

MAIN STREET

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

ARUNDEL • BROWNSBURG • GORE • HARRINGTON • HAWKESBURY • HUBERDEAU • LACHUTE • MILLE ISLES • MONT-TREMBLANT • MORIN HEIGHTS • PIEDMONT PRÉVOST • STE ADÈLE • STE AGATHE • STE ANNE DES LACS • ST ADOLPHE-D'HOWARD • ST DONAT • ST SAUVEUR • VAL DAVID • VAL MORIN • WEIR • WENTWORTH



bonjour  **Natalie Maheu**
nmaheu@me.com
514-213-6207

NM *Integrity, passion & 20 years experience!*
NOW is the perfect time to sell

PICKRELL'S
Rolling Cones™
Since 1983
Mobile Ice Cream

Big City Ice Cream Truck
Pickrell's has landed in the Laurentians

Anniversaries
Birthdays
Lakeside Barbecues
Employee Appreciation
Schools... and more

pickrellsicecream.com
514-777-5858

bonjour  **Lyndsay Wood**
Real Estate Broker
514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com

FREE seller & buyer consultations
Over 10 years experience

2 OFFICES TO SERVE YOU • ST-SAUVEUR & LACHUTE

4korners
Laurentian community network
Réseau communautaire des Laurentides

Lachute: 508 Principale | Sainte-Agathe: 50 Corbeil
info@4kornerscenter.org | 4kornerscenter.org
888 974.3940

LAURENTIAN LAKESIDE COTTAGES
Private, family-friendly vacation rentals available year-round.

www.laurentianlakesidecottages.com

READY TO SELL OR TO BUY?
CALL US TO BOOK YOUR APPOINTMENT TODAY!

ÉQUIPE MILLION
COURTIERS IMMOBILIERS
REAL ESTATE BROKERS

ANDREW FUGERE
RESIDENTIAL REAL ESTATE BROKER
1.514.232.5150

JESSICA MILLION
CHARTERED REAL ESTATE BROKER
1.819.323.6581

INFO@EQUIPEMILLION.COM

Rachelle Béry

 Rachelle-Béry Saint-Sauveur

See Ad on page 4

LDL SEE PAGE 2 FOR AD
LOCATION DANIEL BOIVIN
SALES • RENTALS • SERVICE

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079
WWW.LOCATIONDANIELBOIVIN.COM

Philippa Murray
COURTIER IMMOBILIER — REAL ESTATE BROKER

Proprio Direct

C) 450.530.5787
O) 1.800.465.8040
philippa@philippamurray.com
www.philippamurray.com

Organic and natural

377, rue Principale,
Saint-Sauveur
450 227-3343

ROYAL LEPAGE
HUMANIA
See p.3 for listings

Lucyne FARAND
514 952-6316 lucynefarand.com

palliacco
support, accompagnement & respite care

2280, rue Labelle | Mont-Tremblant
99, rue Saint-Vincent, Suite 2 | Sainte-Agathe-des-Monts (by appointment only)
35, rue de l'Église | Saint-Sauveur (by appointment only)
admin@palliacco.org | palliacco.org

**SHOP LOCAL.
BUY STIHL.**

STIHL

**FS 38
GAS TRIMMER**

27.2 CC • 0.65 KW • 4.2 KG/9.2 LB ①

SAVE \$20
\$179⁹⁵

MSRP \$199.95

**FS 40 C-E
GAS TRIMMER**

27.2 CC • 0.70 KW • 4.5 KG/9.9 LB ①

SAVE \$20
\$229⁹⁵

MSRP \$249.95

Easy 2 Start™

**FS 56 RC-E
GAS BRUSHCUTTER**

27.2 CC • 0.80 KW • 4.8 KG/10.6 LB ①

SAVE \$20
\$279⁹⁵

MSRP \$299.95

Easy 2 Start™

**FS 91 R
GAS BRUSHCUTTER**

28.4 CC • 0.95 KW • 5.5 KG/12.1 LB ①

SAVE \$30
\$459⁹⁵

MSRP \$489.95



**STIHL MOTOMIX® – THE
ULTIMATE PREMIXED FUEL!**

AVAILABLE EXCLUSIVELY AT YOUR LOCAL STIHL DEALER!

Dealers may sell for less. Pricing on all chain saws and blowers will remain in effect until June 30, 2021. Pricing on all other power tools and accessories will remain in effect until July 30, 2021. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only while supplies last.
① Weight without fuel.

f t i p | STIHL CANADA

WWW.STIHL.CA

The new STIHL Canada App is here and is available for download on the Apple App Store and Google Play for all Apple and Android devices. With this app you can:

- Navigate the STIHL Canada product catalogue through our mobile website
- Mix fuel and oil easily with our Fuel Mix Calculator
- Find running times for all our Lithium-ion battery products
- And more...



NEW!
**STIHL CANADA APP
NOW AVAILABLE**



LDL
LOCATION DANIEL BOIVIN

SALES • RENTALS • SERVICE

270, PRINCIPALE, SAINT-SAUVEUR • 450 227.0079
WWW.LOCATIONDANIELBOIVIN.COM



www.stihl.ca



Opening Hours: Mon. - Fri.: 7 am - 5:30 pm • Saturday: 7 am - 4 pm • Sunday: Closed

Enjoy satellite Internet with **unlimited data**, even in the most remote locations.



Hello, satellite Internet with unlimited data. Goodbye, data overages.

Xplornet offers high-speed satellite Internet with DataXtend™. Enjoy knowing you have unlimited data with your home Internet for browsing, emailing, social media, shopping, banking and more.

Satellite 50 GB
Download speeds up to **10 Mbps**¹
+

Unlimited data

\$99.99
/month²

\$49 installation fee applies.³ 1-year term required.

Get high-speed satellite Internet + **unlimited data** from only **\$99.99/month**.

Call 1-866-984-4848 today!



xplornet.com



¹On the Satellite 50GB plan get speeds up to 10 Mbps for the first 50 GB and enjoy reduced speeds up to 1 Mbps thereafter. Slower speeds may not support certain high-bandwidth activities or multiple users. Speed online may vary based on Internet traffic, servers, computer/router configurations and other factors. Internet Traffic Management Policies apply, see xplornet.com/legal. ²Taxes apply on all plans. Monthly service fee includes rental cost of equipment, except optional Xplornet Wi-Fi router. ³If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. Xplornet® is a trade-mark of Xplornet Communications Inc. © 2021 Xplornet Communications Inc.

What's On My Mind...

Arts and culture in the Laurentians returns

Susan MacDonald, Editor

The silence was deafening over the past year, as arts and culture venues across the Laurentians were closed due to, well ... we all know the story... but at last, that silence has been broken and, as we step back into summer, we can do so with great anticipation. While perhaps not quite as full as in previous years, the calendar of cultural events for the upcoming season is slowly reviving and still offers an amazing schedule for art enthusiasts of all genres to enjoy.

Many of our favourite events, including The Route des Arts Open Studio Tour (**August 4 to 8**), plus ongoing gallery exhibitions (www.routedesarts.ca), the Festival des Arts Saint-Sauveur (**July 29 to August 8** www.festivaldesarts.ca), and Theatre Morin Heights (**October 20-24** www.theatremoringheights.ca) will be back and offer their usual line-ups of great entertainment.

The Arts and Culture Society of Saint-Placide is also proud finally to be able to present its 2021 program, which includes café-concerts on the terrace of the Maison de la culture, starting at 11 am. www.artsetculturestplacide.com

The program for the 14th edition of the Mont-Tremblant Festi Jazz (www.jazz-tremblant.com), taking place from **August 4 to 8**, will include more than 30 free concerts. However, please note that you must obtain your free tickets in advance to attend concerts and to access the site of the shows.

Unfortunately, the lifting of restrictions for public gatherings came too late for many of the great festivals, but a few will still be able to present alternative performances.

For example, even though the Tremblant International Blues Festival was paused this summer, the Resort will infuse the TIBF's unique and lively atmosphere around the public areas in the pedestrian village with decorations and music (FESTIVE & MUSICAL MOOD) on **July 10 -11-17-18** in tribute to this well-loved festival.

Throughout the cultural silence of the past eighteen months, those involved behind the art scenes showed a remarkable ingenuity in formatting new ways to continue to provide us with our entertainment, in addition to supporting their artists. The challenges were huge, but they succeeded, and during that time, computers in households across the region resounded with music, or logged-in to tours of museums and exhibitions. Thanks to their efforts, those melodies will soon echo once again across our beloved valleys and mountains.

Although our dear Ilania is no longer with us, I feel her gentle spirit nudging, telling me it's time to bring back a cultural page in Main Street and, as venues continue to re-open, I hope to bring you the highlights of some of the local entertainment that we enjoy so much. Until then, I suggest you routinely check the websites of your favourite venues, to keep up with their latest developments. Chances are, you will find some welcome surprises.

Enjoy the read...

Lucyne FARAND
Real Estate Broker

lucynefarand.com 514 952-6316



87 AV. GARMEN SAINT-SAUVEUR - ASKING PRICE \$399,000
Incredible! In the village of Saint-Sauveur on a tranquil street. Lovely two-story stone home with basement. Absolutely impeccable and very-well maintained. 3 bedrooms, 2 full bathrooms, lots of storage, WOW – gas fireplace. [21486376]



150 AV. ST-JACQUES - ST. SAUVEUR
Asking price: \$649,000. Magnificent bungalow in the Marquise, in the heart of the picturesque village of St-Sauveur. Completely updated. Addition of a large apartment downstairs (inter-generation). Double garage. Flat terrain. Possibility of adding a third bedroom and a swimming pool. [15662957]



BOUL. ROLAND-GODARD -SAINT-JÉRÔME
Asking price: \$4.95 sq. ft. + GST / QST
Interesting land and sought after location. Industrial zoning (I-1089). Exterior storage (to be confirmed according to the use). Easy access by Highway 15. 225 feet of frontage on Roland-Godard. The land is adjacent to a railway line. [19472434]



MORE LISTINGS SOON

Please check my website www.lucynefarand.com regularly. I invite you to visit and like my personal and professional Facebook pages. Looking forward to speaking with you soon.



It takes more than a **SMALL** sign to sell... It takes a **BIG HEART**

GAS - WOOD - ELECTRIC - INSTALLATION

We can help *light up* your summer nights and keep you cozy on winter nights!

OSBURN *Valecourt*

Come see us to discuss the best options for your home!



Poêles Foyers & Saint-Sauveur

220 Chemin du Lac Millette,
Local G Saint-Sauveur
450-227-0080
poelesfoyersstsauveur.com

follow us



Observations

The Great Game Continues

David MacFairlane - MainStreet

Last month we brought to our readers' attention the fact that this colonial-era Great Game of political juxta-positioning of disparate countries with the goal of achieving a One World Government, never ended. Today, it is to be seen and experienced in its latest iteration, headquartered in Davos, Switzerland, at the World Economic Forum (WEF), that represents the Western bloc's banking and political elites and the powerful families that control the direction of world events that could lead to their, ultimate, long-sought goal. Today, the tactics are different, due to the massive advances in technology and science, and have enabled the protagonists to use methods which were unknown or impossible in the past.

The pandemic, the vaccines, the lockdowns and disastrous disruptions to our economy, our society, and our way of life have been distractions to keep us focussed on coping with the immediate goal of personal survival, while the existential struggle between world powers continues.

The socialist Biden Administration seeks world hegemony, but Russia, China and their allies refuse to play along and get drawn into a conflict that would have disastrous consequences for the planet. They seek economic cooperation and prosperity with their allies, particularly in the Eurasian regions where the New Silk Road is growing daily. The US has failed to recognise that we now live in a multipolar world and their attempt to remain as the hegemon is inappropriate for this new reality.

Presently, the US and British navies have joined 30+ other nations for war games in the Black Sea in an attempt to intimidate Russia. A British vessel entered the Russian protected zone off Crimea and ignored requests to leave. Russia sent fighter-bombers to drop bombs in the path of the ship to warn the captain to obey or face lethal consequences. The ship left the area immediately. Given the likelihood of US involvement, the whole incident shows just how close we are to an unintended war. In the East, the US sends naval vessels through the Strait of Taiwan and the South China Sea to provoke a response from China, resulting in China constantly warning the US to cease and desist from such aggressive, dangerous behaviour.

To some observers, this may seem to be petty squabbling that will have no serious consequences. However, this ignores the reality that both Russia and China are serious about protecting their sovereignty and are armed to the teeth with nuclear and hypersonic weapons and advanced design aircraft capable of inflicting serious damage to American assets, including sinking aircraft carriers. They have formidable capabilities to defend their interests and allies, and all war games run by the US have resulted in the West losing badly against them. It would seem to me that neither of these allies should be cornered, because the consequences of such insanity would be devastating for us.

Yet, the Great Game continues because, to its proponents, there is no turning back. They are committed to winning at any cost, but the obstacles they face are many. First, Russia and China are adamantly opposed, and will never subjugate their sovereignty to outside control. Most of all, the Game cannot be won without the US being fully committed, but that is far from a done deal.

In the worldwide battle for Covid-19 honesty, the 'White Hats' have released some leaked Rockefeller-controlled World Bank documents that call for the ongoing, fake pandemic campaign to continue until 2025. Any talk of a 'Delta variant,' for example, is just part of this script. In the U.S. meanwhile, clinical scientists and immunologist-virologists from seven universities, including Stanford, Cornell, and the University of California, are suing the US Centre for Disease Control (CDC) for massive fraud. That is because the scientists, using the latest technology, could not find the Covid-19 virus in even one of 1,500 samples of people who were 'confirmed as infected' when they 'tested positive.' All the 'positive' people were simply found to have Influenza A and, to a lesser extent, Influenza B. The scientists asked the CDC for viable samples of the Covid-19 virus and were told that, well ... actually they don't have any samples. The scientists' conclusion: 'Covid-19 does not exist and is fictitious.' Source: <https://greatreject.org/laboratories-cant-find-covid-19-in-positive-tests/>

According to a recent article in Zero Hedge, 'After each city and country began getting ascribed its own 'variant,' ... the panic merchants realized that the masses would catch on to the variant scam, so they decided to rename them ... (Alpha to Delta) ... The Delta variant has a 0.1% case fatality rate (CFR) ...

Delta is literally the flu with a CFR identical to it. This is exactly what every respiratory pandemic has done through history; morphed into more transmissible and less virulent forms that force the other mutations out. Nothing about masks, lockdowns, or experimental shots did this. Source: <https://www.zerohedge.com/covid-19/panic-porn-dressed-science-exposing-truth-about-delta-variant>

Today, those who seek the truth are labeled as 'conspiracy theorists'. In fact, the real conspiracy is not to be found in those who openly state the facts they have found by their research, but in those who use all their power to divert public attention away from those facts and, when cornered, simply ignore them and fall back on official government propaganda.

This Covid crisis, gave all the levers of power to governments to go on with their business of population control, behind the veil of the declared State of Emergency and without any official investigations by bi-partisan parliamentary committees, and all of this done under a blanket of fear. This fits the definition of a government conspiracy to ban transparency and public discussion and forbid doctors from obtaining informed consent from their patients before administering these experimental shots.

This Covid pandemic and the experimental gene-altering shots have been used as weapons against the liberties we, not so long ago, considered inalterable, in this irrational battle for control and a One World Government. As long as we continue to resist the lockdowns, the bogus agenda, and the irrational health policies, propose new ways of protecting the population without having to go through the destruction of our economies and our way of life, we shall survive, and they, the globalists, will never win.

Never forget, we have many globalists in Ottawa, including, no less, our own Dear Leader.

“Some of the biggest men in the United States, in the field of commerce and manufacture, are afraid of something. They know that there is a power somewhere so organized, so subtle, so watchful, so interlocked, so complete, so pervasive, that they better not speak above their breath when they speak in condemnation of it.” - Woodrow Wilson 1856-1924 – 28th President of the United States 1913-1921

Your health food store in the Laurentians



We are excited to welcome you to our wonderful terrace where you can enjoy our healthy meals and light snacks...



- Salads • Sandwiches
- Vegetarian meals

(Aux Vivres, Crudessence, Palmyra, Gourmet Vege, and more healthy brands)

All our organic food preparation certified by ECOCERT CANADA

377, rue Principale Saint-Sauveur, 450 227-3343



Published by
Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G
450-533-0222
email: main.street@xplornet.ca
www.themainstreet.org
TheMainStreetNews

Founder: Jack Burger
Advertising Sales: Susan MacDonald,
Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Laurie Roch

Contributing writers: June Angus, Louise Bloom, Lys Chisholm, Chris Collyer, Ron Golfman, Joseph Graham, Lori Leonard, David MacFairlane, Mat Madison, Marcus Nerenberg, Sue Rich, Janet Thomas, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

© 2013 Les Éditions Main Street Inc. -
Reproduction in part or in whole without written permission is prohibited

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •
NEXT EDITION: AUGUST 13TH

IF YOU WISH TO PLACE AN AD CONTACT :

Susan MacDonald
450-533-0222

Legal Deposit
Bibliothèque
nationale du Québec
2014



ISSN 1718-0457

Program unveiled for the 30th Festival des arts de Saint-Sauveur

Once again the Festival des Arts de Saint-Sauveur (FASS) program honors the performing arts and promises to be rich in discoveries. Celebrating its 30th anniversary, this year's challenges included redesigning the Big Top marquee, inaugurating an international dance short film festival and organizing activities that encourage public participation, all the while respecting the required health measures to ensure the safety of those attending and working at the event. We will continue with outdoor film screenings plus explore new paths for dance and music to reach the public. In addition, FASS will hold its first urban dance competition "Dance Battle".

"This summer the Festival des Arts de Saint-Sauveur is 30 years old. When I took over the artistic reins in 2015, I envisioned honouring the Festival's history while giving it the means to secure its future in a changing world where geographic and artistic boundaries are blurring. The pandemic that changed our lives has strengthened my will. The digital arts have become partners of the performing arts, bringing new possibilities both in terms of creation and distribution" stated FASS Artistic Director, Guillaume Côté.

For his part, Etienne Lavigne, FASS Executive Director said, "The Festival des Arts de Saint-Sauveur reaches its 30th anniversary milestone in sound artistic and financial health. Its artistic and media impact was especially recognized during the last season with the originality and quality of the 2020 edition earning it the Opus Award for Specialized Broadcaster of the Year. We are very proud of what has been achieved by our large number of artists and artisans over the past 30 years and look to the future with renewed energy."

This program reflects FASS' mission to bring the best choreographers, dancers and musicians to the Laurentians.

On July 29, the Opening night will bring together the exceptional talents of Margie Gillis (whom the Festival had the honour of seeing in its first year in 1992), Sylvain Lafortune and Annik Hamel, Maude Sabourin and Raphaël Bouchard, Ruberband Dance, and from the National Ballet of Canada, Brendan Saye, Svetlana Lunkina, Jeaninne Haller, Siphe November, Calley Skalnik and Larkin Miller.

In the series of shows that follow, the young choreographer Jera Wolfe, associated with Red Sky Performance, will present *Begin Again* in addition to two premieres on July 30 where we will see the combination of complex movements and strong images that are his trademark and expression of his culture.

On July 31, The Compagnie Marie Chouinard will display all its brilliance with a fresh look at a collection of solos and duets from its vast repertoire, in addition to offering us two unpublished pieces from its archives and a creation distilled from forty years of exploration of movement.

Citadel+Compagnie (formerly Coleman Lemieux et Compagnie) returns on August 1 to our Big Top with Zhenya Cernacov and the prima ballerina, Evelyn Hart, whose intensity and sublime sensitivity were so much admired at our first Festival in 1992. The duo performs *Four Old Legs* by James Kudelka, a magnificent work on lasting love, the passage of time and the ups and downs of aging.

On August 4, 5 and 6, for the first time since the pandemic, Guillaume Côté will be back on stage performing the first creation of his company, *Côté Danse, +(ten)*, inspired by the mythical odyssey of Ulysses who spent ten years to find his homeland and his family. He will be accompanied in this adventure by contemporary dancers Martha Hart, Kelly Shaw, Benjamin Landsberg and Rakeem Hardy.

The virtuoso violinist Angèle Dubeau makes a welcome return to FASS and in the company of nine brilliant musicians of La Pietà will perform on August 7.

On the virtual side, the festival has sponsored the production of four films combining dancers with artists working in other fields, in order to generate unusual collaborations. Directed by Ben Shirinian, the *In Tandem* film series pairs counter-tenor Daniel Taylor and the Colombian multidisciplinary artist, Andrea Peña; Innu poet and singer Natasha Kanapé Fontaine and choreographer Jera Wolfe; The Jireh Gospel Choir and dancer Frédérick Gravel. Guillaume Côté will be paired with Orchestre Métropolitain and designer Yso South.

It will be possible to see these films under the stars or on the Web, as well as the works selected for our International festival of short dance films, *FASS Forward*, which is new this year.

In the Forest of Molson Park, **Dance Paths** will allow the public to attend short dance and music performances offered by the urban dancer Crazy Smooth, the contemporary dancer Eva Kolarova and horn player Louis-Philippe Marsolais, the choreographer Sara Harton, accompanied by pianist Anne-Marie Bernard and François Richard of the company Andrea Peña & artists, as well as flamenco, transformed by La Otra Orilla, and jigs combining modernity and tradition with the Mackinaw company.

On August 8 Les Grands Ballets Canadiens will close the festival in style with a joyful mixed program from its **Envolée au Québec** tour.

FASS thanks all its partners for their invaluable contribution to this 30th festival. Tickets available on the festival website: www.festivaldesarts.ca

FESTIVAL
ARTS
SAINT-SAUVEUR



 4korners

Goody bags for kids and parents!

Andie Bennett

The downside (if you can call it that) to having such a motivated team spread across the Laurentians is that sometimes I cannot keep track of all the wonderful things that 4Korners is doing. So, when I was riding shotgun with my colleague to our (in person!! - outside and physically distanced) staff meeting in Deux Montagnes, I was surprised to see a table full of 4Korners purple bags set up in front of Mountain View Elementary School.

4K kids
CLUB

Thankfully, I resisted the urge to hang out the window and holler something to the people standing nearby because it turns out they were not in fact 4Korners staff. What we had driven by was the result of a bag distribution operation executed by 4Korners with the help of one of our valuable partners, Carolyn Roberts, Project Development Officer, Early Transitions, Pre-Kindergarten Support for the Sir Wilfrid Laurier School Board (SWLSB).

The upside to working with a team is the way ideas can build on each other with the exchange of information and support. Carolyn wanted to provide Literacy Quebec booklets to the schools and asked if 4Korners would be one of the organizations to order and supply the booklets. 4Korners saw the opportunity to not only disseminate these but also offer pertinent information about our organization and English services offered by some of our partners. The 4Korners team flew into action and designed some awesome new 4K Kids Club bags and filled them with informational pamphlets and fun giveaways like keychains and personalised water bottles. A shoe/gym bag and water bottle with a nameplate are always a requirement, so this was a way to take something off the parents' to-do list. Families in Deux Montagnes would also discover a booklet specifically designed for fathers provided by C.E.S.A.M.E. (Centre pour l'enfance en Santé Mentale).

Five hundred bags were distributed to SWLSB elementary schools throughout the Laurentians. A good measuring stick of success is when there is a request for more. We have already been contacted by a pedagogical consultant with the school board requesting another 150 copies of the Dare to Risk handout and keychains. These were produced by the Regroupement TANDEM 0-5 table in the MRC Deux-Montagnes and are a child development awareness campaign that promotes free play and risky play in a controlled environment. For 4Korners, it validated our efforts to help our partners reach their target audience while providing valuable information to our communities.

Summer Activity as Part of its 50th Anniversary Celebrations

Loisirs Laurentides invites the population to its exhibition of period photos

From June 29 to September 6, 2021, Loisirs Laurentides, in collaboration with the Société nationale des Québécois (SNQ) - Laurentides, invites the entire population to attend its exhibition of period photos that will be presented in the greater Laurentians region as part of its 50th anniversary festivities.

Loisirs Laurentides has a fine collection of photos dating from the P'tit Train du Nord era that it would like to share with the general public.

During this exhibition, participants will have the opportunity to win prizes by identifying the location of a photo that they have previously chosen from among the many photos that will be exhibited.

This exhibition will take place in former stations along the Le P'tit Train du Nord linear park and in public places that the MRCs of the Laurentians region have made available.

For the exhibition calendar, we invite you to consult our website (www.loisirs-laurentides.com) and the page "50 years, it's worth celebrating".

For any questions, please contact Dominic Brisson, development officer, at 450-504-6080 or by email: dbrisson@loisirs-laurentides.com



MARCHÉ d'été MONT-TREMBLANT

SUMMER MARKET

SATURDAYS FROM 9 A.M. TO 1 P.M.

From June 19 to September 11

1875 chemin du Village



The revival of the Laurentians is fueled by green energy from forests

As part of their summer tour of the regions of Quebec, the leader of the Bloc Québécois, Yves-François Blanchet, as well as the member for Laurentides – Labelle, Marie-Hélène Gaudreau, reiterates the importance of the forestry sector in the fight against climate change and in the economic recovery of the Laurentians. The Mont-Laurier Vocational Training Center, Signature Bois Laurentides, as well as the Alliance of Forest Owners of Laurentides – Outaouais, to name a few, are proudly joining their voices to this initiative of the Bloc's "wood caucus".

Here are the four priorities to put forward to maximize the forestry sector:

- Implement a public procurement policy that promotes the use of wood products, in particular, by establishing the carbon footprint as a criterion for awarding contracts
- Increase fundamental research budgets and the development of a value chain for secondary and tertiary processing of forest resources, through the Forest Industry Transformation Investment Program (ITIF), in order to support the emergence of 'an industrial cluster in the bio economy in Canada
- Take advantage of the arrival of the new administration at the White House in order to obtain a full exemption from any tariff on Quebec lumber exports to the United States and ensure that the development of the forestry industry be defined as a priority for the Canadian government, given its strong economic potential and its essential role in the fight against climate change
- Identify the means of increasing productivity linked to the annual growth of forests while respecting Quebec's jurisdictions. The federal government must, in particular, only apply the Endangered Species Act in accordance with the orientations of the National Assembly.

"The community has spoken out and determined its own priorities for relaunching the forest industry. Ottawa must now do its part and invest in this promising sector. The recovery must be the occasion to finally initiate the transition of our economy in order to respond to the challenges of the climate crisis. We are fortunate to count on dynamic and ingenious companies, which wish to develop new technologies, but which badly need financial support to carry out their projects. It is high time for Ottawa to invest massively in this industry according to the priorities determined by the players in the community and their needs," concluded the Member for Laurentides – Labelle.

The wood caucus is made up of Mario Simard (Jonquière), Alexis Brunelle-Duceppe (Lac-Saint-Jean), Marilène Gill (Manicouagan), Sébastien Lemire (Abitibi – Témiscamingue), Kristina Michaud (Avignon – La Mitis – Matane – Matapédia), Marie-Hélène Gaudreau (Laurentides – Labelle) and Sylvie Bérubé (Abitibi – Baie-James – Nunavik – Eeyou).

The signatories of the Laurentians are Vincent Mainville, of the Mont-Laurier Vocational Training Center, François Racine, of Signature Bois Laurentides, and the Alliance des Propriétaires Forestiers Laurentides – Outaouais.



Loisirs Laurentides..

One page at a time, summer: reading at day camp

Loisirs Laurentides, in collaboration with the Partners for Educational Success of the Laurentians (PREL), have decided to join their expertise to support the regionalization of the reading project, "One Page at a Time." This pilot project, implemented in 15 municipalities in the Laurentians, aims to slow down the summer slide and promote the pleasure of reading in a fun way among the many young people who go to municipal day camps during the summer.

For many children, summer is synonymous with vacation, play, rest and days spent at day camp. For some, this period is also synonymous with the risk of a decline in school learning. This decline can cause issues during the re-entry to a new school term. Reading, a cultural pastime, is a proven protective factor to slow down this decline. Reading at day camp increases children's interest and motivation in learning through, among other things, camp leaders who are role models for children.

The "One Page at a Time" summer project provides the following:

- Awareness of the importance of reading during the summer and the roles of municipal actors and camp leaders
- A kit, including all the turnkey material to animate 4 thematic days around reading, all modular, and intended for young people from 6 to 8 years old
- Virtual training and support for camp leaders and animators to organize these days, learn about books and materials, acquire reading techniques, while developing their creativity to integrate reading and writing into their programming in a meaningful playful way

This whole project will train over 350 youth leaders over the summer to reach over 1,300 young people aged 6 to 8. For more details of the project, visit: <https://lagriffedalpha.org/une-page-a-la-fois-lete/>



A new website for the Argenteuil MRC

The MRC d'Argenteuil is pleased to announce the launch of its brand new website. With a completely redesigned structure and a graphic signature that is dynamic and refined, www.argenteuil.qc.ca now offers a user-friendly browsing experience.

"The citizen was placed at the heart of the vast reflection surrounding the design of the new website of the MRC d'Argenteuil. Driven by the desire to inform our people in the best possible way, we made sure to develop an intuitive and ergonomic interface. This site, which is intended to be a real showcase of the many issues and projects in which we are investing, reflects all the dynamism of our organization and our community," said the prefect of the MRC d'Argenteuil, Mr. Scott Pearce.

From sustainable land use planning to economic and social development, around one hundred pages with diverse content make up the new website of the Argenteuil MRC. Several options have been added, including a more efficient search engine and quick access to the most frequently visited sections. The site now offers optimal accessibility on all media, from computers to mobile devices. Also, the platform is flexible enough for further enhancements and developments.

The major overhaul process, which began at the start of 2020, required the full participation of all the MRC's services and their teams. The Argenteuil MRC believes that this communication tool will not only serve the development and vitality of the community, but will also ensure it has an enviable strategic position in the context of its efforts to attractiveness.



The population is invited to visit the new site to discover the range of services offered by the MRC. A variety of tools and documents, such as publications, interactive maps and even documentaries are now available.

False allegations by SPCA Argenteuil

Following the publication of certain information disseminated on social networks, the City of Brownsburg-Chatham wishes to set the record straight and rectify the facts concerning the termination of the contract between the City of Brownsburg-Chatham and the Argenteuil SPCA.

Several false allegations have been conveyed by the Argenteuil SPCA on social media and it is now time for the City to give its version of the facts and inform the reality of the situation.



By resolution number 21-01-7 adopted on January 19, 2021, the City awarded a contract to the Argenteuil SPCA for animal control throughout its territory for the period from January 1, 2021 to February 2, 2021.

A new contract was awarded to the SPCA for the years 2021-2022 and taking effect on February 3, 2021, the whole having been adopted at the meeting of February 2, 2021 by the resolved on 21-02-27.

On June 15, 2021, during a special meeting of City Council, resolution number 21-6-259 was adopted in order to terminate the animal control contract with the Argenteuil SPCA.

During the short period of the contract between the City of Brownsburg-Chatham and the Argenteuil SPCA, several negative points were noted:

- numerous complaints on the quality of the services of the official representative of the SPCA were received at the City
- several breaches of contract requirements were reported to the SPCA by the City
- The SPCA has never done appropriate follow-ups on the advice received from the City

An article of the agreement between the two parties clearly states that for any breach whatsoever, the City may terminate the contract without notice or compensation within the first 9 months of execution.

After many attempts and several opinions, it was agreed that the non-compliance with the agreement by the Argenteuil SPCA had no other possible outcome than the termination of the contract.

There is no need here to expose the many shortcomings in the public arena and for this reason, the City dares to hope that the SPCA will immediately stop the backbiting and the spreading of false allegations.

Welcome to:

Maude Côté and Rémi Bergeron who opened their lovely floral boutique L'Abri, 800 ch. du Village, Morin Heights in April, 2021. They offer house plants, fresh cut flowers, vintage items, gift and home decor ideas, and dried flowers. They also carry artisanal soaps, bath salts, candles, perfume, all made with natural ingredients. Something for everyone on your list. 514 568-7084 / Facebook: L'Abri, espacelabri.ca / Instagram: [espace_labri](https://www.instagram.com/espace_labri).



Congratulations to:

Shaun Irwin and Brigitte Perkins, owners of the new Peruvian resto La Boca, 32A rue de la Gare, St. Sauveur. Their specialities include a variety of Peruvian empanadas (stuffed with eggplant, crab, veggies, tuna, shrimp and Peruvian beef with raisin and black olives). As well, they offer ceviche, causas, couscous and fresh, unique Peruvian salads. If you have a sweet tooth, they have a special cheese cake with lucuma on top, yummy brownies and other homemade delights. You can pick up all these goodies and bring some home as accompaniments for your BBQ or parties. They specialize in catering... ready to go. High quality Peruvian Agga coffee and high quality Peruvian products are also available. Best of luck to both of you. 514 458-1300 / Facebook: [Laboca.restaurant](https://www.facebook.com/Laboca.restaurant).



Diane Bélanger and Mario St-Laurent, both master ice cream makers and owners of MaBel Crémèrie, 10 ch. de Brébeuf, Mont-Tremblant. They specialize in Italian ice cream, gelateria. Hand-made ice cream is made on site and people can watch them at work in their kitchen. They also serve traditional soft-serve, and make their own caramel, chocolate, sucre à la crème and salted caramel sauces to serve over ice cream. These home-made sauces can also be purchased. Fine local coffee from Le Cafétier Plus, Mont-Tremblant. Delicious ice cream gelato cakes, pies for special occasions and Xmas logs. They have had the pleasure of serving well-known personalities such as Céline Dion, Eric Guay and Coeur de Pirate, to name a few. Rest assured, the quality of service AND quality of product remains their priority for EVERYONE. Bilingual service with a smile. 819 354-9063 / info@cremeriemabel.com / Facebook and Instagram: [Cremerie MaBel Inc](https://www.facebook.com/CremerieMaBelInc)



Did you know:

That you can purchase wool and accessories for knitting at Flore-Abel Boutique, 229 Bethany, Lachute? Sisters Andrée-Ann and Josianne Poirier are the owners; their mother also owns a wool boutique in Abitibi. They offer a wide variety of knitting yarn at various prices. Some wool is imported from France. They also carry knitting accessories and M. Panier bags and other lovely craft bags created by Lachute artisans. Outdoor knitting gatherings on Saturday afternoon, classes will be offered in the Fall. (450) 562-0058 / florabel.com / facebook: [Flore-Abel Lachute](https://www.facebook.com/Flore-AbelLachute).

Flore-Abel Lachute



Environment-Beach Program

Closure of St-Hippolyte Municipal Beach



The Ministry of the Environment and the Fight against Climate Change is advising the population that it has agreed with the Municipality of St-Hippolyte to prohibit access to the municipal beach due to high bacteriological contamination.

Analysis of the samples taken on July 5, 2021 showed that the bathing water at this beach did not meet the bacteriological quality standards established by the Ministry. Consequently, the public must refrain from frequenting it for bathing purposes until a contrary notice has been issued by the Ministry.

It should be remembered that, to find out the bacteriological quality of bathing water on beaches eligible for the Environment-Beach program, all you need to do is consult the Department's website. From Monday to Friday, 8:30 am to 4:30 pm, you can also contact the relevant regional office of the Quebec Environmental Control Center.

Integration of the Police Department of the City of Mont-Tremblant

As announced earlier in a press release, as of June 22, the Sûreté du Québec has integrated the Mont-Tremblant Police Department into its organization.

The 46 police officers and 7 integrated civilian members are professionals who are passionate about their work, concerned with serving the public and imbued with a wealth of experience and expertise in the delivery of urban policing services.

As of today, the Sûreté du Québec will provide police services throughout the territory of the MRC de Laurentides. If they need police assistance, citizens should now dial 310-4141 or * 4141. In an emergency, it is always appropriate to call 911.

The police service also includes patrolling and interventions on the water bodies of the territory of the MRC. Here are the behaviors that boaters must favor in order to navigate safely:

- Navigate at a safe speed established on the basis of various factors such as clear visibility, the wind and currents, the speed at which the boat can change direction, etc.
- Have the mandatory equipment on board each boat and check its condition before departure
- Wear a life jacket in good condition and of adequate size at all times
- Have a means of telecommunication on board (cell phone, VHF maritime radio, etc.)
- Plan your route and check the weather forecast before leaving
- Have with you a map of the water bodies
- Inform someone of the route plan (itinerary, details about the boat and the people on board, etc.)
- Bring what you need to prevent dehydration, heat stroke and hypothermia

Quebec's English-speaking community reflects on belonging

On Thursday, June 10, six English-speaking community groups showcased the results of a year-long labour of love to express their sense of belonging in Quebec during an online event entitled "Celebrating COM-Unity: This Is Us".

The Secrétariat aux relations avec les Québécois d'expression anglaise funded six community organizations, whose members represent many aspects of the English-speaking community, to create projects about identity and belonging from the point of view of English-speaking Quebecers of different ages and from multiple backgrounds.

The six community groups that are involved in the project are the English Language Arts Network (ELAN), the Leading English Education and Resource Network (LEARN), Youth 4 Youth Québec (Y4Y Québec), Seniors Action Québec (SAQ), the Black Community Resource Centre (BCRC), and the Quebec Anglophone Heritage Network (QAHN). The Quebec English-Speaking Communities Research Network (QUESCREN) at Concordia University administers the funds on behalf of the province.

"The English-speaking community in Quebec is a diversity of communities that arrived in Quebec at different times from different places," remarked Guy Rex Rodgers, producer and director of ELAN's Waves of Change, when asked about the importance of this project. Rodgers was also the producer and emcee of the June 10 event. "The COM-Unity project explores the frontiers of identity and belonging in this complex community of communities."

The community groups will also share information about upcoming works for the second year of the COM-Unity project.

If you'd like to watch the event video, it is on our Facebook page: <https://www.facebook.com/COMUnityQc/videos/506793197036824>

To learn more about the project, please feel free to visit our website: <https://com-unity.ca/>

Culture Laurentides

Call for submissions for the Letters and Libraries edition

Following the cancellation of the 2020 edition due to the pandemic, Culture Laurentides is very excited to announce the return this year of the Grands Prix de la culture des Laurentides, an annual awards ceremony aimed at celebrating talent and commitment in all artistic and cultural fields of the region.

This 31st edition will honor LETTERS AND LIBRARIES, during an evening at the Théâtre le Patriote in Sainte-Agathe-des-Monts on December 1, 2021.

Eight prizes and scholarships totaling nearly \$18,000 will be awarded to professionals, organizations, municipalities or collaborators in the cultural sector who stand out for their achievements or their commitments.

You can now submit a file or nominate someone or an organization. Deadline for submitting applications: September 30, 2021. For full details visit www.culturelaurentides.com/evenements/grands-prix-de-la-culture



About Sainte-Adèle

Chris Lance - Main Street

Finally, summer season swings into Sainte Adèle. It is time to kick back on our lakes and links. Paddleboard, sail, kayak, row, row, row your boat, paddle the canoe, swim, sun on the beach, walk along the rivers, walk on the new trails at Loup-

Garou, bike your way north on le P'tit train du Nord, barbecue a hamburger or a steak, pick the lettuce from the garden, cut the chives, invite the family and friends after the year long hibernation.

The kids can skateboard at parc Claude-Cardinal, but you have to reserve on www.comebackskateboards.com for the special day, Saturday, August 7 from 10 am to 8 pm.

From July 8 to 29, there are other events for the younger set. There are films on August 7, 14, and 21. All summer activities and details are available at www.ville.sainte-adele.qc.ca

Spago's new terrasse and dining room are up and open. You can lunch there on Wednesday, Thursday and Friday. It's open for dinner every night. Check out the menu at www.restaurantspago.com

Starca, over in Mont Rolland area is open Monday to Friday for breakfast and lunch. They have a great take-out selection: lots of breads and spreads and desserts for home.

Chez Milot has created a new menu. Take a peek at their website www.chezmilot.com. Open for lunch, from 11:30 am to 3 pm, and every night from 5 pm. You can reserve your table by calling 450-229-2838.

If you want an exotic hamburger, head over to La Frite à Mont Oncle in Mt. Rolland.

The Marché Public is open Saturdays at La Place des Citoyens from 9 am to 5 pm until September 18.

The town has placed Adirondack chairs at Plage Jean-Guy-Caron, Parc Lepine, Parc des Pentes 40-80, Parc du Mont Durocher, Parc du Mont-Loup-Garou and Place des Citoyens, on the back balcony.

Feel like catching a trout? Go to Parc Doncaster with those lures and worms – it's open from 8 am to 6 pm. There are 10 miles of trails to follow and enjoy. Be sure to bring your citizenship card and check the Internet site to see about the fishing licence rules, etc.

The bowling alley is open, the petanque night games are running, there is yoga, line dancing over at Place des Citoyens, discover les murals de Pays d'en Haut, check all of the fun things to do this summer in Sainte-Adèle on their website.

Worried about the kids and mountain biking? There are courses on Wednesdays running from July 28 to August 25. Check it out online at www.ville.sainte-adele.qc.ca. Soccer is back check it out at www.fcboREAL.ca

Swing en solo is available on Fridays from 7 pm to 8 pm until August 20 at Place des Citoyens and it's free.

Tennis, at the three locations, has lots of openings to play during the day. Go to ballejaune.com to find times, partners, lessons etc. We have six courts around the town.

Pickleball is taking off. The courts are located at Parc Claude-Cardinal and to find out what times you can play, all information is available at the town's website.

That's all the good news for the summer season. Enjoy the freedom, wear a mask where and when you need one, stay healthy and get your vaccinations done.

The Maison des Arts Saint-Faustin celebrates 25th anniversary

In 1996, a few artists and people who were interested in the visual arts, created the Art Group. They chose this venue, already occupied by artisans and craftswomen from the region, to create a place for meetings and exhibitions, the establishment that we now recognize as Maison des Arts Saint-Faustin.



Housed in the former rectory in the village of Saint-Faustin, and funded mainly by the Municipality of Saint-Faustin-Lac-Carré, the Maison des Arts now has nearly 150 members, including internationally renowned artists.

The Maison des Arts is distinguished by a diverse and recurring program from year to year. The Large Formats, the Annual Competition and Place à la sculpture as well as Art en fête are among our most popular exhibitions. It is also the only establishment in Canada to present an annual exhibition devoted to DADA, and has done so for 15 years now.

This important anniversary will be celebrated in many ways and the upcoming calendar of events is available at <https://maisondesartssaint-faustin.ca>. If health regulations remain favorable, the famous DADA picnic, to be held on July 3, will mark the start of the festivities.

In the coming months, a tribute will be paid to the founding members and to our volunteers who have ensured the survival of this unique place in the Laurentians. The Maison des Arts will also post various publications on its Facebook page in connection with this anniversary.

So what is this strange yellow cube that landed in L'Espace Public?

This summer, L'Espace public will be draped in yellow, a festive and sunny color par excellence that symbolizes creativity. This is what the Surprise Box will offer you over the next few months: sun, fun, shows and culture! Keep your eyes open, you might be surprised...

A scene like a surprise box

The City of Mont-Tremblant innovates with a retractable stage, created inside a yellow box built especially for the occasion. Damien Robitaille, Alpha Rococo, David Goudreault, Éloi Amesse (children's show), The New Cackle Sisters, Roman Zavada and his Ciné-piano, as well as the string quartet and the Jazz Trio Stradivaria will take you by surprise with impromptu performances on weekends from July to September.

Why impromptu performances? Simply, to comply with sanitary measures and ensure small crowds. Don't look for programming, there isn't any!

The historical company SOPABIC will also present an exhibition on the Paquin general store, formerly located in the heart of the public space.

Health guidelines will be posted at the entrance to the site. Thank you for respecting them without forgetting the distance ... even if the show is good!



Public Market in Brownsburg-Chatham



The public market is back: a plus for the community, a plus for the local economy and a plus for our producers, farmers and traders who will be in the spotlight.

The dates to remember for 2021: July 10, August 14, September 11 and October 16.

The public market will be the best place to find quality local and diverse products and will allow our merchants, producers and farmers to promote their products and make them known in the City of Brownsburg-Chatham and in the MRC of Argenteuil.

The location of the public market as well as a list of participating exhibitors will be published soon. Please check the website regularly: www.brownsburgchatham.ca

HONEST, EFFICIENT AND QUALIFIED SERVICES

Les Contacts de Lori
Lori's Links

450.224.7472
lori.leonard@sympatico.ca
www.lorislinks.com

Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Dock repair/new docks
- Eaves troughs
- Electrician, plumber
- Fireplaces, chimneys
- HVAC specialist (thermopumps, AC, heat)
- Painting
- Tree cutting, landscaping
- Window cleaning

Anyone or anything...

STRATHMORE CREATIVE

A WEBSITE IN A WEEK!
STARTING AT \$250

438-883-0962
brent@strathmorecreative.com

Alloprof offers summer support to students

After a year of school turmoil, many young people have had to face setbacks or will have to catch up this summer in order to be ready for the start of the school year. Alloprof would like to remind you that its student support services will be fully accessible from July 12 to 27, 2021.



The organization invites students and families to use its resources to prevent the learning slippage, which occurs after a long break without school. Last summer, students turned to these tools 518,000 times.

Since 2014, Alloprof has maintained all of its services in July to help students succeed in their summer courses, their assessments or their remedial schooling. The organization will answer questions by chat, text or phone from Monday to Thursday from 5 pm to 8 pm and on Sundays from 1 pm to 5 pm. Students will also be able to ask questions about the Mutual Aid Zone, open seven days a week, and offer explanations to their peers, validated by professionals.

Tools that facilitate learning

The MiniRécup, online recoveries used 40,000 times since their launch on May 12, aim to offer high school students an interactive review of the fundamental concepts that pose the most difficulties. Several other tools facilitate study and help to slow down the decline in learning, such as exercises, top concepts or notional videos and educational games.

The organization also offers free support to parents wishing to request tailor-made help from professionals, such as remedial teachers, to prevent summer slips, or to stock up on advice to support their child. Please note that Alloprof uses the corrected spelling rules in its communications.

School tours for students and teachers

The organization also runs express class tours to schools offering summer classes. The school tours are part of the emergency action plan put in place from the start of the health crisis and will allow maximum support to students and teachers during the summer. For more information visit www.alloprof.qc.ca

About Alloprof

Alloprof engages Quebec students and their parents in educational success by offering them free professional and stimulating academic support services. This year, the organization will have helped more than 700,000 students and parents.

GOVERNMENT REIMBURSEMENT STILL AVAILABLE

CHAUFFEZ VERT

Come see us in store for more information!

Garanteed 12 Years

Daikin Aurora

Low temperature heat pump

HYPER HEAT AT -25° C

Do business with a team of professionals

LR LORTIE RÉFRIGÉRATION INC.

202, rue Cameron, Hawkesbury, Ontario K6A 2X8
Tél. : 613-632-8742 • 1-800-336-0361 • Fax: 613-632-2074

**Even once vaccinated,
you still need
to protect yourself.**





**Let's work together to keep respecting health measures
so we can protect each other.**

[Québec.ca/coronavirus](https://Quebec.ca/coronavirus)



Celebrating 20 years of Art and Culture

By: Route des Arts with the collaboration of Susan McDonald, Elizabeth Sunerton and Monique Laramée.

Ilania Abileah was a mother, a grandmother, a journalist, an artist and one of the founders of the Route des Arts. Born in Israel, Ilania arrived in Quebec, Canada, in 1968. She leaves behind a strong legacy of commitment

and cultural devotion to the arts in the Laurentian region.

Some thoughts about the beginning of Route des Arts

After receiving a diploma in Arts from McGill University in 2000, Ilania, acting as the VP, and then-president Charles Lefebvre, created the Route des Arts (RDA) in 2001. During her twelve years as VP of the RDA, she was an inspiring member, always there to motivate, encourage and drive other artists to do and be better.

As an example, Elizabeth Sunerton first met Ilania during the first year of the Route des Arts. She was on the board of Laurentian Community Projects (LCP), a non-profit organization that founded the RDA. After LCP downsized, and decided to drop the tour after its very successful first year, Ilania was one of the people who stepped up and called on the artists to take over the RDA. She, along with Charles Lefebvre and Mrs. Sunerton, worked frantically to ensure that there would be a second year despite a very late start.

Over the years, Ilania was one of the hardest workers for the tour and her enthusiasm was contagious. She had a hand in almost everything and generally took on the most difficult and time-consuming jobs. She was particularly good at getting publicity - we even had spreads in the Montreal Gazette and Le Devoir and slots on the radio.

Celebrating 20 years with *Main Street*

As a cultural reporter in the Laurentians, Ilania also wrote a monthly cultural column in *Main Street*. She promoted and reported arts in all of their different aspects: theatre, exhibitions, concerts, etc. She was everywhere and expressed her perceptions with emphasis.



In honor of her life and the 20-year anniversary of our community newspaper, the RDA asked Susan MacDonald, now editor in chief of *Main Street*, some questions about Ilania and culture in our region, and also what the collaboration with the RDA means to *Main Street*.

Under what circumstances did you know Ilania Abileah?

I first met Ilania approximately 15 years ago at a gathering just outside Lachute where local artists and artisans were displaying and selling their art works. Ilania was there with her beautiful ceramic collection, from which I purchased a bowl that I still have to this day. Her enthusiasm for arts and culture was passionate, and my late husband, and founder of *Main Street*, invited her to submit a monthly column covering the Laurentian scene. Ilania took on this role with sincere dedication, and each month she would highlight the best of the arts and venues. Her column included musicians, concerts and festivals, artists, exhibitions and tours, live theatre and dance. If there was something of interest happening anywhere in the Laurentians, Ilania knew and wrote about it. Despite failing health over the past few years, Ilania never missed an edition, right up until she passed away. She will be remembered and deeply missed by everyone who had the pleasure to meet her.



What is the mark left by Ilania on culture in the Laurentians?

The mark left by Ilania is, and will always remain, legendary. She was known, sincerely respected and loved by everyone in the arts and culture world. She believed strongly that art and music were at the core of all hearts and brought joy to everyone. Her passionate support for musicians and artists of all genres was appreciated sincerely and sought after by all. She never failed to provide a wonderful portrait of the Laurentian cultural scene. If there was an award for Best-Loved Column, without doubt, that accolade would be presented to her.

As a monthly editor in the Laurentians for 20 years, what are you most proud of?

My late husband, Jack Burger, founded *Main Street* in 2001. His mission for this small community paper was to 'build a bridge' that would unite the many Anglophone communities spread out across the Laurentians, and to provide them with the local news and community events, in their language. Jack passed away in 2012 after a brief battle with cancer, but it was his most sincere wish for *Main Street* to continue and so, I took on the role as editor. I feel one of our biggest accomplishments over the years has been to extend the 'Anglophone bridge' to include our francophone communities as well. I am proud to say we have an equal number of readers from both communities. This success can only be attributed to our writers who supply such an interesting blend of news and information each month, and of course, to our loyal advertisers who support us.

What does the presence of the Route des Arts association in the regional landscape mean to you?

The Route des Arts and Studio tour has been one of the most anticipated events of the Laurentians since its inception. Local residents and summer cottagers always looked forward to this event. It was always so exciting to see the signs designating the participating artists pop up on street corners, and the art works lining Lachute's *Main Street* gave additional flair and colour to the City. Meeting the artists in their studios, provided new appreciation for the work and dedication required to create such unique works of art. Over the years, The Route des Arts has also formed an important bridge, uniting our talented local artists with the various Laurentian communities. It has provided support and visibility to many artists, in addition to providing art enthusiasts with the opportunity to explore and expand their cultural interests. I applaud this amazing organization for the dedication, hard work and contribution to the art and culture scene and look forward to their continued success.

And for the future...

And now, after 20 years of *Main Street's* cultural coverage, where do we go from here? Sadly, due to the pandemic and the closure of all public venues, the culture column was temporarily retracted. There is no doubt that this column needs to come back, both in honor of Ilania, and to showcase all the beautiful and different cultural activities that our region has to offer. *Main Street* has made it possible for its readers to discover local art and culture, and that is a gift that we will all cherish forever.

Thank you Susan for letting us know your thoughts about Ilania Abileah and about the importance of Art and Culture in our lives.

Thank you to all *Main Street's* collaborators for being active in our territory for the past 20 years. We hope to continue reading the fantastic, and one-and-only *Main Street* for a long time!

ECO SPA HIGHLAND
Private relaxation on the summit
Heated by Nature (solar and wood gasification)

Spa Hotel Restaurant

1 855-5 ECO SPA (1 855-532-6772)
www.ecospahighland.com / info@EcoSpaHighland.com
18 Mountain Rd - Grenville-sur-la-Rouge (Qc) J0V 1B0



Appearing in the picture, from left to right: Elizabeth Sunerton, Ilania Abileah, Charles Lefebvre and Suzanne Ryan in the background.

Arundel News

IT'S JULYMAS AT THE ARUNDEL LEGION!

Saturday, July 24: 3 pm

Join us to celebrate Christmas in July! We are looking forward to holding our popular Christmas event, including the fabulous Christmas basket raffle. Buy a ticket- or better still, a book of tickets - and you may win one of thirteen gift baskets. Proceeds support the Legion's many community initiatives. Prizes include some holiday cheer, day passes for the Arundel Golf, more holiday cheer, quilts and shams, some liquid refreshment, and a beautiful painting. Bring your friends to celebrate the lifting of Covid restrictions. Life is good, the terrace is open, and the bar opens at 3 pm.



SUMMER/FALL ART WORKSHOPS FROM RED FOX HILL STUDIOS

Artist Margaret Ann Adams is once again launching her popular three-session painting workshops, now offered in two formats: online with real-time virtual interaction OR by videotaped sessions that you can follow the lesson independently on your own timeline. Each workshop has a specific focus, with step-by-step lessons. For more information and to register, go to <https://redfoxhillstudios.com> or see past and upcoming workshops at <https://ateliersmuz.com>.

TRAGEDY AT CHRYSAL FALLS: DEATH OF A LANDMARK

With keen sorrow we saw the fire trucks rush to the site of the Knox Presbyterian Church at Chrystal Falls. A suspected vandal, now arrested and charged, allegedly first ransacked the building at the beginning of May, and then set it alight two weeks later. Built in 1905, the little white church sat picturesquely on its rise at the junction of the 327 and Montée Tassé, overlooking the beautiful Chrystal Falls for 116 years. Its bell rang out once a year to gather devotees from far and wide for its annual service, when its organ would sing, and the box stove would warm the congregants. A memorial plaque is planned to commemorate its place in our lives. Our hearts grieve its irreplaceable loss.



Making it Work in the Laurentians

Demystifying financing for entrepreneurs

Maya Khamala

When embarking on your entrepreneurial journey, determining how much funding you need, what for, and how much you're actually eligible for is crucial. Here are some of the most common types of financing:

• Sweat equity

You're likely your own first investor—most often, this means with your own money and labour. The value of your sweat equity proves to potential funders that you're committed and willing to take risks. In fact, some investors require that up to 25% be invested by the entrepreneur. Always keep track of the time and assets you put in.

• Love money

This is money contributed by family or friends. When accepting this type of funding, always clarify its terms to avoid confusion down the line: is it a gift or a loan? Will interest be charged? Do they want equity?

• Grants, contests

While grants and contests are worth pursuing, there is usually strong competition and the criteria are often very strict. As such, they're not a reliable funding source, as there are only a chosen few who make the cut. If you apply for a grant, be sure to make your application count!

• Loans

Loans can come from many different sources—try to find government and foundation loan programs that encourage entrepreneurship in more meaningful ways, such as with Futurpreneur, or the BDC. Strong applications that meet all criteria are generally successful.

• Tax credits, subsidies

Tax credits are available to those hiring or training certain groups (i.e. summer interns), and wage support programs such as STA or SAJE can help the unemployed start businesses.

• Angel investors, venture capitalists

These are equity investors looking for big returns, so it will cost you, though it may be worth it. An angel investor is a successful entrepreneur interested in money but who may also want to give back. Venture capitalists are strictly interested in money (think Dragons' Den), and are suited to businesses already past their "seed stage."

• Pre-sales

A pre-sales plan involves leveraging all channels (i.e. ads, social media, email) to sell your product or service before it's publicly available, which can in turn boost your cash flow and your credibility by showing that you have paying customers.

• Crowd funding

Crowdfunding platforms like Kickstarter, Indiegogo, LaRucheQuebec.com and GoTrot are a financing alternative that can facilitate online fundraising before your product or service is actually out there. This takes the form of many small contributions rather than a single large one.

YES Business Coaches can help you decide which types of financing work best for your business. Visit yesmontreal.ca.

**YOU HAVE IDEAS,
VISION & DRIVE.
WE HAVE EXPERIENCE,
CONNECTIONS & EXPERTS.**



Join a program designed specifically for women entrepreneurs.

WE OFFER

- + E-Learning Courses
- + Online Workshops
- + Business Coaching
- + Networking Events
- + Mentorship Opportunities

Visit our website for more info about how we can help you achieve your goals!

ELLEVATE BREAKFAST CLUB: BECOMING YOUR OWN EMPLOYEE

FREE | Friday, July 23
6:00AM - 7:00AM

CRAFTING YOUR STORY FOR THE MEDIA

\$10 | Tuesday, August 3
6:30PM - 9:00PM

CUSTOMER JOURNEY MAPPING

\$10 | Tuesday, August 10
6:30PM - 9:00PM

INVEST IN YOURSELF AND YOUR BUSINESS

All of our workshops are available as live streaming webinars only. Pre-registration is strongly advised as limited spaces are available.

1-888-614-9788 | yesmontreal.ca

Funded by:



Supported by:



A program by



Essential Oils

Women's health

Susan Rich

Women face health challenges specific to their gender, including, but not limited to, the reproductive system, brain, heart, skeleton, and hormone issues. Many women suffer from high cortisol levels, which lead to fatigue, weight changes, depression, anxiety, and digestive problems. At all stages of life, most women do their best to maintain homeostasis while multitasking. Physical and emotional stress can be a cause and symptom of many women's issues.

The female reproductive system works closely with other systems, specifically the endocrine system. The female reproductive system includes the ovaries amongst many others, but I want to focus on the ovaries in this article because they are responsible for the production of estrogen and progesterone. These hormones are vital to reproductive health and fertility, but they also play a role in the balance of a woman's emotional and physical health. Hydration and nutrition can directly impact the production of these hormones.

As a woman ages the sex hormones begin to diminish. Menopause leads to a periodic instability of function in the body, and side effects, such as hot flashes, mood swings, vaginal dryness, fluctuation in sexual desire, fatigue, forgetfulness, and urinary incontinence can occur.

It's so important to keep the body functioning correctly in order for the hormones to keep supporting the necessary functions in the body. There are several essential oils that can help keep our bodies at their optimal best. Below are just a few of the options.

Rose - Is one of the most expensive oils on the market and it is a powerhouse for our hormones. It functions to overcome frigidity and infertility, as well as promoting healthy menstruation.

Geranium - Is well known for its capacity to support hormones, emotional balance and fertility.

Neroli and Ylang Ylang - Both promote healthy libido as well as relaxation.

Clary Sage - Enhances the endocrine system function as well as balancing hormones.

Grapefruit - Supports healthy progesterone levels and breast health.

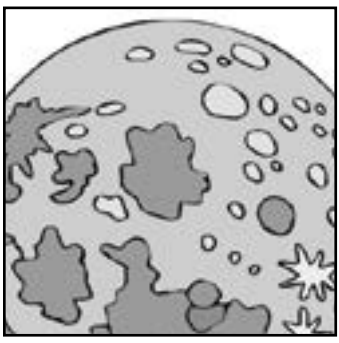
Jasmine - Promotes a healthy uterus and the libido.

Ginger - Promotes healthy menstruation as well as the libido.

Fennel - Supports healthy estrogen levels and supports healthy ovaries.

Thyme and Oregano - Both support healthy progesterone levels.

For more information on how to get 100% pure CPTG oils, and how to integrate them into your healthy lives, please feel free to contact me at 819-421-2253



Zach Factor

Preliminary Assessment Senate Report: Unidentified aerial phenomenon

Lys Chisholm & Marcus Nerenberg - Main Street

Seventy-three years ago, a flying saucer crashed near Roswell, New Mexico. The US Army issued a press release to that effect, which appeared in the local newspaper. Less than 48 hours later, at a hastily organized news conference, the Army denied their original statement and, instead, displayed pieces of a wrecked weather balloon. So began a seventy-three year cover-up. The flying saucer disappeared; all witnesses, under intimidation, were sworn to secrecy. The Roswell incident, along with thousands of other UFOs, or Unidentified Aerial Phenomena (UAP) reports, languished under a cloak of official secrecy.

Over the past seven decades sightings, encounters, and even alien abductions have been denied, discredited, and debunked by governments around the world. More and more people, first hundreds, then thousands, then millions, and hundreds of millions believe that we are being visited by extra-terrestrials, but more damaging, that our leaders were pressured to lie to us throughout our lifetimes.

Several US Presidents, such as Carter, Regan, Clinton, and Obama said that, if elected, they would find out and share the knowledge of our alien visitors. As soon as they were in the Oval Office, answers to those questions became fuzzy denials of the American involvement in any coverups or secret programs. For seventy-five years the much discussed Area 51, a top secret base, was “non-existent” according to the government. Then, in 2019, they acknowledged its existence. According to Bob Lazar, an engineer who worked there, he revealed that ET technology, such as microchips, night vision scopes, lasers, and the still-to-be-confirmed gravity-defying propulsion systems, which give spaceships interstellar capabilities, were all back-engineered at Area 51 by Bell Laboratories, IBM, Lockheed Martin, etc.

On June 25, 2021, The US Government released their long-awaited Senate report from the UAPTF (Unidentified Aerial Phenomena Task Force) requested after 144 security reports were submitted to the Navy (primarily) and the Air Force of objects that interfered with training of military personal or military exercises. Of these 144 reports, 80 involved multiple sensor readings including “radar, infrared, electro-optical, weapon seekers and visual observation”.

The Senate requested a detailed analysis of these UAP encounters from the Office of the Director of National Intelligence (ODNI) in consultation with the US Secretary of Defence, the FBI, the FAA, and other agencies that have collected data on this topic for years. The motivating concern is that the UAP represent advanced technology from foreign adversaries that threaten the welfare and safety of citizens.

The UAP reports refer to events that took place between 2004 and 2021. It has been determined that the reported sightings are of physical objects that exhibit “unusual flight characteristics”. In 18 of 21 reports, observers recounted unusual movement or flight patterns. Some UAP can remain stationary in the sky without any “discernable means of propulsion”. They can move against wind currents, and “maneuver abruptly”, and accelerate, defying the conventional laws of physics. Some had radio signatures, others did not.

Attempts are now being made to standardize the reporting systems of the said phenomena. The USAF (Air Force) claims to have limited data but has recently begun a six-month pilot program in November of 2020, partially since there are 11 reports where military pilots report “near misses” with UAP.

As for risk, counter-intelligence bodies have no data on secret, foreign high-tech programs that would account for the types and varieties of UAP reports. Sightings of triangle-shaped craft, rotating lights, cigar-shaped craft etc. appear daily all over the world, and not just around military bases. The proliferation of cell phone cameras, with improved lenses and zoom magnification, are allowing better identification and video capture of what was once laughed at and dismissed by the Government agencies, that are now forced to admit the truth.

This report still sidesteps the topic of ET presence on our planet, by creating an official category called “other”, when AUP fall outside the classic “airborne clutter”, “natural phenomena”, “classified industry programs” and “foreign adversary”. The demand now is for the formation of an official agency and director to be established at the UAPTF, which will have the ability to better analyze the inter-agency data.

Finally, after over seventy years, our leaders are beginning to tell the truth. We still have a long way to go before we are told everything that has been hidden since President Truman and his buddies buried the facts that left many honest people labeled “crackpots” and “conspiracy wingnuts”. The truth is out there, but much closer now.



The first news reporting the Roswell UFO crash made international headlines around the world in July of 1947. Shortly after, the military created a cover-up that would be effective for decades until witnesses made deathbed revelations. Photo credit: Wikipedia



The Story Behind

A Slippery Slope

**Joseph Graham - Main Street
joseph@ballyhoo.ca**

With the end of the pandemic expected, many Quebecers are proud of the way our government has handled this emergency. Many, but not all, and it is a well-known characteristic of Quebecers to expect unanimity. As a member of the minority, we tend to keep our opinions to ourselves. There are times, though, when we must speak up or suffer the consequences.

Premier Legault, co-founder of Air Transat, has proven that he can translate his skills in the boardroom and private sector to public support in politics. He has passed the test on COVID and is making progress on nationalism, but his progress on this popular local topic is being made at the expense of our rights as Canadians, not just here, but everywhere in Canada. Opinions we might have about the need to protect the French language and culture are secondary to the means this government has chosen to augment the National Assembly's power. Our elected assemblies and our parliament, in the process of governing, are subject to checks and balances to assure that no majority can suffocate individual rights. Both the Canadian Charter of Rights and Freedoms and the Quebec Charter of Human Rights and Freedoms exist for this purpose, as does the constitution.

The Coalition Avenir Quebec (CAQ), our current governing majority, has created two bills, 21 and 96, to protect Quebec language and culture, over-riding the two fundamental charters mentioned above. They have created a “Charter-free zone” in which citizens have no Charter protection. This is the edge of the slippery slope of despotism.

In 1988, Clifford Lincoln gave up his cabinet post in Robert Bourassa's government over a proposition to use the notwithstanding clause to over-ride Liberal Party resolutions, the Supreme Court and the lower courts' declaration that French-only signs were unconstitutional. Lincoln, famously stating that “Rights are rights are rights” stood by the Supreme Court, saying he could not stay in a cabinet that undertook to remove people's rights. His position then and current objections to Bills 96 and 21 are lost in a sea of declarations about saving the Quebec language and culture, and while there is a possibility that they are sincere and do not intend to create a despotic nation, the unintended consequences of these decisions are enormous and dangerous.

How far do you go as a majority party in an assembly to exercise your power to override Charter rights? Who is the judge of whether one right can be overridden? We have structures to deal with these questions, but if they are not invoked, they will have no force. Which government will decide to override which Charter rights next? Alberta? To underline my point, Ontario has wasted no time using the notwithstanding clause in a vindictive attack on Premier Ford's perceived enemies. Where do these actions leave us, the people protected by the Charter?

The Quebec Community Groups Network (QCGN) hired top constitutional lawyers to analyze the two Quebec bills in question. You can read their analysis at qcgn.ca. Go to their site, enter preliminary analysis of Bill 96 in the search bar and you will find their very approachable, blunt assessment linked in a June 10 press release. Do not read it just before bedtime.

Prime Minister Trudeau has stated that they are within their rights to make the changes the Bill proposes. Indeed, in mid-June, Parliament passed a motion with all party support, proposed by the Bloc Québécois, that recognizes Quebec's right to declare its nationhood and to make French the only language acceptable for use in the province. That does not mean their proposal would pass the scrutiny of the Supreme Court of Canada, but it seemed to indicate that the Prime Minister was not going to refer it there. Is it possible he was considering how many votes doing so would lose him in Quebec? Jagmeet Singh, the leader of the New Democratic Party, declared that Bill 96 and its proposed changes to the Constitution are purely “symbolic” and will not impact Canadians outside the province. People inside the province, the Anglophone ‘minority’ is larger than many other provinces. Marlene Jennings, the president of the Board of the QCGN has apparently asked the Minister of Justice, David Lametti to refer Bill 96 to the Supreme Court. As of this writing, there is no news.

If no action is taken, we will find ourselves living in a police state where language is concerned. Businesses' Francisation Committees will be obliged to meet every six months and must send the minutes of their meetings to the Office Québécois de la langue française. At the same time, the Office has the right to attend the meetings without notice, to obtain information it considers necessary and to know why a member of the committee has not signed a document. There are simply no limits on their powers, they will have new penalties for non-compliance, and because of the Charter-free zone concerning language, there is no appeal.

It gets worse, too. An unannounced inspector can oblige any employee to open any file, including electronic ones, that the employee has access to and even print them out. In fact, the authority of the Office supersedes any confidentiality agreement or contractual commitment that the employee is obliged to respect. This, and much more, is what the bill says. These are dictatorial and violate concepts of freedom that a democratic society holds dear.

King Louis XIV decided to get rid of the Huguenots from France, and among many unreasonable conditions he put upon them, each family was obliged to house and feed, in their homes, an agent of the Crown whose role was to make sure that the Huguenots were not practicing their religion. France has always obliged all its citizens to conform. It is a Catholic trait, and even though New France was originally conceived to be a safe home for religious freedom, the French government passed a law forbidding non-Catholics to do business here. We have rejected the Church, but Quebec society remains distinctly Catholic in this homogenizing, conforming way.

If Bill 96 is not challenged, our lives here will become increasingly uncomfortable. We will never succeed in becoming Québécois-de-souche, and more seriously, a precedent will have been established in which any province in Canada can invoke similar powers.



Garden Talk

Wild blackberry bliss

June Angus - Main Street

Every spring the wild blackberry bushes on our property produce a dazzling display of beautiful, delicate white flowers. Soon, the whole patch is buzzing with the noisy hum of bees as they work their pollinating magic. By late June the berries start forming and begin transitioning from green through various stages of red until they grow in size and ripen to their trademark "black" glossy appearance, usually in mid-summer.



While one can start picking blackberries at this point, they will be at their sweetest just as the glossy surface starts to lose its sheen. You'll know you've picked them too soon if a bite into a fresh-picked berry makes you pucker.

For a couple of weeks harvesting becomes a daily ritual as more ripe berries continuously appear. The race is on between the birds and my family to see who can pick the most berries. Fortunately for the birds, there is a part of our thorny patch we can't reach without peril, so those berries are fair game for the birds. Meanwhile, we're able to pick all that we need.

Fresh berries should be refrigerated as soon as possible after picking and only washed prior to serving. Transforming these ripe berries into batches of jam is one of my favourite rites of summer. I also freeze some of the berries so they are ready to add to morning cereal, smoothies, mixed berry pies and fruit crumbles all winter long. In addition to being delicious, the antioxidant properties of these berries make them good for us too.

Growing these bundles of tangy, seedy sweetness is quite easy whether dealing with wild or cultivated varieties. Most of my experience is with the wild kind, which can get out of hand, so here are some pointers to help keep things under control.

First, most blackberry canes are very thorny (the exception is a few cultivated hybrids). Care must be taken when working in and around these bushes, so wear heavy-duty gardening or work gloves, as well as long sleeves and long pants, even on a hot day. While I may use my bare hands to pick berries, arms and legs stay covered.

Blackberries prefer full sun but will tolerate partial shade. The wild ones grown around here do well in our climatic growing zones of 4A and 4B. Some cultivated varieties are also rated for this area, but many varieties are less tolerant of sub zero winters so avoid those in the Laurentians.

In spring, you can control the spread of your patch by cutting down sprouts that emerge out of bounds. Also prune any canes that are dead, broken or diseased. This can be done in the fall or spring. I find it easier in spring when it becomes obvious there's no life left in a cane. Some canes will pull out easily right from the roots, or they can be trimmed close to ground level.

Remove weeds from below the berry plants and naturally mulch with dead leaves etc. to replenish the soil and to help retain moisture.

After the berry harvest is done, pinch back the tips of the longest new canes. Also cut back any canes that appear thinner or less strong than the others. Cut off suckers, which grow from the outside of canes. For larger blackberry plants, prune the remaining canes to no longer than 7 feet tall whenever possible.

Throughout the growing season, long canes will arch and bend, and often lean on neighbouring plants. Setting up a trellis system, or transplanting and growing against a fence, are options.

Minimal attention to your blackberry patch help reap maximum rewards.

So, enjoy the fruits of your labour and avoid scrapes or run-ins with the thorns.



Word Play

Food as gift giving

Louise Bloom - louisebloom@me.com

Currently, in the Laurentian countryside communities, we are experiencing the season of gastronomic abundance. The supermarkets are full of the special extras that are conspicuously absent in the other nine months; local strawberries and raspberries for example, and soon, corn on the cob, and the other fresh vegetables that are produced by the smaller growers who provide for us, with the ultimate care that is required to satisfy the farm-to-table experience. And for those of us who are brave enough to garden for our food, with effort and an extra dose of tender protection, our tastebuds are rewarded with pleasure.



In this moment of appreciation, I realize that in the depth of winter, when the cold (and the pandemic) encouraged swift and expedient food shopping, for most of the year I took my food and its sources for granted. As I am closer to nature in the warm sunshine of the season, I am given to think about all that I eat as the gifts of the land.

We are living and eating for generations in a capitalist, patriarchal society that has created in us all a particular vision of the world and its commodities. We are members of an economic society of exchange. Food, as well as other products are acquired in exchange for money. And, either subtly or grossly, our values and the way we think about food are influenced by this system.

However, we are also part of another tradition which is known as the "gift paradigm". Gift giving, if it is not merely magnifying a sense of our own goodness, is a nurturing form of communication, where often, with conscious thought, we make the effort to satisfy someone else's needs, creating a transaction that is other-oriented. Gifting is best defined as the act of giving without the expectation of receiving. When gifting someone at any time, you certainly underscore the importance of that person.

I have discovered that the gift of food has a special impact. I find that when cooking and preparing something, if I keep the person who will be receiving in mind, the strength and pleasure born of my intention is very often communicated.

It is understood in the tradition of gift giving that an object might carry such a powerful significance that it can cause a sense of obligation in the receiver, a strong need to be reciprocal. The gift of food seems to relax that implication. Food is gifted to be consumed, perhaps even shared with the giver, and in any case, is meant to disappear during an act of enjoyment. Food incites appetite, and perhaps, sometimes, increases the appetite for life. What are particularly appreciated are the foods that you prepare in a spate of creative inspiration. They fill not only the belly. They address the needs of the heart.

A gift of food might demonstrate that you are aware of the person's likes and dislikes, that you have taken them into consideration, underlining their specialness. This concrete demonstration of your attention carries elements of appreciation, love, or admiration, and might therefore satisfy exactly what the person needs in the moment.

The gift is your doing, but the message it transmits is open to interpretation of the one who receives. The fact that it's delicious is a plus.

Louise Bloom is a visual artist and writer interested in the power of narrative and images to transform consciousness and awaken us to well-being.

Live theatre returns! October 20-24 2021

Chalet Bellevue, Morin-Heights



**Call for actors,
director, producer,
stagehands
and more!**

To get involved email theatremorinheights@gmail.com or call 579-765-3999

**Ticket sales start
mid-September.**

For complete information regarding the play, show times, reservations, volunteering and membership visit theatremorinheights.ca or call 579-765-3999.

Updates also available on [facebook.com/TheatreMorinHeights/](https://www.facebook.com/TheatreMorinHeights/)

Obituaries

Jean Parker (nee MacKimmie)
1939-2021

Peacefully at her residence on Wednesday, June 30, 2021 in her 82nd year. Beloved wife of the late Donald Parker. Loving mother of Kent (Renee) and Janet. Cherished grandmother of Matthew.



Also survived by her sister Margaret, sister-in-law Carol, brother-in-law Mac and her niece and nephews and many friends.

Due to the current circumstances with Covid19, a service will be held privately. A celebration of life will be held at a later date.

If you wish to express your sympathies through a donation, please consider St.Simeon's Anglican Church or the Lachute Protestant Cemetery.

Mille Isles Presbyterian Church

1261 Ch. Mille Isles

Summer Services:

July 25 and August 29

Please Come and Join Us
in Worship



Granite NADON Inc.

**MONUMENTS
LETTERING
RESTORATION**

For a memory inlaid in stone

7855, ch. du Chicot Sud, Mirabel
Tel: 514 262-6220 / 450 597-0521
info@granitenadon.com
www.granitenadon.com/en



Opening hours:

Monday – Friday: 8 am – 4:30 pm

Saturday: By appointment

Sunday: closed



Official Launch of Jardin des Souvenirs

The new Jardin des Souvenirs was inaugurated at the Jardin de François de Saint-Sauveur on June 22, 2021.

The Caisse Desjardins de la Vallée des Pays-d'en-Haut is proud to be associated with the new Jardin de François project, which pays tribute to people with or deceased from Alzheimer's disease, as well as to nursing staff and caregivers. In their show of support, they generously donated \$5,000 to the Société Alzheimer des Laurentides.

This garden is located within the Jardin de François, and offers visitors a soothing place of contemplation linked specifically to Alzheimer's. Visitors are invited to write a message of love and hope, dedicated to a person with or deceased Alzheimer's, that they will hang on the branches of trees, enhancing the gentle view of the river. Over the course of the season, sweet writings will be added to decorate the entire trail and its small clearing.

About the Jardin de François

Located in Saint-Sauveur, Le Jardin de François, for the benefit of the Alzheimer Society of the Laurentians, offers more than 7 acres of flower beds bordered by the Simon River. Enjoy two hours of relaxation along the bucolic paths punctuated with works of art and splendid views of the surrounding nature. Recognized as one of the most beautiful private gardens in Quebec, it is open to the public on Wednesdays and Saturdays from June 19 to August 25, 2021. Reservation: www.jardindefrancois.com.

About the Caisse Desjardins de la Vallée des Pays-en-Haut

The Caisse Desjardins de la Vallée des Pays-en-Haut is the result of the merger of four caisses on the territory of the MRC Les Pays-en-Haut. Well established in its community, the Caisse Desjardins de la Vallée des Pays-d'en-Haut has a volume of business under management of \$ 2.08 billion and contributes to the economic and social development of its 22,176 members and the community where it is present. In 2020, the Caisse donated more than \$125,798 in financial assistance to support numerous projects.



The English Link

Come chill with us!

Andie Bennett

Looking for something to do with your teen this summer, and also curious about services aimed at the 10-20 demographic? Come check out one of the Chillin'Zone events that will pop up at parks and schools every Thursday of the summer, between 4 pm and 8 pm.



The idea for the Chillin'Zone came up last June, just a few months into the COVID-19 pandemic, when members of the Conseil Jeunesse, a youth council made up of representatives from various organizations in Pays-d'en-Haut, were discussing how we could reach out to teens and encourage school perseverance to help avoid the summer slide. We wanted to get them out of the house in a safe, physically-distanced environment, while also letting them and their parents know about available organizations and support. We were quickly able to build on events already underway by the Carrefour Jeunesse Emploi, the CISSS and different Maisons des Jeunes in the MRC, and thus the Chillin'Zone was born.

The project is primarily financed through funding from the PREL (Partenaires Pour La Réussite Éducative dans les Laurentides), under the S'unir pour Lire docket, so a reading element is always present. Every Chillin'Zone has a ton of free books for kids and young adults in French and English (including some special selections plucked from my very own comic book collection!), as well as inflatable couches and chairs spread out so kids can hunker down and read in the fresh air. There is also a thrift rack with free clothing, beverages and freezies. There are skate demos, bike repair workshops, and all kinds of fun surprises sprinkled throughout the events all summer.

We learned a lot in the first season of the Chillin'Zone. Notably that we need to go where the kids are, not expect them to find us. The events held at the skate park in Saint-Sauveur, and the one at the public beach in Saint-Adolphe-d'Howard, were among the most successful in terms of how many kids we reached, so we tweaked the venues this season to hit busier teen spots. We also bumped the time a bit later in the day to hit a 4 pm - 8 pm window instead of 1:30 pm, since this, if I recall anything about being a teenager, is just past breakfast time.

There is also now a "Chillmobile", so the group has a way to quickly pack up all the Chillin'Zone goodies into the van and head to their next destination. Keep an eye on the Chillin'Zone Facebook page for the full calendar of events this summer. www.facebook.com/ChillinZonePDH

Latest news from the Argenteuil Hospital Foundation

The Argenteuil Hospital Foundation (AHF) has not stopped working because of the pandemic. Over the last few months, various equipment has been acquired and different projects are underway. Here are a few:

On February 11, we received \$6,000 from our provincial member of parliament, Agnès Grondin, to invest in activities in our CHSLD such as chair yoga classes, pet therapy and many others. Each of our 3 establishments (Pavillon unit, de La Fontaine unit and Lachute Residence) will receive \$2,000 thanks to Mme Grondin.

Thanks to our different partners, the Caisse Desjardins d'Argenteuil, DD Design and the Users Committee of the CMSSS d'Argenteuil, we are now offering a coloring book and crayons to all the children visiting the Youth Center in Lachute, the CLSC, the Argenteuil Hospital emergency department and even the Covid vaccination center. This should make their waiting time more pleasant.

Last April, the team from Walmart sent us a lot of gifts to be distributed throughout the personnel of the hospital in lieu of thanks for their outstanding work during the pandemic. Coffee mugs, granola bars, work uniforms, candles and many more items were given to our health care workers.

Do not forget to follow our Foundation via the various social media networks!

About us: The Argenteuil Hospital Foundation is solely mandated to elaborate and develop ways to raise funds in order to invest responsibly in the healthcare and technology of the Argenteuil Centre de santé et services sociaux (CMSSS). It is recognised as a major player for its support of and development in vital patient care throughout our hospital, CLSC and two long care facilities (CHSLD).

Bill C208: A historic victory for the next generation of farmers

Recently, the Canadian Senate took a historic vote to resolve a tax injustice that has been tolerated at the federal level by adopting Bill C-208. This will give small businesses, farming families and family fishing companies the same tax rate when selling their farm to a family member as when selling to a third party.

"This is excellent news for family succession in the region, but also for the entire farming community. We have been asking for fair treatment for years, and the day has finally arrived" stated Tommy Lauzon, president of the Next Generation of Agriculture in Laurentides-Outaouais.



Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

The value of advice

Ever notice how many of life's biggest goals have some financial component? Sure, you can master a foreign language or run a marathon without making a significant financial commitment. But try buying a home, starting a family or helping your kids go to university. Same goes for retiring early or leaving a legacy. Without disciplined planning and saving, these goals can just slip away.

Like many other Canadians who are juggling a job and a busy family life, you probably don't have time to figure it all out for yourself. Then again, you may feel you don't have the expertise to tackle the complexities of your financial affairs alone.

Not just about retirement

Some Canadians start thinking about talking to an advisor when in their 40s or 50s, when retirement first peeks over the horizon. Life-changing events such as buying a house or having a child can also trigger a financial reckoning and the need for advice. But, your goals don't have to be that large and you don't have to be wealthy. In fact, 64 per cent of advised households in Canada started working with an advisor when they had less than \$50,000 in investable assets.

Working with an expert has plenty of benefits

Turning to a professional for advice offers a huge advantage and can be the decisive factor in helping you meet your goals. Good advice might even help you surpass them. Surprised? According to a recent study, of those surveyed, Canadians with advisors financially outperformed those without.

While different advisors bring different professional and personal skill sets to the table, a solid advisor will do three things:

1. Learn about you. This includes assessing not just your finances, but also your family situation, short- and long-term goals – even your hopes and dreams. Just as important, your advisor will establish your risk profile. Are you the buttoned-down type of investor who avoids risks? Or do you relish the thrill ride of stock markets, with their potential big payoffs? An advisor may also be able to provide access to a network of professional resources such as accounting and legal services.
2. Build your plan. This is the all-important “advice” part. Your advisor will work with you to create a comprehensive plan that balances today's needs with your goals for the future, easily adaptable to changes in circumstance. It should also have milestones along the way, so you can gauge your progress. A complete plan will most likely include:
 - Disciplined savings: amounts to put aside on a regular basis
 - A customized investment strategy: based on your risk profile and time horizon
 - Debt management and cash flow planning: this should be part of every financial plan
 - Tax strategy: to help minimize taxes, of course
 - Risk management: life, disability and critical illness insurance, to help protect your family
 - Retirement plan: depending on your age and goals, the plan may include projections of when you can expect to retire, and with how much money
 - Will and estate plan: to protect your legacy
3. Adjust your plan. Life is all about change – often unexpected change. This means your plan should be flexible and subject to a regular review, generally once a year. That's when you'll sit down with your advisor to check your progress, revisit your goals and, if necessary, reset your course.

A prescription for long-term success

As you develop your plan, it's important to be realistic about your expectations. An advisor won't magically make your debt disappear or guarantee double-digit returns on your investments. He or she will, however, provide ongoing support and guidance so you can remain focused on your goals through the ups and downs life throws your way.

Be prepared, as well, to hold up your end of the relationship with some basic knowledge about the financial world. Start by reading the business section in your paper or following financial experts on social media. You don't have to be an authority. But the more you know, the more you can be involved in some of the most important decisions in your life.

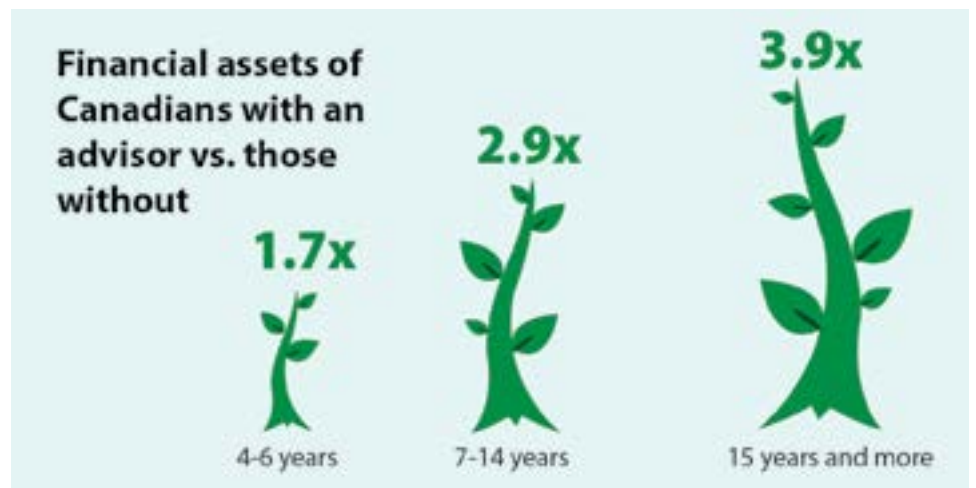
Regular check-ups: your financial well-being depends on them

Getting started early on with an advisor and scheduling routine reviews can provide a considerable financial advantage in the long run. Be sure to ask questions and get the information you need to feel a high level of trust and comfort. After all, the healthiest and most rewarding relationship is one that will benefit you not just today, but well into your future.

DOES ADVICE PAY?

Actually, it seems to do exactly that. Research suggests that Canadians who have an advisor are more likely to have a financial plan and be more confident about their money. What's more, a 2018 study by the Investment Funds Institute of Canada found that investors who work with advisors accumulate significantly more in savings than comparable investors without advice.

Financial assets of Canadians with an advisor vs. those without



Christopher Collyer, BA, CFP
Investment Advisor, Manulife Securities Incorporated
Financial Security Advisor, Manulife Securities Insurance Inc.
200 – 9800 Cavendish Boulevard
Saint-Laurent, Quebec H4M 2V9

This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell 514-949-9058 or by email at Christopher.Collyer@Manulifesecurities.ca

Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services are offered by referral arrangements through our related company Manulife Bank of Canada, additional disclosure information will be provided upon referral. Please confirm with your Advisor which company you are dealing with for each of your products and services.

© 2019 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the fund facts as well as the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contract holder and may increase or decrease in value.

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

Manulife Securities related companies are 100% owned by The Manufactures Life Insurance Company (MLI) which is 100% owned by the Manulife Financial Corporation a publicly traded company. Details regarding all affiliated companies of MLI can be found on the Manulife Securities website www.manulifesecurities.ca. Please confirm with your advisor which company you are dealing with for each of your products and services. This publication contains opinions of the writer and may not reflect opinions of Manulife Securities Incorporated or Manulife Securities Insurance Inc. The information contained herein was obtained from sources believed to be reliable, but no representation, or warranty expressed or implied, is made by the writer or Manulife Securities Incorporated or Manulife Securities Insurance Inc. or any other person as to its accuracy, completeness or correctness. This publication is not an offer to sell or a solicitation of an offer to buy any of the securities. The securities discussed in this publication may not be eligible for sale in some jurisdictions. If you are not a Canadian resident, this report should not have been delivered to you. This publication is not meant to provide legal or account advice. As each situation is different you should consult your own professional Advisors for advice based on your specific circumstances.



BUYING COLLECTABLES

Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, gold, jewelry, stamps, records, judaica, Olympic & military items

41 YEARS OF TRUST
Call Ron:
514 996-6798



M
CONSTRUCTION
McVeigh
Craig McVeigh

Bur. : 450.226.7448 | Fax : 450.226.7485
Cell. : 450.712.6593 | craig@cmcveigh.com

Healthy teeth and gums for a healthy life!

Call us today!



Soins Dentaires Prévost
450.335.2990
www.dentisteprevost.com



Have a great summer!

ENTREPÔTS MORIN-HEIGHTS

Indoor Storage Space Rental

24 hours/ 7 days (450) 226-1313

- Individual alarms
- 50 square feet and up

543 du Village, Morin-Heights
Office at 591 du Village

Shop Local

Support your community during this difficult time

Over 10 years experience



Lyndsay Wood
Real Estate Broker

I AM PRESENT



FREE MARKET EVALUATION

514.774.8019
lyndsaywood.com
lyndsay_m_wood@hotmail.com


2 OFFICES TO SERVE YOU
ST-SAUVEUR & LACHUTE

MILLE ISLES @ \$199,000
Country farmhouse from 1910 with addition in 1982. 3 bedrooms, office, large kitchen, veranda. 22,467 s.t. of land, large shed & backyard. Estate sale. Cultural heritage property. 1 hour from Mt. and 15 min from St-Sauveur. Centris 25454158

DUPLEX IN LACHUTE @ \$225,000
Well-maintained duplex with 1 41/2 on the 2nd floor and 1 71/2 using 1st floor and basement. Basement has independent entrance. Carport, shed, paved driveway. Close to all services. \$16,800 annual revenue. Centris 28143792

LACHUTE Beautifully maintained and renovated home on a quiet street across from elementary school. Features 3 bedrooms, renovated kitchen and bathroom, large family room, landscaped backyard with private terrace. Walking distance to all services. Centris 18114099

ST-SAUVEUR - LAKEFRONT Private waterfront retreat with development potential. Ultimate privacy at the south-end of Lac Breton. 7.8 flat acres with 3 contiguous lots with waterfronts. 4 season bungalow, garage & bunkhouse on middle lot. 10 min. to St-Sauveur & 1 hr. Montreal. Centris 17897617



Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to main.street@xplornet.ca Payments must be by cheque and mailed to Main Street, CP 874, Lachute QC J8H 4G5. Payment is due prior to publication

BUYING COLLECTIBLES
Coins, comics, war medals, old paper money, sterling silver cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines. Olympic items & Estate liquidations 41 years of trust!
Call Ron: 514 996-6798.

ADVERTISING POSSIBILITY
QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching English Quebec, and through classified ads French Quebec and every other Canadian province & territory. Info: 819-893-6330

GUITARS
Do you have a guitar you don't know what to do with? Give me a call, I may be interested in buying it.
Greig: 514 386-7717

SERVICES REQUIRED
Excellent handymen & efficient housekeepers. Please call Lori's Links at 450 224-7472 for info.



Real Wine for Real People Vinho Verde, Portugal's gift to summer

April Sirois - Sommelier - ISG

Like most of you, I have a favorite summer wine. I seek it out as the heat rises, and my wine thoughts turn to something light and fun. It's an inexpensive wine and, I feel, very undervalued. It's unique, interesting, and perfect for Quebec's beautiful summers. Let me introduce you to Vinho Verde from Portugal.

This little gem is a crisp, fresh, bright wine, often with just a little bit of fizz to dance on the tongue. It comes in a red and rosé wine that can be harder to find, or a white, my favorite, and the style that I will be writing about in this article.

Portugal has a huge wine culture that has been making and drinking wine since the Romans arrived in Portugal, around 2000 years ago, bringing with them vine clippings and wine making techniques.

Wine in Portugal is part of daily life with a lot of families growing their own grapes and making their own wine throughout its many regions. Vinho Verde is named after a region in Portugal and is not a type of grape. In this region you will see a lot of tall trellises, heavily covered in grape vines, built around, and even canoping family gardens. This beautiful tradition allows the grapes to have air movement that helps to keep them cool in the summer heat, but also dry and mold free when it rains.

Most Vinho Verde produced is a blend of up to 25 indigenous Portuguese white grapes, with the two predominant grapes being Alvarinho and Loureiro. Alvarinho has fresh fruit aromas like pineapple and gooseberry, an overall lemony character, and is high in acidity.

Loureiro is more floral, think lime blossoms and laurel leaf, also with good acidity. You can expect this wine to be super interesting on the nose, but lean and refreshing on the palate.

You will notice that a lot of the Vinho Verde wines sold here in Quebec have a light fizz that can be extremely refreshing on a hot summer day. This was once a lucky accident in the production of the wine, but is now mostly added, with a small shot of carbon dioxide to the finished product. This is known as "the bike pump method." This little spritz can be light and subtle, to full on carbonated, depending on the wine and the winemaker.

It creates a unique wine with a taste and feel that works beautifully with most summer type foods, including, but not limited to, crab cakes, grilled pork/fish, paella, sushi, any kind of goat cheese, poke bowls, potato salad, and 'pub grub.' It can even stand on its own as an easy, sipping wine.

Traditionally, in Vinho Verde, this wine is served in small ceramic bowls, and it's considered an essential accompaniment to any meal. Well, maybe not breakfast...

I have included my two favorites (below) for anyone interested in trying. They are both available at the SAQ. Both are great examples of what I have written about and pair well with lighter, picnic-style foods.

Blessings on the summer

~ Cheers!



Aveleda Vinho Verde
\$11.35
SAQ code 5322

Gazela Vinho Verde
\$9.95
SAQ code 10667351



I'm Just Saying Future Shock Phase Two

Ron Golfman - Main Street

Ivan Toffler wrote the original book, Future Shock, around fifty years ago, as a vision of a future where we become a more dysfunctional society due to progress and the notion that having too many choices will hamper our decision-making abilities. While I have always professed that the key to life is to realize that having options is a gift, particularly as we move forward in this unique time, the concept seems to have veered off the road somewhat.

In the realm of personal choice coming out of the pandemic, things get a tad more challenging and confusing all at once. Socially, we still are unsure whether or when hugging, cheek kissing and handshakes have become reality or folklore. As restrictions ease in the summer of '21 will those who wish to meet a new partner need to consider the usual practicalities of using protection for intimacy, or will we have to expand the prospect of STD's to include asking for proof of two vaccines before asking someone out on a date? Gone are the usual subject matters of first encounter conversation, such as "so, who do we mutually know?" as it may become routine to have a follow-up series of questions concerning who are in each other's bubbles. Romance will have to include an odd, mutual demographic survey before any leap forward.

Over the last eighteen months, we have lost the ability to purchase housing, leaving in its wake the option of taking out a mortgage we can afford today, while knowing that when the bubble bursts, and inflation soars along with interest rates, many will lose their homes. The option to find affordable, secondary choices for housing will not be an option. Equally, as we emerge from the pandemic, when we experienced shortages, and out-of-this world prices for everything from construction material to food, we understood that less production was the cause, because costs are going up, not down, despite hearing that the economy is making a comeback. While the notion of Future Shock, or having too many choices still persists, when we get to choose from thirty types of everything, we are, nonetheless, getting fleeced while families try to recover financially.

My best guess is that while we lay dormant during the pandemic, and mostly followed unimaginable rules of strict measures of movement and exposure to each other, our government has decided that, like Mikey in the Life cereal ads of yesteryear, we'll eat anything. As we try to rise up from financial hardship due to the virus situation, banks have been allowed to pillage at will. In fact, I got a letter on Monday from my bank telling me that, because of my responsible financial record, I can go from twenty-two thousand in available credit to twenty-six thousand. Once I accepted, with no reason to say no, or so I thought, by Thursday of the same week, my credit card institution sent a second letter advising me that all cardholders will have their interest rates jump from 14% to 19% starting in July, a 5% leap for no real reason, apart from it being an outright money grab during these vulnerable times.

This article is not intended to paint a doom and gloom portrait, but rather, much like that beer commercial, it is to advise us all to "choose wisely my friend" as our options decrease in scope on a daily basis. The only person you can depend on as we go forward, to have our backs, and I'm Just Saying, is the person you see in the mirror.

Fortunately, as we deal with rising costs, new and strange social norms and the house of mirrors which distort reality, there are still some things, like getting outdoors, talking to others in person, boycotting price gougers and voting with our wallets and social consciences, that will add the much needed sense of control over our rekindled "freedoms".





Laurentian Personality

An athlete for all seasons

Linda Crutchfield

Lori Leonard – Main Street

Linda Crutchfield grew up with her parents and three brothers in Shawinigan. She was always a natural athlete and enjoyed many sports. Her true passions though were downhill skiing, luge and water skiing, she excelled in all of them.

Linda won so many trophies and international accolades through the years that it would take a book to include them all. Some highlights: in 1960, she was added to the Canadian Ski Team as an alternate for the Winter Olympic Games in Squaw Valley, California and won the Ryan cup at Mont-Tremblant. Through 1959 to 1964, Linda competed at international level in the European Racing Circuit which proved her ability to ski with the best in the world. Unlike today, back then to compete at international level, one had to excel in downhill, giant slalom and slalom to be part of the team.

1964 was a very special year for Linda. She moved from Shawinigan to the Laurentians. Due to her superb leadership abilities, she became Team Captain and led a talented group of young skiers including Nancy Greene. Her final ski triumph before retiring from international competition also took place in 1964; she won the Canadian Downhill and Combined Championships. Linda may have retired from skiing, but she was not done yet!

Linda truly embraced new challenges. Not only was she Canada's best woman skier, she later represented Canada at the Winter Olympics in the luge and was also Canada's best female water skier.

From 1965 to 1975 Linda was a member of the Canadian National Water Ski Team and participated in 4 world championships. Each championship consisted of water ski jumping, slalom and tricks. Linda also ran a water ski school at Lac Lachigan and participated in the Cloutier Water Ski Show from 1964 to 1967. She also participated in 747 water ski shows at Expo 67!

This amazing woman was Director of 4 Laurentian ski schools: Avila, Mont St. Sauveur, Mont-Fugère and Lac Lucerne where she developed racing teams.

Later, Linda used her strong leadership skills working as a successful real estate agent for Royal LePage (Sutton) from 1979 to 2009. She has been a board member of the Laurentian Ski Museum since 1985 and President from 2002 until 2005. Linda has been a member of the Canadian Ski Instructors Alliance since 1964 and a level 4 examiner since 1971.

In total, Linda has won 22 gold medals in alpine skiing, luge and water skiing and is included in 7 ski halls of fame. No small feat! She still enjoys instructing skiing at Mont-Tremblant and swims, golfs and cycles in summer. Linda's words of wisdom for any serious athlete are "Enter a good program, get good coaching and practice, practice, practice!"



Mont-Tremblant City Council

The City of Mont-Tremblant wishes to inform the population that the meetings of the municipal and agglomeration councils as well as all the public consultations provided for in the Act respecting land use planning and town planning will be held from July 12 in the presence of the public.



Mandatory reservation

However, the number of places available remains limited in order to ensure compliance with sanitary measures: you must reserve your place by visiting ville.demont-tremblant.qc.ca/conseil.

Procedure for the question period

The internal management by-laws provide for a 30-minute question period during which people can ask one (1) question and one (1) sub-question. Note that the mayor or councilor can either respond immediately, at a subsequent meeting or in writing.

Consequently:

- During the session, priority is given to questions from those present.
- If the 30 minutes have not elapsed, questions received in writing before the 1st Monday of the month are then processed.
- Questions and comments received in writing and not dealt with during the meeting will be sent to the board and, if necessary, to the department concerned. If necessary, a communication will be made directly to the citizen.
- Questions and comments will no longer be posted on the website.

Note that a City Council meeting is not the appropriate forum for questions of a technical nature (eg. who owns this lot, what uses are allowed, etc.). These questions should be addressed directly to the municipal services concerned.

The City therefore invites citizens to limit the length of their question in order to offer all those who wish to ask their question within the time allotted for the meeting.

The City of Mont-Tremblant and the City Council are pleased to be able to meet the population face-to-face during council meetings and thank the citizens for their collaboration.

Small businesses key to local economic recovery

(NC) If we didn't know it before, the pandemic has revealed just how important small businesses are to our communities. They are a lifeline as we all try to stay home more, and when we do venture out, it is closer to home. They provide a local, thoughtful source for whatever we need, from a great cup of coffee to a new plant stand.

Small businesses also provide local jobs for over almost 10 million Canadians, making them a crucial part of our economy.

It's been a tough year for these champion businesses. Fortunately, there are supports available to help. The Canadian government's Canada Business app 2.0 can function as an easy-to-use assistant for any small to medium enterprise to sort through the supports and resources.

If you're a small business owner, downloading the app provides free, accurate, easy-to-understand government information on the go, including:

- Easy navigation to government programs and services, including easy access to COVID-19 support;
- Recommendations tailored to your business;
- Personalized notifications of new and newsworthy information straight to your phone; and
- Answers to help you start up, scale up and access new markets.

The app was recently updated based on user feedback to enhance searching, improve notifications and simplify navigation. It's a go-to business tool during the pandemic, and users can also select favourites that help with their daily work, including links to available training and information to help stabilize and grow their business.

Find more information at canada.ca/business-app.



Jennifer Turcotte

The Purse Project

Lori Leonard

Jennifer Turcotte thought about a project she wanted to fulfill since she moved to the Laurentians with her husband and two young children in 2010. Jennifer and her family were touched by the warm welcome they received from the community of Morin Heights. Although Jennifer had a busy lifestyle and her family was about to welcome a third child, she forged onwards with her project. She put out a message on a Facebook post in the Morin Heights region that she would collect purses for women in need. Offers began pouring in and Jennifer invited anyone who wished to donate to simply drop their purse in a basket she placed at her front door. Soon, Jennifer had 28 purses filled with much needed toiletries for women in need. For those who contributed empty purses, Jennifer took it upon herself to generously fill them with toiletries herself. Jennifer was overwhelmed to see just how generous the community was unexpected donations of mini toiletries by the boxful arrived. Jennifer encouraged donors to include kind notes and sweet treats as well. She knew recipients would appreciate them.



Amidst the Covid pandemic, Jennifer found it difficult to find a charity that would accept the filled purses. Initially, she was discouraged and afraid she would not find the right place to donate all these lovely gifts. Finally, with the help of the Laurentian Regional High School, Jennifer found homes for them. The purses were picked up at her home in Morin Heights by a school employee, then sent out with the school's Christmas charity food baskets. Jennifer's face lights up with a smile when she thinks of her Purse Project. It was more rewarding than she had ever hoped. The outpouring of donations, the community support and spirit were amazing. Due to the success of this project, Jennifer will commit to her Purse Project again this year. Jennifer states "Morin Heights and its residents are some of the most generous, charitable and loving people I am lucky enough to call my neighbours."

Thank you Jennifer for your kindness and generosity.





**Each vaccination
brings us closer to this moment.**

Follow the vaccination sequence
planned for your area, and book
an appointment online at

[Québec.ca/COVIDvaccine](https://Quebec.ca/COVIDvaccine)