pm:** Blues Festival. vallee-saintsauveur.com.

Garden Concert - Prévost

The 5th annual Garden Concert - **Sun, July 20: 2 pm.** Two Laurentian musicians, Michel Dubeau (shakuhachi and flute) and Suzanne Berthiaume (harp) will play Japanese pieces and music by Debussy, Satie and Fauré. There is a dress code for this event! www.diffusion-samalgamme.com - Pay Pal or call 450 436-3037. In case of rain the concert will be held at Salle Saint-François-Xavier, 994 rue Principale, Prévost.



Garden Concert - Michel Dubeau

Sundays in the Park - St. Placide

Matinee concerts four Sundays in **July at 11 am: July 13:** Jazz Trio Cosmos. **July 20:** Artiq (traditional music from Quebec, Ireland, and other places. **July 27:** Eclectic Django, jazz manouche. In case of rain concerts will be held inside the church. www.artsetculturestplacide.com.

Old Love - Dinner theatre - Morin Heights

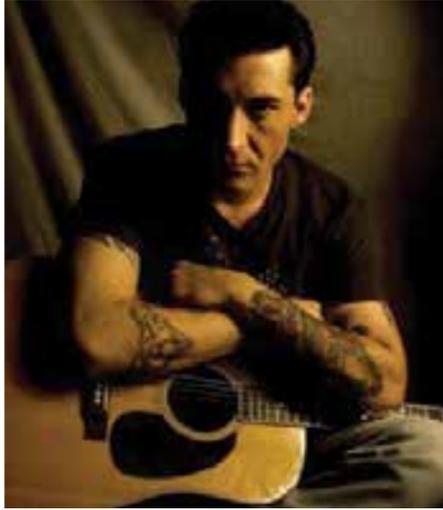
A play by Canadian writer, Norm Foster, about two people who discover that love has no age. With Corina Lupo and David Potter on stage, it promises to be a delightful evening! La Grange serves a nice supper at the same time. **Thurs, July 17 & 24, Sat, July 26, and Sat, Aug 2.** \$50 dinner and show! La Grange: 2 Meadowbrook, Morin Heights. 450 226-5005 or 450 226-5352.

Shakespeare in the Park - Morin Heights

Théâtre Repercussion presents Shakespeare-in-the-Park: “Harry the King: The famous victories of Henry V” at Park Bellevue (chemin du Lac Echo). **Sat, July 12: 7 pm.** Admission is free (contributions are appreciated).

The Man in Black - Tribute to Johnny Cash - Piedmont

Shawn Barker is known as the Johnny Cash tribute artist. He says that he is not trying to impersonate the iconic Johnny Cash, just his music. He is coming with his band and singers to amaze the audience with his rendition of Johnny Cash’s music. **NOT TO BE MISSED! Until Aug 30:** Tickets \$48.20 - \$63.20. Théâtre des Pays-d’en-Haut: 442, chemin Avila, Piedmont, 450 224-5757 www.tpdh.ca.



The Man in Black - Shawn Barker

Visual Art & Fine Crafts

Jessica Peters - Mont Laurier

Jessica Peters exhibits **July and August.** Maison de la culture, 385, rue du Pont, Mont Laurier. 819 623-2441 ceml@lino.sympatico.ca www.expomontlaurier.ca.

18th Annual Competition - St. Faustin

Annual competition exhibition: painting, sculpture, digital art and fine crafts. The public is invited to vote for their choice. Hours: **Wed - Sun: 11 am to 5 pm.** Maison des arts St-Faustin Lac Carré, 1171, rue de la Pisciculture, St. Faustin Lac Carré. 819 688-2676 maison.arts@cgocable.ca - www.maisondesarts.ca

Art in Nature - Val David

The Precambrian gardens open in July with artists creating works along the forest trails. “Art-Nature” 2014 invited artists are: Nadia Myre, Nicholas Galanin, Caroline Cloutier and Rafael Gómez Barros (Colombia). **Open daily 10 am to 6 pm.** Admission: \$15 (\$10 seniors, \$25 family). Les Jardins du Précambrien: 1301, Montée Gagnon, Val David. 819 322-7167. www.jardins-duprecambrien.com

Val David Exhibition Centre

“Le feu sacré” is an exhibition of works by Paul Simard and André Fournelle, two artists working in different metals in studio and at the foundry. Exhibit continues to **Sept 21. Wed - Sun: 11 am - 5 pm.** “Centre d’exposition de Val David, 2495, rue de l’Église, Val David. www.culture.val-david.qc.ca. 819 322-7474.

1001 Pots - Val David

This is the traditional summer destination with a large display of pottery. There are one-hour workshops for children including initiation to turning-table (children 12 and older) and a week of intensive

turning-table courses for beginner, intermediate and advanced. Please call for information. **July 12 - Aug 10: 10 am to 6 pm.** 2435, rue de l’Église, Val David 819 322 6868. expo@1001pots.com.



1001 pots

Val David Exhibition Centre

A group of Laurentian artists present large-sized artwork at the Val David church. Exhibition continues to **Aug 3. Saturdays: 10 am - 4 pm and Sundays: 1 pm to 4 pm.** letempsnous@yahoo.ca.

Murals - Ste. Adèle

An exhibition of mural-art by well-known Laurentian artists at Place des citoyens: Salle Rousseau Vermette, 999 boulevard de Ste. Adèle.

15th Route des Arts

There are forty member-artists showing at the gallery in St. André d’Argenteuil, now open on weekends. The thirty open-studios will receive visitors from **July 26 to August 3: 11 am to 6 pm daily.** Many of the artists are new this year or are returning after a few years of absence. The variety is amazing! A special project of painted doors, which is displayed at different municipalities, is part of this year’s event. The brochure is available in municipal offices and at regional merchants. www.routedesarts.ca.



Route des Arts Door - created by Monique Cyr Laframboise and André Gorayeb

Laurentian Museum of Contemporary Art - St. Jérôme

On Fishing & Flies - the world of fishing. Artists: Jean Paul Riopelle, Nadine Bariteau, Lise Labrie, Michèle Héon, Laurent Lamarche, Mathieu Latulippe, Aislinn Leggett, François Morelli, Bonnie Baxter, Louise Bérubé, Marie-France Tremblay, Elena Willis, Alain Lefort, Claire Brunet and Frédéric Lavoie. The exhibition continues until Sept 14. Musée d’art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. **Opening hours: Tue - Sun: noon to 5 pm.** 450 432-7171. www.museelaurentides.ca.

The hidden artistic treasures of Gore

During the 5th annual Coureurs des Bois event, the public is invited to discover the works of a group of accomplished artists (visual arts and fine crafts). Four members of Route des Arts will be participating. Expo Arts Gore: **July 19: 11 am - 4 pm** at the municipal park (ch. Cambria, about 2 km. from the 329).

Due date for next edition: July 20. Call 450 226-3889 or send material to ilania@IlaniaAbileah.com.

Art exhibition in Harrington

Normand Laurin – Special to Main Street

Hanging oil and watercolour paintings in the same place, at the same time, is a challenge but it can be, in some way, quite provocative. What an interesting adventure for visitors and artists; a perfect occasion to learn the differences and secrets of these two medias. Gilles Jean-Marie and Normand Laurin have accepted to hang their works side by side, giving them the opportunity to explain how they use technique to create art. Oil is commonly considered as being everlasting; watercolour, behind glass, so fragile and evanescent.



Gilles Jean-Marie

Born in Montreal, Gilles now lives in Saint-Côme, Québec. Because he desires to translate the delicate and fine texture of skin in his works, he is urged by the quest of the secrets of transparency. He paints with oil and uses its qualities to generate a smooth, pictorial finish. The result is particularly noticeable in portraits of young girls whose skin and hair have the softness of silk. Gilles is inspired by the great masters of the past as can be seen in his figurative paintings: still life, landscapes, portraits and animals. For the past few years, he has been teaching to communicate his passion for oil painting.

Normand Laurin

Normand hails from Chute-à-Blondeau, a tiny village by the Ottawa River at the eastern border of Ontario and Québec.

After three years of teaching in Ottawa, he left for Paris in 1963 where he earned a master degree in arts. For the next thirteen years he taught history and French literature in Suisse Romande. Returning to Canada in 1978, he continued teaching French literature and arts at College Marie-Victorin in Montreal. At the same time, he was in charge of watercolour courses at L'Art vivant gallery in Montreal, Old City Gallery in Trois-Rivières, and finally, at Auberge Val Carroll, where he exhibits every two years or so. His work is realistic but animated with lyricism so as to create emotion. His choice of colours, simplicity and scarcity of details suggest



“approach” more than precise statement. The exhibition will take place at AUBERGE VAL CARROL, (50 ch. Val Carroll, Harrington) on July 19 & 20: 11 am to 5 pm. A light lunch will be served from 12 to 3 pm (\$22.50 - credit cards accepted). For information call: 819 242-7041 / 450 562-1272 / 450 883-0831.

Arts Morin-Heights - 31st Summer Season Exposition

Joan Beaugard – Main Street

The members of Arts Morin-Heights are busy preparing for their annual summer exposition. This year's edition runs from July 25 to August 3: 11am to 5 pm, with a vernissage on Saturday July 27 (5 - 7 pm). The location is St. Eugène Hall, 148 Watchorn Road in Morin Heights.



Thirty artists from the Pays d'en Haut and surrounding region will present works in ceramics, wood, photography, glass, acrylics, oils, pastels and watercolour. The exposition offers a range of styles, sizes and formats.

Four artists will share their techniques in this year's demonstrations, planned for July 27, 29, 30 and 31, between 2 pm and 4 pm. Demonstrators are: Kim Brewster (stained glass), Jean Cousineau (painting on glass), Ginette Fontaine (acrylic painting) and Sheila Watson (pottery).

The popular, collaborative mosaic, made up of 5 x 5-inch pieces from all participating artists, will also be presented. Last year's display of large-format paintings was such a hit that it is being expanded. Also, five emerging artists have been invited to exhibit.

During the Vernissage, visitors can submit a vote for their favourite artwork and the piece with the most votes will be selected as the “People's Choice.” There will also be a draw from the ballots and one lucky participant will win a painting on glass, created by Ginette Mayer.

There is no charge for admission to the exposition or any related activities. However, donations for the Food Bank of the Pays d'en Haut will be gratefully accepted. For information call: 450-226-3236 or 514-913-2087, or visit www.artsmorinheights.com.



LA GRANGE
MORIN HEIGHTS
RESTAURANT/CAFÉ/BOUTIQUE
2 Meadowbrook, 450-226-5005
www.lagrangemorinheights.com



THEATRE ON THURSDAYS
& some Saturdays too



'OLD LOVE'
a play by Norm Foster
July 3, 10, 17, 24, 31 & Saturday 26

JULY & AUGUST DINNER THEATRE
In collaboration with Theatre Morin Heights we are pleased to bring you dinner theatre every Thursday in the months of July and August, plus Saturday July 26 & August 2. Presenting two exciting plays by renowned Canadian author Norm Foster. Tickets just \$43.50 includes the play, 3 course Table d'Hôte menu (with 3 choices), plus tax and gratuity for a total of \$50. Doors open, bar service 5:30pm, meal service 6pm, performance 7:30pm.



'STORM WARNING'
August Sat. 2, Thurs. 7, 14, 21, 28

café **OPEN**
village **FOR THE SEASON**
BOUTIQUE **UNTILL 5 CLOSED MONDAY**

Our Café has a new chef and new menu featuring homemade food. Tasty Panini's, fresh salads, fantastic specials every day, great coffee, everything homemade. Enjoy a refreshing glass of wine or beer on our sunny terrace.



Trip Advisor recently increased our rating from 4 to 4.5 Stars out of 5



Arts

Morin-Heights

EXPOSITION ESTIVALE
SUMMER EXHIBITION

Plus de 25 artistes, artistes émergents et démonstrations
Over 25 artists, emerging artists and demos



du 25 juillet au 3 août 2014
de 11 h à 17 h tous les jours
Salle St-Eugène,
148 chemin Watchorn,
Morin-Heights

Vernissage :
samedi le 26 juillet
de 17h à 19h

Admission gratuite

July 25th to August 3rd 2014
11 am to 5 pm everyday
St-Eugene Hall,
148 chemin Watchorn,
Morin-Heights

Vernissage :
Saturday July 26th
from 5 pm to 7 pm

Free admission

www.artsmorinheights.com | artsmorinheights@gmail.com | 450 226 - 3832





The legions are asking the community at large to inform them of any veterans they may know of who may be living in and / or with difficulties. These could be veterans suffering from PTSD or other medical issues or who may be homeless. Please help them help others; discretion is assured.

Branch 171 Filiale Morin Heights

July 18: 6 pm - TGIF Smoked Meat
July 19: 6 pm - Barney's Famous Roast Beef On The Spit
Legion Flea Markets: August 2, September 6
NOTE: In case of rain the flea markets will be held on the following day.
For information on any event call 450 226-2213 (after 12 noon).

Branch 70 Filiale Lachute

July 19: Golf Tournament - St. Andrew's golf course - details at the legion.
Please note that there will be no smoked meat dinners or legion activities (cards, darts etc.) in July or August
Bus trips to the Casino continue as usual - please check the legion for dates.
For information on any event call: 450 562-2952 after 2 pm.

Branch 71 Filiale Brownsburg

Aug 2: starting at 10 am - Annual Golf Tournament at the Oasis Golf Course.
\$75 and includes golf, electric cart and delicious steak dinner.
Please check the legion for availability.
Bar/Lounge is open on Fridays from 3 pm - 9 pm.
Membership cards are available at a cost of \$45
For information, please call Sheila or Trevor Holmes 450 562-8728.

Branch 192 Filiale Rouge River

July 11 : 6 pm - TGIF
July 16 : 6 pm - Meeting (executives only)
July 26 : 5 pm - Christmas in July Dinner. For tickets call 819 687-8971
Cribbage every Tuesday night at 7:30 pm
Darts will resume in September. Anyone interested in learning / playing Military Whist or Majong board games, we would like to add these to our activities.
Please call 819 687-3148
Horseshoe pit will be available on premises this summer. For more details please call 819 687-3148 or email mmcsp40@gmail.com

RELIGIOUS SERVICES

MORIN HEIGHTS UNITED CHURCH
831 Village, Morin Heights
Sundays: 10:30 am - Weekly services
Join us and enjoy coffee and conversation following the service.

HILLSIDE CHAPEL
755 Village Road, Morin Heights
Terry Sheahan: 450 229-5650.
Sundays: 6:30 pm - We are known as a singing church, so if you enjoy Country Gospel and like to sing, listen or join in and play your instruments, come and enjoy our Sunday evening services.
Everyone is welcome!

SAINT EUGENE CHURCH
148, Watchorn, Morin Heights
Please call Johanne at 450 226-2844 for information.

CHABAD OF SAUVEUR
Jewish educational & social events.
Rabbi Ezagui 514 703-1770, chabadsauveur.com

HOUSE OF ISRAEL CONGREGATION
27 Rue St Henri West, Ste. Agathe
819 326-4320
Spiritual Leader: Rabbi Emanuel Carlebach
514 918-9080 • rabbi@ste-agathe.net
Services every Sabbath, weekend, holidays

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am - Morning Worship
July & August: 9:30 am - Summer worship services.
July 14 - 18:11:30 am - Vacation Bible School:
Theme -The Big Fish- Jonah's Whale of a Tale (6yrs +)
Aug 31: 10 am - Service will be held at St. Simeons
Everyone welcome.

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Sunday School: 10 am
Worship service: 10:45 am
Hymn Sing: 4th Sunday each month - 7 pm

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757, Village, Morin Heights (450 226-5307)
Sundays 11 am: Worship Service.

MILLE ISLES PRESBYTERIAN CHURCH
Mille Isles Rd.
Sundays, July & August: 9 :30 am - Sunday services.
Please join us.

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbot Street, St. André d'Argenteuil
Sundays: Until August 24:
11:15 am - Sunday Worship
For info please contact
Sharon McOuat 450 537-8560

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur
Sundays: 9:30 - Worship services.
450 227-2180

UNITED CHURCH OF CANADA
Serving communities of the Lower Laurentians under the leadership of Rev. Cathy Hamilton
450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 8:45 am
Weekly Sunday Worship and Sunday School

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 10:30 am - Weekly Sunday Worship

**HARRINGTON UNITED CHURCH
ST. ANDREWS CHURCH, AVOCA**

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet, St. Matthew's, Grenville.
Sundays 9:15 am - Holy Eucharist: alternating locations.
Holy Trinity, Hawkesbury - Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329).
Call parish office at 613 632-9910 for more info.

HOLY TRINITY ANGLICAN CHURCH
12, Préfontaine St. West, St. Agathe (corner of Tour du Lac and Préfontaine)
The Ven. Ralph Leavitt: 819 326-2146
Sunday: 8 am - Sunday Worship (breakfast afterwards at a restaurant)
Sunday: 10 am - music, children's corner, coffee afterwards.
Christians of all denominations welcome.
Parking and elevator for handicapped.

LACHUTE BAPTIST CHURCH
45 Ave. Argenteuil - 450 562 8352
Pastor Rénald Leroux
Sunday School - 9:45 am - Worship Service - 11 am

ANGLICAN PARISH OF ARUNDEL & WEIR
Sunday services in Grace Church at 10 am every week followed by coffee & fellowship.

**CHRISTIAN FELLOWSHIP
CENTRE OF THE LAURENTIANS (CFCL)**
Pauline Vanier, 33, de l'Eglise, St. Sauveur
Pastor Kevin Cullem: 450 229-5029
Please join us every Sunday at 10 am

SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost (at de La Station)
Seeking members for the congregation.
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Rev. Georgia Copland
Sundays: 10 am - Worship 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
You are welcome to join us after the service.

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Sundays in July: 11 am - Worship service
Sundays in August: 11 am - Worship service
There will be no service Aug 31.

VICTORY HARVEST CHURCH
361 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday Service 10:30 am
Please call to confirm:
Wed 7 pm: Prayer/Bible Study

**PARISHES OF THE
LOWER LAURENTIANS**
Everyone welcome and we look forward to seeing you and your family.

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
July 20: 10 am - Sunday service
Aug 3: 10 am - Sunday service
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Gore
July 13: 7 pm - Sunday service
July 20: 10 am - Sunday service
July 27: 7 pm - Sunday service
Aug 3: 7 pm - Sunday service
Aug 10: 7 pm - Sunday service
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
July 13: 10 am - Sunday service *
July 27: 10 am - Sunday service *
Aug 10: 10 am - Sunday service *
Bilingual services with gospel/bluegrass music

*Special services: Soaking Time *
A time of quiet reflection and music
3:30 - 4:30 pm (traditional hymns)
7:30 - 8:30 pm (classical music) are offered on Sundays in addition to regular services.

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
July 13: 10 am - Sunday service
July 27: 10 am - Sunday service
Aug 10: 10 am - Sunday service

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
with Rev. Paul Tidman: 450 562-2917
July 13: 2 pm - Beach Service
July 20: 10 am - St. Aidan's Louisa 7 pm - St. Paul's Dunany
July 27: 10:30 am - Hamford Chapel, Lachute
Aug 3: 10:30 am - Hamford Chapel, Lachute
Aug. 10, 17, 24, 31: 10:30 am St. Simeon's, Lachute
All are welcome to join us for services followed by coffee hour.

ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://thelaurentianclub.weebly.com/community-events.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.

28th Edition of The Great Relay Race

Saturday, August 2
132, Lake Louisa south (near the tennis area).
6 athletes per team willing to undertake the challenge of completing a grueling 6.5 km bike ride, 4.5 km run, 2.5 km canoe (tandem), 1.5 km kayak and a .5 km swim.
8 categories: 6 open to all / 2 for ladies only.
Prizes and awards presented to the winning teams in all categories.
Fun and excitement for participants and spectators!
Registrations: 8:30 to 9:50 am on race day / prompt start at 10 am.



For more information call
450 533-4713 or 514 825-9255

Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides



Next meeting for cancer patients, families and caregivers is August 2014

SATURDAY AFTERNOON
August 16 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights

Other dates to mark on your calendar:
Sept. 20, Oct. 18, Nov. 15

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 Email: cancer.laurentia@yahoo.ca
PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.

Strawberry Festival & Bake Sale
Harrington Golden Age
259 Harrington Rd.
Saturday July 12: 2 pm
HANDMADE QUILT TO BE RAFFLED

Coming up at the Lost River Community Center

July 23: 6 pm

Annual BBQ at Pub 327 in Lost River, Harrington.

On the menu - hamburgers, salads and desserts, plus music and door prizes. Adults: \$10, children (12 & under), \$6. For more details, contact mike.carroll@xplornet.ca

Sunday, August 3: 9 am - noon:

LRCC's monthly breakfast.

Basket draw donations will go to the Lost River Presbyterian Church.

Everyone is welcome. For more details, contact mike.carroll@xplornet.ca

Celebrating Lifelong Learning: Seniors Programs Share Experiences & Plan for the Next Generation

On August 20, Christina Vincelli of Laurentians Care will be among those presenting at a conference on lifelong learning to be held at McGill University. Christina will be joined by Edith Ury of Lachute, another great advocate for English-language services in the Laurentians.

Conference objectives:

To present the wide range of learning opportunities for seniors

To exchange experiences regarding programing models

To share practices, successes and challenges

To provide an opportunity to learn about new technologies

To explore the benefits of lifelong learning

The event will take place on **Wednesday, August 20: 10 am - 4:30 pm** at the Leacock Building, McGill University, Montreal. For more information, contact mclconference.scs@mcgill.ca.

Fundraisers

Football Club of Morin Heights Fundraiser Help our local children play soccer!

This year the FCMH has organized a spaghetti supper to raise funds to help support low-income members and the club's programs. 100% of the profits will go to FCMH.

Sunday, July 13 at restaurant O'bodum in St-Sauveur

2 sittings: 5pm and 7pm

\$12.50 per ticket. Spaghetti (vegetarian option available) will be served with salad, bread, dessert, coffee/tea. Door prizes.

For more information and to purchase tickets please email: tania@megawathydro.com

FOLES Fall Challenge Race

On October 4, the Friends of Laurentian Elementary School (FOLES) will be hosting a run/walk race at Parc Carillon and the Boisé Von Allmen trail in Saint André d'Argenteuil. This event will raise funds for new computer technology at Laurentian Elementary School in Lachute. Events include a 5 and 10 km for 13 years and over, as well as a 1 km for 6-12 years old. 5 years old and under can participate in a 100 m race starting at 10 am. Register before August 4 for the best rate!

For more information and registration information visit the FOLES website at www.foles.ca or www.runningroom.com (search for race under events) or email Joanne MacLeod McOuat at joanne.macleod6@gmail.com.

ADVANCE NOTICES

Yard Sale

Morin Heights United Church

Saturday August 23: 8 am - 3 pm

Books galore - knick-knacks - odds and ends.

Something for Everyone

Ham & Salad Supper

Margaret Rodger Memorial Church

463 rue Principale, Lachute

Sept 12: 5 - 7pm

Delicious dinner, homemade pies for dessert!

Hosted by The Order of the Eastern Star, Lachute Chapter # 56

Keep this date open for a really good meal and great entertainment supplied by The Fiddler's Group.

We look forward to seeing you!

Fundraiser Results

Fundraiser to benefit autism a great success

"Bibi" Boulay bravely led the Walk Day recently

held in Lachute down Main Street and back to raise funds for autistic children, under the flagship of the Steve O'Brien Foundation. Although there was a small group, everyone enjoyed the walk and encouraged Bibi by singing and cheering her on. This was an incredible challenge for her as she is accustomed to travelling Main Street "on wheels," in her wheelchair. Bibi, we are so proud of you. An amount of \$1570 was collected and will be donated to schools in the near future. Thank you to Bibi, the walk participants and IGA S. Albert.



MHES

The daycare students at Morin Heights Elementary School raised money for the SPCA Laurentides by selling vegetable plants that they grew from seeds, using recycled yogurt and pudding containers as pots.

They also collected old blankets, towels and pet items, which are items the shelter can always use. On June 17 they visited the SPCA to give 4 large containers of blankets and \$163.25 they raised from the sale. The students were able to see what a "no kill" animal shelter looks like and how much their hard work helped.



Walkers support the SPCA-LL

In spite of the previous heaving rain, 60 walkers helped to raise close to \$7500 for the SPCA Laurentides-Labelle at Mont-Habitant on Saturday, June 14, during the first Walk-

athon to benefit this organization. This 4-km walk was held during Bouger avec son chien Day, presented by Wouf Laurentides. A dozen participants won prizes, including a bicycle, gift baskets and a session with dog specialist Jean Lessard.

The team at the SPCA LL would like to thank organizers, collaborators, sponsors, volunteers and participants of this event. All donations will help sustain the mission of the SPCA LL, a no-kill adoption centre.



First Bill MacArthur Fun Run Ron Golfman - Main Street

On New Year's Day, the community lost a good man with the sad and sudden passing of Bill MacArthur. Bill's passion for working with and helping youth exhibited itself throughout his life. He worked as a teacher at Vanier College while also working at Batshaw for more than 30 years. Bill was an active partner in co-animating children's activities on Canada Day when it was held at the Bellevue Ski Hill, ran summer basketball camps in Morin Heights and was someone you could always count on to lend a hand.

On June 1, (his birthday), his family and friends put together the First Bill MacArthur Fun Run at Ski Morin Heights. The 5k walk/run saw 120 participants of all ages participate in both a tribute to him and a way to raise funds to support recreational activities for underprivileged youth in our community. Between the run and the BBQ afterwards, \$2000 was raised and will be donated to the Mayor's Fund in July.

Many thanks to his life partner, Cathy, his brother, Ian and all the other fine people who created what we hope will be an annual event in support of our youth. We could not help but feel that Bill was with us, smiling on that sunny afternoon and he will not soon be forgotten. See you next year!

Ensemble Cantivo

On June 19, "Ensemble Cantivo" performed a benefit concert for St. Francis of the Birds. If you are interested in joining Cantivo or would like more information about this "a cappella" choir, please contact Louise: 450 224-7258 or cantivo25@yahoo.ca.



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The bazaar, created by Mouvement Personne d'Abord offers toys, clothing, household goods and more at competitive prices. Everyone welcome!



Tues-Thurs: 10 am - 3:30 pm & Fri: 10 am - 2:30 pm.

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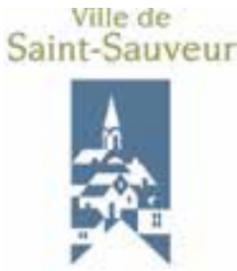
SAINT-SAUVEUR

MESSAGE FROM THE MAYOR • HISTORY



Jacques Gariépy

A Word from the Mayor



Dear citizens and visitors,

I would like to start by saying that it is an honour and a privilege to represent the citizens of St. Sauveur; a place I have had the pleasure of calling home for the past twenty years. The municipality has a team of city councilors, and

together, we are doing everything in our power to respond to the needs of our residents in our plans for the future, ensuring the continued quality of life in St. Sauveur.

Our charming village is well-known for its hospitality. The heart of the village is the hub for locals and visitors alike. We are growing, yet we strive to preserve the feel of a calm village. Our beautiful church, lovely streets decorated with flowerbeds, our parks and the library, are all there to be enjoyed by everyone.

The village is bustling with activities and hosts many popular events throughout the year. There are festivals, holiday parades and dance performances of international scope. There is a summer theatre, art fairs and free concerts in park Filion. The choice of music is diverse enough to suit every taste, from traditional Quebec songs, to the blues, to country music. There are visual & fine crafts exhibitions, book fairs, a Vintage Car day, and last but not least, the Ski Museum displaying the strong connection of this sport with the history of our village.

You will find stores for every budget and restaurants offering delights for every palette and price range. Many of our restaurants and clubs feature live music for your entertainment. In short, our village has everything you need. Come and discover the diversity of things to do and entertainment to enjoy here. Whether you live in the Laurentians, come from abroad or from Montreal, I hope you will enjoy the beauty and tranquility that our village offers.

Welcome to St. Sauveur,

Jacques Gariépy
Mayor - Town of St. Sauveur

At that time, ownership of the hills was fragmented and divided amongst many different individuals and groups. It was only in 1970 that ownership began to be consolidated into one group of businessmen, led by another pioneer, Jacques Hebert, who was able to convince other operators to unite under a single corporate identity, known as Mont Saint-Sauveur International Inc. Soon after, night skiing was initiated and other ski hills were bought, and by the late 1990s, the company had become the major ski operator in the region and the town of Saint-Sauveur had become a popular tourist destination, attracting visitors throughout the year, with winter skiing being the major attraction.

Over the years, the town continued to grow and expand. In 2002, the town merged with the surrounding parish of the same name, to form the city of Saint-Sauveur, covering a greatly expanded territory and much larger population base. With its focus on promoting tourism, Saint-Sauveur has become known for its summer attractions of concerts, theatre productions and art exhibitions, in particular the extremely popular FASS (Festival d'Arts Saint-Sauveur), which brings visitors from near and far. It involves a week of exciting events focussing on the arts - dance, theatre, and music - an event that has grown in popularity and renown over the years and attracts artists and performers from around the world.

As a result of the city's successful efforts to attract year-round visitors, the area is well-known now, not just as a winter destination. However, skiing continues to draw a steady stream of visitors, due to the availability of night skiing, extensive snow-making, abundant accommodations of various types, apres-ski attractions of numerous bars and restaurants and, above all, its proximity to the large populations of the cities of Montreal, Laval, St. Jérôme and the surrounding regions.

Saint-Sauveur has grown steadily over the years and continues to attract both full and part-time residents and visitors, due to the natural beauty of its surroundings, the hospitality of its citizens, the fresh, clean air and hundreds of lakes of its territory and its first-class infrastructure of roads, highways and communications networks.

Its future is bright indeed!

The Laurentian Ski Museum

Our beautiful Laurentian Mountains are the birthplace of the sport of skiing in Canada. The Ski Museum, located in St. Sauveur, contains memorabilia of the early days, such as skis, boots, maps, trophies and photos dating from the 1920s, on through the 50s and 60s, to the current era of this popular activity. In the Hall of Fame you will find information and photos of the early pioneers who contributed greatly to the growth and popularity of skiing and the resulting economic boom in the region.

There were many early skiers and businessmen who were responsible for making St. Sauveur a favourite destination for skiing; among them were some well-known names, such as, Emile Cochand, Victor Nymark and, more recently, Jacques Hebert. By the late 1960s, Jacques Hebert, with other investors and Mr. Nymark's participation, bought up the various ski hills in the area and incorporated them into the major corporation that is known today as Mont Saint-Sauveur International, and during that time the town prospered, as it developed into an all-season destination for visitors from near and far. Since that time, the other ski hills in the region, Mont Avila, Morin Heights, Mont Gabriel and Mont Olympia have been incorporated into the same group.

Cross-country skiing also gained popularity during those early years, and the entire region contains endless miles of trails that are groomed and kept open all through the winter season. This sport owes much to the efforts of other early pioneers, such as "Jackrabbit" Johannsen whose name is synonymous with cross-country skiing.

The Laurentian Ski Museum is located at 30, Rue Filion, Saint-Sauveur, telephone 450 227-2564, and is well worth a visit by anyone interested in the history of this sport and its development in our region.



History of Saint-Sauveur

The birthplace of Quebec's ski industry was in the small Laurentian town of Saint-Sauveur des Monts, in the late 1920s. It is located in the MRC of Les Pays-d'en-Haut, one hour north of Montreal.

In the early 1930s, the first ski-lift was installed on Hill 70, and it was not long before the village of Saint-Sauveur became a favourite destination for skiers in eastern North America. In the mid-1940s, a corporation, Uphill Ltd., was formed by a group of businessmen, together with ski pioneer Victor Nymark, to expand and develop the mountain, and the first T-Bar lift in North America was installed on Hill 71. Soon after, lifts were installed on adjoining hills and the popularity of Saint-Sauveur as a winter sports destination continued to grow rapidly in popularity.

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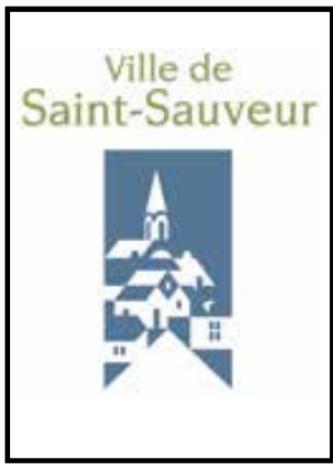
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SAINT-SAUVEUR

DISCOVER THIS CHARMING VILLAGE



A Stroll Through St-Sauveur Discover St. Sauveur

Ilania Aibileah - Main Street

It takes a mere forty-five minutes to drive from Montreal to St. Sauveur where a unique church looms over the village. Exiting the highway, fields of flowers in exuberant colours welcome you to town. The colourful display continues throughout the village in flowerbeds lining the medians, sidewalks and store-fronts. In fact, the presentation is so spectacular that St. Sauveur has received awards for its floral display over the past few years.



St. Sauveur is "downtown" for the locals and a "playground" for Montreal visitors and other tourists. Throughout the year, there is always something going on in the village such as downhill and cross-country skiing, tobogganing, sliding, biking, hiking and golfing. For water lovers, there is an Aqua Park and several lakes in the area. One can catch a show at the Festival of the Arts, a comedy at Théâtre St. Sauveur or simply stroll along the beautifully decorated main street with its boutiques, restaurants, terraces and clubs. In the heart of town is the spectacular church with its carillon bell and Park Filion, where the tourist office, filled with local information can be found. Some people opt for a Calèche ride, some shop till they drop! Oh yes, there are designer clothing stores and boutiques selling women's and men's apparel and shoes, in fact, there are shops with everything your little heart could desire.



Across from the park, is an indoor food-mart with selected stores offering local produce, baked goods, well-raised meat, fresh salmon and other specialty products. Elsewhere in town, you'll find fine toys, kitchen accessories, gift stores, home-décor items, art galleries, home & garden supplies, fireplaces and BBQs. Anything available elsewhere, from holistic pet food to organic products, can also be found in St. Sauveur. There are hotels, spas, sports clubs, yoga classes and medical clinics. There are a few gas stations, as well as a good garage and CAA service.

People come to stay and relax for a weekend, or, a full vacation and enjoy meals in one of the many restaurants about town. And the choices are staggering; beautiful terraces serving leisurely breakfasts and / or brunches, meals on skewers, sizzling steaks, grilled seafood, fine French cuisine and Italian specialties. There is Asian food, popular North American venues serving poutine, pizza, hamburgers, and sushi as well.



Pierre Urquhart, General Manager of the Chamber of Commerce, says there is something for everyone, "The rich and the poor, and, every taste and budget"! The village map states: Here you can have the best memories, fresh air, happiness, culture and excitement. It is time to discover what this charming village has to offer!

Brûlerie des Monts

Located in the heart of St. Sauveur, Brûlerie des Monts has been a landmark for visitors and locals alike for nearly 20 years. This traditional coffee-roasting house and café-resto remains firmly committed to providing customers with the best coffees in the world, while offering a creative and flavourful choice of items on the in-house menu. Some two decades later, Brûlerie des Monts has earned a distinctive reputation for its undisputed mastery in the art of roasting coffee. Come in and let us impress you with our amazing blends or, purchase one of our famous roasts online at bruleriesdesmonts.com.



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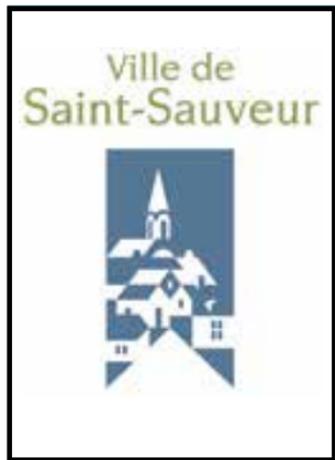
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SAINT-SAUVEUR

VILLAGE UPDATES & SUMMER EVENTS



Free activities & shows in St. Sauveur

Ilania Abileah - Main Street

Ça me dit concert series sponsored by the St. Sauveur Valley Chamber of Commerce at Park Filion. July 11: 9 pm - Outdoor cinema in French, "La vie rêvée de Walter Mitty" - bring your chairs and popcorn! July 11-13: 10 am - 6 pm - **Exhibition l'EnVerre**

du Décor - glass and clay art. Rock Weekend: July 12: 7:30 pm - Motel 72 & July 13: 7:30 pm - **Bootleggers**. July 18 - 20 - **Salon-Expo of the Laurentian authors**. July 19: 7:30 pm - **Perri Canestrari**. July 20: 7:30 - **Tribute to Elton John**, by Stephan Montanaro.

Tribute Weekend: July 26: 7:30 pm - **Floyd Memory**. July 27: 7:30 pm - "L'esprit de la Musique." Aug 3: 7 pm - **Géronimo Circus**.

Keep an eye out for further activities to be announced in our upcoming editions with details on the **Jamaican Weekend** (Aug 23-24) and the **Fiesta Cubana** (Aug 29 - Sept. 1), the annual event that turns St. Sauveur into a hotspot! Vintage car show & Patsy Gallant (Sept 14), **Half-marathon** (Oct.4), **Country Weekend** (Oct 11 - 13), **Halloween Parade** (Oct 31) and the **Christmas Parade** (Dec 6.) are all on the calendar! Call 450 227-2564 / 1 877 528-2553. www.valleesaintsauveur.com



The municipality provides:

For Children: Wednesday matinee shows - 10 am; \$5 pp. July 16: **Dévolé** (family circus), Aug 6: **Boum Tchi-Ka** (music for ages 6-12), Aug 13: **éducazoo** (animals and reptiles ages 4-12). Chalet Pauline Vanier: 33, avenue de l'Église, Saint-Sauveur. Call 450 227-2669 (ext. 420). www.ville.saint-sauveur.qc.ca

Outdoor Skating rink at Park John-H-Molson, 20, avenue Viviane, St. Sauveur. There is also a sliding facility next to the skating rink. **Trail in the woods** with artwork displayed along the way at Park John-H-Molson. www.ville.saint-sauveur.qc.ca.

Watch the World Go By from the Terraces of St. Sauveur!

Ilania Abileah - Main Street

Obodum, 220A, chemin du Lac-Millette. 450 227-0458. This is a "safe bet" for breakfast and also open for lunch until 3 pm.

Bistro Le Passé Composé, 90, av de la Gare, 450-227-1818. Located in the previous Café de la Gare (the old train station of St. Sauveur) Fine cuisine meals for breakfast and lunch: 8 am - 2:30 pm. Closed Mon & Tue.

Moe's Deli and Bar, 21, rue de la Gare. 450 227-8803. Deli, American, burgers, pub food, salads and smoked meat - This is a very popular meeting place for locals and visitors.

Baton Rouge, 120 Chemin du Lac-Millette, 450 227-8878. Open seven days a week: Lunch & dinner specials featured. Wheelchair accessible.

Orange & Pamplemousse. 120, rue Principale. 450 227-4330. Restaurant serves unique dishes for breakfast, lunch and dinner. Open 8 am - 3 pm & 5 pm to 9 pm. Mon & Tue: 8 am -3 pm.

Bistro St. Sauveur, 146, rue Principale. 450-227-1144. French cuisine. Heated terrace. Bring your own wine.

Brulerie Des Monts, 197, rue Principale (across from the church). 450 227-6157. Open 7 days a week morning to evening. Tasty dishes, muffins, pies and cakes, coffees and teas, friendly service.

Lou Smoked Meat, 17 de l'Église. 450 744-0766. Open for lunch and dinner 11 am - 3 pm & 5 -8 pm. Closed Mondays.

Le Carré des Saveurs, 206, rue Principale. 450 744-1766. Fine, creative cuisine - beautifully prepared plates. Closed Mon. & Tue.

La Bruyère, 10, ave. Filion. 450 227-4447. Seafood & steak. New location, right next to park Filion. When there is music in the park - one may enjoy it from this terrace.

Crêperie L'Armorique, 231, rue Principale, 450 227-0080. Enjoy Crêpes and fondue on a lovely terrace. Summer hours: Sun -Thurs: 8 am to 10 pm. Fri & Sat - to 11 pm.

40 North Steakhouse & Bar, 235, rue Principale, 450 227 6673. Serving Table d'hôte: Thurs & Fri: 11:30 am - 2:30 pm. Fine dining serves Prime Canadian beef.

Le SaintSAU, 236 rue Principale, 450-227-0218. There is a good choice of beers and wines, lunch and dinner specials too. Live music, Thur., Fri., Sat. Open 7 days a week for breakfast, lunch and dinner until midnight.

La Bohème, 251, rue Principale. 450 227-6644. French bistro-style meals. This is one of the most welcoming spots in town - the owners say: "There is always room for friends here!"

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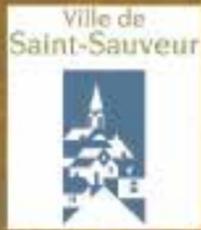
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SAINT-SAUVEUR

VILLAGE UPDATES & SUMMER EVENTS



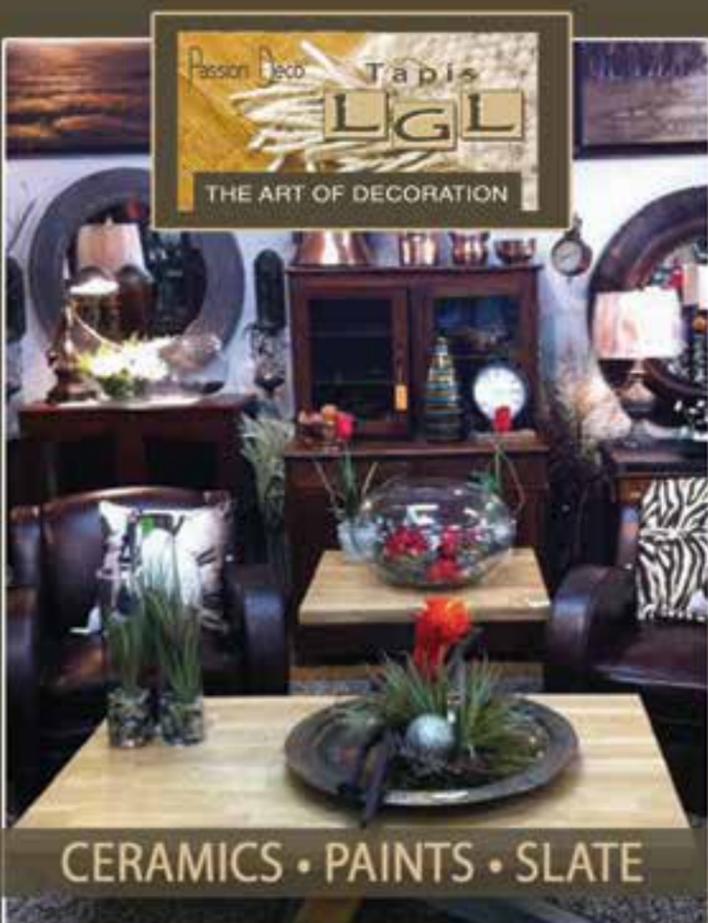
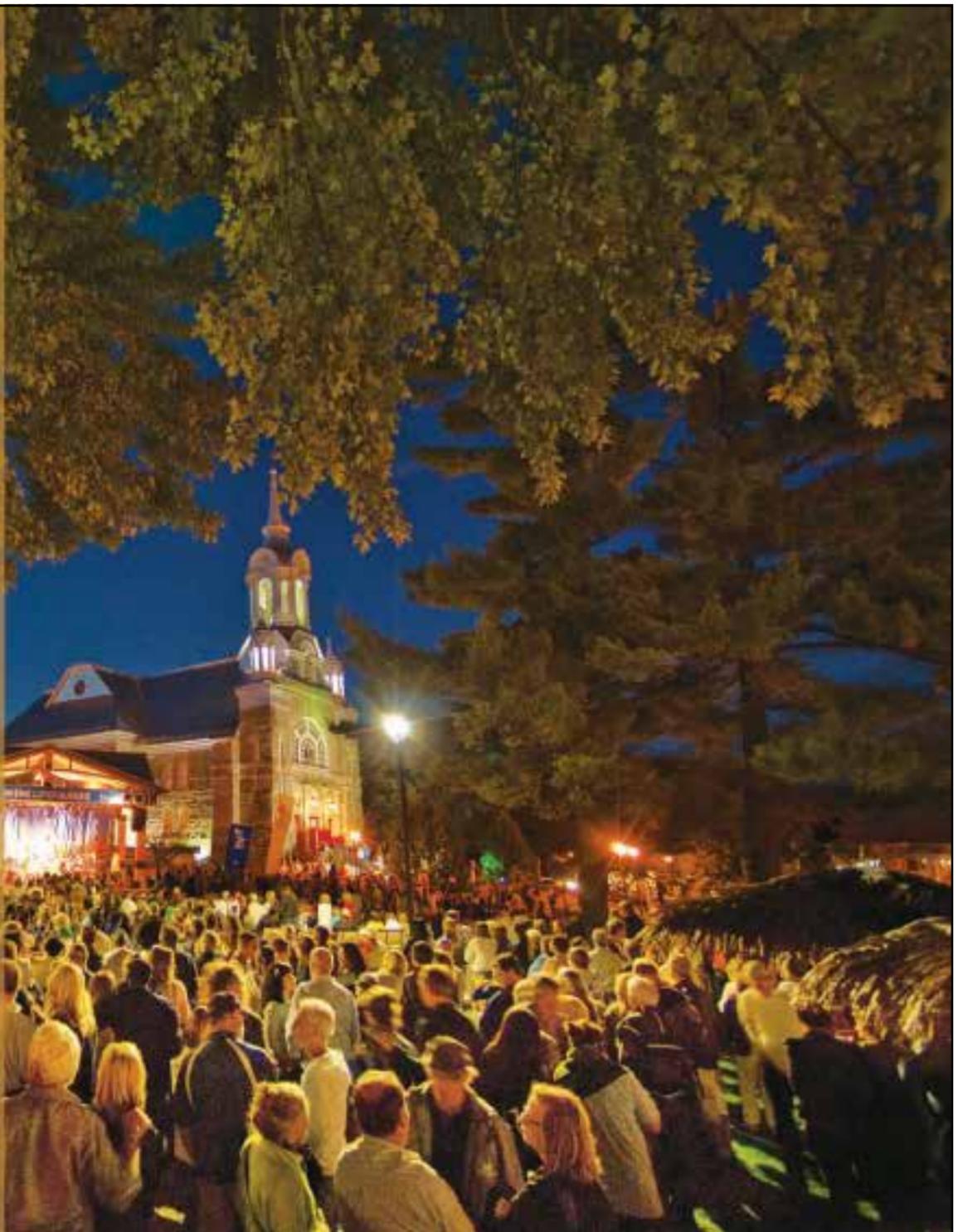
Culture, entertainment and theater

When you think of the Saint-Sauveur Valley, you think of endless enchanting evenings!

It is here that you will find comedy shows hosted by the funniest people in showbiz. Or, theatre, performed by actors who will seduce you with their talent. In Saint-Sauveur, you can also catch a concert or dance show, and top off the evening with a delicious meal in one of our many restaurants.

In the summer, Georges-Filion Park is the site of free concerts, every weekend, where you can participate, by singing along or learning a few dance steps.

There's never a dull moment in the Saint-Sauveur Valley!



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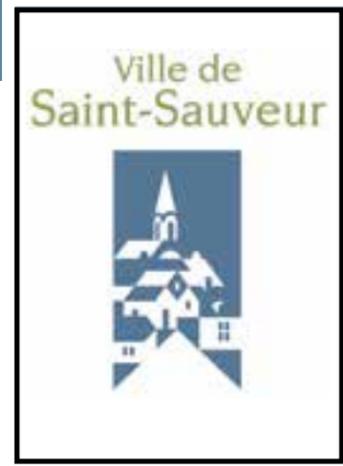


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SAINT-SAUVEUR

SAINT-SAUVEUR NEWS & NOTICES



Farewell to Grass – Hello Flowering Fields

Ilnia Abileah – Main Street

The flower fields lining the highway at exit 60 off Highway 15 heading towards St. Sauveur, at the Pays d'en Haut Tourist Information Center and around the slopes of the elevated road, is a special project made possible by the cities of St. Sauveur and Piedmont, and, the CLD Pays d'en Haut. These

spectacular gardens have bloomed profusely since 2011. Throughout the summer, starting in early May, the flowerbeds change colours with different wild, bi-annual and perennial flowers until autumn arrives.

Christine Landry of "Champs Fleuri," who has been designing public and private gardens for the past fifteen years, was the designer. After spending a few years commuting to an engineering job in Montreal, Christine conceived the idea of creating fields of flowers along the highways, thus saying "Farewell to grass – Hello flowering fields."

Her approach is unique and ecologically friendly, starting with the seeds she picks by hand from her own gardens. Christine has been invited to speak at the Montreal Botanical

Gardens, as well as several other horticultural associations. She also participates in growers' markets and seed fairs around Quebec. The next highway gardens she will create will be for the town of Rivière Rouge in the autumn of 2014. For more information visit her site: www.lechampfleuri.com.



of wood residues from one region to another, the City of Saint-Sauveur must stop collections of door-to-door branches. Citizens must now bring their pruning branches to the Écocentre, located at 2125 Jean-Adam Road, where they will be accepted at no charge (with proof of residency). For large amounts of branches please contact a pruning or wood chipping company. Note that it is mandatory to obtain a permit from the city before chopping down trees or burning wood residues.

Blood Drive July 18: 1:15 pm – 7 pm Chalet Pauline-Vanier, 33 rue de l'Église

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SAINT-SAUVEUR NEWS

Animal services:

Anyone with complaints regarding domestic animals are advised to contact the Service de Protection Canine des Monts at 450 227-2768. Complaints or concerns regarding wild animals are to be directed to the Ministry of Natural Resources at 1 866 786-8441. They may also be contacted at www.mrnf.gouv.qc.ca, www.mrnf.gouv.qc.ca/fr/faune/ours-noir or www.rageduratonlaveur.gouv.qc.ca or www.mrnf.gouv.qc.ca/fr/animaux-importuns

Notice from the Canadian Food Inspection Agency

The MRC des Pays d'en Haut recently received a notice from the Canadian Food Inspection Agency to the effect that the territory was now dealing with the issue of EAB. This insect is a brilliant blue- emerald green colour approximately 8.5 to 14mm in length. Because its infestation can easily be accelerated by the transport



EAB photo by Charles Lam



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des Pays-d'en-Haut

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Wednesday and Thursday	9 am to 8 pm
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Telephone service

Monday to Friday	6:00 am to 10 pm
Saturday and Sunday	8:30 am to 4 pm

Ste-Marguerite-du-lac-Masson branch

Cashiers

Monday, Tuesday, Wednesday and Friday	10 am to 3 pm
Thursday	10 am to 6 pm



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SAINT-SAUVEUR

VILLAGE UPDATES & SUMMER EVENTS



The Festival Under the Big Top and in the Park

Ilania Abileah – Main Street



Christopher Panasuk and Anna Akselrod



Marie Chouinard's choreography

The incredible festival of the arts St. Sauveur is approaching!

Thurs, July 31: 8 pm: Opening night featuring Guillaume Côté and dancers from the National Ballet of Canada, Svetlana Lunkina from the Russian Bolshoi Ballet, and ProArteDanza.

Fri, Aug 1: 6 pm: Ailyn Pérez and Stephen Costello – A sheer musical pleasure.

Sat, Aug 2: 8 pm: Martha Graham Dance Company – what an opportunity to see this company, founded by an icon of American dance.

Sun, Aug 3: 8 pm: The Montreal Jubilation Gospel Choir will enthrall you with their music!

Wed, Aug 6: 8 pm: Appassionata and Arthur Murray Montreal. Christopher Panasuk and Anna Akselrod join this orchestra to create an amazing musical experience.

Thurs, Aug 7: 8 pm: Marie Chouinard's choreography has received rave reviews. It combines the physicality of dance with visual art and expressive movement to the music of Chopin. **Fri, Aug 8: 8 pm & Sat, Aug 9: 8 pm** - International Ballet: These are two evenings with internationally acclaimed dancers.

Free concerts the festival offers at Park Filion

Thurs, July 31: 6:30 pm & 9:30 pm: D'Harmo: four harmonica players perform klezmer, traditional Quebec folk tunes, jazz, tango and classical music.

Fri, Aug 1: 8 pm: Les Imprudanses: A group of four who perform a 90-minute match of improv/dance.

Sat, Aug 2: 6:30 pm & 9:30 pm: Les Sortilèges – Quebec's folk heritage, from the jig to square dancing with captivating traditional music and costumes.

Sun, Aug 3: 1 pm – 4 pm: Tohu-Bohu – an afternoon packed with activities for children.

Thurs, Aug 6: 6:30 pm: l'Académie Dansetout - a variety of dance styles from classic ballet to contemporary to tap, jazz and more.

Fri, Aug 7: 6:30 pm & 9:30 pm: les Bluebell Sisters - four sisters, their instruments, and voices, accompanied by a brother on drums, playing music from the 50s and 60s.

Sat, Aug 8: Radiotango - 5:30 Tango Class with shows at 6:30 pm & 9:30 pm - quartet from Montreal playing traditional and modern Tango.

Sun, Aug 9: 6:30 pm & 9:30 pm - Carlos Marcelo Martinez - a virtuoso guitar and singer accompanied by two musicians and a Flamenco dancer. Also, "Get fit while having fun!"

Thursday to Saturday: Free 30 min. Zumba classes near the park stage.

Info: 450 227-0427. www.fass.ca

Unique Book Fair in St. Sauveur

Lori Leonard – Main Street

On July 18, 19 and 20, St. Sauveur will be hosting a unique book fair called "Auteurs dans la Vallée." Samuelle Garnier, will be the featured guest author/speaker on July 19, the day she officially launches her new book, "Opérette et Voltaire." To mark the occasion, she will bring along several artists from her show troop, including acrobats, musicians, riders and beautiful horses. Calèches, transporting featured authors, will parade along rue Principale to everyone's delight. At 2 pm, Samuelle, accompanied by the horses that were behind the inspiration for her book, will be on site at Park George Filion to autograph purchased copies of her novel.

During the three-day event, forty featured authors and artists will be on site selling their books and signing autographs. Each day, a different author will be featured. For more information check the website www.valleesaintsauveur.com/calendrier-des-evenements.html.



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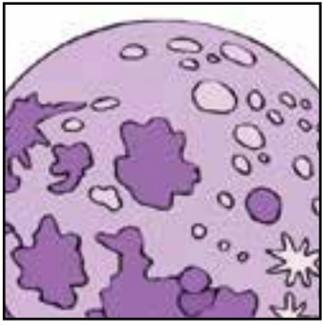
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Zach Factor On Murder, Quakes and Eclipses:

The New Madrid Seismic Zone

Lys Chisholm & Marcus Nerenberg - Main Street

George Lewis was a 17 year-old slave in New Madrid, Missouri, in 1811. On a bitter winter day in December, Lilburn Lewis, a bankrupted farm-owner and nephew of then President Jefferson, while in a drunken rage, chopped George to death for spilling water. Lilburn planned to bury the body, as it was illegal to murder a slave, but was thwarted by a massively destructive earthquake - an upheaval so powerful that it reset the course of the Mississippi River. Lilburn desperately stuffed George up a chimney and tried to burn him. A second powerful quake collapsed the chimney. Lilburn rebuilt the chimney, but in a month there was a third massive quake, and a dog ran off with George's skull. Neighbors alerted authorities and Lilburn was caught. George's murder was exposed by the largest series of earthquakes in the recorded history of continental America, the New Madrid megaquake.

The US Geological Survey, and the University of Memphis in Tennessee, catalogued journal entries that describe the events of the three consecutive earthquakes and their impact on the 5000 settlers. One businessman named Bringer described his wagon trip towards town through what would now be classified as the epicenter. He described a sudden release of brackish water filling up lowlands, and then being shot skyward and falling as rain. He said, "the roaring and whistling" sound of escaping air, along with the sight and sounds of "the horrible disorder of the trees, which ...being blown up cracking and splitting, and (falling) by thousands at a time." He said, "the surface was sinking and a black liquid was rising up to the belly of my horse, which stood motionless, struck with a panic of terror. . . . These occurrences occupied nearly two minutes; ...the whole surface of the country remained covered with holes, which... resembled so many craters of volcanoes." At dawn, there was a "perpendicular bouncing that caused the earth to open in many places... the deepest I saw was about twelve feet. The earth was ...entirely inundated with water. The pressing of the earth ... caused the water to spout out of the pores of the earth, to the height of eight or ten feet!" He ends his account saying that no one could stand up for several minutes and that the air smelled strongly of sulphur.

The New Madrid multiple earthquake series, between Dec 1811 and Feb 1812, was dismissed by scientists as a rare occurrence. However, comparative studies - Burke & Dewey (1973), Nuttli (1973), and Ervin & McGinnis (1975), have allowed the earthquake to be re-categorized in the 8.2 range, or higher, by comparing effects to other recent large eruptions throughout the world. Concerns are mounting about this area. Rather than expending expertise on watching California's San Andreas Fault, USGS has begun paying closer attention recently to a number of smaller incidents in the New Madrid area, which is indicating increasing seismic activity. Technology exists to allow scientists to gather data on sensitive seismic zones, and evidence is being reported of increasing pressure on this particular fault line.

Earthquakes in this region can shake and damage an area approximately 20 times larger than California. An earthquake, like New Madrid, would be felt all the way from Montreal to Mexico. Today, the New Madrid - St. Louis - Missouri area, populated by over 10 million people, is the hub of most North American trucking routes. An earthquake today, like the one in 1811-12, would collapse bridges, cause firestorms and destroy skyscrapers. Many buildings were built before earthquake-proofing became a required engineering standard. Virginia Tech Emergency Preparedness teams expect 86,000 deaths, just from infrastructure collapses alone. The west side of the US would be cut off effectively from the east, as would the south be cut off from the north. But, the most deadly effect would be the release of radioactive material from multiple damaged nuclear reactors along the fault line; think Fukushima times 5.

The New Madrid earthquakes took place within a two-month span, prior to a total eclipse of the moon on Feb 27, 1812. If a total lunar eclipse turns out to be the trigger for megaquakes, as some researchers declare, we may want to watch such a future event closely; the next full eclipse of the moon over North America will be on October 8, 2014.

As for the story of George Lewis, Zachians can read more in the novel, "Jefferson's Nephews" by Boynton Merrill, Jr.

Special honour presented to Lt. Campbell Fox

On July 1, 2014, the firemen of the municipalities of Grenville-sur-la-Rouge and Harrington honored Lieutenant Campbell Fox for his forty years of service. A golden axe was presented after the annual Canada Day Parade in Harrington.



Centre front row: Honorary Lt. Fox, Chief Marc Montpetit of Grenville-sur-la-Rouge (left) and Chief Neil Swail of Harrington (right) flanked by members from both fire departments.

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Vital Eats

Meaty Mondays

Heather Jackson, co-founder of **Marché Fermier Morin-Heights**



The smell of roasted meat wafts into the air mixing with the smell of the surrounding forest. I smell

the grass-fed beef, marinated with mint, hyssop, oregano and other fresh herbs from my garden, slowly release its aroma. Summer! That primal urge to eat meat is a part of many of us, not all, but enough to have created a global industry of confined animal feeding operations (CAFOs).

If you are buying a steak that does not say what province or country it comes from (Canada grade A OR USDA?), chances are you are buying meat that was raised in a CAFO. The problems with these operations are far too numerous to list here, but are reported on periodically in news reports of pathogen outbreak, animal abuse, decreasing nutrition and increasing prices. This is public knowledge and if you research the government food inspection agency websites you will find the frequent re-calls of food and food products.

In food studies, traceability is the capacity of locating the origin or development of the food we eat. The more processed food is, the more difficult it is to find the source of the products that go into it. The importance of small farms in our food sheds cannot be stressed enough when it comes to sourcing meat.

On-farm slaughtering is making a comeback in some progressive states such as Vermont where a local expert will visit a farm and perform the killing and butchering of the animals, resulting in less stress to the animals and less cost to us. It is becoming easier to know where your meat came from and how it was raised and cared for before butchering. Smaller operations and abattoirs increases traceability and, should a bacterial outbreak occur along the line of production, it could isolate the event and limit the negative effects on both supplier and consumer.

There are an increasing number of farms that provide full service CSA (community supported agriculture) and offer meat in bulk or in smaller portions throughout the year. Price per pound may be higher than CAFO sourced meat, but the quality is well worth it. You can actually visit these farms, talk with the farmers and see where the animals live and sleep, and of course, support ethical eating.

You may have to do a little more legwork to make these choices, but that doesn't mean you can't find what you're looking for. Buying direct makes economic and environmental sense; it all comes down to whom you choose to give your money to - a corporation, or a friend.

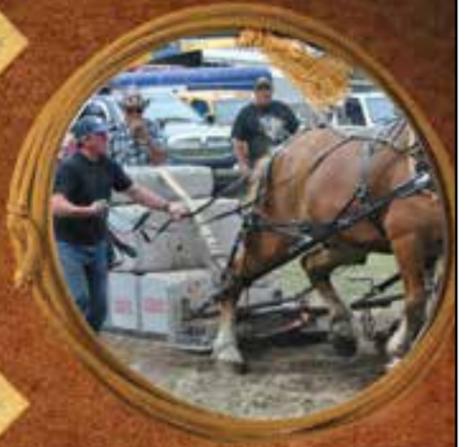


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July 26, 2014 at 7 pm

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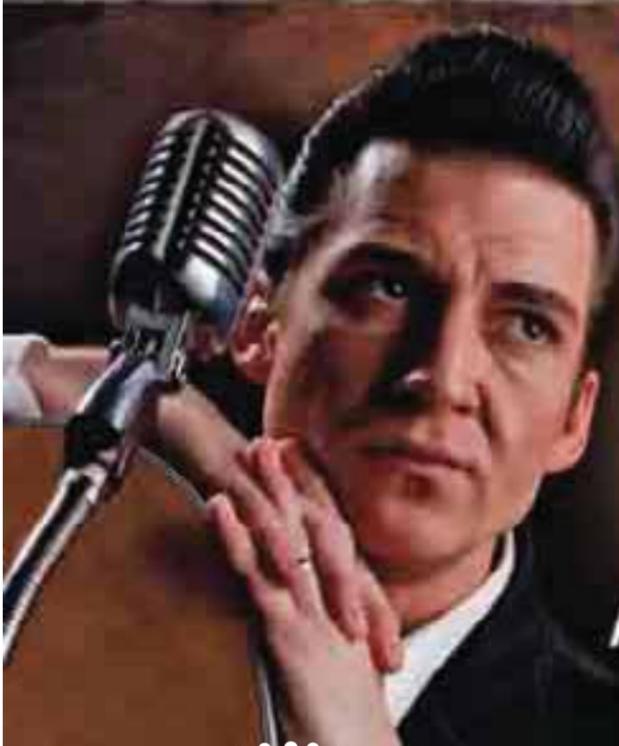


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LACHUTE

As We Remember Reunion

SCHEDULE OF EVENTS FOR THE REUNION – AUGUST 2 & 3

Location: Lachute Flea Market, 25 Rue Principale, Lachute. 450-562-2939

Live entertainment

The reunion will start with registrations at 10 am on Saturday, August 2nd. and throughout the day there will be continuous music and entertainment. Gary Carpenter, a well-known entertainer and impersonator will be performing as well as acting as our MC. Between his performances there will be a variety of other music to enjoy. During the opening ceremonies, scheduled at 1 pm, a representative from the Children's Wish Foundation will be present to accept our donation.

From 2 pm – 4 pm, Rick Whitham and his band will be on stage, followed by a Country and Western singer, and music from 4 pm – 8 pm. Our main event of the evening (8 pm – 10 pm) will be Victor Courte, another well-known singer, and Ray Seguin. All our music is performed live, by locals from Lachute and the surrounding area. There will be "Open Mike" throughout the entire weekend, so, if anyone has talent and wishes to join in, please plan on doing so.

Sunday at 10 am, an outdoor church service is scheduled and everyone is invited. Pastor Jerry Connell will be officiating and his brother, George, will be providing the music for the service.

Sunday only, we will hold a "mini flea market." There will be regular vendors at the market, but we are planning to have ours on our site, although anyone attending our event is welcome to stroll the grounds and visit other booths. If you are an artist or artisan, please come and sell your precious goods. There is a \$20 fee for the "spot" (table included).

From noon until 3 pm, Daniel Robert will perform country and old time rock and roll music.

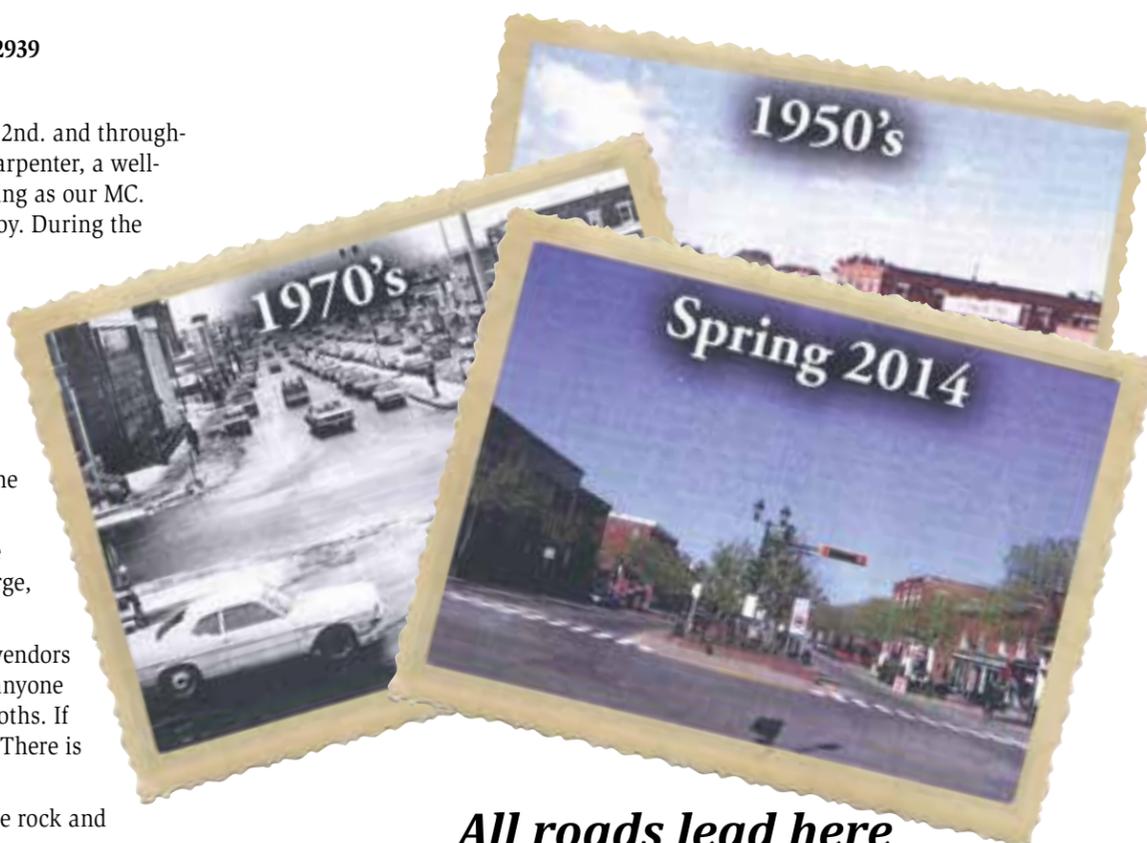
Visual entertainment

Tables and historical displays of many local families, groups and businesses of "yesteryear" will be set up; the Legion and Lions, History of the Ayers and Wilson Mills (where many local people were employed), pictures of the train station and lots more. People are still signing up for spaces, so the number of displays will increase as time goes by. If you are interested in participating, the cost is \$5 for a table. The display area has an overhead roof, so is out of the sun.

We are looking for volunteers to help out, especially with parking. The planning committee for this wonderful event is only 8 people, and we cannot manage the parking on our own.

If you wish to give some time, please let us know in advance. We suggest you bring folding lawn chairs for your comfort. There will be a large tent for people to sit in and the entertainment will still be visible. For any further information, please call 450 562-5703.

All proceeds will be donated to the Children's Wish Foundation. Where can you go these days, for a mere \$20, and receive the entertainment this reunion will be providing throughout the entire weekend?



All roads lead here

**Saturday, August 2, 2014 10:00am
to Sunday, August 3, 2014 4:00pm
Lachute Flea Market Grounds**



Youthful Perspective Risky Business

Yaneka McFarland – Main Street

Do you want to be swaying on a rocking chair at eighty years old, on a porch somewhere, wondering what you have accomplished in your life, and what it's all been about? After all, taking risks and living on the edge is completely reckless, and gambling on continued success is always risky, right?

Wrong! Entirely, and absolutely wrong! Of course, I don't mean, necessarily, to advise you to sell all your things and hitchhike across Europe, or go skydiving (although I'd love to try it.) What I do mean, however, is to be ambitious, to think divergently, and to realize that colouring inside the lines your whole life may not bring you to greatness – much less, happiness.

In the end, it's not regretting what you've done, but what you had the chance to do but didn't, that will haunt you, forever. That "window of opportunity" that you shut closed is what will keep you wondering ... "what if?"

Obviously, you also have to think rationally. You don't want to become the Jim Carrey in "Yes Man", blindly agreeing to every occasion that presents itself, as no one wants to see you riding a motorcycle in an open-back hospital gown! I believe it's about being sagacious, without eliminating the idea of spontaneity.

Whereas, it may be true that we can't lose if we don't play, in fact, we can't win if we don't play, either!

Additionally, the risks we take do not have to be as large as the ocean. We all can ascertain our capabilities as well as our limitations. I think the key is in finding the balance between not going too far and not letting those perceived limitations hold us back. Doing what that little voice in our heads is telling us to go for is what living life to the fullest is all about.

We've all heard of taking the road less travelled, but why not choose our own, unique road, instead of taking the well-beaten path? The experiences we live, and the decisions we make along the way, are what will shape us as individuals, and will mold us into the people we become.

Instead of settling for the flatlands of conformity, why not venture into the wild and, perhaps, discover something extraordinary within us that could be entirely worth the risk? Years from now, I don't want to be sitting on that metaphorical porch wondering, "what if?" Perhaps, it's because I have grown up surrounded by people who have travelled, and who have enjoyed recounting their adventures to me that I feel the need to see the world, and to live within it according to my own terms.

Camp YMCA Kanawana Celebrates 120 Years in the Laurentiens

Once a Kanawanian, always a Kanawanian

Derek Walsh – Special to Main Street

Established in 1894, Camp YMCA Kanawana (formerly known as Kamp Kanawana) was Quebec's first residential summer camp and is Canada's oldest children's summer camp still in operation today. Over the years, it has given thousands of youth from Quebec and beyond their first opportunity to enjoy a unique outdoor experience in the Laurentiens. Many who attended Kanawana as children or young adults are today Laurentien cottagers or permanent residents.



This year marks Kanawana's 120th year. From its original site on a small island in Lac Saint Joseph in Saint-Adolphe-d'Howard, and its move in 1910 to Lac Kanawana in St. Sauveur, the Camp continues to provide the Kanawana experience. Although many things have changed since the days when campers rode a train from Montreal before taking a horse and buggy from the St. Sauveur station to the site, the Kanawana spirit is as strong as ever. The memories and friendships garnered from a few weeks at camp remain with Kanawanians to this day.

"For many, decades have passed since they last visited camp, while for others, their memories date back to only last summer. Wherever you go, whatever you do, you will always be a Kanawanian," explains Sean Day, the current Camp Director.

As part of the Kanawana's 120th anniversary celebrations, there will be an alumni reunion dinner on September 5 in Westmount where former campers, staff members and volunteers will have the opportunity to catch up and reminisce with their old friends. The festivities will continue on Saturday, September 6, and Sunday, September 7 at the St. Sauveur site where Alumni and friends from all years will share their experiences. Several activities are scheduled: rock climbing, archery, ropes course, canoeing, swimming, face painting, arts & crafts, guided tours, hiking and camp "cuisine"!

For additional details about the Friday Alumni dinner and weekend at Kanawana, please contact Aki Avis at YMCA Camp Kanawana Alumni & Friends Association, 450 226-8117 or email camp.kanawana@ymcaquebec.org.

Facebook event – Kamp YMCA Kanawana Souper de Retrouvailles /Reunion Dinner. A registration form is available on the website: www.ymcakanawana.ca. If you are in contact with other Kanawana alumni and can help expand the alumni network please call as well.

Derek was a camper at Kanawana in the 1960's, a staff member in the 1970's and is a part-time resident of Gore.



Lori's Lookout

Laurentian Personalities

Samuelle Garnier and family

Lori Leonard - Main Street

Samuelle Garnier, and husband, Geoffroy, own and reside at Le Haras Laurentien (340 chemin de Chertsey, Ste. Marguerite-Estérel). Le Haras Laurentien is completely dedicated to horses where they are treated with love and respect. The site features immaculate, luxurious stables (including crystal chandeliers) housing 25 horses. These are not regular stables and not regular horses, and their owners definitely are not just regular horse lovers/riders.

Samuelle and Geoffroy met in 2008 at the Portugal World Championships for Horseball. (Ed: Horseball is a game played on horseback where a ball is handled and points are scored by shooting it through a hoop. It is a sport recognised by the International Federation of Equestrian Sports – Wikipedia.) She was a member of the Canadian Team and he was a best friend of her sister. Both were born and raised in Paris. In 2009, Geoffroy followed Samuelle from Paris to Mascouche, where they brought in and bred horses from different countries and adopted abandoned ones as well. Samuelle has a PhD in Communication, and works with horses using her posture, body language and kindness.

Their dream was to create a center dedicated to horses where they would be treated kindly; a "Horse Kingdom," for the public to enjoy. With huge costs incurred to realize this dream (\$10,000 per year on vet bills, \$60,000 for food), they decided to present thrilling horse shows for the public.

Their new show, "Opérette and Voltaire," showcases beautiful horses, including 4 they have adopted. One, named Rozada, turned out to be surprisingly talented when well treated. The story is a romantic musical featuring Opérette, a Friesian mare from Amsterdam, and Voltaire, a Gypsy stallion. This incredible tale is recounted through the eyes of Voltaire. Reformed from the war, Voltaire was incorporated into a circus, then crossed seas and worlds to find Opérette, the flamboyant Friesian whom he falls deeply in love with, despite the vagaries of fate and the history of mankind. The show includes mounted musicians, acrobats, fire-eaters, Cossacks and Amazons. This wonderful, not to be missed show, will be presented on Saturday, July 26: 8 pm and Sunday, July 27: 3 pm on site at Le Haras Laurentien. Tickets are \$55 for adults and \$39 for children.

Samuelle took 3 years to write her new novel "Opérette and Voltaire," which she is hoping to turn into a film.

Le Haras Laurentien offers private horse/musical dinner-shows and a wide range of private/group horseback riding lessons for kids/adults (Western, English, side saddle and Liberté). The couple also has an eclectic variety of saddles from Argentina, Peru, Portugal, Egypt and other countries on display. Gift certificates, ticket reservations and Samuelle's new book (\$25 in French, coming soon in English) are available online at www.leharas.ca, by emailing info@leharas.com or by calling 450 228-3006.



Rozada, at 27 years old, is one of the beautiful adopted horses given a second chance that now stars in the show with Samuelle Garnier.

Use caution to prevent Lyme disease

In recent years, there has been an increase in the number of reported cases of Lyme disease in Quebec and Dr. Eric Goyer, the Director of Public Health for the Laurentians, recommends people protect themselves against ticks that may carry the bacteria responsible.

It is recommended to wear long clothes, closed shoes and use a mosquito repellent containing DEET and to walk on groomed trails. To reduce the risk of contact with ticks around the perimeter of the house, cut and maintain the vegetation, especially near areas where children play. After working in the woods, examine your skin carefully and remove any tick as soon as possible.

The most common symptom of Lyme disease is a rash of more than 5 centimeters that appears on the skin, usually 3-30 days after the bite of an infected tick. Other symptoms may accompany this redness: muscle or joint pain, neck stiffness, unusual tiredness, headache, fever, loss of appetite and swollen lymph nodes. Contact a physician immediately if these signs appear.

For more information on Lyme disease or how to remove a tick consult: www.sante.gouv.qc.ca or contact Health-info: 811.



The Story Behind The Constant People

Joseph Graham - Main Street
joseph@ballyhoo.ca

They were here when Alexander the Great believed he was conquering the world 2300 years ago. They were here when Hammurabi wrote his law code 3700 years ago. They were even here when the mythical flood took place. They were the people who moved to the Laurentians when the last ice age retreated north, 10,000 years ago.

It is our conceit that our society has progressed through time, that our modern "civilization" is the result of an evolutionary process, bringing us an ever more technological world. We even count the years from an arbitrary point 2014 years ago as though we are progressing towards some ultimate utopia. Of course it is only a conceit. Civilizations, including ours, come and go. Between great civilizations and way before the first one, people lived within their means. Human society existed in a variety of forms for thousands of years, even here in the Laurentians. We are sure of our superior status as a civilization and when we look back through time or through space at other civilizations, we are blind to that "early" state of humankind, a constant human society with its thousands of variations and specific characteristics that lived lightly on the land and left no monumental souvenirs, for possibly as long as a quarter of a million years. Even when we do see the constant past, we dismiss it as primitive, savage, failing to see that the ancient Egypt of the Sphinx, predating the pyramids, or the mysterious people who built Stonehenge, were preceded and succeeded by a "primitive, savage" society, our constant form.

How different the Laurentian world was for the first European-descended colonists who explored and settled here. Our immediate geographical ancestors, the Anishinabe, had lived in the Laurentian woods for centuries, possibly for millennia. There is no sure way of knowing whether the Anishinabe or some other original American nation lived here in biblical times, but one or another did. They used the rivers as we use roads and they developed trails through the woods, set up homesteads, hunted, including monitoring and culling herds, harvested fruit, manufactured clothing and prepared food for trade and for winter. They lived in a ruthless harmony with nature, respecting the other creatures as fellow souls, all with similar rights and powers.

The first European-descended settlers moved north of Saint Sauveur a mere 150 years ago. They used the North River where they could. After all, they had learned to navigate it in canoes acquired from the Anishinabe. They even learned the rhythm of paddling songs from them, used to maintain their tempo as they moved, sometimes laboriously, upstream. Augustin-Norbert Morin, the Minister of Colonization who established the first settlement north of the seigneuries in present-day Sainte Adèle, prided himself in the songs he sang when he paddled up that river in the 1840s. We still have the words to some of those songs. His colonists, though, had a great deal of difficulty navigating the river to the north of Sainte Adèle. The elevation increased rapidly and the river was turbulent with waterfalls and rocks. Fortunately for them they found a trail, a road that cut over and around a very high mountain. It had been built and maintained by the residents of that mountain and their ancestors, used intermittently for uncounted centuries. According to the 19th century historian, Benjamin-Antoine Testard de Montigny, they met a family named Commandeur. They were Anishinabe – savages, according to the French colonists – and so the colonists called the Commandeur's mountain home Mont Sauvage. It is still called that today, although the Commandeur family is gone.

In their world, the Anishinabe knew of the Little People, hidden, mystical, called the Pukwudgie and dozens of other names, the people of the wilderness. At full height they stood no higher than your knee and they may be right beside you in the smell of flowers, but they could choose to be invisible. They might also appear as a dangerous predator and their magical powers made people afraid of them, but they were only little people. The Commandeur family no doubt knew of them – may have even had encounters that they could have shared with us, but instead, the Commandeurs faded into the woods, becoming like the Little People, powerful and scary to us in our ignorance and their sudden invisibility.

Mont Sauvage stands as a silent monument to the existence of these people whose magical world has been replaced with speeding cars and concrete homes filled with giant television screens and Internet connections, a homogeneous modern race of people sharing information and virtual mythologies, personality cults and world-class sports teams, protected, well-fed and comfortable, living in a universe that changes and re-invents itself like a kaleidoscope. Young and vigorous, seeming capable of adapting to any challenge, willing to accept all people into a new system provided they take a number – who knew that we are the aberration and that the Anishinabe more closely resemble the societies of the long ages of human kind, the constant people?

The Commandeur family who lived on Mont Sauvage were of the constant people and we must teach ourselves to see them that way, to change the way we see the world and to realize how much we owe to the constant social form and how we must live within our means as they did. Maybe we can see how to incorporate some aspects of all we have learned and maybe we will succeed in stepping back from the brink of our civilization's collapse. Maybe our own descendants will be able to live lightly on the land, indifferent to colossal monuments and respectful of the other creatures whose habitat we share.

References available upon request

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Obituaries

VOWLES, Alan Reginald
(January 27, 1922 – June 18, 2014)

Passed peacefully at the Argenteuil Hospital in Lachute, Quebec following a lengthy illness. He is survived by his wife, Joan (Orr), daughter Martha, son-in-law, William Toner, sisters Gwenyth Ball, Marjorie Brayne (Jack) and several nieces, nephews, great-nieces and nephews. He was pre-deceased by his parents Francis and Gwendoline Vowles (Campbell), his wife of fifty-five years, Audrey (Watson), his brother Gerald and brother-in-law Kenneth Ball. He will be sadly missed by all of us and especially his dog, Freddie. Alan was the owner of Martha's Cove Marina from 1964-1990. He was well-known as a master craftsman in woodwork. His proudest accomplishment was the construction of his log home in Cushing, which he completed in 1991. Special thanks go to his nephew, Gerald Vowles, family friend, Donna Ryan, the homecare team consisting of Sylvie Sumas, Grace Morrow, Randall Beaudin, Karina Lariviere, Dominique Aumont, Karen Loughren and Dr. Mitchell. The family also wishes to thank the many loyal friends and neighbours who helped out in countless ways.

A funeral service was held on Monday, June 23, 2014 at 2 pm at St. Mungo's United Church in Cushing. Interment was at St. Andrews East Cemetery. Donations to the Montreal Children's Hospital Foundation, 1 Place Alexis Nihon, 3400 de Maisonneuve Blvd., West, Suite 1420, Montreal, Qc. H3Z 3B8 or the SPCA Laurentides-Labelle, 355 rue Demontigny, C.P. 532, Ste. Agathe des Monts, Qc. J8C 3C6 will be gratefully accepted.

Arrangements entrusted to J.P. MacKimmie Funeral Home, 660, rue Principale Lachute.

Ophthalmology department re-opens in St. Jérôme

After a lengthy closure, the team at the CSSS de Saint-Jérôme is ready to resume services in their ophthalmology department. They will now team with the CSSS des Summit, which has been developing services in ophthalmology since last year, and with the CSSS du Lac-des-Deux-Montagnes, that will be working to develop services in this specialty in the up-coming months.

"After this reorganization, more ophthalmologists will be working in our region and the services will be scattered across three institutions, making it easier for people to access these services. We aim to provide quality services and proximity," says Julie-Hélène Godin, regional director of physical health and medical affairs for the Laurentian Health and Social Services Agency.

As of July 1, people with a reference to obtain eye care services may contact the following institutions:

CSSS de Saint-Jérôme:
450 432-2777, ext 23075

CSSS Summits: 1-855-SOMMETS
(766-6387), ext 4570

Note that individuals who obtain services from the Laurentian Eye Institute may have to pay for them after July 1.



An excerpt from Jane Edward's essay

"Where I am Perfectly Content"

A testament to the world Jack Watson made for his grandchildren and which they now treasure.

"As I crest the hill, I stop and look out at the view that I know so well and love so much. Nothing matches the beauty of the sun hitting the frozen lake and the snow-covered spruce trees. Looking at the contours of the ancient hills and the curve of the lake, my mind reaches back. I think of my grandfather's stories of travelling by horse and sleigh and my grandmother's stories of coming to the Laurentians on the ski train.

My mind then jumps back to memories of my younger self. I see a little girl at swimming lessons in the pouring rain at the community center down the road. I see myself canoeing with my dad at dusk, swatting black flies, in search of the elusive beavers that inhabit the lake. I see friends and me picking hundreds of blueberries on Blueberry Island for my grandfather's jam. I see grandfather making sticky buns for breakfast, and I can even smell the cinnamon wafting through the house, waking me from my bunk bed. I see my sisters and me tobogganing down the hill in the front yard. I see my cousin Jacqueline taking her first steps in the porch. I see myself raking the yard and jumping into piles of leaves with my cousin Jack. I see dad cutting down the

Christmas tree my sisters and I picked out in the woods behind the house. I see myself winning pennants at the regatta. I see myself growing and changing, but the view of the lake always remains the same.

This house, this lake, these hills, and the community surrounding it are a part of who I am. It has kindled my thrill in competition, my love of nature, and my close relationships with my family. I do not live at Manitou, nor does my extended family anymore, but it is our true home. My sisters, cousins, parents, aunts, and uncles are spread across the U.S. and Canada, and as I have gotten older and the demands of school and my sports have grown, I have spent less and less time here. Despite this, I remain inextricably linked to this place. For my family, Manitou is where our spirit resides and where everyone gathers to rejuvenate that spirit. The lake and the mountains seem to be untouched by time, untouched by my family growing further apart each year, untouched by my attitudes and values changing as I have grown up.

With the sun dropping quickly in the west, I ski down the hill, and the blue cottage comes back into sight. I see my family gathered in the living room, and the smell of tourtière pie baking in the kitchen rises to greet me. I feel safe. I feel loved. This is where I am perfectly content."



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Main Street Money: Ladies' Investment and Financial Education Paying Tax On Investment Income?

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

Things you should know about taxation on your non-registered investments.

In Canada, one way that individuals pay tax is according to the amount of income on their tax return. As this taxable income increases, so does your tax rate, to a point. This is called a progressive tax system. Each increment of taxable income is taxed at a specific rate and is referred to as a marginal tax bracket. You should be aware that tax rates vary by province and different tax rates apply to different types of income.

Since different types of income attract different tax rates, it's important to consider the amount of tax you will pay on income from your investments.

Interest income is one of the most highly taxed types of income in Canada and can be earned from fixed-income investments, such as Guaranteed Interest Contracts (GICs) and Canada Savings Bonds

Corporations pay dividends to their shareholders from after-tax earnings. You may also receive dividends from the segregated fund contracts, or mutual funds, that you own if the funds own shares of corporations that pay dividends. Canadian dividends generally attract a far lower level of taxation compared to interest income.

Capital gains occur when you sell a capital asset for more than its original purchase price, or adjusted cost base (ACB). The increase in value is a capital gain, and 50 percent of the gain (called the taxable capital gain) is included in your taxable income.

Foreign income, such as dividends from foreign investments, is considered taxable income, whether owned directly or through a segregated fund contract or mutual fund. Foreign income receives no special tax break, making it undesirable in terms of the higher rate of tax that it attracts.

Interest income is usually taxable each year as it is earned, whether or not it's actually received. Dividends are generally taxed when received. Capital gains, however, are taxable only when the capital property is sold. In tax terms, this is when capital gains are referred to as 'realized.'

Understanding the taxation of some common assets:

Mutual funds

The increase between your purchase price (ACB) and the market value of your mutual fund units is taxed as a capital gain when the units are deemed to have been sold. Distributions from a mutual fund, such as dividends or interest, are taxable whether you receive them in cash or reinvest them in additional units. If you reinvest distributions to purchase additional units of the same fund, the reinvested amount is added to your adjusted cost base (ACB).

Segregated fund contracts

From a tax perspective, when a segregated fund is redeemed, the contract's increase in value over its original purchase price is taxed as a capital gain. With a segregated fund, there is not a physical distribution. Instead, the segregated fund allocates taxable income and realized capital gains or losses to investors. The amount of the allocation is added to (or in the case of capital losses, deducted from) your ACB and tracked by the insurance company. Allocations cannot be paid in cash like mutual fund distributions.

Stocks

The increase between your purchase price (ACB) and the market value of your stock holdings are taxed as a capital gain when the stock is sold. Any dividends received from the stock are taxed at rates applicable to Canadian or foreign dividends.

GICs and Canada Savings Bonds

The principal amount of a GIC or Canada Savings Bond is not taxable. Only the interest earned on this investment is taxable.

Incorporate investment tax planning into your overall strategy

It's a good idea to take every opportunity to minimize the tax you pay. After all, paying more tax than required means less money in your pocket. Investment taxation is an often overlooked but very important area of personal tax planning.

If you have any questions regarding the topic of this article, please contact me at 514 788-4883 or my cell at 514 949-9058.

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

Scouts Argenteuil The Scouts go fishing...



During the weekend of June 7, the Argenteuil scouts group had the opportunity to go fishing at the Bois de Belle-Rivière. A license, a fishing rod and the chance for each child to catch two trout were provided. The program at Bois de Belle-Rivière offered information and awareness regarding the fragility of the aquatic fauna as well as a passionate exchange with available specialists who shared some great fishing tips. Sparkling eyes at the end of the day confirmed that a return trip would be scheduled again for next year! Thank you to the entire organization for offering the Scouts the opportunity to experience this sport, free of charge.

For more information on the Argenteuil Scouts, please call Mathieu Trudel at 450 675-1003.

A big thank you...

Over the past year, several local businesses generously helped support the Argenteuil Scouts, thereby giving them the opportunity to participate in several activities and excursions they would not otherwise have been able to do. To show their appreciation, the Scouts enthusiastically joined together to create this poster as a "thank you" to all their sponsors.

Thank you to everyone for making this a super year for us!

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I'm Just Saying Highway to Hell

Ron Golfman - Main Street

As one who has, at times, used my column as a vehicle to promote public and political motivation to consider and advocate better public safety in Morin Heights, (making dedicated parking and wider roads in front of the church, moving the flower protrusions etc.) there

remains a glaring threat to life and limb I cannot ignore.

It seems that nearly every town in the Laurentians has a highway running through it. After some research, it appears that every hamlet has a 50 km/h maximum speed when approaching the town, except Morin Heights, where the 80 km/h speed limit does not decrease. This puts everyone driving, biking and walking at great personal risk.

Highway 364, coming from Saint Sauveur, and, conversely from Montfort, traverses the town via the main intersection, at what we locals refer to as the "four corners." At this location we find a big IGA, a mini-mart, two large gas stations with depanneurs and a small park all of which produce high volumes of merging traffic.

The fact that the speed limit has not been reduced to 50 km/h, for everyone's safety, is both inane and idiotic. Yet, this outrage is accepted without a whimper, in spite of frequent accidents and numerous near misses. In close proximity to the highway sit a day-care and an elementary school, both of which have outings on foot that require children to cross this treacherous stretch of roadway. The obvious question is "why has the speed limit not been reduced to protect the population"?

Recently, Transport Quebec, in its wisdom, put up no parking signs on Rte. 364 to disallow people from parking along the highway when attending the four Legion flea markets held each summer. This was both a good and bad decision and, I'm just saying, that visitors will end up parking at the baseball field across from the Legion, requiring people of all ages to have to cross the highway where the speed is inappropriately posted at 80 km/h, a recipe for impending disaster.

The QPP is teeming with patrol cars watching for anyone to go above 30, then 40 km/h near the school, which is fine, but surely they must be aware of the imminent risk aforementioned, less than a kilometre away. Why have they, the Municipality of Morin Heights and Transport Quebec, not lobbied for a reduced speed limit as vehicles approach our town?

If it is up to the locals to rise up and advocate for a safer and more considerate change in policy, I invite everyone to join me in getting this done.



Fit Tip #88 Active Living

Lisa McLellan - Main Street

I would never ask you to do something that I do not do myself. As a result, I now have a new morning ritual that developed gradually by layering in a new healthy lifestyle

habit every month. I am astounded with the results! My life has changed; I am more balanced, focused and productive.

Step one: drink a cup of warm water with the juice of half a lemon squeezed into it first thing in the morning. This hydrates and nourishes the body with essential nutrients. Step two: Do 5 - 10 minutes of calming your mind and body. Use music, meditation or whatever works for you. This is to center and ground yourself so that you can meet your day in a more peaceful and clear frame of mind. This month's challenge is to add 20 minutes of physical activity to your morning routine.

I go for a brisk, uphill walk, rain or shine, and then swim in the lake. I feel invigorated from the walk, the fresh air and the cold water. To fit it in, I get up half an hour earlier and feel so satisfied with myself for having accomplished so much by 8 am. The cumulative effect of these three habits far outshines doing just one or two.

If I don't start with the water, I feel like something is missing. The meditation, which I do for 15 minutes, seems to root me into a deeper source of energy, not troubled by an anxious nervous system. The walking gets my circulation going and when it is raining I rediscover the young girl in me who loved to play in the rain. Some mornings, I open the door and set off at a run. These changes are organic and the result of augmenting my vitality, little by little. For those of you already doing it, 10 gold stars.

Practical tips:

1. If you can't walk, try to stand up every 20 minutes to counter the negative effects of sitting. If you can't stand, move your body by bending, twisting, pushing and reaching in all directions. Moving your body against gravity procures the health benefits. Accumulate your minutes gradually throughout the day.
2. If you already walk, swim or bike, enhance it by adding a small challenge, such as walk faster, incorporate hills or vary your swim stroke. If you have sore knees or hips the water is a great place to exercise.
3. If 20 minutes is too much at one time, work your way up gradually, minute by minute if necessary, or, divide your time into 2 or 3 sessions. Use a walker, a cane or walking sticks if you have trouble with your balance. Get up and get going. You will be astounded at how your life will change.

Two-thirds of Canadians do not meet the recommended, minimum physical activity guidelines of 150 minutes a week (2013). That's 25 minutes a day to help prevent the onset of chronic disease, increase your vitality and improve your quality of life. Join me in establishing a morning ritual that will help transform your life.



A Library Addict

Grif Hodge - Main Street

Some new books at the Jean-Marc Belzile Library in Lachute that can be borrowed for free by residents of Gore, Harrington, Lachute and Wentworth.

NEW FICTION

Abraham, Daniel - A Game Of Thrones: The Graphic Novel, Volume 3

Are you a fan of the show, Game of Thrones on TV? Here is a visual text version of the noted novel. We're looking forward to reading Book 5 in this gripping tale of mighty power struggles and palace intrigue.

Cussler, Clive - The Bootlegger

Here is a different take on the Prohibition period in true Clive Cussler style. Isaac Bell of the Van Dorn Detective Agency finds himself in charge in "The Bootlegger." It's 1921, and both Prohibition and bootlegging are in full swing. Bell must stop the mastermind behind most of the bootlegging, a Russian criminal, who has a bold plan to take out the United States.

Evanovitch, Janet - The Chase

There's some local colour in this novel of an internationally renowned thief and con artist. Nicolas Fox is famous for running elaborate and daring scams. His greatest con of all; convincing the FBI to team him up with the only person who has ever caught him, and the only woman to ever capture his attention, Special Agent, Kate O'Hare. A daring heist and a deadly chase lead Nick and Kate from Washington, D.C., to Shanghai, and from the highlands of Scotland to the underbelly of Montreal.

King, Laurie R. - The Bones of Paris

Paris in 1929 was a heady time and place. The author weaves real people into a private eye novel (Hemingway, Cole Porter and Salvador Dali). Her PI has left the FBI after a blowup with J. Edgar Hoover and is barely scratching out a living in Europe when the ideal job presents itself; prowl the bars, nightclubs and cafés to find a missing girl whose family hasn't heard from her in months. Author is noted for her novels about Mary Russell and Sherlock Holmes.

YOUNG ADULT FICTION

Harris, Charlaïne - Cemetery Girl. Book One: The Pretenders

The first graphic novel in a brand-new trilogy illustrated by Don Kramer. Calexa Rose Dunhill lives in a cemetery, hiding out from the world of the living.

Patterson, James - First Love

A remarkably moving tale with its origins in James Patterson's own past, First Love is testament to the power of first love and how it can change the rest of your life.

NON FICTION

Lewis, Michael - Flash Boys: A Wall Street Revolt

The characters in Flash Boys are fabulous. Several have walked away from jobs in the financial sector that has paid them millions of dollars. From their new vantage point, they investigate the big banks, the world's stock exchanges and high-frequency trading firms, and expose the many strange new ways that Wall Street generates profits.

Orr, Bobby - Orr, My Story

"One of the greatest sports figures of all time at last breaks his silence in a memoir as unique as the man himself. Number 4. Invoke that number and you can only be talking about one player -- the man often referred to as the greatest ever to play the game: Bobby Orr. From 1966 through the mid-70s he could change a game just by stepping on the ice. Orr could do things that others simply couldn't, and while teammates and opponents alike scrambled to keep up, at times they could do little more than stop and watch. Many of his records still stand today and he remains the gold standard by which all other players are judged." Goodread

Pele - Why Soccer Matters

Brazilian soccer legend, Pelé, became a superstar with his performance in the 1958 World Cup. He played professionally in Brazil for two decades, winning three World Cups before joining the New York Cosmos late in his career. Named FIFA co-Player of the Century in 1999, he is a global ambassador for soccer and other humanitarian causes. He shares his most inspiring experiences, warming stories and hard-won wisdom while putting the game in perspective.

Val David

From 28 June to 24 August, discover Val-David by participating in a walking tour.

Work your neurons at the same time as your legs! Answer quizzes and chance to win one of 10 prizes donated by local merchants.

Three questionnaires for three different tours are available at the tourist office, located in the heart of the village at 2525 rue de l'Église. The draw will take place August 27 at 1 pm. To review the rules, please visit www.valdavid.com. For more information: 819 324-5678, ext 4235.





Healthy Channels

Lowering Inflammation with Acupuncture

Christopher Garbrecht, Ac. - Main Street

One of the things acupuncture is best known for, besides treating back pain and sciatica, is its ability to lower inflammation. Chiropractors and osteopaths often refer their patients to an acupuncturist because their inflammatory response is too high for them to treat.

Inflammation is a natural reaction to trauma or injury. It is part of the immune response to heal wounds and fight infection and disease. It is critical to healing wounds, but out-of-control inflammation can contribute to serious health problems. The normal cycle of healing involves three phases: the Inflammation Phase, the Proliferative Phase and the Remodeling Phase. However, the process can sometimes get stuck in the Inflammation Phase. The reason is that there is a compression of tissues and surrounding nerves, which restrict the local blood flow.

In Western medicine, inflammation is often treated with cortisone and corticosteroids. It is given in one of four forms: oral (for rheumatoid arthritis), topical (for allergic skin reactions), inhaler (for asthma and allergic lung reactions) or injection, directly into a joint.

Cortisone is part of the family of chemicals known as corticosteroids. In its natural form (cortisol), it is produced by the adrenal glands and is released in higher amounts during times of stress. Over extended periods of time, the use of corticosteroids can have harmful side-effects, such as lowering the immune and inflammatory response.

Doctors have discovered that controlled dosages of corticosteroids can suppress inflammation and relieve symptoms associated with pain due to inflammation. The idea is that if inflammation can be reduced, pain can be controlled, proper blood flow can be restored and healing can flourish. The problem is that cortisone injections have been shown to prevent cartilage and joint repair. It has also been found to weaken ligaments and tendons surrounding the injection site.



There are several treatment options that both help reduce inflammation and improve joint healing. Treatment can include dietary changes and homeopathy, as well as cold-laser therapy and acupuncture.

Acupuncture is a comprehensive system of medicine that can be used to treat both systemic inflammations (body-wide), such as allergic responses ranging from asthma, edema, and sinusitis, to more local joint based inflammation such as tendonitis. In

Traditional Chinese Medicine, inflammation is not seen as a distinct disease. Instead, the flow of Qi, blood, and water is examined to see how it has been blocked. The idea is to help unblock the area in pain so that the body's natural healing process can work at its full potential. Acupuncture has been shown to help with the anti-inflammatory response and actually decrease the body's natural pro-inflammatory response. Acupuncture is an important tool to reduce inflammation without compromising your immune system. Before you take the next round of corticosteroids, ask your physician for a complete list of side-effects and health risks.

For more information about acupuncture, visit my blog at: acupuncturevaldavid.blogspot.com or call 819 219-0048.

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About food Homemade Pop tarts

By Tiffany Rieder
Food Stylist, Chef and Recipe Developer
www.stylisteculinaire.ca

On May 16, I attended Food Revolution Day hosted by La tablee des chefs at Jean-Talon Market. La tablee des chefs' mission "... is to fight hunger by nourishing less privileged families and by developing culinary autonomy for future generations in order to break down the eventual cycle of food bank dependency." (source :www.mindfultable.ca/2011/12/gift-idea-cooking-classes-at-tablee-des-chefs)

I purchased my \$20 ticket online, which granted me entrance to the event itself, and to 5 vouchers that I could exchange for delicious samples offered at the various kiosks made up of restaurants, bakeries and food stores. My ticket also allowed me to attend a cook off between 3 chefs: a local chef, a celebrity chef and a chef who bid for the spot with proceeds going to La tablee des chefs.

Below is a recipe inspired by one of my delicious samplings.
Homemade Pop tarts
Yield: 8 to 10 servings

Pie dough:

- 625 ml (2 1/2 cups) all purpose flour
- 5 ml (1 teaspoon) salt
- 90 ml (3 oz.) butter
- 165 ml (5.5 oz.) vegetable shortening
- 1 large egg, lightly beaten
- 60 ml (1/4 cup) ice cold water



Filling:

- 5 stalks rhubarb, cut in 1 cm (1/2 inch) pieces (about 2 packed cups)
- 60 ml (1/4 cup) brown sugar
- 60 ml (1/4 cup) water
- 1 ml (1/4 teaspoon) ground cinnamon
- 250 ml (1 cup) mixed berries (i.e. raspberries, blueberries,)
- 5 ml (1 teaspoon) vanilla extract
- Sufficient quantity icing sugar

Pie dough:

Add the flour and salt to a large bowl. Cut in butter and shortening until only pea sized pieces of butter and shortening remain. Combine the egg and water, in another bowl, and add to the flour mixture. Incorporate the liquid with a fork. With as little manipulation as possible bring the dough together. Form 2 disks, and wrap them in plastic wrap. Chill disks in refrigerator for at least an hour.

Filling:

To a small saucepan add the rhubarb, brown sugar, and water. Bring to a boil and reduce heat to low. Cover and cook for 5 to 10 minutes (until rhubarb breaks up). Uncover and raise heat to medium low. Cook until thickened (about 10 minutes). Add the berries and cook for another 2 minutes. Transfer filling to a bowl, add vanilla extract, and let cool completely.

Assemble:

Line 2 baking sheets with parchment paper. Roll out 1 disk on a floured surface to form a rough rectangle about 3 cm (1/8 inch) in thickness. Cut out rectangles about 10 cm to 13 cm (4 to 5 inches) long. Repeat with the second dough. Bring dough scraps together and repeat. Hopefully you have an even number of rectangles (about 16 to 18). If not just cut a rectangle in half (to make a mini pop tart), and proceed with the following instructions: Arrange 4 rectangles on each baking sheet. Brush the border of each rectangle on the sheet with a little water. Spoon 1 1/2 tablespoons of filling in row down center of each rectangle. Top preserves with second dough rectangle. Using fingertips, gently press all edges of each tart to seal; press all edges with tines of fork to double-seal. Brush the pie lightly with egg yolk and sprinkle with sugar. Using toothpick, poke a few venting holes in each "pop tart". Meanwhile preheat oven to 190°C (375)°F. Bake pop tarts until golden (about 20-25 minutes). Let pop tarts cool slightly on a wire rack.

Sprinkle pop tarts with icing sugar and serve.



Garden Talk A Walk on the Wild Side

June Angus - Main Street

Cultivating a meadow or hillside filled with wildflowers is a great way to create a low maintenance garden on large country properties. It will also reward you with continuous colour all season long. While getting a wildflower landscape started takes work, once established, it requires far less effort than a lawn.

If starting with bare soil, the area will need to be well raked and clumps smoothed out. Top dressing lightly, with some good soil or compost, will give seeds or young plants a solid base to build on.

When buying a seed mix, look for a good balance of annuals for quick colour and perennials for long-term growth. Perennials are the backbone of a wildflower garden, but may take two or three years to become well established. When sowing the seeds, remember a few will go a long way. Don't spread them too densely. Over-seeding can create intense competition among developing plants, as some out-shade others in a fight to survive.

Seeds must be kept moist in order to germinate, so if there is not enough moisture from rain showers or heavy dew, it will be important to water your seeds. However, once your wildflower garden or meadow is established, it will not require watering or fertilizing. Many native flowers colonize poor land, and the addition of extra nutrients and water only encourages excessive growth of grasses, which will consequently out-compete the more desirable native plants. Building-in some grass is important, but to avoid overcrowding, add plugs or clumps. Interesting varieties of ornamental grasses can be used for this purpose too



A nice special effect is to create some drifts, or sections, where only one variety of plant grows. Drifts give a meadow a more dramatic effect than simply having a spotty mix of many different colours. If you have favourite flowers you want to feature prominently, plant a few seedlings, or small plants, to give them a head-start over their seeded neighbours.

Periodic mowing is the best way to manage and care for a wildflower meadow. To encourage new perennial flowers and grasses to develop good roots, it is important to mow the meadow in the first year after sowing. Cut to a height of 5cm (2in) up to four times during the year. After that, once a year is often enough.

For established flower mixes that bloom mainly in the spring, mow in July and then a few more times over the remainder of the summer to reduce the progress of coarse grasses and to allow flowers to prosper.

For wildflower landscapes that bloom continuously, from spring throughout the summer, don't mow until late August or September, after the wildflowers have set their seed. Some heavy-duty lawn mowers or weed trimmers can be up to the job. However, a brush cutter may be necessary if you also have small tree or shrub stems to deal with as well.

Enjoy your wildflower garden, and remember to pick a few bouquets to grace your table and take to friends.

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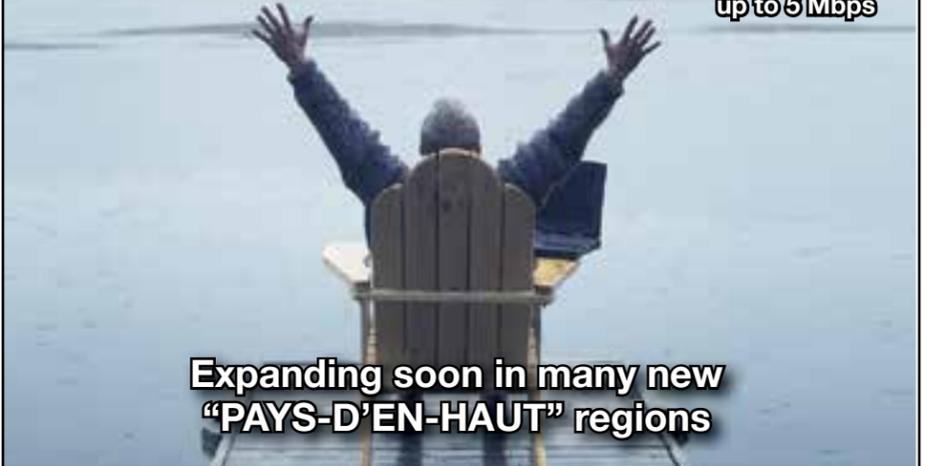


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**Battle of
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The day started with breakfast at 7:30 am and an 8:30 am shotgun tee-off and ended with burgers and refreshments at

the R.R.L. Br. #192. After lunch, Kevin and Jennifer presented the "Jenko Mini Excavation" trophy to Norm Hess, representing the winning branch, # 192.



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