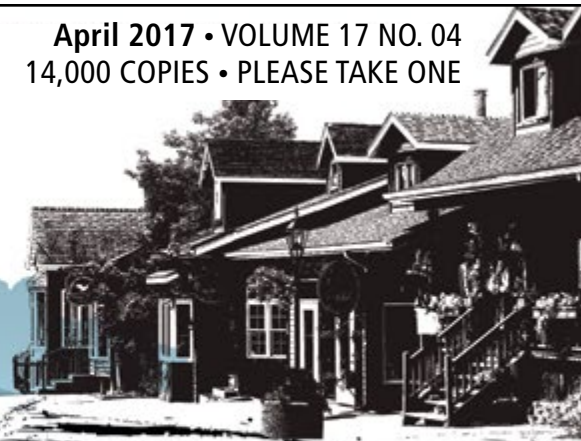


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## What's On My Mind...

# A Paradox of Confusion

Susan MacDonald, Editor

If you broach the subject of animal control with officials at any level of government, you are likely to be told there are several adequate laws and bylaws already in place. There may be laws, but the heartbreaking stories found on page 20 of this edition are prime examples of how ineffective they are, and how this gross lack of responsibility continues to be ignored, or, buried in a proverbial legal abyss.

It is public knowledge that on a national scale, Quebec's animal protection laws are considered among the lowest in the country and the province, shamefully, is well-known as the puppy mill capital of Canada. So, it was no surprise to find Quebec ranked 12th out of 13 on the June 2015 Animal Legal Defense Fund's annual report. What did surprise me was to see a staggering jump up to 6th place in 2016! (adlf.org). What happened?

On December 4, 2015, Quebec's National Assembly passed **Bill-54** – An Act to improve the legal situation of animals in which, under the amended Civil Code of Quebec, animals were to be considered as sentient beings, with biological needs, rather than a piece of moveable property, such as a table. In spite of several limitations, the passing of Bill-54 was still a positive step forward for animal welfare in this province.

February 2016 showed another step forward when MP Nathaniel Erskine-Smith (Beaches-East York, Ontario) introduced a private member's bill - **Bill C-246** – Modernizing Animal Protection Act – an Act to amend the Criminal Code, the Fisheries Act, the Textile Labeling Act, the Wild Animal and Plant Protection and Regulation of International and Interprovincial Trade Act, and the Canada Consumer Product Safety Act (animal protection).

The positive initiatives of these two Bills, one accepted and passed (December 2015), the other still pending at the time (February 2016), are very likely the reasons reflecting the substantial ratings increase on the ALDF reports, which are published in June. Both Bills presented a positive outlook for Quebec's new concern for animal welfare and control. And then everything changed.

In June 2016, following the fatal pit bull attack of Christiane Vadnais, fear and public outrage demanded stronger legislature against **dangerous** dogs. Government officials responded by targeting specific '**pit bull type**' breeds and implementing the Breed Specific Legislation (BSL). Aggressive pit bull types could now be managed effectively, but the devastating fallout forced on those without aggressive tendencies, and to their families, was enormous, and served no end purpose. This separation of breeds also under-cut the standard behind Bill-54 with its implication that the protective cloak of "sentient beings" could still be revoked at any time.

After struggling past first and second readings, Bill C-246 was defeated in October 2016, through a series of polite and politically correct speeches. Major arguments centered on three main conflicts of interest and included statements quoting "... effective animal protection laws were already in place." All Members' comments are readily available at openparliament.ca – Bill C-246.

At the municipal level, animal bylaws, in several cases, were near identical with the highest concentration of Articles focused on regulations pertaining to licenses; updates ranged from 2000 to 2016; contact for animal control was inconsistent - clearly available on some sites but impossible to find on others - one municipality even provided an animal "Controller's" address, but no name or phone number; most mentioned contacting the SQ in emergency situations. Regardless of how strong the bylaws appeared on paper, all fail in effectiveness, if infractions are not reported.

This now brings us to the community level where people should be concerned about the safety of their families, pets, friends and neighbours. Oftentimes, people are aware of circumstances that warrant intervention, but choose not to get involved. Such was the case in at least one of the two recent attacks.

It is unacceptable that innocent people and loved pets must suffer the consequences of irresponsible owners, or, weak and confusing animal control laws. But, we too must share the responsibility. Community safety is everyone's business. Learn the bylaws pertaining to your municipality and report, to the proper authorities, all incidents involving aggressive dog behavior, neglect or abuse. By doing so, you are providing the animal controllers in your neighbourhood with the information they need to investigate further and, when warranted, implement an appropriate course of action.

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# Observations Fool Me Once, Shame On You!

David MacFairlane - Main Street

After 8 years of the Presidency of Bill Clinton, the philanderer and prevaricator, and 8 more years of Baby Bush, the retard, the world was ecstatic over the appearance of a young, charismatic politician, who offered us "Change We Can Believe In" and "Hope for a new beginning" and "Yes, We Can!" Remember that? The entire world fell for these lines of what turned out to be pure horse manure. Americans, actually weeping openly at the soaring rhetoric of Barak Obama's political speeches, voted him in as President #44, on 20 January, 2009, and thus began the most disgusting betrayal of trust a politician has ever perpetrated on a gullible electorate. Obama was even awarded the 2009 Nobel Peace Prize, simply because the world was spell-bound by the potential he seemed to bring to his position. Sadly, Obama, of dubious birth origin, hazy education records and confused religious affiliation, became Barak O'Bomber, a narcissistic warmonger, who continued the US wars of aggression around the world, wherever his neo-con overlords directed him, for another 8 years of his Presidency.

So, after 24 years of the US being continuously at war under the last three Presidents, finally, along comes an outsider, a non-politician, a brash, impetuous, billionaire businessman, who campaigned to change the way things were being done in Washington. He promised to end all foreign wars, to bring the troops home, to clean out the corrupted swamp of politicians, bring jobs back to America from overseas, and to return the government to the American people. He promised to represent the working-class people of America, who had been ignored and abused for so long, and to ensure that their voices would be heard and that jobs would return for their families. What was there not to love about this message? Donald Trump defeated 17 other candidates in the run-offs, became the Republican candidate for President, and, against all the odds stacked against him, defeated the Democrat favourite, Hillary Clinton, to win the Presidency. At his inauguration, he promised a fresh start and to put "America First."

Now, here is where this hope for a new day in America and, by extension, the world, became really opaque and confusing. We woke up April 6 morning to learn that President Trump had authorised the launch of 59 cruise missiles at a Syrian airbase, in retaliation for an alleged chemical weapon attack, by the Syrian army, on women and children in the northern province of Idlib, currently occupied by Al-Qaeda and ISIS. What?? Trump goes to war? He bombs Syria? What the heck is going on? Trump went on national TV and announced that he will not tolerate the killing of women and "beautiful babies" by such murderers, and intended to teach Syria a lesson for violating all norms of international agreements and humanity. He ended his speech saying, "Goodnight, and God bless America, and the entire world. Thank you." When has an American President ever, and I mean ever, asked for the whole world to be blessed? Strange. Soon after, The Drudge Report, America's most widely-read political blog, ran a poll to discover that, all of a sudden, 75% of Americans approved of Trump, and CNN, his most rabid detractor, now claimed him to have become a true President, overnight. A Miracle On Main Street, yes?

Many Trump supporters were aghast. Michael Savage, of the hugely popular, eponymous syndicated radio show, who had campaigned for Trump, was deeply offended, Tucker Carlson confused, and demonstrations in over 10 cities against Trump were staged, but Trump won the endorsement of his opponents in Congress, like Lindsay Graham, who hated Trump before, but now said he is proud of him. I, too was confused, until I was able to dig more deeply. Former CIA officer, Philip Girdi, said on TV that ... "my sources on the ground say that ... the narrative about ... Syria or the Russians using chemical weapons on civilians is a sham ... The intelligence confirms (what) the Russians have been (saying) ... which is that they hit a warehouse where the rebels ... connected with Al-Qaeda, were storing chemicals of their own, and it caused an explosion ... The intelligence on this is very clear." It is well known that the US has trained and supplied weapons to the rebels in Syria, along with support from Saudi Arabia and other Gulf States, in order to thwart Iran from consolidating its power over the Shia regions of the Middle East, and to assist Israel in its desire for a "Greater Israel." Jordan has been complicit also in this training and support of the rebels. Just the week before, Senator John McCain visited the rebels in Syria. So, I ask you, is the US so innocent in this geopolitical game of chess? Even The Daily Bell, another influential political blog, suggested this was a false flag operation, orchestrated by the US covertly, in order to change the domestic narrative.

Another very weird fact about this bombing is that Syria and Russia were given two hour's notice of the pending raid, allowing them time to clear the airfield of

valuable equipment and personnel. Also, it was an airfield that was not being used at the time. Why would Trump have given them that information ahead, when he had already stated that, unlike Obama, he would not telegraph his plans? Also, considering 59 cruise missiles were used, at a cost approaching \$100 million, the damage to the airfield was minimal - even the runway was left intact. Furthermore, Secretary of State, Rex Tillerson, is scheduled to visit Moscow next week, for a first high-level meeting. Strange times indeed, huh?

My conclusion is that this was indeed a false-flag operation, but it was planned by the good guys in the Trump camp, with the connivance of the Russians. It seems the purpose was to "provoke" Russia in order to get the Congress opposition onside, and to bring the millions of Americans who opposed Trump, into his tent. Considering The Drudge Report poll results, that's already a fait accompli. On April 9, continuing the political theatre, Russia warned the US that any further illegal actions in Syria would have serious consequences.

There will be much more sabre-rattling and chest-beating, of course, but this story is far from over. The next chapter is being written. We must now wait to see what ISIS will do, since Assad seems to have been weakened, and the US appears to have stepped up its support for the rebel factions.

We must never forget that the truth is always the first casualty in war and geopolitics. This conflict is about money and power. It's about who gets to supply gas and oil to Europe via pipelines through Syria. Russia dominates the region and the US is losing its grip. Treachery and conspiracy prowl the corridors of governments.

The world is in a very precarious state, like a pool of gasoline seeking a match. What a twisted, down-the-rabbit-hole world we live in!

"There is no proof that the cause of the explosion was what they said it was ... Think about the consequences, because this is not likely to be the end of it. It doesn't make sense that Assad would do it. Let's not leave our brains outside the door when we examine evidence. It would be totally self-defeating as shown by the results. Assad is not mad."  
Peter Ford - former UK Ambassador to Syria, on BBC Radio, April 7, 2017



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## Simply Words on Paper Necessity Is the Mother of Many Inventions in Cuba

Jim Warbanks - Main Street

A winter break in Cuba has become a tradition for many Canadians. The cost is not prohibitive; the people are open and very friendly. While I have immensely enjoyed each of my visits, the shortages of consumer goods, tourist paraphernalia and many staple items, which are simply not available to the average Cuban, leave a somewhat bitter lasting impression.

Cubans can boast of two essential, undeniable assets required for economic and social development: the extremely high literacy rate, due to the stellar universal education programs and the quality of health care right down to the neighborhood or village level.

Whether you choose to blame outdated socialist policies, government and bureaucratic bungling, the continuing American embargo or a combination of these three elements, the average Cuban who must make do with a monthly wage equivalent to about \$25, has had to develop creative innovations to compensate for the perennial lack of basic resources that we, in Canada, take for granted.

### Public health

Some unexpected items, however, are not only readily available, but the supply exceeds any possible demand. Public health policies and sex education campaigns assure that the supply and distribution of condoms is efficient and abundant, so the ever-resourceful Cubans use what is available to them in non-traditional ways.

Because imported wine is too expensive, some Cubans make their own at home, extending the product by adding flavor from certain fruits. What began as an illicit backyard still for the Estevez family has now evolved into a lucrative winery. Some 500 five-gallon jugs are sealed with "condom corks." During fermentation, the wine releases gas, which is trapped by the condom, making it stand erect. Once the condom becomes flaccid again, it is time to bottle the product. Wine sales, for consumption in homes and in restaurants at a cost of only 10 Cuban pesos, or about 50 cents a bottle, amounts to an average of 50 bottles per day. Some of these wines are flavored with guava, watercress or beets.

### Seawall

Most visitors to Havana have strolled along the Maleçon, the spectacular boulevard along the waterfront. Each night, a group of men can be seen "balloon fishing" along this seawall. They blow up the contraceptives to the size of balloons and tie them to the baited lines as floats to carry the lines, which can extend as far as 900 feet out to sea, with the tide.

Before the advent of "balloon floats" many fishers would risk Coast Guard crackdowns and heavy fines, riding out on inner tubes or large foam blocks in the hope of catching the favored bonito or red snapper species, since private boats and fuel are either too expensive or simply inaccessible.

Since it is illegal to sell fish without a license in Cuba, they claim to feed these fish only to family members, but it is far more lucrative to sell a 30-pound catch to restaurants at \$1/pound.

### No rubber bands

Even very cheap items can be unavailable. A visitor leaving Cuba wanted to purchase a set of claves, a pair of wooden rods that serve as a traditional instrument to keep a musical beat. To try them, he removed what he expected to be a rubber band, but found instead that it was a rolled condom with the tip sliced off. The clerk explained: "we have plenty of condoms, but no rubber bands!"

Other uses include as birthday party decorations, for water balloon fights (this not limited to Cuba), to keep money and other valuables dry at the beach. A friend of mine even added an ingenious medical application. "When I was hospitalized in Guantanamo, they used one to cover the tip of the wand when they gave me an ultrasound," he recounted.

The ingenuity that Cubans display that is most often a topic of conversation for returning tourists is the innovative way that pre-1960 American automobiles have been restored / rebuilt for continued daily use, despite the non-existent access to spare or replacement parts. The multi-use condom seemingly deserves equivalent recognition.



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**Upcoming Activities**

**Personal Sessions to Relieve Stress**  
Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Call for an appointment.

**Comforting Tea**  
Mon, May 8: 10 am - 11:30 am (Mont Tremblant)  
Fri, Apr 28 10 am - 11:30 am (Ste-Agathe)

**Coffee Meeting for the Bereaved**  
Tues, May 9 - 8:30 pm (Mont Tremblant)  
Thurs, Apr 20: 1:30 pm - 3 pm (Ste-Agathe)

**Group Relaxation**  
Relaxation exercised to achieve calmness and serenity.  
Fridays: 2 pm - 3 pm (Ste-Agathe)

**Regenerative Yoga**  
Mondays: 4 pm - 5:45 pm (Mont Tremblant)  
Wednesdays: 9:30 am - 10:30 am (Ste-Agathe)

**Group grieving**  
For those who have lost loved ones and who feel alone Palliacco offers 10 sessions on the stages of grief and the opportunity to share with other mourners.  
**Mondays, Mar 20 - May 22: 7 pm - 9 pm** (Mont Tremblant)  
**Mondays, May 15 - July 17: 1:30 pm - 3:30 pm, or evenings** (Ste-Agathe)

**Accompanying services**  
Offered by PALLIACCO to people with cancer and people at the end of their life, thus providing respite for caregivers.

**Municipalities on the territory of the MRC des Laurentides: At any time (day, evening and night)**

**Palliacco - Complimentary palliative care training for caregivers**  
Wed, May 24 & Thurs, June 1: 9 am - 4 pm (Mont Tremblant & Ste-Agathe)  
This session is geared towards caregivers who wish to assist a parent or friend during the palliative care phase.

**For information: 819 717-9646 and toll free 1 855 717-9646**

**ADVANCE NOTICE**

**The Lachute Regional Residence Foundation** will be holding an initial Six-course Italian Fundraising Dinner, at the **Sainte Anastasie Church Hall**, Bethany Blvd., Lachute on Friday, **June 2 at 7 pm**. Tickets \$35 in advance from Foundation Board members.

Read Main Street online and sign up for our newsletter to get the latest news updates and specials.  
**www.themainstreet.org**

Follow us on facebook at: **TheMainStreetNews**





## About Sainte-Adèle

Chris Lance - Main Street

The snow clings to the earth, like a winter cold caught in your nose. Mounds of snow persist, like the mounds of Kleenex filling the trash of a very long, snowy season. It is time to get on with the spring season, time to watch the trees turn light green, time to listen to the spring streams gurgle towards the gray lake waters. Exit cold – enter warmth – turning your face toward

the strengthening sun.

The Easter bunny is late this year. Maybe she is looking to find new chocolate sources, since she only finds pot growing in the old Hershey chocolate factory in Smith Falls. The cold, stone churches stand empty and forgotten, here in Sainte-Adèle, winter has trumped us – maybe we need our own spring Sainte-Adèle scandal.

It's time to clean the lawn, the stoop, the walkways, the salt-encrusted car mats, and the windows to let in bright and lengthened days – what a shock to arrive at 6 pm, surrounded by natural light.

Keep an eye on the new speed limits of 40 km on most streets, here in town. There is even a tortoise, 30 km limit, on school and park area streets.

From April 15 to 23, you can apply for a place at Camp Taloup for your kids. Sainte-Adèle is also looking for student employment at various camp, beach and tennis venues – consult [ville.sainte-adele.qc.ca](http://ville.sainte-adele.qc.ca) to see what's available, and where to forward your CV.

Golf Le Chantecler has all sorts of summer deals through [groupebeaudet.com](http://groupebeaudet.com) or 450-990-5833.

Summer construction projects needing a town permit can take time; plan ahead now, so you can start by getting in touch with Service de l'Urbanisme at the town hall.

Tossing stuff at the Eco-center will require a citizen card, and the easiest place to get one is at the library, near the Dollar store.

“Les Fleurons du Quebec”, or “Les Fleurons de Sainte-Adèle”, might be fun for those of us with a green thumb, like Mme. Diane Martin who won \$500 for 1st place in the residential category. 2nd prize is \$300, and 3rd place gets you \$200, and if you win, it will help pay for those annuals and perennials.

There is live music Monday nights at restaurant Donald, on rue Valiquette, and 25% off on meals.

The exposition by Mariette Rousseau-Vermette and Claude Vermette carries on at la Place des Citoyens until May 14.

At le parc Claude-Cardinal you will find a tennis hard court and 4 pickle-ball, a new racket sport geared for the over 55 crowd. For the young at heart, you will find basketball nets to perfect your Wilt Chamberland hook shot, or your Michael Jordan stuff shot. At best, you can at least show off your new spring Michael Jordan running shoes.

The 5 clay-courts will be opening soon. Get those memberships signed up for a season of doubles in, both tennis areas – town center or at the site in Mont Rolland.

There's lots to do to get ready for spring and summer – stay healthy, look for your spring gear, get ready to pay your 2nd installment of municipal taxes in early May, and prepare for another municipal election. That's it for now.



## Village Of Weir Newswire

Claudette Smith-Pilon

### SPRING IS FINALLY HERE – EASTER IS UPON US

#### NEWS FROM CITY HALL

Fri, Apr 24: 11:30 - Next luncheon at the Community Centre. Please reserve

with Jolaine Craig 819 687-9508.

The Community Luncheon Committee is looking for a volunteer kitchen helper for its monthly luncheon. Please apply to any member of the committee.

**New Activities:** Line-dancing accompanied by a live band every Friday night from 7 pm - 11 pm at the Community Hall in Weir. Info: Paul Brunelle: 819 430-3930. All dancers are welcomed, come enjoy music, singing and meeting friends.

#### ROYAL CANADIAN LEGION – ROUGE RIVER BRANCH 192

The committee is announcing their annual golf tournament at the Arundel Golf course - **Saturday, May 13**. For additional information please call Yves Robitaille at 819 687-1283 / Registrar: André Sirois - [Mrgolf153@yahoo.ca](mailto:Mrgolf153@yahoo.ca)

#### VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Fri, Apr 24: 9 am: Next Victoria's Quilts Laurentian Branch workday. Will be followed by the Annual General Meeting at 1 pm. All are invited including our volunteers. A wine and cheese will follow.

\*\* An extra workday has been added on for Friday, May 12.



## A Library Addict's Choice...

Grif and Marion Hodge - Main Street

From the shelves of the Jean-Marc Belzile Library in Lachute that can be borrowed at no charge by the residents of Gore, Harrington, Lachute and Wentworth.

#### CONCERNING FOOD

##### Oliver, Jamie - Super Food Family Classics

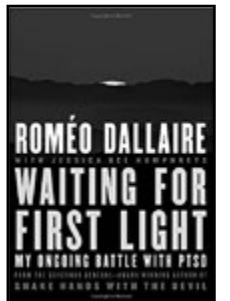
Jamie Oliver has his own distinct and cheerful style that has transmitted well over his 20-year television career. He has also published many books, each with a different purpose. This one provides the average parental cook with loads of balanced and nutritious meal ideas. Each recipe has a table with the calorie count and nutritional contents. Super Food Family Classics comes with a section on Health and Happiness, and includes a section on cooking with kids and feeding fussy eaters.



#### PTSD

##### Dallaire, Romeo - Waiting for First Light

It is impossible not to be deeply affected by Romeo Dallaire's harrowing account of the Rwandan genocide that took place in the mid-90s: Shake Hands with the Devil: The Failure of Humanity in Rwanda, which “exposed the failures of the international community to stop the genocide.” Since that time, retired lieutenant general Romeo Dallaire has struggled with his own Post-Traumatic Stress Disorder. In Waiting for First Light, Dallaire attempts to answer the question, so often asked, of how he finds the motivation to keep going.



#### FOR THE KIDS

##### Macken, Joanne Early - Take a Closer Look at the Internet

This little book would be helpful for parents teaching their young children about the Internet. It is simple and concise, and includes the four following topics: What is the Background?; What's the Problem?; Are we Too Connected?; and Where Do We Go From Here?



##### Dorling-Kindersley - First Space Encyclopedia

Dorling-Kindersley is the publishing house that has produced dozens of well-designed fact books that younger children love to browse, while older children and adults, with a keen interest on a particular topic, will sit down and read. This volume does not disappoint. It is a good 'read-aloud' with your budding astrophysicist, or, as an independent read for children around the age of 10.



## Arundel News

Janet Thomas

### FISHING SEASON IS COMING: BEWARE OF EURASIAN MILFOIL!

Eurasian Milfoil was found last year in Beaven and Round Lakes and the connecting creeks. This invasive weed is spread by being cut by propellers or paddles. Segments, as small as 1cm, will root to form a new plant, growing rapidly to make a thick floating carpet on the surface of the water, with devastating effect on fish stocks, recreational use of the lakes and property values. It is likely that the pestilence arrived in our lakes by hitchhiking on a visiting boat, which unknowingly carried it from an infected lake. Small segments of the weed can get caught in the boat, the motor or the trailer and carried to new locations. Now, every boat traveling on Beaven and Round Lakes, or the connecting creeks, can worsen our situation and contaminate clean lakes.



### DO NOT TOUCH OR DISTURB THE EURASIAN MILFOIL.

### WASH ALL BOATS BEFORE AND AFTER ENTERING THE WATER PLEASE ACT RESPONSIBLY.

Stay outside contaminated zones marked by yellow buoys. Avoid boating in the creeks, especially between Beaven and Round lakes. BEFORE and AFTER entering the water, thoroughly wash your boat, motor, bilge, fish tanks and trailer.



#### CALENDAR OF EVENTS

##### LOISIRS BINGO AT THE LEGION

Sun, April 30: 2 pm:

Cards: \$10; Grand Prize: \$100

##### UNITED CHURCH SPRING LUNCHEON

Sat, May 6: noon - 1:30 pm:

Bring your friends for a delicious luncheon, followed by a choice of homemade desserts and refreshments.

Vegetarian dishes included. \$10 donation

Please send ideas and comments to [janet.thomas@opera.ncf.ca](mailto:janet.thomas@opera.ncf.ca)



Please forward any comments, news or topic to: [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)





## The MRC d'Argenteuil, Proud Supporter of the New Center for Social Pediatrics

It is with great pride that the MRC d'Argenteuil recently participated in the official inauguration of the Center for Social Pediatrics, in the community of Argenteuil, at its premises on rue Hammond, in Lachute. Present were the Prime Minister of Québec, Mr. Philippe Couillard, and the Minister responsible for the Laurentian region, Ms. Christine St-Pierre. Sensitive to the health and well-being of children in its territory, the MRC d'Argenteuil is pleased to support this project, which aims to develop the full potential of young people, according to an Interdisciplinary approach, that builds on the strengths of the community.

Convinced of the benefits of such an organization on its territory, the MRC d'Argenteuil has agreed to provide financial support in the amount of \$20,000 for the start-up of the Center. This contribution is complemented by the active involvement of several members of the MRC's staff, including telecommunications and networking, clerical assistance, writing the business plan and participation of the committee. The Center will also benefit from furniture items offered by the MRC.

"This project is in line with social development, and fits perfectly with the values of equity, solidarity and commitment that the MRC has established. That's why we supported the idea of a social pediatric center in our community in Argenteuil," declared Mr. Scott Pearce, Prefect of the MRC d'Argenteuil.

The MRC d'Argenteuil wishes to acknowledge the exceptional commitment of Annie Reddy, the project's main instigator, and her dynamic team of community stakeholders who have worked hard to make the Center a reality. The MRC also wishes to thank the Foundation of Dr. Gilles Julien, and all the partners involved, for their commitment to the youth of the country.

## Summer Jobs Program

Stéphane Lauzon, Member of Parliament for the riding of Argenteuil-La Petite-Nation, announces an investment of \$636,745 and the creation of 232 summer jobs for students 15 - 30 years old from the constituency who will be welcomed by 164 employers. The importance of the investment will once again enable more than 230 young people to acquire competencies, work experience in their region and skills to integrate into the labour market.

## Local Entrepreneurs Win the Challenge

The registration period for the 19th Défi OSEntreprendre ended on March 14th, and the local winners are now known. The OSEntreprendre Challenge, one of the most prestigious events bringing entrepreneurship to the forefront, and rewarding entrepreneurial initiatives across the province, is an excellent springboard for new entrepreneurs who are in the start-up phase of their projects. The awards ceremony took place today at the historic MRC station in Argenteuil.



Photo: From left to right: Karine Melançon (Chamber of Commerce and Industry of Argenteuil), Étienne Sawage and Yan Deschamps (Structures X-Fab), Gabriel Garcia (CIR), Luc Plouffe (Béton surface Laurentides Inc.), Carl Péloquin (Deputy prefect and president of the economic development committee) and Mélissa Rozon (MRC d'Argenteuil).

The MRC d'Argenteuil is pleased to announce its winning companies:

**Structures X-Fab** (Lachute) in the category of Operations, Processing & Production  
**Béton surface Laurentides inc.** (Lachute) in the category of Personal Services  
**Le Centre pour l'Immigration en Région - CIR** (Grenville-sur-la-Rouge) in the category of Social Economy.

Each of the winning companies was presented with a check for \$ 150 from the MRC d'Argenteuil and a one-year membership in the Argenteuil Chamber of Commerce and Industry. As part of the Challenge process, entrepreneurs will be invited to an interview in front of the regional jury. The winners at the regional level will be announced at the gala to be held on May 4th in Mirabel. The MRC d'Argenteuil wishes the best to all entrepreneurs in the region!

## Deputy Yves St-Denis Announces Investments for Road Repairs

During the period 2017-2019, the Laurentian region will benefit from investments of \$ 189 million, which will be allocated by the Government of Québec to the regional road network to continue, or complete, work on 74 structures, 38 of which are part of the municipal network. Approximately 232 kilometers of roads will also be subject to various interventions, such as asphaltting and pavement repairs. In all, the Laurentian region will have 158 road projects, which will create or maintain more than 1,232 direct and indirect jobs.

## STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

**Roger Galland Barou** and **Isabelle Provost**, new owners of **LVP Whisky Bar**, 185 rue Principale, St. Sauveur. Roger is originally from France and Isabelle is from Brébeuf. The bar was formerly known as Les Vieilles Portes, a true landmark and heritage building. They have poured much love and labour into enhancing the interior of the well-known building. Roger and Isabelle will feature 15 different types of beer, an excellent selection of wine and more than 50 varieties of whisky. Also featured will be delicious vegetarian pizza, quiche, nachos poutine, flammekueche (Alsatian pizza) and marinated turbot. This summer they promise to have the largest outdoor terrace in St. Sauveur. "Jazz trios and Oysters" are featured on Thursday evenings and live music / DJ featured on other evenings. Open daily from 3 pm, with Happy Hour from 3 pm -7 pm. 450 227-2662. For events, Facebook: Les Vieilles Portes.

**Myriam Sheehan**, who recently opened **Coiffure Myriam Sheehan**, 191 rue Principale, St. Sauveur. The salon offers hairdressing for men and women. Haircuts, coloring and styling are offered. 514 609-7807, Facebook: Myriam Sheehan Coiffure. Good luck Myriam.

Congratulations to:

**Fonds d'Emprunt des Laurentides**, a non-profit organization since 2001 that provides support to small to medium sized entrepreneurs in the Laurentian region. Since 2001, they have helped create 367 enterprises, thus helping to create and maintain employment for 825 individuals, and provided 170 business loans. Did you know that you could use co-working office / meeting space at the Fonds d'Emprunt office, located at 508 Principale, Lachute? They feature a meeting space for 12 people, a small coffee salon and a room with two private work stations, including WiFi. 450 562-3553 / www.felaurentides.org/espace.

**Josiane Perreault**, new owner of **Chill Pizza Saint-Sauveur**, 158 rue Principale, St. Sauveur. Josiane officially opened on March 9. The menu features delectable pizzas, submarines, sandwiches, salads, burgers, wings, poutine and Mexican food. They have delivery service. Call 450 227-4449. Facebook: Chill Pizza Saint-Sauveur.

Did you know that:

**Fondation Médicale des Laurentides et des Pays d'en Haut**, 50 rue Corbeil, Ste. Agathe, has changed its logo and that they have an exciting new website? The new logo is symbolized by a colourful modern tree, highlighted as follows: blue



for confidence, yellow for energy, red for love and green for hope. The objective of the new website is to be inviting, up-to-date and interactive. Check it out at [www.fondationmedicale.com](http://www.fondationmedicale.com). Daniel Desjardins, Director General. 819 323-4565.

If you are seeking an excellent podiatrist that you can call **Dr. Myriam Ladouceur** or **Dr. Émilie Gagnier**? Their offices are at **Clinique Podiatrique des Monts**, 125 de l'Église, Suite 1, St. Sauveur. Foot treatments include callouses, plantar warts, fungal nail/laser treatments, athlete's foot, ingrown toenails, orthotics and more. Monday to Friday 10 am - 7 pm. 450 744-3244 / [www.podiatriedesmonts.com](http://www.podiatriedesmonts.com).

**Manoir Saint-Sauveur**, 246 ch. du Lac Millette, St. Sauveur, has undergone major renovations? Both the lobby and the La Tablée dining room have been newly redecorated. In April, the second dining room, L'Ambiance, which previously served Italian/Mediterranean cuisine, will become a new steak house called Restaurant Le M. For more info, 450 227-1811 / [www.manoir-saint-sauveur.com](http://www.manoir-saint-sauveur.com).

Well-known building **Le Chalet Bellevue**, 27, rue Bellevue, Morin Heights, which used to be a residence for golden agers, will be transformed into a community center in the near future? This new center will provide a service center, a center for outdoor sports and a special room for events with new lighting and audio features. Many activities, such as fitness classes, Italian classes, theatre groups and many more will take place there. The community center is expected to open officially on September 1, 2017. For more info, 450 226-3232 / [www.morinheights.com](http://www.morinheights.com).

## The Grand McDon - for the benefit of our young people!

The Fondation de l'Hôpital d'Argenteuil invites everyone to come and support the young people of the region through the Grand McDon, which will take place on Wednesday, May 3.



LA FONDATION  
DE L'HÔPITAL  
D'ARGENTEUIL

THE ARGENTEUIL  
HOSPITAL  
FOUNDATION

McDonald's, located at 237 Bethany in Lachute, has been a partner of the Foundation for 7 years

for this special day, which takes place across Canada. Here in Argenteuil, the amount raised will be donated to the CLSC, Youth (mental health) sector of the CMSSS of Argenteuil of the CISSS des Laurentides.

Funds will be raised through product sales and voluntary donations. A sum will be levied on the Big Mac, Happy Feast, hot beverages and McCafé products.

Last year, nearly \$7,000 was donated to the CLSC, Youth (mental health) sector.

We very sincerely thank Mr. Jacques Giguère, owner of the restaurant, Mr. Éric Lafleur, manager of the restaurant located on Bethany Street and the whole team for their dedication and loyalty to the Foundation. We also thank the many volunteers who make this event a success year after year. We hope the people of the region participate in large numbers from 5 am until midnight!





## Essential Oils Spring Cleaning – Naturally

Susan Rich

It's spring time, and to many of us that means taking out all those heavy duty cleaners that are, quite frankly, very toxic to our health and the health of the environment. Did you know that cleaning can be done very effectively using all natural products? They clean just as well, and even better than the store-bought products.

When it comes to cleaning, essential oils have been a game changer for me. You can use them everywhere, including the barnyard. The most amazing thing is that, while you are cleaning with essential oils, you don't have to hold your breath (or wear a mask) to avoid the toxic fumes. You can breathe easy, knowing you are getting many health benefits at the same time, and best of all, you don't have to worry about your little kids or pets being poisoned while crawling around on the floor. They are non-toxic, safe and amazingly effective.

The following natural products are wonderful for cutting grease, deodorizing and cleaning. They're also much less expensive.

- Baking soda is cheap, it has grit, but is not damaging to surfaces. It's also a great whitener.
- Plain white vinegar is fantastic for removing soap scum.
- Borax is a wonderful whitener in the laundry
- Castile soap is completely versatile. You can wash everything from your hair and body to the kitchen floor with it.
- Essential oils are proven disinfectants; they effectively kill bacteria and mold.

Some of the best essential oils to use are: All citrus oils, tea tree, oregano and doTerra's On Guard Blend (wild orange, clove bud, cinnamon, eucalyptus, rosemary)

### Making your own cleaners is simple and economical.

#### All Purpose Cleaner

- 16 oz glass spray bottle
- 2 tbsp castile soap
- 10 drops of your essential oil
- fill bottle with water

#### Laundry detergent

- 1 cup borax
- 1 cup washing soda (not baking soda)
- 1 bar castile soap grated
- 10 drops of your preferred essential oil

Use 2 tbsp per load of laundry. If you have a front loader like I do, just put it straight into the barrel.

#### Tile scrub

- 3/4 cup baking soda
- 1/4 cup liquid castile soap
- 1 tbsp water
- 1 tbsp white vinegar
- 5 - 10 drops lemon essential oil

For more information, or to experience the benefits of CPTG essential oils, please contact me at 819-421-2253.



## Healthy Channels Acne and Acupuncture

Christopher Garbrecht, Ac. – Main Street

I think most of us have been there at some point in our lives, looking in the mirror and noticing a pimple. It inevitably arrives right before an important date, meeting, or interview. Acne is the accumulation of more pimples than just one or two. It most commonly affects teenagers and, for most people, it goes away by age 30, but some older people can still get acne.

Acne is a disease that affects the skin's oil glands. The small pores in your skin connect to oil glands under the skin, which make an oily substance called sebum. The pores connect to the glands by a canal called a follicle. Inside the follicles, oil carries dead skin cells to the surface of the skin. When the follicle of a skin gland clogs up, a pimple grows. Most pimples are found on the face, neck, back, chest, and shoulders. Acne is not a serious health threat, but it can cause scars.

### There are many types of pimples. The most common types are:

- Whiteheads: these are pimples that stay under the surface of the skin.
- Blackheads: these pimples rise to the skin's surface and look black.
- Papules: these are small pink bumps that can be tender.
- Pustules: these pimples are red at the bottom and have pus on top.
- Nodules: these are large, painful, solid pimples that are deep in the skin.
- Cysts: these deep, painful, pus-filled pimples can cause scars.

The cause of acne is unknown, however doctors think certain factors might cause it, such as: the increase in hormones in teenage years, hormone changes during pregnancy, starting or stopping birth control pills, heredity, some types of medicine, and greasy makeup.

Acne is most commonly treated by dermatologists. They most frequently would prescribe acne medications to put directly on the skin, or other medicines that you swallow. The lack of dermatologists in the Laurentian region is still a shock to me.

### Here are some ways to care for your skin if you have acne:

- Clean skin gently, using a mild cleanser.
- Try not to touch your skin. Squeezing, pinching, or picking at pimples can create scars.
- Stay out of the sun. Many acne drugs can make people more likely to sunburn.
- Choose makeup carefully. All makeups should be oil-free. Look for the word 'non-comedogenic' on the label. This means the makeup will not clog up your pores.

Many people come to acupuncture for acne after trying everything else under the sun. Acupuncture has been used to treat skin diseases for thousands of years, and works by correcting the root cause of acne. Your acupuncturist will consider the location and nature of your acne. I've found that digestion and hormones are most often central in understanding the cause of the acne and can be helped and corrected with acupuncture.

For an appointment in Morin-Heights or Val-David, you can call me at 819 219-0048. You can also check out my website at [acupuncturevaldavid.com](http://acupuncturevaldavid.com).

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#### 05 Jump-Start Your Art and Financing Options

May 1, May 29, June 19, July 17 & Aug 21: 1:30 PM – 3:30 PM

If you are an artist seeking to make a living from your creativity and talent, but don't know how, then this workshop is for you.

FOR FREE BUSINESS SUPPORT, VISIT [WWW.YESMONTREAL.CA](http://WWW.YESMONTREAL.CA)

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## Fit Tip #114 The Reptilian Brain & Our Health

Lisa McLellan – Main Street

Our human brain developed in relation to the evolution of life on earth. Believe it or not, our direct ancestors are bacteria! Our brain is actually three separate brains, from three very different stages of evolution, each with a unique function. There is the Reptilian, or physical, brain, the Limbic, or emotional brain, and the Neocortex, or thinking brain. The Reptilian brain is the oldest brain, focused primarily on survival, because it developed in a harsh, prehistoric world where survival-of-the-fittest was the modus operandi. This brain is purely physical, responsible for our vital functions, our bodies and our metabolism. Or, in other words, our health.

The signals that trigger the mechanisms of the physical brain are based on the conditions of the life we are living. We're literally constructed to grow in good times (times of plenty – Spring, Summer, Fall) and to shut down, to atrophy, to use up less energy in bad times (times of scarcity – starvation, drought, cold). Springtime, and the accompanying active lifestyle, was the trigger that switched the body into growth mode. That is why exercise is the master signaller for growth. Exercise is the only way to engage your body and your physical brain. It is the signal the physical brain responds to, to get stronger, leaner, more agile and more energetic. Being sedentary and withdrawing from social contact, over-eating and drinking, and chronic stress, tell your body that the environment has changed for the worse. Your body's preferred state of health for this situation is low-grade depression, combined with physical decay.

Biologically, there is only growth and decay. In our 40's and 50's, our bodies switch into a "default to decay" mode. We can override these default signals, and change decay back into growth, by changing the signals we send to our bodies. Our physical brain knows only what we tell it by the way we live our lives. The way we choose to live our lives daily determines our state of health, good or bad, whether we like it or not. Dr. Henry S. Lodge, co-author of Younger Next Year says, "Health is your physical brain's perfect adaptation of your body to the world it thinks you live in."

Exercise helps us grow more than we lose, and leads directly to a younger life. Muscles control the chemistry of growth throughout our whole body. They turn on the machinery to build up muscles, the cardio-vascular system and bones, to heighten our immune systems and improve weight loss, as well as help to prevent chronic disease and depression. Physical exercise, and involvement in life, trigger great waves of growth messages throughout your body and mind. If we are active and engaged every day, we can resist and even swim against the tide into very old age. It takes work and routine, and you can do it.

Think what your physical brain learned from the way you lived today, and think about whether you told your body to grow or to decay.





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YOU'LL READ  
TODAY



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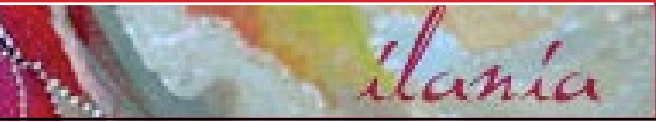
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# Out & About

Ilania Abileah - Main Street



Note: Please visit the website of each venue provided below for complete listings.

## MONT TREMBLANT

### Salle Alphonse Desjardins

1145, rue de Saint-Jovite, Samuel-Ouimet Library, downstairs

Open Wed: 1 - 5 pm; Thurs & Fri: 1 - 9 pm; Sat: 10 am - 3 pm; Sun: noon - 5 pm

**In April**, print-maker Marie-Claude Arnaud will exhibit a collection of etchings and other types of prints.

### Première Scène

**Village Church** (1829 Ch du Village) 819 425-8614, ext. 2500

**Fri, Apr 21: 8 pm** - La Famille Ouellette - six brothers, winners of the 20th Francouvertes will have you dancing to their music. Opening act - Raffy. \$25.

## ST FAUSTIN

### Maison des Arts et de la Culture

1122, rue de la Pisciculture, 819-688-2676. Open Wed - Sun: 11 am - 5 pm

The centre is looking for artists' portfolios for their annual show and competition.

## STE-AGATHE

### Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>

**Sat, Apr 15: 8 pm** - Stéphanie St. Jean, winner of La Voix IV! \$39.

**Sat, Apr 22: 8 pm** - Richard Séguin performs some of his old favourites and some new songs. \$45.

**Fri, Apr 28: 8 pm** - An amazing evening with the world renowned Martha Wainwright as part of the 50th anniversary of the theatre. She will sing pieces from her album, "Goodnight City." Opening act is Bernice. \$36.



Martha Wainwright

**Sat, May 6: 8 pm & Sun, May 7: 2 pm** - "Goodbye River Blue," by the popular Swiss group Alain Morisod & Sweet People. Alain, Mady, Jean-Jacques, Fred and Julien Laurence perform their goodbye show. \$53.

**Thurs, May 11: 8 pm** - Théâtre Patriote's 50th anniversary celebration with Robert Charlebois, Jean-Pierre Ferland, Giles Vigneault, Michel Rivard, Louise Forestier, Ariane Moffatt, Lise Dion, Yann Perruau, Salomé Leclerc, Daniel Boucher, Michèle Deslauriers, Michel Forget, Michel Robichaud. Emcc: Monique Giroux. Show is directed by Jérôme Charlebois. \$63.

**Sat, May 13: 8 pm** - Alex Nevsky performs music from his recent album accompanied by his musicians, Alex McMahon and Gabriel Gratton. \$38.

**La Boîte à Chansons** - opens 6:30 pm, no reservations. Come early to secure your seat.

**Thurs, Apr 27: 8 pm** - Gabriella! After The Voice, Le Patriote! \$30.

## VAL DAVID

### Val David Exhibition Centre

(2495, rue de l'Église. 819 322-7474 / [www.culture.val-david.qc.ca](http://www.culture.val-david.qc.ca)

**Until May 7:** Exhibition by two artists, Suzanne Ferland and Gilles Boisvert.

## VAL MORIN

### Théâtre du Marais (1201 10è Ave / 819-

322-1414 / [www.theatredumarais.com](http://www.theatredumarais.com)

Some shows enable you to reserve a dinner & show. Dinner served at 7 pm (6:30 pm on theatre nights).

**Sat, Apr 22: 8 pm** - Mentanna, a Folk-Americana group from Montreal play to the beat of Johnny Cash as well as nostalgic harmonies. \$25.



Mentanna

**Sat, Apr 29: 8 pm** - Bob Harrisson, the ex-drummer of the well-known group, Offenbach, plays the blues accompanied by his three musicians and two invited guests, Billy Craig (harmonica) and Bruno Dumont (saxophonist from Cirque du Soleil). \$30.

**Sat, May 6: 8 pm** - Soprano Giorgia Fumanti sings a collection entitled "Essence," a choice of music from her heart. \$40.



Giorgia Fumanti

**Sun, June 4: 2 pm** - Christophe Perret. He will play pieces from an album of his own compositions on piano and flutes.

## ST. ADOLPHE D'HOWARD

**L'Ange Vagabond:** 1818 Chemin du Village. Reservations: 819 714-0213 / [www.facebook.com/langevagabond](http://www.facebook.com/langevagabond)

**Fri, Apr 14: 7:30 pm** - this evening we dance. (Free admission).

**Fri, Apr 28: 7:30 pm** - This evening we dance. (Free admission).

**Sat, May 6: 8 pm** - Cabaret de L'Ange to mark the 5th anniversary of L'Ange Vagabond. (Free admission)

## STE. ADÈLE

**Place des Citoyens** (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca))

Open: Thurs & Fri: 1 pm - 4 pm / Sat: 10 am - 5 pm / Sun: noon - 5 pm

### EXHIBITIONS

**Until May 15:** Ateliers Croisés - a retrospective of art by Mariette Rousseau-Vermette and Claude Vermette.

## MUSIC

**Sun, Apr 23: 1:30 pm** - Esprit du Blues. This group will sing the blues derived from the sad melancholic chants of the Afro-Americans while they worked. Musicians are Chris Hunter (guitar), Pierre Perron (sax and vocals), Roger Walls (trumpet and vocals), Jeff Simons (drums and vocals) and Jean Cyr (bass).

## DANCE

**Fri, Apr 28: 7:30 pm** - Grand Jetté d'encre - a show that unites poetry and dance with the intensity of words and movements performed by three dancers. Daniel Bélanger choreographed this piece to the words of author, Anne Peyrouse.

## OPERA DIRECT FROM THE METROPOLITAN

Pine Cinema: Phase 2, 1146, rue Valiquette / 1 855739-7463 / <http://www.cinemapine.com>. Note: operas also screen at Cinema Carrefour du nord, St. Jérôme.

**Sat, Apr 22: 12:55 pm** - Eugene Onegin - Pyotr Ilyich Tchaikovsky. Conductor: Robin Ticciati. Cast: Anna Netrebko (Tatianna); Elena Maximova (Olga); Alexey Dolgov (Lenski); Dmitri Hvorostovsky (Onegin); Stefan Kocán (Gremin). The opera is based on Pushkin's novel. Pushkin's novel presents an overview of Russian society around the year 1820. \$28.



Eugene Onegin

**May 13: 12:30 pm** - Der Rosenkavalier - R. Strauss. Conductor: Sebastien Weigle. Cast: Renée Fleming (Marschallin); Elina Garanca (Octavian); Erin Morley (Sophie); Matthew Polenzani (singer); Marcus Brück (Fanimal); Günther Groissböck (Ochs). The story takes place in Vienna during the last years of the Habsburg Empire. Marschallin, a woman of the world who is involved with a much younger lover is forced to end their relationship. \$28.



Der Rosenkavalier

## SAINT-SAUVEUR

**Saint-SAU Pub** (236, rue Principale / 450 227-0218 / [www.lesaintsau.com](http://www.lesaintsau.com))

**Live music on Thurs, Fri & Sat nights.**

Upcoming line-up...

**Fri, Apr 14: 8:30 pm** - J.B. JOE sings jazz-style with her powerful voice, combined with a touch of humour.



J.B. JOE

**Sat, Apr 15: 9:30 pm** - Stephan McNicoll & GCR.

**Sun, Apr 16** - Carl Tremblay (harmonica) accompanied by Dan Martel (saxophone) and Jimmy James (guitar).

## MORIN HEIGHTS

### Morin Heights Library

823, Village Rd. [info@artsmorin-heights.com](mailto:info@artsmorin-heights.com).

**Until June 17** - a new theme show entitled "Childhood" will be presented by members of ARTS Morin Heights.

### Morin Heights United Church

831, rue du Village

**May 6: 7:30 pm** - A musical memoir... "Being Hank & Patsy" with Laura Teasdale & Ralph Steiner. \$25 at the door.

## GORE

### Holy Trinity Church (4, Cambria, Lakefield)

**Sat, Apr 29: 8 pm** - Christine Tassan et les Imposteures. The musicians, Lise-Anne Ross, Martine Gaumont, Blanche Baillargeon and Christine Tassan present Gypsy-style jazz (manouche). \$25 by reservation / \$30 at the door.



Christine Tassan et les Imposteures

## PRÉVOST

### Diffusion Amal'Gamme

Salle Saint François Xavier, 994 rue Principale. 450 436-3037 / [www.diffusionsamalgamme.com](http://www.diffusionsamalgamme.com)

**Sat, Apr 22: 8 pm** - Louis Plouffe is a young virtuoso who will play the jazz music of Charlie Parker, Miles Davis, Stan Getz and Dizzy Gillespie. He has played tenor saxophone since the age of 12, has participated in Jazz festivals, played in a symphony orchestra and is a member of the RC Jazz Ensemble.

**Sat, May 6: 8 pm** - Raoul Sosa, pianist, conductor and composer, will play music by Chopin, Debussy and Franck. His specialty is music from the Romantic era.

## ST. JÉRÔME

**Laurentian Museum of Contemporary Art** (101, place du Curé Labelle)

450 432-7171 / [www.museelaurentides.ca](http://www.museelaurentides.ca). Open Tues - Sun: noon - 5 pm

**Until Apr 16:** GRUPEMUV - Michel Boulanger, Thomas Corriveau, Élab, Catherine Beliveau and Jonathan Plante.

**Apr 26 - May 17** - Élyse Brodeur-Magna & Marie-Ève Martel - winners of the Laurentian Visual Art Young Artists Competition. Vernissage: **Apr 26: 2 pm**.

Élyse Brodeur-Magna graduated from Concordia University in Montreal and holds her BFA with a major in sculpture. Marie-Ève Martel studied at Concordia University and attained her Masters at the UQAM (Quebec University in Montreal).

### En Scène : Salle André Prévost,

535, rue Filion, 450 432-0660, [enscene.ca](http://enscene.ca)

**Fri, Apr 14: 8 pm** - Boogie Wonder Band - 20th anniversary tour playing music from the years of Disco. They will make us dance to the beat of the 70s. \$39.



Boogie Wonder Band

## CINEMA CARREFOUR DU NORD

**Place du 900 Boulevard Gringo, St. Jérôme** 450 436-5944 / <http://www.cinemast-jerome.com.horaire>.

**Note:** For Opera direct from the Metropolitan see Cinema Pine, Ste-Adèle.

Due date for materials for the May edition: April 20, 2017



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MAY 20**



**KAREN YOUNG & CORAL EGAN  
NOVEMBER 17**



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Up Close...

## Josephine Piazza's mission is to teach self-care

Steve Brecher - Main Street

Josephine Piazza is rapidly making her mark by teaching chair-adapted yoga to seniors and special interest groups, including people challenged by Parkinsons, Alzheimers, and cancer. Her personal journey has been punctuated by a series of life-altering experiences that have culminated in arriving recently at her life's purpose, here in the Laurentians.



Given her interest in nature and the environment, it is fitting that she was born on Earth Day, April 22, 1966, in Windsor, Ontario. Her parents immigrated from Italy, and despite their lack of formal education (Mom Grade 3 and Dad Grade 5), they built a successful General Store from scratch. Josephine was raised behind the counter where, despite her shyness, she learned how to deal effectively with people from all walks of life.

Armed with a Bachelor of Commerce (Honours) degree in administration, she began her climb up the corporate ladder, at Birks Jewellers (established in 1879) in Toronto, where she rose to the level of Regional Vice-President, with a six-figure income. After eight years, the glitter wore off, and she became disenchanted with what she felt was the "...heartless nature of corporate life." She needed a change, which resulted in her moving to Montreal, where she became fluent in French, (adding to her proficiency in Italian and Sicilian).

Meanwhile, she was dealing with the aftermath of a serious car accident (1996), that caused her to be hurled through the windshield, resulting in chronic back pain. After several years of physical therapy and alternative remedies, Josephine discovered yoga, which had an immediate effect on her quality of life, and led her to book over 350 hours of yoga study. Her initial purpose was not to teach, but to understand how her body was reacting to her brain. A new lifestyle path was emerging for her.

At the age of 42, she gave birth to her daughter, Alessandra. It was becoming clear to Josephine that she was meant to help others to learn how to care for themselves, through the practice of therapeutic yoga with essential oils. She devoted herself to working with children, seniors and those who are challenged by debilitating diseases. She points out that Health Canada states that physical inactivity is a principal cause of chronic diseases associated with aging.

Josephine gravitated to the Laurentians, whose rolling hills remind her of Sicily. "I knew it was where I needed to be and the ideal place to raise my daughter" she told me. "Je suis bien ici." When she decided to devote her professional life to self-care, she took on any jobs she could find. Her love of helping others led her to becoming a franchisee of "Yoga tout," which involves teaching chair-adapted yoga to various groups and individuals, and "Yoga Kids."

I asked her specifically about working with seniors and the methodology of "Yoga tout." As one of her students, I am participating in a 14-week program designed to help us become more autonomous. We are learning a series of classic postures, done while seated on a chair to ensure safety. She explained that each posture has been chosen for its benefits to the body and spirit. Special attention is paid to the joints, as they allow the body to move, touch and hold objects. We learned that a great deal of tension can accumulate in these parts of the body, preventing the circulation of energy.

She went on to describe how our joints ensure flexibility, mobility and adaptability of the body. "Yoga postures lubricate the joints, making them more flexible, for a longer and more active life. The postures are excellent for relieving rheumatism, arthritis, high blood pressure and heart problems. They are recommended for eliminating blockages of energy in the joints and extremities."

Josephine's personal mission is "...to teach self-care, and pass along the tradition of yoga as a daily personal hygiene system for life, in order to remain autonomous." She delivers her training with a willing body, a focused mind, and an open heart that my classmates and I find totally fulfilling. Anyone interested may reach Josephine at 514-349-0775 / jojopiazza22@gmail.com / www.yogatout.com.



Denis Chalifoux, Mayor



## MUNICIPAL BULLETIN APRIL 2017

### CHECK OUT WHO'S COMING TO TOWN

"Ici bat le cœur des Laurentides," (Here beats the heart of the Laurentians). This new slogan will demonstrate its true sense on June 17, when 1200 cyclists come together for the 1,000 kilometer Pierre Lavoie challenge.

Having left the Saguenay region on June 15, the cyclists and the numerous caravans, which will accompany them on this journey, will set up camp for a much needed break, during the night of the 16th on the properties of the polyvalente-des-Monts and the sports center, right here in Sainte-Agathe-des-Monts. The challenge will resume its course, at 9 am on Saturday morning, on its journey toward Mont-Tremblant, the Outaouais region, and finally to Montreal, where the journey will come to an end.

Operation seduction will begin at this time to properly welcome all of the participants and volunteers, who came together from all over Quebec, and who strived to achieve the 1,000 kilometre feat. A Committee, composed of representatives from the City and the Chamber of Commerce, has been formed to develop animation and activities for this very special occasion. We want to mobilize the population and invite everyone to attend this spectacular event organized by the City for this cycling marathon. Our participation in this event gives us the opportunity of walking away with the title of "most welcoming city." A \$25,000 scholarship will be awarded to the city that has most impressed the cyclists by its hospitality and atmosphere.

The Grand Défi Pierre Lavoie has for a mission, to encourage Quebecers to adopt a permanent, healthy lifestyle, so that healthy choices made today become the standard for future generations. Through its grants, scholarship program, and the sponsorship programs for schools, which result from the efforts of the teams of the 1000k challenge, and La Boucle (a more modest challenge), the foundation has distributed close to 3.6 million dollars in 2016 to promote healthy lifestyles among young people and has also supported research for hereditary orphan diseases.

Last year, Sainte-Agathe schools received more than \$4,000 from the teams of the 1000 km challenge and the "Grande Boucle."

We are proud to welcome this team to our city for this, the 10th edition of the challenge, and I invite you to come in large numbers and take your place along the course, or on the site at the high school, to encourage these athletes who are participating in this landmark event, which rallies together all of Québec.

On June 17, the city will be ready to welcome our guests; come join us and be part of this great celebration!

### THE LIBRARY HAS BEEN RELOCATED FOR THE DURATION OF THE RENOVATION PERIOD

The Gaston-Miron Library reopened its doors at a temporary location on February 20, to allow for the renovation currently taking place in its original location in the building on Saint-Vincent Street.

Temporarily situated at 14, Saint-Antoine Street, across from the Commission Scolaire des Laurentides, the Gaston-Miron Library offers a selection of books for children and adults. Opening hours will remain unchanged, and are as follows: Mondays and Fridays from noon to 6 pm, Tuesdays, Wednesdays and Thursdays from 9 am to 6 pm and Saturdays from 9 am to 5 pm.

In the meantime, the building situated at 83, Saint-Vincent Street will undergo a total make-over. While the building is brought up to current norms, the renovation will transform it to almost double its size, increasing its surface from 415m<sup>2</sup> to 818m<sup>2</sup>, enabling it to offer services that meet the standards of today's Québec libraries.

The expansion project provides the use of a second floor with a lift installation, a multipurpose room, seating for work and reading, and an attractive and stimulating youth section.

On the ground floor, you will find the reception area, the loans desk, an area to accommodate teens, work computers and of course, collections of books and documentaries, which can be significantly enhanced over time thanks to the increase in size of the new installations.

The project will take place over the course of at least 1 year, and the grand reopening should take place in the spring of 2018.

### A BUSINESS ACCELERATOR IS ESTABLISHED ON THE TERRITORY OF SAINTE-AGATHE-DES-MONTS

The MRC's first "Business Accelerator" will see the light of day in the Sainte-Agathe-des-Monts' industrial park; a project headed up by the Economic Development Corporation of the MRC des Laurentides.

Synonymous with growth and progress, this project regroups, in one area, start-up businesses that will benefit from numerous advantages such as, rental of more affordable commercial space, training for entrepreneurs, start-up support for their businesses and access to resources, technology and test systems. They will receive an offer tailored to their needs to make room for their full development.

This mobilizing project will be a source of attraction for, and will help retain, young business owners. It will attract new investors and will help create new jobs. It stems from a public-private partnership in which the MRC des Laurentides, Amyot Gélinas, Gestion Courchesne, the SADC des Laurentides, the Caisse Populaire Desjardins of Sainte-Agathe-des-Monts, the Corporation Industrielle de Sainte-Agathe-des-Monts as well as the city of Sainte-Agathe-des-Monts are involved.

The project should begin within the next few weeks and some spaces are still available. Any enterprises desirous of settling in the new "Business Accelerator" site should contact The Corporation of Economic Development at: 819 681-3373 Ext. 1402.



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## Garden Talk DIY Seed Starters

June Angus - Main Street

When transplanting young seedlings, it can be a challenge to get these baby plants carefully nestled into the garden without disturbing their immature roots. Tapping or tipping them gently out of mini

plastic pots, or seedling dividers, can go smoothly. But if things go wrong, and some roots or the entire root ball gets left behind, the future success of the seedling is in jeopardy.

Using biodegradable seedling containers that can be planted in the ground, right along with the seedling, is a great way to solve this problem. Commercial options, made from peat, coco fiber, or even cow manure, are available at local garden supply outlets. Fortunately, it's easy to make your own simple and economical seedling containers out of biodegradable things found around the house.

A cardboard egg carton is one of the easiest options. (Don't use the Styrofoam or plastic cartons; they are not biodegradable.) Simply fill the little egg carton cups with light potting soil and plant seeds directly. By the time the seedlings are ready to transplant, the carton should be easy to tear into sections for planting directly into soil outdoors

Or you can transform empty toilet paper rolls into perfect little seed holders. Cut a roll in half, this will make two containers. Make four slits in each roll to about a third of the way up. Fold these in like you would to close a box; this forms the bottom of the container. Fill it with potting soil and pack it down with your thumbs. Plant your seeds of choice to the proper depth noted on the package. Water well and keep moist. Place these mini pots on a plastic tray or saucer. No special drainage holes are needed, as the cardboard/paper will wick away the excess moisture. Empty paper towel rolls or giftwrap rolls can also be used as long as they are made of lightweight, flexible cardboard.

To make seedling pots out of newspaper, cut strips about 3 inches wide by 12 inches long. Place two or three layers together; then roll the strips to form a tube around a kitchen spice bottle, or something similar -- approx. diameter of 1.5 to 2 inches. Dip the lower half-inch of this tube in water to soften, then fold in to create the bottom of the seedling container. When you remove the bottle, the tube will keep its shape making it ready for soil and planting.

If you have a box of stale ice cream cones in the cupboard, they can be repurposed as biodegradable seedling containers too. They're already pre-formed and ready to use. Because the cones generally contain sugar, be mindful that you could attract ants, depending on where you place the seedlings.

Egg shells are the ultimate biodegradable, natural option. When cooking breakfast, try to carefully crack off just the top third of the egg shell. Rinse and let air dry. Proceed to fill with soil, and plant as noted above. Be sure to poke a small hole in the bottom of the shell to allow for drainage. Any egg carton can be used to support these shell planters.

There is still plenty of time to start seeds in mid-April, as most annual flowers and vegetables should be seeded indoors, approximately six weeks before the last possible frost date in our area.

So, consider giving some of these biodegradable do-it-yourself options a try, and keep your precious seedling roots safe.



## Happy Mother's Day

This special day is dedicated to all the nurturing women in our lives who, day after day, keep the family organized and running on a smooth track. From morning to night their days are a marathon of endless activities, which oftentimes goes un-noticed. But, this is our day too; a day to celebrate them, and show our deep appreciation for all they do, everyday, without complaint.

One of the best things about moms is that they are so easy to please. If asked, most will tell you that it's not the expensive gifts they receive that brings that smile, but rather quality time with family, and a day off from the rigors of daily routine. With these two simple ideas in mind, you can make this Mother's Day celebration one she'll always remember.

Breakfast in bed (or her favourite spot to relax) is a wonderful way to start off her day. Serve all her favourite delights and follow up by doing the dishes. As an added bonus, add in a few household chores, such as a load of laundry, tidying the house, hitting the grocery store, or, preparing all the meals of the day. If weather permits, a surprise picnic is a super idea and easy to prepare. Choice of location could revolve around Mom's favourite spot, or, outdoor activity and could be turned into a full day of fun.

If you find the kitchen just too daunting, consider taking Mom to her favourite restaurant for dinner. Friends and family can join in; just don't forget to plan ahead and make reservations. A compliment to the evening could include a movie, concert, visit to friends, or, other social event.

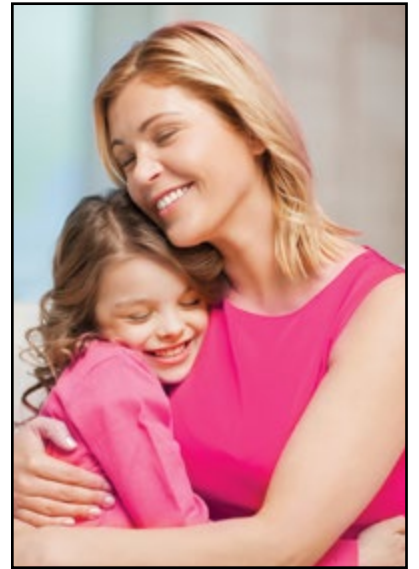
Traditions create memories and there are many you can incorporate into Mom's special day. Family photos, special cards, a volunteer day, a new activity, games -night, or, an entertaining treasure hunt are just a few ideas the entire family can enjoy, and look forward to repeating, year after year. You can even make it easier by agreeing to do one new activity every Mother's Day! Treasured moments make everlasting memories.

Cards and flowers are sure to brighten any mom's day and choices abound. With careful perusal it is possible to purchase a card, with a perfect message, best-suited to your unique loved-one. The available selection is amazing. Creating your own is another option, limited only to your imagination, and is a great activity for the kids as well. Flowers are guaranteed to brighten Mom's day and can range anywhere from colourful, potted flowers to future shrubs and seedlings, which can be transplanted outdoors later on.

And finally, the one gift your mom might enjoy the most is one single day all to herself. A day at the spa, going shopping, or just curled up in a chair with a good book might be her choice. Kiss her good-bye, grab the kids and head for the hills.

This is a day to celebrate all the special ladies who make a difference in our lives. Let's make it a special one.

Happy Mother's Day!



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Visit our 2 locations for the greatest choice of bulbs and plants for your garden

2 locations to serve you

2820 boul. Curé Labelle, route 117, Prévost 450-224-2000  
545, avenue d'Argenteuil, route 327, Lachute 450-409-3220

Beautiful selection of floral gifts for Easter

**SPECIAL \$4<sup>98</sup>**  
REG: \$6.49  
Spring Chrysanthemum 4.5" pot

**SPECIAL \$9<sup>98</sup>**  
REG: \$13.99  
Cyclamen 6" pot

**SPECIAL \$9<sup>98</sup>**  
REG: \$11.99  
Easter Lily 6" pot

**SPECIAL All Easter Hydrangeas 20% OFF**

**25% off**  
Large selection of colourful summer flowering bulbs  
Offer valid from April 12 to 18, 2017





**ROYAL CANADIAN  
LEGION**  
**LA LÉGION  
ROYALE CANADIENNE**

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

**Branch 171 Filiale  
Morin Heights**

Sun, April 16: 9 am - 1 pm: Easter Brunch  
Fri, Apr 21: 6 pm - TGIF Smoked Meat Dinner  
Wed, May 3: 7 pm - Special show with the one and only Dwane Dixon Band. \$10.  
Sat, May 13: 6 pm - Mother's Day Supper  
1st & 3rd Mondays of the month:  
1 pm - Military Whist  
Darts - Fridays at 2:30 pm  
1st Wed each month - live music shows from 7 pm - 10 pm. Regular Bar Hours: 1 pm - 6 pm  
For information on any event call 450 226-2213 (after 3 pm)

**Branch 70 Filiale  
Lachute**

Smoked meat dinners cancelled until further notice  
Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion  
Tues: 1 pm: Euchre  
Every second Wed: 1 pm - shuffleboard games  
Thurs: 1 pm - Cribbage  
Saturdays: 2:30 pm - Darts  
For information call: 450 562-2952 after 2 pm! 3 pm

**Branch 71 Filiale  
Brownsburg**

1st Tues of each month - Soup luncheon  
4th Thurs of each month - Military Whist  
Bar open Wed - Fri 3 pm - closing  
Everyone welcome.  
Memberships: Early bird renewals for 2017 now available. \$45.  
Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale  
Rouge River**

Weds: 1 pm - Bridge  
Tuesdays: 7:30 pm - cribbage:  
Darts every 1st & 3rd Fri at 4 pm followed by TGIF at 6 pm - \$10  
May 13: Golf Tournament.  
Info & reservations: 819 687-1283  
No yoga for Feb & Mar - will resume in April  
For further details call 819 687-3640 / 819 687-9143  
Or email evezina80@gmail.com

**FAUBOURG  
SUICIDE  
PREVENTION  
CENTRE**

24 / 7 HOTLINE  
1-866 APPELLE (227-3553)  
Intervention and help for all  
Laurentian residents.

For info and full services visit  
[www.cps-le-faubourg.org](http://www.cps-le-faubourg.org)



**RELIGIOUS SERVICES**

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

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

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

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

**MARGARET RODGER  
MEMORIAL PRESBYTERIAN  
CHURCH**  
463 Principale, Lachute / [www.pccweb.ca/mrmpc](http://www.pccweb.ca/mrmpc)  
Rev. Dr. Douglas Robinson: 450 562-6797  
Lenten Services and lunches:  
Service: noon - 12:30; lunch: 11:15 - noon & 12:30  
Apr 14: 1 pm - 3 pm: Combined Good Friday Service  
Beginning at Residence, St. Simeon's & Margaret Rodger.

All proceedes go to "Hungry of the World":  
Sundays: 10:30 am: Regular  
worship service.  
Everyone welcome.

**DALESVILLE BAPTIST CHURCH**  
245 Dalesville Rd, Brownsburg-Chatham  
Pastor Eddie Buchanan - 450 533-6729  
Wed: 7 pm - Prayer Meeting  
Sun: 10 am - Sunday School  
Sun: 10: 45 am - Worship Service  
4th Sun of every month: 7 pm - Hymn Sing

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights  
(450-226-3845)  
Sundays 11 am: Worship service  
Please join us - everyone is welcome  
We are a member of the Laurentian  
Regional Ministry.  
Parking available on Hillside along  
the cemetery wall.

**MILLE ISLES  
PRESBYTERIAN CHURCH**  
Mille Isles Rd.

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

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe  
The Ven. Ralph Leavitt: 819 326-2146  
Sunday service: 9 am  
Fellowship in the church  
hall afterwards  
Christians of all denominations welcome.  
\*Parking and elevator  
for handicapped\*

**UNITED CHURCHES OF CANADA**  
450 562-6161 or 514 347-6250  
**KNOX-WESLEY CHURCH**  
13 Queen Street, Grenville  
Sundays: 9:15 am - Weekly Sunday Worship  
and Sunday School

**ST. MUNGO'S CHURCH, CUSHING**  
**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Sundays: 11 am - Weekly Sunday Worship  
**HARRINGTON UNITED CHURCH**  
Last Sunday of each month: 1 pm  
**ST ANDREWS CHURCH, AVOCA**  
Please call Rev. Cathy Hamilton for dates

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

**LACHUTE BAPTIST CHURCH**  
45 Ave. Argenteuil - 450 562 8352  
Pastor Rénald Leroux  
Worship Service - 10:30 am

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Grace Church  
Apr 15: 7 pm - Easter Virgil. This service will  
include all the parishes of the Laurentian  
Regional Ministry.  
All are welcome to begin their  
Lenten journey with us.  
Services are held at 11 am every week,  
followed by refreshments served  
in the Parish Hall.  
Everyone is welcome.

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

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

**ARUNDEL UNITED CHURCH**  
17, du Village, Arundel, 819-687-3331  
Rev. Georgia Copland  
Sundays: 10 am: Worship service.  
All are welcome - bienvenue à tous & toutes!

**THE CATHOLIC CHURCHES  
NOTRE DAME DES MONTS PARISH**  
Huberdeau 10:30 am • Laurel 9 am  
Morin Hts 10:30 am • Montfort 9 am  
16 - Island Lake 10:30 am • Weir 9 am

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service

**PARISHES OF THE LOWER  
LAURENTIANS**  
Everyone welcome and we look forward  
to seeing you and your family.  
**ST. AIDAN'S WENTWORTH**  
86, Louisa Rd - Louisa  
Apr 16: 11 am - Easter Sunday  
Apr 30 - Morning Prayer  
May 21 - Holy Communion

Services with gospel/bluegrass music  
**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
Apr 16: 4 pm - Easter Sunday  
May 21: 9:30 am - Family Service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Apr 23: 11 am - Morning Prayer  
May 28: 11 am - Morning Prayer  
Bilingual services with gospel/bluegrass music  
**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
May 14: 11 am - Morning Prayer  
June 11: 11 am - Morning Prayer

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
The Reverend Nicholas Pang -  
Priest in Charge  
The most Rev'd Bruce Stavert -  
Interim Associate Clergy  
All services are at 9:15 am  
Apr 16 - Easter Service, Holy Communion  
Apr 23 - Morning Prayer  
Apr 30 - Holy Communion - Folk Choir  
May 7 - Holy Communion  
May 14 - Family Service

**ÉGLISE LAC MAROIS UNION CHURCH**  
802, Ch. Sainte Anne-des-Lacs (SADL)  
Darryl MacDonald

**ÉGLISE SAINTE ANNE DES LACS**  
1, chemin Fournel, SADL

**Laurentian Club Notice**

**Holy Trinity Church, 12, Préfontaine Ouest  
(corner of Tour du Lac)  
Ste-Agathe-des-Monts, Québec J8C 1C3  
Guest Speaker: Doug Simon**

History of Morin Heights: Like all communities, Morin Heights  
has had its share of unique characters and events that have  
made it what it is today. We will follow its evolution from the  
pioneer days of the early 1800's up to modern times, touching  
on key historical events and social and economic change.

**Monday, April 24: 1:30 pm**  
**Cost: Annual membership \$25/  
guests: \$10 per event**

For further information and to make reservations, please visit  
our website [thelaurentianclub@gmail.com](mailto:thelaurentianclub@gmail.com).  
Looking forward to seeing you there,

[www.laurentianclub.ca](http://www.laurentianclub.ca)

**LAURENTIAN CLUB OF CANADA**



**Laurentian Region  
Cancer Support Group**

*Groupe de Soutien du Cancer  
de la Région des Laurentides*



Next meeting for cancer patients,  
families and caregivers is  
**SATURDAY AFTERNOON**  
**April 22, 2017 - 1 pm**  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

**Speaker:**  
**Roxane Deschamps-Sonsino**  
Canadian Cancer Society

Upcoming meeting: May 13

Meetings are conducted in English  
**ADMISSION IS FREE**

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

**REGISTERED CHARITY - DONATIONS APPRECIATED**



### COMMUNITY NEWS

#### AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars  
Info: 1 877 303-0264 (514 486-1448 in  
Montreal) info@amiquebec.org www.  
amiquebec.org

#### SOUPE POPULAIRE

(205 rue Principale, St. Sauveur)  
Lunch schedule: **Mon, Tues & Thurs:**  
**11:30 am - 12:45 pm.**  
Everyone is welcome!  
We are seeking volunteers to help pre-  
pare meals. Info: 450-227-2423, ext. 26.

#### VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg –  
Chatham **Saturday /samedi:**  
**11 am – 1 pm / 11h – 13h**  
Corner /coin - des Érables & McVicar

#### BAZAAR MPDA LACHUTEMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute  
(177 Rue Bethany, Lachute).  
Used clothing, shoes, books and more  
for the whole family.

**Tues - Thurs: 10 am - 3:30 pm**  
**Fri: 10 am - 2:30 pm**

We accept donations of clothes, toys  
and books for our bazaar.  
Mouvement Personne d'Abord de  
Lachute is a non-profit organization for  
people with intellectual disabilities. The  
Movement offers an annual program  
with dancing, bowling, coffee meeting  
etc. for all people aged 17 and older  
who are living with an intellectual disabil-  
ity. Places available for new members.  
Everyone welcome!  
Info: 450 562-5846.

#### BADMINTON – WHO'S UP NEXT?

St. Adolphe d'Howard Community  
Centre, rue du College  
**Mondays: 9:15 am / Fridays: 10:15 am**  
FUN AND FITNESS – no experience  
necessary, everyone welcome.  
Info: Betty Raymond: 450 226-6491 /  
Robin Bradley: 819 327-2176

#### WILLKOMMEN

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

**SEEKING VOLUNTEERS**  
Les Bons déjeuners d'Argenteuil inc.  
**Tuesdays & Thursdays: 6:45 am - 8:30 am**  
This non-profit organization  
is looking for volunteers to serve  
healthy breakfasts in the Argenteuil  
elementary schools:  
particularly, L'Oasis and St-Julien  
(Lachute), Dansereau/St-Martin  
(Grenville) and St-André.  
Info: Diane: 450 562-2474 ext. 2300

### COMMUNITY EVENTS

#### LOST RIVER COMMUNITY CENTRE

2811 RTE. 327  
**Sun, May 14: 9 am - noon -**  
Mother's Day Breakfast  
Basket draw tickets will be  
available at the door  
Proceeds to benefit Breast  
Cancer Research  
Adults \$7 / children \$3.50  
**June 18: 9 am - noon -**  
Father's Day Breakfast.  
Proceeds from basket draw to benefit  
Prostate Cancer Research  
Adults \$7 / children \$3  
**Sat, June 24: 9 am – 3 pm:** Flea Market.  
To book a table (\$10 each or 2 for \$15),  
contact Barry Smith: 819 687-9498  
Like LRCC on Facebook at LRCC-Lost  
River Community Centre

#### HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)  
Bingo - **1st & 3rd Sunday - 1:30 pm**  
Cook's Night Out - **1st Friday - 5:30 pm**  
Quilting - **Mon: 10 am - noon**  
Line Dancing - **Tues: 7 pm - 8:30 pm.** \$7  
Cafe Partage - every **2nd Thurs: 1:30 pm**

#### HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

#### SCOUTS MORIN HEIGHTS

Morin Heights Elementary School /  
**Wed evenings: 6:45 pm - 8:15 pm -**  
meetings. Come join us!  
Info: ScoutsMorinHeights@live.com

#### ARGENTEUIL GIRL GUIDES

Laurentian Elementary School  
455 Court St, Lachute  
(side entrance on Bellingham)  
**Wed evenings: 6:30 pm - 8 pm**  
Any girl (age 5+) or woman  
is welcome to join us

#### MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church, 148 chemin Watchorn  
**Sun, April 23: 1:30 pm - The History**  
of the Shawbridge Boys' Farm  
Talk presented by Dave Brown and Ron Golfman  
www.morinheightshistory.org /  
mhha98@hotmail.com

**THEATRE MORIN HEIGHTS**  
Morin Heights Legion, 127, ch Watchorn  
**Apr 27: 7 pm - A** rehearsed reading of  
War of the Worlds" by H.G. Wells. FREE!  
TMH ALSO PRESENTS THE MUSIC  
OF HANK & PATSY

**Morin Heights United Church**  
**May 6: 7:30 pm –** "Being Hank & Patsy  
Featuring the tunes of Hank William and  
Patsy Cline.  
Tickets \$20 in advance / \$25 at the door.  
Info: 450 226-5354 / theatremorin-  
heights@gmail.com

#### BENEFIT DINNER

L'École Hôtelière des Laurentides (150,  
Lesage, Sainte-Adèle)  
**Wed, May 17: 6 pm**  
Buffer Dinner: \$45 / pers. Tax and ser-  
vice included  
Tickets on sale at the church after Sun-  
day Mass or on weekdays at St. Eugene  
Church (148 Watchorn, MH)  
Please reserve A.S.A.P: 450 226-2844 /  
1 866 552-0552  
In aid of the Saint- Eugène Community /  
Paroisse Notre Dame-des-Monts Parish

#### HARRINGTON SUMMER MARKET – FERME DE ROUGE VALLÉE

After the success of its first Farmer's  
Market and Craft Expo in 2016, the  
founders and organizers of the Marché  
de Harrington are currently planning  
next year's season, scheduled to start  
on June 24, 2017. The market is held  
outdoors across from the Tam Bao Son  
Buddhist Monastery, in Harrington.  
**Currently seeking vendors:** If you  
have home-grown produce, products  
or crafts you are looking to market, why  
not consider joining this dynamic group  
of like-minded vendors? Reservations  
are now being accepted and we are  
looking forward to hearing from you! For  
information call Sylvie: 819 687-2577.

#### SPRING TEA AND BAKE SALE

Grenville Community Centre  
**Apr 29: 2 pm - 4 pm**  
Adults: \$8 / children \$5 /  
under 5 yrs. – free  
Wear a spring hat if you wish and  
be entered for a gift.  
Hosted by the Knox-Wesley United  
Church Women

#### VIKING CANOE & KAYAK CLUB CLUB DE CANOE –KAYAK VIKING

Boutique Simon River, 43 ch Lac Echo,  
Morin Heights  
**Apr 22: 10 am - noon:** Registration.  
Come learn about all the  
various programs  
**June 3: 1 pm - 3 pm:** Initiation Day: try  
the canoes & kayaks at Pavillon Montfort

**June 26 - Aug 18:** Program dates  
Club location: Pavillon Montfort (160  
Rte. Principale, Wentworth-North.  
Info: 450 226-1876 / www.facebook.  
com/CanoeKayak.Viking / info@ca-  
noekayakviking.ca / canoeKayakviking@  
gmail.com

#### RED CROSS COURSES AT MHES

**May 20: 9 am - 6 pm:**  
Emergency First Aid. \$70  
**May 21: 10 am - 1 pm:** CPR & AED (Au-  
tomated External Defibrillator) \$35.  
Info / registration: Natalie: 450 226-2017  
ext 6217 / mhesppo@gmail.com  
All profits go to "Friends of Morin  
Heights" to help the students of MHES.

#### BAKE SALE AND COFFEE HOUR

Margaret Rodger Presbyterian Church  
463, rue Principale, Lachute  
**May 6: 10 am - 1 pm**  
Home-baking, books, plants, trinkets &  
treasures. See you there!

#### BLOOD DONOR CLINIC

École Polyvalente Lavigne,  
452, ave Argenteuil, Lachute

**Tues, Apr 18:**

**1:30 pm - 7:30 pm**

Give blood –  
save a life



#### WELCOME TO THEODORE STEWART

Maverick and Evelyne Stewart are  
delighted to announce the arrival of their  
baby brother Theodore Rene Stewart on  
March 15, 2017 at Ste-Agathe hospi-  
tal. Happy parents are Marie-Christine  
Boivin and Jason Stewart of St-Sauveur.  
Proud grandparents are Don Stewart &  
June Angus of Morin Heights, and  
Daniel Boivin & Diane Filion  
of St-Sauveur.



TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE,  
EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA

**Laurentian CARE** | Laurentian Caregivers Association  
www.laurentiancare.org • info@laurentiancare.org

Personalized Quality Home Care Assistance  
Contact with English Resources available in Community  
Health & Social Services  
Support and Respite for Seniors and Caregivers  
*Your care is our primary goal*

**BILINGUAL SERVICE | Toll Free: 1-855-522-7372**

**4Korners**  
Family Resource Center  
A Cornerstone of the Community  
819 324.4000 (ex: 34330)  
888 974.3940  
LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL  
info@4kornerscenter.org 4kornerscenter.org

**PAIX**  
Programme d'aide et d'intervention  
PAIX: To fend off violence!  
819-326-1400 / 1-800-267-3919  
www.organismepeaix.ca

**Alcoholics Anonymous**  
Helpline:  
1 877 790-2526

**Help for compulsive gamblers**  
514 484.6666  
866 484.6664  
gam-anon.org

**LOST RIVER CANOES**  
**CANOEES**  
**CEDAR CANVAS**  
**BUILDING - RESTORING**  
LUCMELANCON@CANOTSLOSTRIVER.COM  
LUC MELANCON 819 687-2462  
CANOTSLOSTRIVER.COM

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**La Rochelle**  
Bilingual Preschool  
647, chemin du Village  
Morin-Heights (Québec)  
J0R 1H0  
(450) 821-2566  
www.prematernellelarochellepreschool.ca

**SOUVLAKI 7**  
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Modern & Authentic  
Greek Cuisine  
www.souvlaki7.com  
450.744.3355  
239 Principale street,  
Saint-Sauveur



**The Royal Canadian Legion Branch 192 Rouge River**  
 Invite you to their annual Golf Tournament

**ANNUAL GOLF TOURNAMENT**  
 Saturday, May 13, 2017

Arundel Golf Course  
 Individual: \$90 / Foursome \$340  
 Price includes cart, brunch and dinner  
 Info: Yves Robitaille: 819-687-1283 /  
 Registrar André Sirois: Mrgolf153@yahoo.ca



**Lori's Lookout -  
 Laurentian Personality  
 Golden Lady to Golden Agers  
 Lucille Green**  
 Lori Leonard - Main Street

Twenty-five years ago, Lucille Green was a founding member of the Cosy Corner group for seniors. Then, there were 15 members, today there are 65 members. At the "tender" age of 80, Lucille still has lots of energy, enthusiasm and excellent organizational skills.



The Cosy Corner group meets every Tuesday, at noon, to enjoy a small meal together, for \$4, at the United Church, 831 Village Road, Morin Heights. The meal consists of a hearty homemade soup, fruit and cookies. It's a place where seniors share conversations and meet new friends. After lunch, people play bingo, board games or cards. Tea is served with crackers and brie at 3 pm. The youngest member of the group is 60 years old, and the oldest is 94.

The purpose of the Cosy Corner group is to break isolation for seniors and to provide a warm, friendly ambiance where they can meet, no matter their religions, backgrounds or age. Lucille claims that the group is so successful due to volunteers who are always ready to help. One success story includes two Italian men, one from Morin Heights, the other from Wentworth North, who never met each other before going to Cosy Corner. They were from the same village in Italy. Quickly they became as close as brothers, calling each other daily. One moved to Montreal, and the other lives in Ontario, but their close bond continues to this day.

Joyce Jones, a long-time member of Cosy Corner, describes Lucille as "a wonderful, graceful, friendly individual who helped her out after a hospital stay." The oldest member, Maria Tuters, 94, explains "Lucille is simply the best, a charismatic, energetic woman."

Lucille has been an active member of LESAN (Laurentian English Services Advisory Network) for 5 years, and an active member/Secretary/Board-member of the United Church in Morin Heights for many years. She was a founding member and Director of Residence, Morin Heights (Glen Apts.). Lucille often volunteers to drive people for errands or to events. She pushed hard to improve French studies for students at Morin Heights Elementary School.

Lucille's husband, Basil Green, a school bus driver, passed away in 2012. Lucille has two children, Aliasha and Darren and three grandsons aged 6, 4 and 2 who keep her "on her toes." She enjoys baking for them and others. Some of her popular goodies include salmon tarts, marshmallow squares and her famous ginger snap cookies. Lucille also enjoys gardening.

Lucille, thank you for caring about your community.

**WWW. MULTIKIT.ca**

**NEED A DOCK?  
 BESOIN D'UN QUAI?**

• Boatlift  
 • Élévateur à bateau

253 rue des Erables, Brownsburg-Chatham, Québec J8G 3C4  
 Tel: 450 533-4899 Cell: 450 602-2000 info@multikit.ca

**Now Open!**

**DQ**

Treat Yourself

**Lachute** 89, av de la Providence 450-562-7771  
**Blainville** 1355 Bd Michèle Bohec 450-419-6777  
**Hawkesbury** 76 Main St W 613-632-8133

LACHUTE HOURS: Sun - Wed: 11 am - 9 pm Thurs - Sat: 11 am - 9 pm

**ENTERTAINING MADE EASY!**

- Variety of Quebec & Imported cheese
- Easter chocolate
- Homemade muffins & danishes
- Prepared frozen meals
- Homemade pies
- Our famous Brie en Croute

**254 Bethany, Lachute**  
**450 566-0660**

**DUBÉ • COOKE • PEDICELLI**  
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**Mont-Tremblant's Indigenous Community at the Heart of Celebrations in 2017**

**The Domaine Saint-Bernard Trust receives more than \$78,000 in funding to celebrate the 150th anniversary of Confederation**

David Graham, Member of Parliament (Laurentides-Labelle), recently announced more than \$78,000 in funding will be granted to the Domaine Saint-Bernard Trust for its community project, Festival Manitou: Célébration des cultures autochtones. He made this announcement on behalf of the Honourable Mélanie Joly, Minister of Canadian Heritage.

Thanks to this support, provided by the Government of Canada through the Canada 150 Fund, Festival Manitou: Célébration des cultures autochtones at Domaine Saint-Bernard will promote Indigenous culture. Visitors will have the opportunity to listen to stories and legends, attend dance performances and cooking demonstrations, and learn more about traditional herbal medicine

**Ten New Protected Acres**

The Regional Committee for the Protection of Cliffs acquired on Thursday, March 9, a natural environment of 10 acres in the Prévost sector of the cliffs of Piedmont, Prévost and Saint-Hippolyte.

Mr. Andrius Knystautas, who donated this land to the regional committee for the protection of cliffs as an ecological gift, hastened to publish the following message on his Facebook page: "Having visited many magnificent places in the world, I have learned to appreciate the generosity and efforts of people to conserve places of interest and green spaces. I believe that we all must, according to our means, share the gifts that fate has left us, in the name of humanity, hope and benevolence. I leave this mountain, close to my heart, to be appreciated by thousands of visitors and by generations to come, protected from development and in the good hands of volunteers dedicated to conservation."

Two other landowners signed an agreement the next day with the conservation organization for the transfer of two more ten-acre lots. Gilbert Tousignant, vice-president of the CRPF, underlined that "these repeated successes are the result of the relations we have maintained for several years with the owners."

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# \$37,200 of Government Assistance to Consolidate Funding of Laurentian Literacy Centre

Yves St-Denis, MNA for Argenteuil, on behalf of the Minister of Education, Recreation and Sports, Minister of Families and Minister responsible for the Gaspésie—Îles-de-la-Madeleine region, Sébastien Proulx recently made the announcement that an amount of \$37,200 will be allocated to the Laurentian Literacy Council inc., bringing the total amount granted to \$110,802 for 2016-2017. This financial assistance comes from the additional \$9 million allocated to the Programme d'action communautaire sur le terrain de l'éducation (PACTE) for this same period.



Photo: M. St-Denis accompanied by Mme Catherine Trickey, mayress of Brownsburg-Chatham; Marlene Dagenais, Literacy Centre Director; Jim Warbanks, president of the Literacy Centre and Carl Péloquin, mayor of the City of Lachute.

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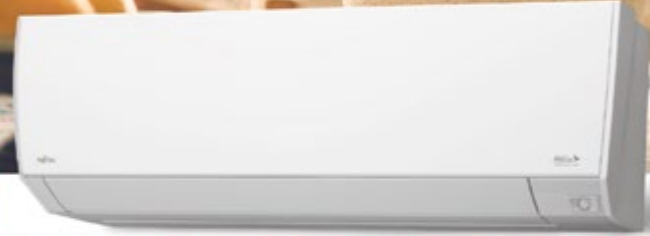
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## The 2017 Regional LESAN Exchange is Quickly Approaching

**Kim Nymark - Main Street**

*LESAN: Informing, linking and supporting the English-speaking community of the Laurentians.*

LESAN (Laurentian English Services Advisory Network) is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services for the English-speaking population of the Laurentian region. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved services in English.

LESAN is the umbrella group for all the English Committees, which are scattered throughout the Laurentians. There are five groups of partners:

- English Communities Committee (ECC) in the MRC des Laurentides;
- LESAN des Pays-d'en-Haut in the MRC des Pays-d'en-Haut;
- LESANA in the MRC d'Argenteuil;
- LESAN Deux-Montagnes in the MRC Deux-Montagnes;
- Health Center Partnership Committee in Kanesatake.

Once a year, 4 Korner's Family Resource Center brings 4 or 5 of these groups together to network and share information with each other. This year's exchange will focus on fundraising for non-profit organizations, with presenter, Camilia Leigh, Founding Partner of Philanthropica Consulting. Participants will come away with the basic skills they need to design and build a diversified fundraising program that appeals to current donors and helps to attract new ones. Lunch will be served after the conference, and a short networking activity will conclude the day.

The Regional LESAN Exchange will take place in Brownsburg-Chatham, at the Louis-Renaud Community Centre, (270, route du Canton) on May 3, 2017 starting at 9:30 am, and finishing by 2:30 pm. If you are interested in participating and/or want to get involved in your local LESAN committee, please contact us at 1 888 874-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org). Your input is welcomed.



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## What is Lupus?

**This report was forwarded by Darlene Wood**

Lupus is a chronic disease with a variety of symptoms caused by inflammation in one or more parts of the body. The most common type of lupus is SLE (systemic lupus erythematosus). It is a complex and baffling condition that can target any tissue or organ of the body, including skin, muscles, joints, blood and blood vessels, lungs, heart, kidneys, and the brain. There are other types of lupus, which mainly affect the skin.

### What causes lupus?

No one knows for sure. What we do know is that, in lupus, the immune system (the body's defense against viruses and bacteria) is unable to tell the difference between intruders and the body's own tissues. Trying to do its job, it attacks parts of the body, causing inflammation and creating the symptoms of lupus. Until science fully understands how the immune system works, the specific cause of lupus remains unknown.

### What are the symptoms of lupus?

Because it can target any of the body's tissues, lupus is often hard to pin down or diagnose. That's why it is called "the disease with 1000 faces."

### Living with lupus: what to expect

A chronic illness, lupus is different for each individual, but it often appears in cycles. Lupus is a serious condition, but diagnosis and treatment are improving. Today it can be treated and controlled.

### Living with lupus: what helps?

One thing that makes a huge difference in living with lupus is the person's role in controlling the disease. We can deal better with the challenge of living with this or any chronic condition by learning all we can about the condition and by being aware of how our own body reacts. The strong support of family and friends can be equally important. Membership in lupus organizations can also help meet the challenge.

### Further information

To learn more about lupus, symptoms, diagnosis, treatment, management, and coping with this chronic disease, contact Lupus Canada: 1 800 661-1468 / [info@lupuscanada.org](mailto:info@lupuscanada.org).

## Lachute 4-H Square Dancers

On April 1, the Lachute 4-H dancers enthusiastically participated in the annual Ormstown competitions. Our 3 teams did very well: Peewee Team won 1st place, Senior Team claimed 2nd place and Junior Plaid came in 3rd. The Lachute 4-H would like to thank the community for their support.





# David Birnbaum Brings Parkinson's Awareness to the National Assembly

On April 6, Mr. David Birnbaum, Member of the National Assembly for D'Arcy-McGee and Parliamentary Assistant to the Minister of Education and the Minister of Higher Education, will be making a declaration in support of Parkinson Canada for Parkinson Awareness Month. The statement will be made in the National Assembly and will discuss the 200th anniversary of the first report of the disease by James Parkinson, the far reaching effects of this condition and Parkinson Canada's initiatives to help people in Quebec living with Parkinson's.

"Parkinson's is the second most important neurodegenerative disease and the population affected by it is expected to double within the next 15 years. I thought it necessary to put on the record of the National Assembly this vital concern and to apprise Quebecers of the importance of research and treatment," said Mr. Birnbaum.



## A few facts about Parkinson's disease:

- 100 000 Canadians, including 25 000 Quebecers, live with Parkinson's disease.
- One out of five is younger than 50 years of age.
- More than half will need formal or informal assistance for their daily living.
- Health care professionals from a dozen specialties may be needed to treat the symptoms of Parkinson's disease.
- Motor symptoms include: rigidity, slowness, posture and gait changes as well as tremor.
- There are about 20 possible non-motor symptoms of Parkinson's disease, ranging from sleep disorders, depression and incontinence to speaking and swallowing difficulties.

For Parkinson Awareness Month, Parkinson Canada will be hosting a bilingual symposium for people with Parkinson's and their loved ones. It will be held at the Gelber Conference Centre in Montreal on April 26, 2017, and will focus on Parkinson's medications and the impact of exercise on drug intake. Details at [www.parkinson.ca/qc426](http://www.parkinson.ca/qc426).

## About Parkinson Canada

Parkinson Canada is the national voice of Canadians living with Parkinson's disease. From diagnosis to discovery, the organization provides education, advocacy and support services to people living with Parkinson's, caregivers and health care professionals. The Parkinson Canada Research Program funds innovative research to search for better treatments and a cure. Parkinson Canada pursues a pan Canadian mandate while keeping regional specificities through its eight offices in Canada. The Quebec office is based in Montreal. Visit [www.parkinson.ca](http://www.parkinson.ca)

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In support of the team Chantal Pelletier and Linda Berard who will be participating in the upcoming 7th edition of the Défi Vélo Parkinson Québec



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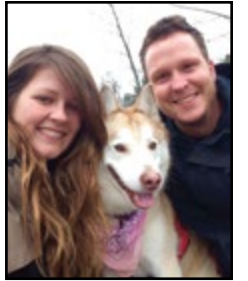
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# READERS VOICE

## Sadie – A Victim of Irresponsibility Debbie-Lynn & Travis - our heartbreaking story...

Sadie was the most beautiful and loving husky you could imagine. She loved children, cats and dogs, and didn't have a mean bone in her body. Sadie wasn't just a dog to Debbie-Lynn, she was her emotional support, and had been her best friend for the past 7 years, since she tragically lost her father. Sadie worked and travelled with us, and slept by our sides every night. She was our family.



On the evening of March 19, 2017, at approximately 7 pm, I took Sadie on a walk along our usual route around the town of St-Andre d'Argenteuil. On our way home, I noticed two loose dogs on the street. I was familiar with this pair, as I usually see them locked in an outdoor enclosure, resembling a chicken coop. I altered my path, and chose a different route home, down a dirt/snow track that passes in front of a daycare centre.

I had almost reached the daycare centre when the two dogs came running up behind me, and the most terrifying and heart-breaking experience of my life began. The dogs attacked Sadie violently; one latched his jaws onto her body and the other attacked her hind end. Somehow, I managed to get both dogs off and lie on top of Sadie, but they were relentless, trying to bite at any gap they could, biting my arms and legs as I tried to protect her. I screamed for help, and it seemed like an eternity as I battled these two monsters, in a vain attempt to save Sadie. A man stood watching from about 100m away. I screamed desperately to him to help me, but he stood there, and did nothing.

Eventually, Simon Constantin heard our cries and came to help and, between us, we were able to hold the dogs at bay while Sadie ran off. She made it home to Debbie-Lynn, and was rushed to the emergency clinic in Laval, where the vets on duty said they had never seen injuries this bad from a dog attack. It would take weeks of experimental surgeries (estimated at \$20,000) with risks of further complications, and no guarantees as to the outcome. If she survived, Sadie would suffer from incontinence for the rest of her life. We battled with the toughest decision of our lives, and eventually decided it was more humane to let her go...

We are struggling to adapt to life without Sadie, and keep expecting to see her come running down the stairs with her big goofy smile, but the house remains silent. We miss her dearly. Nothing feels real, and we can't get past this nightmare.

The most frustrating thing is that this was preventable. After our story hit the media, several other residents came forward with their experiences with the same dogs that were frequently loose, unsupervised, chased children, attacked other dogs, cats, and trapped people in their cars. The community lived in fear of them.

The owner had been warned by authorities, and was well aware he had dangerous animals, but continued to keep them in an insecure 'kennel' from which they frequently escaped.

The behavior of these two dogs, and the potential risk they posed to the community, had been brought to the attention of the authorities several times, and yet no appropriate action had been taken. Unfortunately, the bylaws in place were not properly enforced, and our dear Sadie paid the ultimate price with her life for this lack of responsibility, buried beneath a myriad of excuses.

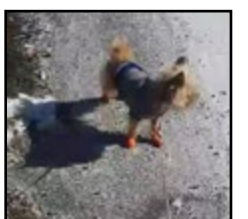
If people know there are dangerous dogs in their communities, they need to report them for the safety of their loved ones, and for the welfare of the dogs, and insist proper action is taken. More is lost by indifference than by making a wrong choice. If bylaws aren't changed, and enforced properly, this tragic situation will be repeated.

Please don't let that happen.

*Editor's note: The two dogs were subsequently euthanized after being surrendered to animal control by their owner.*



## My Loss of Punky



Punky jumped into my arms the moment we met and forever after, remained at my side. He had previously been abandoned by several owners, who never took the time to take him for walks, teach him tricks, or, more importantly, show him affection and provide him with the proper care.

On March 7, we were returning home from our evening walk and, as we neared the apartment door, I released Punky's leash. Almost immediately, I heard someone speaking loudly, and as I turned, saw the owner of two large dogs waving at me to get my attention.

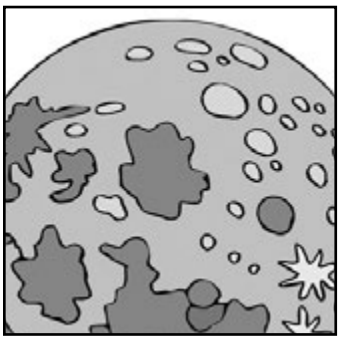
Frantically, I ran trying to reach Punky before the dogs did, while screaming at their owner to please keep his dogs back. He just stood there, and did nothing. I was too late. In the blink of an eye, Punky was grabbed by his head and neck and thrown several feet into the air, before landing like a rag doll in the middle of the street. His injuries were severe and he was not moving. Immediately, I rushed him to the Blainville ER clinic, where they tried everything possible to save his life, but to no avail. Subsequently, Punky suffered 2 heart attacks, was diagnosed with brain damage, and the only humane option was to have him euthanized.

I am heart-broken over Punky's death, and his loss leaves an empty space in my heart. He was a sweet and loving friend, and did not deserve to die in such a violent manner.

The police were called, and a report was made, and then passed on to the SPCA-LL. At this time, the investigation is on-going.

Lynne Arsenault  
Morin Heights





## Zach Factor Global Food Supply: Of What Came First

Lys Chisholm & Marcus Nerenberg - Main Street

For those of us boomers, who wax nostalgic for electric streetcars, Expo 67, and beer in stubby brown bottles, who, among us expat Montrealers, cannot remember heading down to Elmhurst Dairy, on St. Jacques Street, on a hot evening, to enjoy a double scoop of our favorite ice cream, in a biscuit cone, while sitting under its two iconic cows, Elsie and Elmer? The ice-cream bar closed in 1978; the dairy was bought by the multi-national Parmalat Dairies in 1997, and the cows went into a dingy storage room next to the dairy. The Elmhurst brand still exists, with a 90-year old operation in Queens, New York. The fate of Elsie and Elmer is somewhat analogous today to the eventual doom of the entire dairy and meat industry that lies ahead in the 21st century.

### Our stomachs have changed:

According to the latest research study released by Technavio, the global lactose-free food market is expected to reach over US \$10 billion in revenue by 2020. "Lactose intolerance is the inability of the body to digest significant amounts of lactose present in milk. The demand for lactose-free food products is driven by the increase in incidences of food allergies and intolerances. It has been observed that lactose intolerance is seen in approximately 90% of adults in East Asia," said Vijay Sarathi, one of Technavio's lead analysts for the food and beverage research company. Anyone considering investing in cattle and animal farm industries today should have serious second thoughts.

We are no longer happy with how cattle are treated on industrial farms. We search out sellers of free-range, organic-fed chickens after watching videos from PETA (People for the Ethical Treatment of Animals). Images of caged chickens, with deformed limbs, pigs that never see daylight, cows brutally slaughtered, and other abusive animal husbandry practices, are perplexing even to the most di-hard meat eaters. On modern dairy farms, cows are handled less than kindly: they are forcibly inseminated, and most are kept inside in concrete pens. Their calves are separated from them shortly after birth, and given a formula diet, instead of mom's high quality affection. Male calves are butchered for veal. Females are raised to produce more milk for years, until they are considered "spent" and sent to slaughter. It's an unnatural cycle that we collectively have chosen to ignore in the name of blue cheese, or Greek-style yogurt.

The cost of raising these animals exceeds practicality. The amount of dwindling supplies of fresh water required by beef and dairy cows rests between 30 -50 liters per day. The price of feed, such as soya and corn, are soaring as grain production becomes more expensive. It's easier to bypass the cow altogether: cook the soya beans, and add the water to make soy milk, saving heating bills, veterinary care, antibiotics and other kinds of yardage costs. Not many of us have purchased AAA rib steaks lately.

Here comes the emergence of the animal-free, meat industry of tomorrow. Today, groups like San Francisco-based Memphis Meats, are cultivating exceptionally tasty chicken in laboratory petri dishes, without an egg. The old riddle is finally answered, what came first? It is neither chicken nor egg, but rather the stem cells. Without caging and harming animals, scientists are producing beef, pork and chicken, with great flavors and genuine texture that rival Alberta's feedlot products. Bypassing the feeding and care of animals, this kind of "clean meat," as it is referred to, will be on the mass market by 2021, as it is going through rigorous consumer testing at this time.

### Meanwhile in Queens:

Elmhurst dairy closed down after 90 years, and is reopening as a completely plant-based milk company. Making their debut at the Natural Foods Expo West in California, their new brand is called "Milked." Elmhurst CEO, Henry Schwartz, explained that they have been operating at high costs in recent years and that "pasteurized milk has sort-of gone out of style." He claims that his Milked line will address the rising demand for non-dairy "milks and ice creams." Since 1970, cow milk consumption has fallen over 40% in the US, and dairy alternatives have soared by 30% since 2011. Internet grocery deliveries of non-dairy products are up by 222%. This is great news for the lovely and humble cow. As for Elsie and Elmer, they have been lovingly restored and remounted at the old dairy site, so go ahead, enjoy a lactose-free Tofutti cone in their honor.



Elsie and Elmer, who looked out over St. Jacques Street for decades, were resurrected recently as a cultural icon. Alas, no ice-cream parlor. Photo Credit: Gordon Beck



## The Story Behind Swisski part 2

Joseph Graham - Main Street  
joseph@ballyhoo.ca

Rolland Belhumeur was a ski pioneer who started a ski school for kids when he was 26, in 1940. He was way ahead of the rest of the ski industry, even

though people like Emile Cochand taught children as well as adults much earlier. The need for this specialized teaching was made clear to the renowned ski historian and journalist for La Presse Lucien Lachapelle in 1950. It was a lovely winter morning and he was admiring the results of a huge new snowfall at Mont St. Aubain in Val David (near Mont Plante). He watched a school bus carrying teenagers from L'Association des clubs de ski de Montréal as the students disgorged in great excitement. They went straight to the ski lift, impatient for that first run in the deep new snow, and as he watched them ski down, their skills obviously challenged, they began to fall. To his horror, three of the falls resulted in broken legs. He felt something had to be done.

In 1953, he and his friend, Canadian Ski Instructors' Alliance examiner Raymond Lanctôt, founded a school to train French-speaking amateur ski instructors. They approached Rolland Belhumeur to help train the new teachers.

Rolland was dedicated to teaching skiing and his life revolved around safety in sports. In 1958 he built a ski shop for Bill Glass and Irwin Elton, moving his own family in upstairs. In the summer, when Bill and Irwin went back to their careers in golf, Rolland found other uses for the shop. People like Roger Thibaut worked there, fixing motors for the motorboaters on the lake. Come winter, though, its main vocation was as the Igloo Sport Shop. Igloo prospered and soon became a fixture in Ste. Agathe.



The story of Bill Glass and his partner Elton Irwin was written up in the Sporting Goods Merchandiser in 1960. They started in 1954 with a combined capital of \$200 and others in the industry predicted that they would last maybe two months, but by the time the article was published, they had incorporated Igloo Import and Supply Co. Ltd., were installed in Belhumeur's building and had an outlet in Town of Mount Royal. Of course, they had a lot of support in Ste. Agathe. To paraphrase an African proverb, 'It takes a village to raise a... business,' they always appreciated their Ste. Agathe roots. Eventually they acquired the building from Rolland Belhumeur and, with that kind of growth, they needed good people in the store. That's where Shirley Hoyer came back into the story. She had a good background in skiing and was working for Stina Badenduck at her giftshop. When they got too busy at Igloo, Stina helped by lending Shirley to them and eventually Shirley found herself there fulltime. That was back in the mid-seventies and with the growth of their import and distribution side, the building itself was becoming redundant. Shirley and her husband René Wachter watched. There was something here. In 1979, they bought the store and renamed it Swisski.

Igloo still exists, although the partners eventually sold to Igloo Vikski, and today the company thrives as a subsidiary of Raymond Lanctôt Ltd., the same Raymond Lanctôt who had appealed to Rolland Belhumeur for help teaching the youngsters in Montreal in 1953.

René and Shirley had a summer business selling mostly beachwear to the people around the lake and they prospered through the '80s and '90s, but as René will tell you, there was always a lot of competition. There was Sports Experts, Denis Parent, Jacques Champoux, Kanuk and Sports Laurentides. They needed to specialize. With the competition willing to invest a lot of money to represent downhill brands, René and Shirley developed their expertise in cross-country. It didn't take long for them to become the go-to people for their sport and, until 1996, the summer inventory contributed to their prosperity. That year, though, Shirley experienced the second fire that would punctuate her life. The windows were lit up with defective lighting and passers-by alerted the fire department. The wires had caught fire. It was not the window display they had intended. René took the call at their home on Hillside and came over to inspect. In his dry way, he told Shirley when he got back that she would have the rest of the summer off. The summer inventory and the building had sustained damage. They were insured and they dumped the surviving inventory at low prices and took a break while repairs were being made.

They enjoyed that summer and they soon realized they could easily live solely on the winter revenue. Thereafter, they closed for the summers. René's technical expertise and Shirley's management carried them through twenty more winters – until the next fire.

It was early morning on September 28, 2015. They were living in the apartment above the store and Betty, Shirley's younger sister, was visiting. The firemen pounded on the door and told them all to get out – leave everything and go. Shirley remembers watching the fire progress through the neighbour's building with its stores, café and apartments. Everything they owned was inside their own building but they could not go in.

The fire spared their building but water damage destroyed René's equipment in the basement. They would see how it went that winter, but they were pretty sure that it was time to close. The tools were a part of who René was. It was past time to retire. They'd earned it and, as René said, the industry was changing anyway. Carrying other company's products, they could not easily sell online and most of the market was moving there.

René and Shirley were a presence on the corner of Rue Principale and Rue St. Louis in Ste. Agathe for 38 years. They epitomized the independent Laurentian ski shop, and their closure ends an era. Still, as Shirley might tell you, fire is a harsh master.

Thanks to René Wachter, Shirley Hoyer, Renee Lozoff, Hildegard Sprenger, Patricia & Jamie Glass and Suzanne Casavant. Other references available upon request.



# Obituaries

## GILES, Mable Mary (Acres)

November 18, 1935 – March 1, 2017

Peacefully, surrounded by family and friends, at the Lachute Residence, Lachute, Quebec. Survived by her children, Richard (Arlette Brochu), Tim, and Donna (David Smith), her beloved grandchildren Heather (Ed), Ian and Katherine Giles, Ryan (Samantha) and Samantha (Antoine) Smith, Jordan (Celeste) and Danielle (Nolan) Thompson, great-granddaughter Keira Thompson, as well as her triplet sisters Marjory (the late Hervé Delorme) and Margaret (Tom Jamison) and numerous nieces and nephews. Pre-deceased by her husband John, daughter, Susan (Dan Thompson) and brother, Donald Acres.

Mabel was always active in her community having served 10 years as a municipal councillor for Wentworth Township, many years with the Lachute United Church, St Aiden's Anglican Church, Lake Louisa Social Club, The Lachute Residence and Meals on Wheels, and was named a Paul Harris Fellow by Rotary International for her years of support to the Brownsburg-Lachute Rotary Club, to name but a few of her activities. Mabel enjoyed her lifetime of summers, and in later years, winters, at Lake Louisa.

At her request there will be no visitation or funeral. She prefers that her family and friends gather to remember her life and the good times they shared together (held on March 18, 2pm - 4 pm at the Wentworth Recreative Centre, 86 Louisa Road, Wentworth, Quebec). In lieu of flowers, her request is that a donation be made to The Ladies Committee of the Lachute Residence, 377, rue Principale, Lachute, QC J8H 1Y1.

## MANZOCCHI, John Read

March 8, 1932 to February 13, 2017

Passed peacefully at home at the age of 84. He leaves behind his wife of 59 years Isabel (Hall), daughters Marilyn (Andre Provost) and Sandra (Dave Pittman), and 3 grand-daughters, Sabrina Provost, Kirsten and Brooke Steele. Also survived by sister Jane Ellis (Gerry Leblanc), Miramichi, N.B., and sister-in-law Barbara, Halifax, N.S., as well as niece & nephews, grand nieces & nephews, & numerous great grand nieces & nephews. He was pre-deceased by son Andrew.

A Celebration of Life took place on February 25 in the Hall of the St. Francis of the Birds Church. Donations in Clarke's memory can be made to the Canadian Cancer Research or the charity of your choice.



## THOMPSON, Mary (Nee: Mancini)

Peacefully at The Pavillon, Lachute, Quebec on Thursday, March 30, 2017. Beloved wife of Grant Thompson. Dear mother of Sheila (Denis) and Grant. Loving grandmother of Andrew (Tesmer) and Sara Jane, and great-grandmother of Adara. Also survived by her brother Richard Mancini and her sister Doreen. Predeceased by her sister, Marion. Funeral service was held on Sunday, April 9, 2017 at 2 pm in the chapel of the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

In lieu of flowers donations to Parkinson Quebec, 550 rue Sherbrooke Ouest, Suite 471, Montreal, Qc., H3A 1B9, would be appreciated by the family.

### IN MEMORIAM

10th

### ANNIVERSARY

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### IN MEMORIAM

### Claude Smith

(January 25, 1953

-April 15, 2013)

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love and time

still stands still

Lonely is my

home without you,

Life to me is not the same,

All this world would be like Heaven,

Just to have you back again

I've lost my life's companion,

A life linked with my own,

You're still mine to remember,

A husband I was so proud to

say was my own.

Love you always and forever "a bushel

and a peck and a hug around the neck."

Your wife, Ilene xxxooo.



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## If Roses grow in Heaven

If Roses grow in Heaven  
Lord, please pick a bunch for me.  
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and tell her they're from me.

Tell her that I love her and miss her,  
and when she turns to smile,  
place a kiss upon her cheek  
and hold her for awhile.

Because remembering her is easy,  
I do it every day,  
but there's an ache within my heart  
that will never go away.

Author: Kirsten Preus



## The English Link It's Income Tax Time ... Beware of Scams

4 Korner's Family Resource Center

Beware of fraud schemes indicating they are associated with the Canada Revenue Agency. I recently received a press release in French from the Sûreté du Québec (SQ) and thought that I would share the following information with you.

During tax time, the SQ would like to advise people to be more vigilant when giving out personal information. Fraud schemes pretending to be associated with the Canada Revenue Agency (CRA) are much more prevalent at this time of the year. Be on the lookout for two different types of fraud.

One type of fraud occurs by telephone. The person will explain that you owe a sum of money and a payment must be made quickly in order to avoid being arrested by the police. You may be instructed to bring money quickly to a currency exchange office or immediately pay through prepaid credit cards, iTunes gift cards or other prepaid gift cards.

Another type of fraud occurs by email. You may be sent a link to a fake CRA website stating that you are entitled to a tax refund; you may be instructed to click on a link to update your tax records, or you may be instructed to verify your identity by entering personal information. You may be told your personal information is required so that you can receive a payment.

The CRA never requests taxpayers to provide personal information (such as a social insurance number, credit card number, bank account number, or passport number) by email or telephone. Normally, government agencies will only send written notices about your tax situation by mail. No matter how 'official' the person sounds on the other end of the line, or, in the email, do not give them any personal information and definitely do not transfer any funds to them.

### Helpful Tips

**Remember:** If someone asks you to transfer funds, it is probably a fraud.

**Be careful:** Never send money, bank data, or credit card information to someone you do not know and/or do not trust.

**Ask yourself these two questions:** Am I being asked to provide information that I would not normally give in my income tax return? Am I being asked to provide information that the CRA already has on file?

If you have signed up for email notifications (available from the CRA through My Account, My Business Account, and Represent a Client), the CRA will do the following:

- send a registration confirmation email to the address you provided for online mail service for an individual or a business
- send an email to the address you provided to notify you when new online mail is available to view in the CRA's secure online services portal.

For more information, visit the Canadian Anti-Fraud Centre's website at [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca) and the Canada Revenue Agency's website at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca). Protect yourself from these types of fraud by being informed and vigilant.

[info@4kornerscenter.org](mailto:info@4kornerscenter.org) for the English Communities Committee of the CISSS Laurentides (des Sommets region) and 4 Korner's Family Resource Center: 1 888 974-3940 or 819 324-4000 ext. 34330.

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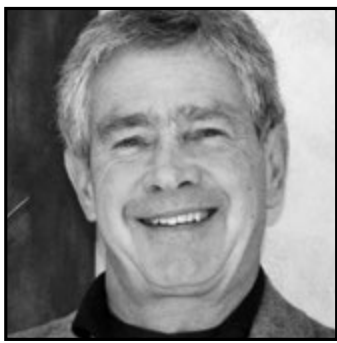
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### THE ROLE OF RISK TOLERANCE AND YOUR RETIREMENT INCOME

An important part of retirement involves figuring out what you'd like to do when you stop working, and then implementing an investment savings and income strategy that can help you achieve your goals. It's key that you be comfortable with this strategy, so that you can sleep at night. If your strategy weighs heavily on your mind, it may be time to reassess the investment products you've chosen, and it's also certainly time to assess your tolerance for investment risk.

Different types of investment products offer trade-offs in terms of risk. Those that are considered conservative (less risky), such as GICs and bonds, generally won't offer significant market gains, but the chances of losing significant value in those investments during market downturns is low. Products that have more risk, such as mutual funds with a strong equity component, may expose you to more market volatility, but you may also have a better opportunity to achieve investment growth if markets perform well.

So how do you gauge your tolerance for investment risk, find your ideal balance and properly plan for retirement, so you can sleep soundly at night?

#### Consider when you would like to retire.

If you're 45 years old, and plan to work as long as you can, you may be able to take on more investment risk than someone who is 55 years old and plans to retire in five years. This is because, if your investments lose money due to market volatility, you have more time to recover your losses.

#### Ask yourself how comfortable you are with market fluctuations.

When you examine an investment statement, and note the value is lower than it was six months ago, are you anxious? Do you shrug it off, because you believe the markets will improve? Maybe you're somewhere in between? Do you think that interest rates are on the rise?

Knowing when you wish to retire, and being honest with yourself about your comfort level when it comes to market fluctuations, are important, and are good places to start in determining your tolerance for investment risk. Your advisor can further assist you. He or she will have access to tools and resources that will help you discover the type of investor you are.

#### Retirement income product options to meet your risk tolerance

Once you've determined your investment risk tolerance, there are different products available for your preferred investment style that can help you properly plan for your retirement. We touch on two examples here:

#### More tolerance for risk:

If you answered that you can shrug off fluctuations in the value of your investments and you are optimistic about interest rates rising, you'll want to consider products that can help you take advantage of the markets and potentially rising rates.

For example, some segregated fund products, or contracts, offer a broad selection of segregated funds with varying equity exposure. You choose the funds that appeal to you based on the equity exposure you're comfortable with. Newer versions of these products that are emerging today are very flexible in their structure, enabling you to capture the benefit of potentially rising interest rates. These rates, along with other factors, help determine your future income when you retire - higher rates can mean higher future income. With this type of product, you should also feel comfortable with some of the associated risk of market and interest rate uncertainty, in exchange for greater income potential.

#### Less tolerance for risk:

If you answered that fluctuations in the value of your investments make you anxious and you're not convinced interest rates will improve, you'll want to look at products that are considered low risk. There are, for example, segregated fund products that provide a single fixed-income fund as the underlying investment. Fixed-income funds are considered conservative, so these segregated fund products can be an ideal complement to government sources of retirement income.

#### Advantages of segregated funds:

Both low and higher risk segregated fund products offer additional features that make them good choices for retirement income and will appeal to any type of investor, regardless of risk tolerance.

A choice of when and how to start drawing income: the definition of retirement today isn't what it used to be. Not everyone wants to stop working completely at age 65. Some may want, or need, to delay retirement, or continue working part-time. The segregated fund products, described in this article, offer varying degrees of flexibility in terms of when and how income can be drawn from the investment. Some offer the option to take partial income, which would help to support you if you want to work part-time in retirement. The key benefits are that you have choice and flexibility.

Guaranteed retirement income for life: Since people are living longer than ever before, running out of money in retirement is a real concern.

If you would like advice, or want to discuss the planning of your retirement income with segregated funds as part of your investment portfolio, you can reach me at 514 788-4883 or my cell at 514 949-9058.

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## I'm Just Saying "Stop" Before it's Too Late

Ron Golfman - Main Street

While I am not certain whether it is a result of the public outcry we witness on a daily basis in the United States, as Trump puts out one dangerous bill after another, a Brexit reaction, or something else, I am heartened to see Anglophones in Quebec finally emboldened enough to demand from our government bilingual road signs in our province.

This is not a question of language, as the CAQ's Legault, and the P.Q.'s Lisee would have you believe; it is a question of safety for all of us, no matter what your background may be. Legault stated recently that this would infringe on the French language, in spite of the distinct (pardon the irony) allowance in Bill 101 to have both languages present where public safety is concerned. If politicians can talk from both sides of their mouths, depending on the audience, then surely we can have two internationally recognized languages on our roadways.

The sensibility and practical rationale for the inclusion of English on major roadway signs, in the form of a petition, was joined by more than 7000 Quebecois from all walks of life, and was recently brought to the National Assembly for debate. I suggest that this logical request is akin to expecting, not asking, for bilingual signage at hospitals so that the health and safety of all Quebecois can be a primary concern we share.

Legault's tired rhetoric aside, do we all not realise that tourists from foreign destinations, such as Alberta or California, would be putting peoples' lives in danger by not being able to understand our French-only road signs? It is bad enough that some words on our uni-lingual road signs do not directly translate into clear information. I challenge you to look at how the province describes "turn on your lights", or the infamous "R" word indicating you are going the wrong way on a ramp, and you will see that even those who may have some basic French in their educational background might not comprehend the message. This is a public safety issue, nothing more!

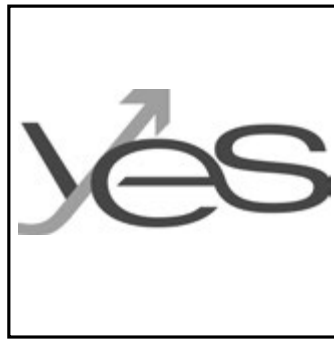
Most Quebecois agree that there is no harm, and no threat, to having bilingual road signs. They will acknowledge that it is not only confusing, but also perilous, for people to be rocketing down a highway, not knowing what the hell is written, putting motorists, including Quebec citizens, in danger. Is this not a question of public safety and prudence, as opposed to an issue of the protection of the French language?

I consider myself a Quebecois, and have no issue with most of Bill 101. I accept that French is the official language of this province, but I do strongly take issue with the law when common sense is discarded. This is not even the tired fact that France has "STOP" signs, and we don't. The shape and color of our stop signs are indication enough. "Arret" putting people at risk under the guise of protectionism, and, I'm just saying, let's all be safe.

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## Making it Work in the Laurentians

## Will Your Business Be a Force For Change?

By Andrew Taylor

With winter safely in the rearview mirror, let's start this spring on a positive note, by looking at social enterprise. It's an inspiring business trend that seeks to bring about meaningful social change.

If your goals for this spring include launching a new business venture, and if you're looking for ways to combine your entrepreneurial spirit with a passion for social responsibility, let's find out how this model could be your ideal fit.

### Business on a Human-Scale

So, what is a social entrepreneur? In short, it's someone who applies an entrepreneurial approach to tackling social and/or environmental problems. As a result, their innovative, market-driven solutions often end up creating widespread positive change.

While a conventional business person uses profit to measure performance and success, a social entrepreneur typically gauges success by the enterprise's positive impact on people and/or the planet, as well as profit.

Pursuing both profit and social change is integral to running the venture, no matter if the enterprise is for-profit, not-for-profit, or a co-op.

### Is Social Entrepreneurship for You?

Apart from the obvious benefits of doing good, why should you consider venturing into a realm traditionally serviced by charities and the public sector?

Well, as the number of people concerned about social and environmental issues continues to grow, so does the demand for products and services that align with consumers' values. As a result, social entrepreneurs have been able to show that making money and making a difference aren't mutually exclusive.

As an example, take a look at the successful company, TOMS Shoes. They employ a one-for-one model (for every pair of shoes sold, another pair is given to someone in need). So far, they have donated about 60 million pairs of shoes. TOMS Shoes is now valued at over \$600 million - not bad for a company that's only been around for a decade. Montreal-based Hungry Box follows the same model, but instead gives away gourmet sandwiches to the hungry.

If you're more interested in entering the not-for-profit world, this model has its benefits too. If you run your organization more like a business through the selling of products or services, you become less dependent on the traditional (and dwindling) funding sources, like government grants and donations.

### Resources for Entrepreneurs

Luckily, with this business model rising in popularity, there is an increasing amount of available support. To learn more about the basics, including locating social financing, you can attend a series of Social Entrepreneurship workshops (in person or online) offered by YES this April.

In the meantime, you can also book a free consultation with a business coach at YES, as well as visit the Ashoka website - just one of many great resources and sources of inspiration for any budding entrepreneur.

Join YES on Facebook or contact us at [info@yesmontreal.ca](mailto:info@yesmontreal.ca) or at 514-878-9788. Visit us at [www.yesmontreal.ca](http://www.yesmontreal.ca)



## Spotlight Mont-Tremblant

Erin McCarthy - Main Street

Happy spring!! The month of April brings an end to winter in Tremblant, and is full of fun events that ceremoniously draw the curtain on another awesome season of snow and sport. The calendar kicked off on April 1, with the 19th edition

of The Caribou Cup. Hosted on Mont-Tremblant, and orchestrated by Le P'tit Caribou bar, this event is always highly anticipated, drawing over 100 costumed participants that classically deliver a "splash-happy" performance, by racing down the slope to a finish that consists of crossing a 75-foot swimming pool on skis or snowboards! Prizes were awarded for fastest skier (male & female), fastest boarder (female & male), best wipeout, and best costume. As part of a longstanding tradition, following the competition, participants and spectators (all of whom must be 18 years and over) make their way to Le P'tit Caribou for cocktails and merriment.

On April 2, the kids got their turn to shine with the Burton El Niño. This annual event, for ages 12 and under, is a one-day camp, followed by a friendly competition, that gives youngsters a chance to show off their freestyle snowboard skills to the Burton Quebec and Tremblant team coaches, as well as a panel of judges who then awarded prizes to the top 3 kids!

From April 4 - 9, Association Quebec Snowboard, in partnership with Canada Snowboard and Station Mont Tremblant, hosted the Sports Experts Speed

Nation Nationals, presented by Mazda Canada and FA Design. Some of the world's top riders graced the slopes of Mont Tremblant to compete in alpine snowboarding, snowboard cross, and Para-snowboard disciplines. With alpine snowboarding taking place on the south side of the mountain, and a custom Canadian-built snowboard cross course on the north side, there was a show to watch from all angles!

This April 8, in conjunction with the Adrenaline Park and Rockstar energy, the second edition of Rock & Ride Rock Star was hosted, in celebration of the end of the snow season. This unique event invites you to ride in a skate park style environment, demonstrate your new tricks, and get the chance to win one of many prizes up for grabs! Festivities rocked from 12 - 4 pm and included a BBQ and live DJ!

Tremblant's last big event before the end of the season is the Easter celebration on April 16! Activities include an EASTER EGG HUNT at 11 am throughout the pedestrian village, FACE PAINTING and a PETTING ZOO (complete with sheep, goats, chickens and rabbits) from 11 am to 3 pm in Place Saint-Bernard, and from noon to -7:30 pm, young, old, and everyone in-between can enjoy the sounds of live music in Place Saint-Bernard's centre court!

Finally, April 17 is.... The last day of operation on the mountain! It's always a well-deserved bragging right to be able to say that you hit the slopes on the last day of the season.

Enjoy!





# Linear Park to Receive New Upgrades

The linear park will be receiving a facelift this spring. The park received financial assistance in the amount of \$500,000 from the Canada Economic Development for Quebec Regions under the Canada 150 Community Infrastructure Program and a total contribution of \$500,000 from the 4 MRC participants (Antoine-Labelle, Laurentides, Pays-d'en-Haut and Rivière-du-Nord). This one million dollar amount will be invested along the trail. Several upgrades are planned, which will include replacing culverts, new asphaltting, stabilizing embankments and ditches, and more.

As a consequence of all this work, the opening of the linear park is scheduled for June 24, 2017. However, it is expected that it will be accessible as of mid-May, depending on climatic conditions. During the planned work, some sections may be temporarily closed. Wherever possible, a detour marked by the surrounding roads will be proposed, or, alternatively, a shuttle transport system, if a detour is not possible. We invite you to consult our website for more information on the obstacles of the works: [www.parlineaire.com](http://www.parlineaire.com).

# Lac St-Victor Estate Wins Double Recognition

The Grand Prix Du Design is a competition that showcases the talents of Québec-based designers and architects. For their 10th edition, recognition was presented to a residential home situated on the Lac St-Victor Domaine, in Wentworth North. The architectural designer behind this unique project, MG2, was master Alain Carle and the contractor responsible for bringing the dream to reality was the responsibility of contractor, Paul Lalonde & Fils. This prestigious home also received a Special Mention in the Architizer A+ Awards in the Private House (L3000 -5000 sq. ft category). The mission of the owners behind the Lac St-Victor Domaine is to provide high-end living in close proximity to nature, without upsetting the natural balance. Look for a full article explaining the philosophy and opportunities behind their vision next month.



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**WATERFRONT IN MILLE ISLES:** Quality property, solid & renovated with 2.8 acres bordering a natural spa with lake water, waterfalls, stream and pond. 2 bedrooms, situated on a dead-end municipal road, unique landscaping that is impossible to replicate. No neighbours for 1/2 km. Tranquility & observation of wildlife guaranteed! **MLS 19985293**

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**ECO HOME ON 10 ACRES:** Eco-friendly & unique 2008 straw home nestled on 10.9 acres of forest that borders the Viking trails. This acreage has trails throughout, 2 closed bedrooms with a 3rd in the mezzanine, screened-in veranda, wood stove, open concept, heated floors. Less than 10 min. from the ski hill, and 45 minutes from Montreal. Come and discover this new design. **MLS 9541494**

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## Hank and Patsy's music comes to Morin Heights

The music of Hank Williams and Patsy Cline will fill the Morin Heights United Church the evening of Saturday, May 6 as Path Productions presents Being Hank & Patsy, a musical memoir by Laura Teasdale, sponsored by Theatre Morin Heights.

Come follow actors, Ralph Steiner and Laura Teasdale as they find themselves becoming Hank Williams and Patsy Cline. See how they fall in love with those characters and in (and out) of love with each other. Hear as they sing your favourite Hank & Patsy classics and a few tunes that brought them together backstage too. Taste heartbreak in that country song kind of way. Feel the power of great music to tear folks apart, and knit them back together.

Laura Teasdale is a playwright actor and musician who wrote and performed Honky Tonk Blue, The Night Patsy Met Hank. She has starred in two productions of Always, Patsy Cline and has been singing as Patsy Cline for 16 years. Ralph Steiner is a musician, actor and carpenter who played Hank in Honky Tonk Blue, The Night Patsy Met Hank. He has starred in two productions of Hank Williams...The Show He Never Gave and has been singing as Hank Williams for 15 years.

Tickets for the Morin Heights presentation of Being Hank & Patsy are \$20 in advance available at Marché Vaillancourt in Morin Heights, or \$25 at the door. Showtime is 7:30 pm on Saturday, May 6 at Morin Heights United Church, 831 ch du Village. Doors open at 7 pm.

Being Hank & Patsy premiered last year at Wakefield Theatre's "Ta Da! Arts Alive! Festival" to enthusiastic reviews. The show is funny, personal and touching as the true stories of the legends intertwines with the story of Laura and Ralph's rocky relationship. Above all, this memoir is a testament to the power of great music.

Info: June Angus / Theatre Morin Heights: 450-226-3641 / theatremorinheights@gmail.com



## A Sincere Thank You

Thank you to everyone for their sincere get well wishes, cards, phone calls and help that I received following my recent surgery! It is so much appreciated. From the bottom of my heart, many thanks again!  
Elaine Munro



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