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What's On My Mind... Spring is in the air

Susan MacDonald, Editor

It is a true Canadian winter that we now say farewell to as we welcome in a new spring season. Sightings of returning robins and Canada geese are increasing daily and wildlife, who have slept away the winter, are now leaving nightly tracks in the last of the remaining snow, proof that they too are anxious to be out and about.

Farmers are busy welcoming little ones to their barns and here at home, my Silkie hen has set herself to brooding her eggs, as well as any others she can sneak into her nest.

Some gardening centres have opened and are stocked with a large selection of starter plants and indoor flowers that will help appease our enthusiasm until the ground thaws, the last threat of frost has passed, and we can get back into the gardens. Until then, spring bulbs are already starting to peek through the snow providing a hint of what's to come in just a few more weeks. Soon, Laurentian gardens will come alive and be blooming in living colour.

Store managers are busy re-stocking the shelves with everything and more that we will need this spring. Hardware tools and rubber boots, home garden items and BBQs; whatever your taste or preference, now is the time for some shopping! Bug deterrents have not yet been put on open display, perhaps not to dampen our current enthusiasm. Plenty of time for that next month!

Cottage season is nearly upon us and part-time residents are anxious to get back to their favourite summertime homes and reunite with friends and neighbours. It's been a long, cold winter and everyone is looking forward with great anticipation to the warmer seasonal temperatures ahead.

For the next several weeks, everyone will be busy with spring-cleaning, preparing gardens, switching seasonal equipment and clothing, and opening up the cottages. Nature, too, will head into a transitional mode as trees and shrubs spring back to life in shades of green, ice disappears from the lakes and wildlife bring forth the next generation.

Spring is a busy time and even though there's work to be done, after the cold white of winter, it must still be the most anticipated season of the year. So, as you go about your tasks, take a moment to listen for the migration of the geese, the drumroll of the grouse, the trill of the birds, and the welcoming honk of your returning neighbours. This is what springtime in the Laurentians is all about.

Enjoy the read...









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Observations Messing with The Dragon

David MacFairlane - MainStreet

As if the world's economy is not already teetering on the edge of a precipice, burdened by immense, unpayable debts, military conflicts and the

very real threat of WW3, the US has just escalated the situation by starting a trade war with China, it's largest trading partner and largest creditor. It's hard to see what benefit can accrue to either side, due to the already tenuous state of political relations between East and West, and the fact that many billions of dollars have already been decimated in the fall of the world's stock markets in the past few days.

The US has obviously made China very angry by imposing major tariffs on their exports, but the problem now is that anything China does to retaliate would be a major escalation, and they are not out of options. There are five "nuclear" options available that could severely damage the US (and the world's) economy: A currency devaluation of the yuan, selling its \$1.4 trillion of US Treasury bonds, blocking US services, curbing US oil shipments, and lastly, restricting exports of Rare Earths. Any one of these options would have drastic consequences for the US. Current US exports of services to China are \$56 billion annually, and according to Petromatrix, China imports over 400 thousand barrels of US oil a day. Also, China began trading gold-backed, petro-yuan oil contracts on the Shanghai Futures Exchange on April 2nd, allowing traders to buy oil in yuan and not dollars, thereby avoiding US sanctions, and enabling Iran, Russia and Venezuela to do the same. But China's most potent weapon is its stranglehold on the world's supply of Rare Earths, where it produces 95% of them and therefore holds the noose. Rare Earths are essential components in all high technology products, from engines to wind turbines to magnets, cell phones, computers, airplanes, smart weapons, missiles, satellites, hard drives, medical devices, lasers and on and on. With strange names, like dysprosium, gadolinium, ytterbium, there is no substitute and no other supply source available anywhere. By clamping down on exports, China would win in a single move. However, the reality of unintended consequences hovers over any decision, because neither party can escape unscathed.

So, it remains to be seen how this dangerous game will be played out, but the biggest problem is that the two sides are playing entirely different games. I have written about this before, that the US and its allies think only of short-term solutions, nothing further than the next election cycle, or the next budget, or how to win the current game. However, China has a totally different approach to everything they do. As a civilisation with an unbroken history of 5000 years, they have a different concept of time. China thinks in terms of generations ahead and lays down plans today that may not bear fruit for decades, but that is how they do things. Their responses are not irrational or emotional but calculated carefully to obtain the best possible results. "The supreme art of war is to subdue the enemy without fighting." Sun Tzu.

A political/financial report I received from an American living in Singapore, referred to the time he spent recently in Nanjing, China, on a brief teaching job at the University there. He noticed there were many African students there, all pursuing either Masters' or PhD degree courses, and all of whom were fluent in Mandarin, as well as English, French and several African languages. His assigned teaching assistant was from Ghana, completing his PhD over 4 years. When enquiring about such a large presence of African students, he discovered that they were all there on full scholarships paid by the Chinese government that included travel, room and board, tuition and enough money so that most had some extra to send back home each month. Learning Mandarin was mandatory and special language classes were part of the curriculum.

Readers are asked to think about what this means and about the immensity of this strategy. This is not aid or charity that China is providing. Instead, it is part of an ingenious plan to form long-term relationships with future generations of highly-educated Africans who are destined to rise, eventually, through the ranks of businesses and governments of their home countries. These students will be the future decision makers, and with relationships already in place with Chinese counterparts, and fluent in Mandarin, understanding the culture, and with access to Chinese resources, it's obvious who they will choose for their countries to do business with, when it comes to development projects, mining concessions or major construction contracts.

As I pointed out before, Western democracies think in short-term cycles, while China, quietly and out of sight, lays plans for generations. Also, while the US, and its sycophant allies, strut arrogantly around the world waging war, killing and displacing millions, making implacable enemies, and destroying their own precious treasure of young lives and capital, China has saved trillions for investment, by avoiding conflict and partnering instead, peacefully and cooperatively, with so many countries on the planet.

What has escaped Western notice is that China is moving steadily to reclaim its role of global superpower, but not by conquest. The mistake the West has made is to think

that by becoming an economic powerhouse, China is a pseudo-capitalist country, and can be understood on those terms. It is not. It has always been a mercantilist country, in which exports are maximised, imports minimised, gold and silver acquired, business and capital regulated, while monopolies are allowed, supported and protected. It is a closed society, and the government manages the flow of information and the markets.

Mercantilism got its start in the colonial era, with the British, Dutch, Portuguese and Spanish sucking the wealth out of their colonies and awarding trade monopolies to their favoured families who, in return, shared the immense spoils with the ruling classes. However, China has improved on this game plan and is executing it much more benevolently, but efficiently and with tremendous success and without publicity.

For example, China owns dozens of shipping ports around the world - Pakistan, Myanmar, Sri Lanka (2), Bangladesh, Nigeria, Greece, Belgium, United States (2), Togo, Djibouti etc. Also, China controls vast reserves of oil, gas and mining assets around the world, either outright or as a partner, each investment enabling influence in the future progress of the countries involved. China has an enormous military base in Djibouti, across from the mouth of the Red Sea, through which much of the world's oil passes. Today, China has become the African continent's largest trading partner, offering loans, grants and development funds without the usual restrictions demanded by Western investors. It already controls a huge chunk of the natural resources of Africa, and more than a million Chinese citizens have relocated to various countries there.

I would remind readers of Napoleon Bonaparte's famous words concerning this inscrutable behemoth ... "China is a sleeping giant. Let her sleep, for when she wakes she will move the world."

The schoolyard bully may not win this trade fight, but continues to push the world perilously close to war.

"Be extremely subtle even to the point of formlessness. Be extremely mysterious even to the point of soundlessness. Thereby you can be the director of the opponent's fate." - The Art of War - Sun Tzu, 544-496 BC. Chinese General and philosopher.



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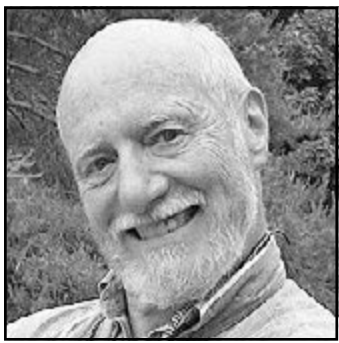
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Simply Words on Paper Spring-cleaning may be a bigger challenge, if...

Jim Warbanks - Main Street

After reading an article from Reader's Digest (RD) recently, I dismissed the advice proffered as either obvious or simply laughable. But later, reading a scholarly article on interpreting folklore, I came across a joke that was broadly circulated in the 1970s:

- Q. How do you keep a WASP uninformed?
A. Take away his Reader's Digest.
Q. How do you keep a WASP misinformed?
A. Give it back to him.

This advice could be extended to other media today, where fake news proliferates, to social media and most certainly to vanity bloggers, who rely on unreliable sources to propagate blatant falsehoods. It may also need updating since most millennials would be puzzled about a wasp that they consider simply an insect rather than a White Anglo-Saxon Protestant, who was the butt of that comment. Nevertheless...

The article that caught my attention for the second time listed 13 Things That You Should Never, Ever Vacuum. The vacuum cleaners now on the market are quite sophisticated appliances, designed to take on a broader range of tasks than earlier models. They do have certain limits, of course, so let us examine the tasks that are considered to be prohibited by the folks at RD.

Used coffee grounds

The cappuccino machine, that dispenses my needed 'drug of choice' in the morning, is an Italian design, and so complex that only a thin wand can reach the dry ground coffee that accumulates in the labyrinthine interior. The wet coffee grounds are disposed of separately.

Construction dust

I consider sawdust and other detritus to fall well within vacuum cleaner range. My workbench and the carpet in front of it, almost always require vacuuming. Obviously, liquid requires either a 'wet / dry vac' or manual clean up. If construction dust is a no-no, I wonder why food particles or remains from meal preparation, cooking and careless eating habits are not mentioned. We have a dog who is enthusiastic about handling that task.

Coins and small toys

Caution must prevail. But, I would prefer to temporarily block the vacuum nozzle than to step on a small Lego block in my bare feet in the dark.

Makeup

Eye shadow, bronzer, foundation, blush, even broken lipstick bits are considered a menace to the machine. These all come in small containers. How big a spill do they anticipate?

Soil

The claim here is that soil from your family's shoes may stain the carpet or embed particles in it. Removing shoes at the door would be an obvious option, if that is indeed a concern. It seems to me that this could also occur by cleaning manually. No mention is made of a tipped flower pot, but unless it is freshly watered, little harm would ensue.

Fireplace ash

The claim here is that the particles are so fine that they could be blown out the back of the machine and right back into the air. My advice: it is time to replace your out-dated machine. Splurge on a modern model.

Clumps of hair

Do you have a dog that sheds year-round, as Charley, our Lab does? You might consider bending down or sweeping to pick up the largest clumps after brushing him, but let's be real here, dog hair spreads to every nook and cranny. In fact, our former dog, Chekhov, who also shed profusely, loved to be vacuumed with the brush attachment. We no longer have the dog, but the vacuum cleaner lives on.

Shredded paper

I can imagine a large clump clogging the nozzle, but should it happen, it can be quickly rectified. Those annoying shredders that cut paper into short strips frequently leave messy remnants even on careful disposal. The vacuum cleaner is ideal for this purpose.

The remaining prohibited items on the RD list are wet foods and liquids (obviously), electrical cords (some caution required) and large pieces of glass (again, obvious). Note that some of the fine dust that can't easily be reached with a wet paper towel may still require vacuuming.

So enjoy, if you can, your spring-cleaning chores, whether they be very extensive or minimal this year. Spare a kind word for that trusty appliance (your vacuum cleaner) that should serve you well in carrying out quite a variety of tasks.



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About Sainte-Adèle

Chris Lance - Main Street

It is time to Spring clean – wow, what a weird winter it was, with so much rain, snow and then cold, cold temperatures. Over this past season, I broke 3 shovels trying to hack a path through the ice formations on the roofing of the house, and

walkways. The winter raged, but let's hope we have a soft spring; April showers and May flowers. Collect the winter mitts and gloves, assorted tuques, hats and scarves, dirty, white-stained snow boots, hapless mounds of nylon, grungy-looking, winter snow suits with torn knees and shredded cuffs, tipped-over unbuckled ski boots, all lying on the dirty mats at the front and back doors. Time to stash the torn plastic and bent aluminum shovels (or in my case the garbage bins). The snow is still too deep in the yard to remember what I didn't rake in the fall.

Clean the windows, wash the floors, clean the oven, vacuum the boot mats, after scraping the sand and salt deposits. I'm exhausted already, and it's still raining out there. Check that your civic house number is visible for emergency responders and repairmen.

Get things ready for the bi-annual 'Vente de garage' on the 19th and 20th of May, 8 am to 6 pm. You can get on a list posted by the town if you call 450-229-2921 ext. 114, or email your particulars to urbanisme@ville.sainte-adele.qc.ca. You have until May 8.

If you are planning additions to your home or making major repairs, be sure to get a permit before you start your project. Also, if you are planning a grass treatment involving pesticides this spring, clear it with the town first.

The aerial spraying of BTK against the infestation of 'Tordeuse des bourgeons de l'épinette' begins in May. Your spruce trees are under attack – contact the village, for more information, or go to the town's website to see the areas that will receive the pesticide.

Saturday, May 19, is Green Day at the Ecocentre in Mont Rolland. You can drop off unwanted stuff and also get compost for your garden. Keep in mind you need a picture identity and residential proof (tax bill) to enter the site in Mont-Rolland at 2815 rue Rolland.

The second installment of municipal taxes is due May 30.

There are lots of things and happenings at Place des Citoyens. You can access tickets, events at ville.sainte-adele.qc.ca/achatenligneplacedesCitoyens. If you buy on line you have a chance to win a stay of two nights for 2 people (including breakfast) at Hotel & Spa Mont-Gabriel; the contest runs from August 17, 2017 to April 28, 2018. Winner will be contacted May 2, 2018.

You might want to get the kids (5-12 years) registered for Camp Taloup – you can do it online from the 14th to the 22nd April. They also have a garderie from 7 am to 9 am and 4 pm to 6 pm for your convenience.

There are also soccer leagues available – check out info@fcboreal.ca and register online at www.fcboreal.ca/inscriptions.

It is tennis time again – the courts open Saturday, May 19 until October 8. Make out your cheques to Ville de Sainte-Adèle. Info is available at 450 229-2921 ext. 237. There are two centers to play – rue Sigouin (3 clay courts behind La Place des Citoyens, and on rue Claude-Gregoire (2 clay courts) in the Mont-Rolland sector. Note: there are resident and non-resident rates in different age categories. You can also rent a court for \$20/hour, maximum 2 hours. There is a Round-Robin league on certain mornings.

Fishing season starts on April 28, over at Parc de la Rivière Doncaster. For info call 450 229 6686. There is free access to the river with a citizen card.

That's it for now, and welcome to spring.



Village of Weir Newswire

Claudette Smith-Pilon

SPRING IS HERE

Let's all rejoice winter is over! Spring is the season of new beginnings. Nature comes alive, new growth. Gardening



is looking interesting, if you want to grow your own veggies or fruit trees, now is the time.

Planning for summer, sunshine, longer days for enjoyment of what nature offers. Let's leave behind and forget social media, false news and the brain drain of our youth. Some call this progress... try to enjoy what we do have, life is short.

CITY HALL NEWS – GREAT NEWS

The municipalities of Montcalm and Brébeuf have reached an agreement with the City of Mont-Tremblant concerning certain infrastructures that will be available to the citizens of the two municipalities. It is an improvement for us all – young and old will be able to participate at a reduced cost. Certain guidelines apply (residency must be proven). The new agreement covers access to the multisport grounds, the Aquatic Complex of Mont-Tremblant, the Arena, the pump truck (wave track). Take advantage of what is offered.

The next community luncheon will be held on **Friday, April 27 at 11:30 am**. Please reserve with Jolaine Craig: 819-687-9508.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next quilting day is on Friday, April 13 at 9 am. Our Laurentian branch will be holding its AGM on **Monday, April 23 at 1 pm**. Everyone is invited: here is your chance to see the marvelous work our ladies accomplish for cancer patients. Wine and cheese will be served.

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



Let's Talk About It Family gardening

Erin McCarthy - Main Street

April is upon us, and that means (hopefully) the snow is melting, the birds are chirping their songs of spring, and we are starting to think about loads of spring and summer activities, including... gardening!

I inherited my love of gardening from my mom, and when I became a home owner, I planted my own garden, in which many of the plants were hand-me-downs from my mother's and my aunt's gardens - it felt like I was carrying on a tradition. When my husband and I were unexpectedly given the opportunity to move from Kirkland to Mont-Tremblant, although I was ecstatic to be returning to my beloved Laurentians, I was genuinely heartbroken to be leaving my garden. I decided that I would try to take as many of the plants with me as possible. Despite my efforts, some plants did not transfer well, due to the differences in climate and soil, and some did come back, but were immediately eaten by local critters, like rabbits or deer. I began to realize I wasn't in Kansas (or Kirkland) anymore...

I have since done some research to create my new, Laurentian garden. Now, I am aware that many of you are seasoned practitioners of gardening in the Laurentians, but for those of you who may be novices, and have less than a green thumb, or may be looking for ways to improve or diversify your garden, here are a few things to consider:

1- What is your plant hardiness zone - www.planthardiness.gc.ca
- This map outlines the different zones where various types of trees, shrubs and flowers most likely will survive. It is based on the average climatic conditions of each area, such as seasonal temperatures, length of the frost-free period, summer rainfall, snow cover, and wind speed. The map is divided into nine major zones: the harshest is 0 and the mildest is 8. The Laurentians, filled with farms and agricultural industry, has a variety of zones, for example: Mont-Tremblant is a 3a, Arundel is a 4a, and Lachute is a 5a. Who knew that neighbouring communities could be in different zones?!

2- What are your neighbouring farms growing? The closest farm to me (within 10km), for instance, is Ferme aux petits oignons (<http://fermeauxpetitsoignons.org>). On their website, they list all the vegetables, fruits, herbs, and flowers that they grow in greenhouse and field. This kind of a list is a great place to start, when it comes to planning your own edible garden, whether it be in planters or directly in the ground.

3- What grows wild in your area, and how can you integrate these native species to create biodiversity and sustainability in your garden? <http://espacepourlavie.ca/en/biodiversity-garden> The biodiversity garden encourages you to plant a variety of flora, to integrate species that are native to Québec, and to adopt environmentally friendly gardening practices. To check on whether a species is indigenous to Québec, consult VASCAN, the Database of Vascular Plants of Canada.

My latest research has been on how to get the family involved in the garden. Next month, I will be doing a follow-up piece that will highlight eco-friendly gardening activities for kids. If you have any experience or thoughts on the subject, please email me with your ideas - eamccarthy81@gmail.com

Happy digging!

Arundel News

Janet Thomas

WELCOME TO THE ADAMS - MOFFAT FAMILY

Margaret Ann Adams, her husband Keith Moffat and four very special dogs moved into Ron and Doreen Cooke's home last fall. Margaret Ann is no stranger to the neighbourhood. For years, she lived in Mont Tremblant, first working at Gray Rocks Inn, and later operating her own hotel, Chateau Borghese. After moving to Ste. Agathe, she founded the Laurentian Art Institute. Now she and Keith have both settled into Arundel. Keith retired from teaching at the Laurentian Regional High School and is finding Arundel to be the home of many of his former students. Margaret Ann is a professional artist and now offers art classes in their lovely home. For more information about her art classes, please visit www.redfoxstudios.com



FISHING SEASON IS COMING: BEWARE EURASIAN MILFOIL!

Eurasian Milfoil is growing in Beaven and Round Lakes and the connecting creeks, with devastating effect on fish stocks, recreational use of the lakes, and property values. This invasive weed spreads when cut by propellers or paddles. Each broken segment will root to form a new plant. Colonies grow rapidly into a thick floating carpet on the surface of the water, effectively killing everything that lives beneath.

PLEASE ACT RESPONSIBLY

1. Stay outside contaminated zones marked by yellow buoys.
2. Do not cast your fishing line into the weeds. Your line will break off pieces and worsen the situation.
3. Avoid boating in the creeks.
4. BEFORE and AFTER entering the water, THOROUGHLY WASH your
5. BOAT, TRAILER, MOTOR, BILGE, FISH TANKS, and FISHING GEAR.



Major investments to improve road safety in Argenteuil County

Yves Saint-Denis, Member of Parliament for Argenteuil, on behalf of the Minister of Transport, Sustainable Mobility and Electrification of Canada, Mr. André Fortin, recently announced the 2018-2020 road program for Argenteuil. More than 15 road projects will be implemented over the next two years in the territory.

The program includes investments to improve the existing road network, including roadwork on Highway 50, in the Lachute area, repairs to several bridges and culverts, asphalt paving, and road-crack repairs in some sectors.

“These important investments are necessary to ensure the maintenance of our infrastructures, which play a major role in the development of our region and Quebec. These road projects represent a powerful economic lever by directly contributing to the creation and maintenance of many jobs.” said Yves St-Denis, Member of Parliament for Argenteuil.

These investments of \$149,290,000 for the Laurentian region, of which \$12,717,000 come from partners, will enable the completion of 112 projects, and the creation or maintenance of 957 jobs.

In the coming months, there will be many road construction projects in your area.

The Ministry wishes to remind users of the importance of being extra careful to ensure the safety of its workers.

The Ministry of Transport, Sustainable Mobility and Transportation Electrification is the leader in the management of the City’s highway network and municipal bridges. The largest client in Quebec, the Department has more than 6,000 employees, more than 60% of whom work mainly on the planning, design and execution of road works that fall under its responsibility.

Support for Internet service in Estérel and Lac-des-Seize-Îles

At a meeting with the municipal council of Estérel and Cogeco officials, on March 16, the MP for Laurentides–Labelle, David Graham, highlighted the assistance the federal government has provided to a Cogeco Connexion Inc. project. In November, the government announced it would support three high-speed Internet projects in the riding of Laurentides–Labelle through the Connect to Innovate program: the Antoine-Labelle MRC project, the Association pour la télédistribution & radio La Minerve Inc. (APTR) project, and the Cogeco project in Estérel and Lac-des-Seize-Îles.

The Cogeco project is worth some \$1.4 million and will receive \$57,160 in funding from the federal government, along with an additional \$57,160 from the provincial government.

The Cogeco Connexion project will expand the company’s fibre optic network to connect nearly 900 homes and businesses in the vicinity of Lac-des-Seize-Îles (north of the lake) and Estérel (nearly all the municipality). Within the next 18 to 24 months, residents newly served by Cogeco Connexion will be able to subscribe to their television, telephone and high-speed Internet services. Download speeds will reach up to 120 megabits per second, and some plans will offer unlimited data usage.

“Extending our network to the municipalities of Estérel and Lac-des-Seize-Îles shows that we want to further strengthen our presence in the heart of the Laurentians, which is a very important market for our business,” said Johanne Hinse, Vice-President, Consumer Market Sales and Community Relations, at Cogeco Connexion. “Being close to the communities we serve is consistent with the fundamental values of our business, and we are proud to offer residents of these municipalities powerful, reliable and affordable Internet access.”

Joseph Dydzak, Mayor of Estérel, thanked Graham for his support and leadership on this issue. He added, “Our residents are eager to see high-speed Internet service in their community. This service will enable many of them to more easily work from home and will surely be welcomed by our youngest residents.”

“We are pleased to welcome Cogeco, which will soon provide modern and reliable technologies in our area. We hope that they will be able to serve the entire region soon. We are counting on them,” said France Robillard Pariseau, Deputy Mayor of Lac-des-Seize-Îles.

Ambulance service improved in Argenteuil

As of April 1, 2018, the ambulance schedule for paramedics in the western sector of the Argenteuil MRC will be officially abolished and converted into two 12-hour shifts.

This announcement was made last December in the municipality of Grenville, with the mayor, Luc Grondin, the Member for Argenteuil, Yves St-Denis, and the company that provides ambulance services for this sector of the MRC, Combi.

During a visit to Grenville, the MP met with two new paramedics, Catherine and Nicolas, newly promoted to full-time in Combi. This change in schedule will have a positive impact on the entire Argenteuil territory, as paramedics will now be able to provide dynamic coverage of the territory, which was not possible before. The response time will also be improved considerably.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Congratulations to:

Normand Rivest, owner of **Coiffure Coup d’Oeil** and his team (**Carole and Marie-Claude**) who celebrated their 5th anniversary recently. Located at 75 ave. de la Gare (Galerie des Monts), St. Sauveur. They offer hair colouring, styling and haircuts for the entire family. A manicurist will be on-site shortly. Open Monday to Saturday. It’s so convenient to have a hairdresser open on Monday. Hairdressing available with or without appointment. Wishing you many more years of hairdressing Normand! 450 227-5648.



Yves David, and his two sons **Simon** and **Maxime**, owners of **Zyves** that will move to a larger premise at 230 rue Principale, Le Faubourg building in St. Sauveur. This move seals the official business partnership of Yves and his sons. Their new location will include many more eyeglass frames, a wider variety of sunglasses (including Maui Jim), contact lenses, and more of everything... There is elevator access behind the building for handicapped people. If you have an eye condition, there will be 3 excellent optometrists on site (6 days per week). Store open 7 days a week for client convenience. Best of luck to all of you. 450 227-1470 / zyves.com.



Welcome to:

Stéphanie Sidaros, Owner and Manager of the new **Pizzeria No. 900**, 224 ch. du Lac Millette (close to Super C shopping center), St. Sauveur. They offer authentic Neapolitan pizza, as well as many other high quality, tasty, unique pizzas. Their pizzas are delicious, because they are cooked inside a wood-burning oven. The restaurant is called No. 900 because pizzas are cooked in a 900-degree oven for 90 seconds! Cannolis are the star dessert. There is a beautiful bar to enjoy a relaxing drink with friends. Delivery and take out. Good luck! 450 227-0900 / no900.com.



Did you know that:

Clinique Podiatrique des Monts, which was located on rue de l’Eglise, St. Sauveur will move to a beautiful new premise at 137, rue Principale, St. Sauveur in mid-April? **Dre Émilie Gagnier** and **Dre Myriam Ladouceur** provide excellent podiatric services for the entire family. Services include treatments for ingrown toenails, fungal infections, warts, bunions, regular footcare, athlete’s foot, orthotics and more... Laser treatments are available. Monday to Thursday, 10 am to 7 pm, and Friday’s, from 8:30 am to 2 pm. (same phone) 450 744-3244 / www.podiatriedesmonts.com

SADC in Ste Adèle has helped financially support more than 35 companies this year? The SADC helps small businesses with information on finance, management, development and administration. They also provide mentorship programs and help individuals who wish to mentor. They can analyze your business plan when financing is required by your company. The SADC office is at 1332 boul. Ste. Adèle, Ste. Adèle. If you would like to mentor or be mentored, please contact Sylvie Gauvin at 450 229-3001, ext. 23, or write to sgauvin@sadclaurentides.org. Website is www.sadclaurentides.org. This is an excellent organization within our community that can help your business grow.

Les Sommets will be the new Managers of the **Lachute Golf Club**? This agreement strengthens their goal to diversify operations in the recreation sector. **Louis Philippe Hébert**, President and CEO of Les Sommets, states “Lachute Golf Club has been a golfing landmark in Québec for nearly 100 years, which provided work to about 100 employees.” Many employees who were employed with Lachute Golf Club will retain their jobs.

They are expecting to open tentatively on May 4, 2018, weather permitting.

Laurentian Club Report

By Mary Mitchell

André D. Voizard, Notary and Legal Advisor, spoke on Powers of Attorney and Protection Mandates, helping us plan for the future. Upon graduation in 1974, André convinced his father to move the family law firm from Montreal to Ste Adèle. The person who agrees to act under a power of attorney acts in your name in specific situations you have described. For example, you might give power of attorney to a relative to pay your bills while you are in France for six months. If two people are appointed as powers of attorney, they must act together. A protection mandate is a general power of attorney given in the event of incapacity or intellectual inability. We all hope that this mandate would never be used but when it is needed, it is very helpful. You can appoint an attorney for assets and another one for health and personal care. You can also outline your preferences regarding therapeutic measures. André explained how a protection mandate comes in to force and answered many questions following his presentation. Jill Grumbache-Boileau of 4Korners thanked André and told us about Educaloi, a Quebec website, which provides essential legal information in English. Please join us April 24, 2018 for our next meeting. www.laurentianclub.ca



A brief of the 2018-2019 federal budget

The Member of Parliament for Laurentides-Labelle, David Graham, points out the good news for the riding in the 2018-19 budget tabled recently in the House of Commons by the Minister of Finance, the Hon. Bill Morneau. Of the many issues addressed in the budget, there are a few that affect our region directly.

Internet

Building on the success of the Connect to Innovate program announced last year, which will bring high-speed Internet access to over 18,000 homes in our riding, the government will invest an additional \$100 million in new funding to bring the next generation of broadband Internet services to rural regions using new technologies, such as a network of low-Earth-orbit (LEO) satellites. This new strategy has the potential to provide users with more affordable services.

Seasonal workers

The government is investing \$230 million over two years to improve conditions for seasonal workers who rely on EI in the off-season, which applies to many residents in Laurentides-Labelle. The details will be clarified in the months ahead further to discussions with the provinces. However, \$10 million has been allocated to find short-term solutions right away.

Phoenix pay system

Another key point in the budget is the move to get rid of the Phoenix pay system, which is great news for the federal employees who live in our riding. The government plans to work with experts, federal public service unions and technology providers on the next steps to implement a new pay system.

Family and youth programs

To close, the Canada Child Benefit (CCB) will continue to help Canadian families in the long term. The CCB will be indexed to inflation, beginning in July 2018, to take into account the rising cost of living. In addition, the Youth Employment Strategy, which includes the Canada Summer Jobs (CSJ) program, will receive \$448.5 million over five years, beginning in 2018-2019. This funding will ensure the number of professional placements funded by the CSJ program in 2019-2020 will continue to increase.

Statement

"With Budget 2018, our government is striving for equality and a more competitive, diversified and inclusive country, where everyone has a genuine and equal chance to succeed. I am very proud to support this budget, and I will continue to work hard for the residents of Laurentides-Labelle," said David Graham.



St-Adolphe d'Howard and Morin-Heights health coop announces arrival of a 6th doctor

Good news at last for the Morin-Heights and St-Adolphe COOP health clinics. The board of directors is proud to announce Dr. Vivianne Gatti has agreed to join our team at the Morin-Heights and St-Adolphe health COOP next September.

In 2018, our region, Les Pays-d'en-Haut has been granted the only PREM (regional medical effect permit) issued by the Ministry of Health; in short, only one additional doctor is authorized by the Minister of Health for the entire region of Pays-d'en-Haut in 2018. Dr. Gatti was granted this permit and has chosen our clinics to establish practice.

Staff, volunteer members and administrators perseverance has finally paid off. Operation charm at its best. Our team has set up an administrative structure and contact network that will enable the future arrival of even more new doctors for the municipalities of our region.

Support from our major partners, the City of Morin-Heights and St-Adolphe-d'Howard, the MRC of Pays-d'en-Haut, la Fondation médicale des Laurentides, les Caisses Desjardins in Sainte-Agathe-des-Monts and la Vallée de Saint-Sauveur, the Lions Club of Saint-Adolphe et les Aubaines du cœur, have made growth possible of proximity health services with solid roots.

Of course, without the financial support of our 1750 members, who year after year send in their much needed yearly contributions to help maintain first line medical services in our region, all these efforts would have been in vain. Without these dedicated members, many of our residents would be forced to wait in emergency clinics and hospitals emergency wards when seeking medical assistance. The COOP sets a good example of cooperation as the stronghold of any community.

Dr. Gatti will be taking in patients who do not have a family physician. More details will be made available during the next few months concerning Dr. Gatti's integration into the COOP.

For more information please consult the COOP website at: <http://www.coopsante.org/>. Everyone can subscribe to our online newsletter.



Renewal of the mandate of Jean-François Foisy as President and CEO of CISSS des Laurentides

On March 21, the Council of Ministers reappointed Mr. Jean-François Foisy as member of the Board of Directors and President and Chief Executive Officer of the Center for Integrated Health and Social Services of the Laurentians. This renewal came into effect as of April 1, 2018.

In office since April 1, 2015, Mr. Foisy has been able to innovate and implement various services to consolidate and facilitate access to quality care and services for the entire population of the Laurentians. In this sense, major real estate and building renovations are underway and will continue during his next mandate. "If there is one thing that I have observed since the creation of the CISSS, it is our collective ability to quickly find solutions to the needs of the people of the Laurentians," said Mr. Foisy.

Mr. Foisy also says that every effort is made by his teams to become an employer of choice. "CISSS des Laurentides is the largest employer in the region. Thus, we are deploying a plan that will guide us in effective, coherent and collaborative actions to adopt the best practices in this direction."

Mr. Foisy has many years of management experience in the health and social services network of Quebec, among others, as General Manager of the Santa Cabrini Hospital, from 2011 to 2015, President and Chief Executive Officer of the Lanaudière Health and Social Services Agency, from 2005 to 2011, Clinical Assistant Director General of the North Lanaudière Health and Social Services Center, from 2003 to 2005, and Executive Director of the CLSC de Joliette, from 2001 to 2003.



Twenty acres of new protected territories in the Laurentians

The Regional Committee for the Protection of Cliffs (CRPF) is pleased to announce the addition of more than twenty acres of new protected natural environments in a sector of the cliffs of Piedmont, Prévost and Saint-Hippolyte.

After the gift of the summit of Mount Shaw to Prévost, by Mr. Andrius Knystautas, in March 2017, it is now Aimé Charron and Réjean Marcotte who generously gave us the ownership of their respective lands at Saint-Hippolyte, with the aim to ensure perpetual protection.

These two transactions were made possible thanks to the financial support of the Quebec Wildlife Foundation, the Land Acquisition Support Fund of the Ecological Gifts Program and the Municipality of Saint-Hippolyte.

The CRPF is also continuing its relations with other owners and continues to hope for additional agreements in the coming years: "We have set ourselves the target of reaching at least 60% of protected territory by 2020; we are currently at nearly 45%, a little over 7 square kilometers," said Claude Bourque, president of the organization.

The mission of the CRPF:

Born from a unifying and mobilizing citizen initiative, the Regional Committee for the protection of the cliffs has been working, since 2003, for the protection and ecologically-responsible use of a 16 square-km territory, to justify its conservation, including and extending behind the escarpments of Piedmont, Prévost and Saint-Hippolyte.



Financial support to the Grenville Heritage Commission

Yves Saint-Denis, Member of Parliament for Argenteuil, visited the Grenville Heritage House to confirm financial assistance of \$3,000 to the Grenville Heritage and Recreational Tourism Commission for the pursuit of their activities. For the occasion, he was accompanied by the President of the Heritage House, Laurent Chartrand, and the Mayor of the Village, Luc Grondin.

"This heritage jewel, built in 1820, is a real point of reference for many citizens of the municipality. Its history is an integral part of that of the municipality and that of the Grenville Canal," said the MP, who goes on to congratulate the President, Laurent Chartrand, for his dedication to the Heritage House, and all its volunteers who work daily to preserve the history of Grenville and to promote it.



PALLIACCO receives generous support

The Club de Ski One Hundred Years of Mont-Tremblant presents a cheque for \$3,000 to PALLIACCO, in support of the Trek Under the Stars, Palliacco's main fundraising event.

The Club de Ski One Hundred Years was founded in 1967, Canadian Confederation's centennial year, by a group of French and English-speaking skiers whose sole purpose was to have fun during the harsh winters. In the early '80s, Club members decided to combine fun with fundraising because they wanted to do something constructive to raise money for humanitarian causes relating to health, such as hospitals like the one in Sainte-Agathe-des-Monts, and now to PALLIACCO.



Far left: Peter Rutherford (president of the the Club de Ski One Hundred Years of Mont-Tremblant) and on the extreme right the former president Bernard Matte, presents a cheque for \$3,000 to Palliacco president Aline Robillard, treasurer Pierre Paquin and general manager Jean Desnoyers.

RBC Dominion Securities Foundation donates \$2,000

Palliacco thanks the RBC Dominion Securities Foundation, which made a significant donation of \$2,000 to Palliacco for the 6th edition of the 2018 Trek Under the Stars held on January 27 at Domaine Saint-Bernard in Mont-Tremblant, and the second edition at the Sainte-Agathe Outdoor Camping Center on February 3. Since 2014, the RBC Foundation has been a major donor with a total of \$ 8500 donated to Palliacco. This is greatly appreciated, especially as donations like these ensure the continuity of Palliacco. The two hikes under the stars, which ended Palliacco's annual fundraising campaign, were a great success. The initial goal of \$ 100,000 was largely exceeded with more than \$ 120,000 raised, and more than 400 participants hiking for a great cause.

Palliacco is a charitable organization that provides support, respite and support services to people with cancer, end-of-life patients, caregivers, the bereaved and children with cancer, and their parents on the territory of the MRCs of Laurentides, Pays-d'en-Haut and south of Antoine-Labelle. Services are free and available in French and in English. For more information: www.palliacco.org or 1 855 717-9646.



Mr. Pierre Paquin, Treasurer of Palliacco; Ms. Aline Robillard, president of Palliacco and responsible for the 2018 Stars Walk, and Stéphane Perron, Vice President and Investment and Estate Advisor of RBC Dominion Securities. Missing from photo: Mr. Jean Desnoyers, General Manager of Palliacco.



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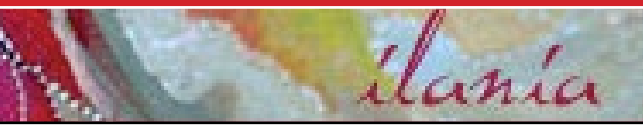
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Out & About

Ilania Abileah - Main Street



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

ST FAUSTIN

Maison des Arts et de la Culture

1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm

Sat, Apr 28: 7 pm - Fundraiser - Tasting Art & Port: 5 ports (1 white and 4 red), chocolate and nuts. Enjoy viewing an exhibition of Dada art. \$25.

STE-AGATHE

Théâtre Le Patriote

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

The theatre will reopen for shows on April 6. Salle Percival-Broomfield

Thurs, Apr 19: 8 pm - Edgar Bori - Garneau / Bori. This is a unique evening with the audience sitting on stage partaking in a review of poems. Multi-instrumentalist, Jean-François Groulx accompanies Edgar Bori. \$33.

Sat, Apr 21: 8 pm - La Chicane: an award winning group of musicians who came from Abitibi: Boom Desjardins, Martin Bédard, Christian Legault, Alain Villeneuve and Dany Bédard. They returned in 2017 after their break up twenty years ago. \$35.



La Chicane

Thurs, Apr 26: 8 pm - Les Cowboys Fringants present "Octobre". This group charms audiences with unique performances. They are still captivating after twenty years. \$35.

Fri, Apr 27: 8 pm - Pierre Lapointe presents La science du Coeur. His words are tender yet make you laugh. \$47.

Fri, May 4: 8 pm - Isabelle Boulay. En Vérité is the title of her recent album, a collection of original songs written by the most popular songwriters. For her 25th career anniversary she has chosen well-known musicians to accompany her. \$48.

Sat, May 12: 8 pm - For the first time at La Patriote! Daniel Lavoie is a singer / songwriter / actor who has walked the stage for the past forty years. He presents songs from his new album, Mes longues voyages" accompanied by six musicians. \$45.

Holy Trinity Church

12, rue Préfontaine, Ste-Agathe-des-Monts
Doors open at 6:30 pm - no reserved seats!

Wed, May 9: 7:30 pm: Quartet Voxpoppuli concert series continues: 2nd concert -The Music Machine; **Wed, June 13:** The Classic Style with Patrick Mathieu at the piano, discussing Europe's discovery of Wolfgang Amadeus Mozart. \$38.

VAL DAVID

Val David Exhibition Centre

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

Until May 6: Chloé Beaulac presents "La Dérive." She captures traces made by time, on camera. Caroline Gagnon presents "Instabilité" vibrating whites and blacks with images passing from the abstract to the figurative.

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com

Sat, Apr 21: 8 pm - Guylaine Tanguay; "Mon Livre Vert." This country music

star performs a new show with songs from her recent recording. Accompanied by her own musicians, she will make it a memorable evening. \$35.

Sat, Apr 28: 8 pm - Guy Bélanger presents "Traces & Scars." With his harmonica, and accompanied by his musicians, this creative artist plays the blues and folk music.



Guy Bélanger

Sat, May 5: 8 pm - St. Jovite Quartet; easy jazz with a pinch of Pat Metheny and George Benson. The musicians are Alain Boyer, Alain Juteau, Normand Lachapelle and Sylvain Provost. \$25.

Sun, May 13: 2 pm - Jean-Michel Blais, a pianist from Montreal will combine melodic music by Yann Tiersen and Chilly Gonzales, and inspired by Philip Glass and Eric Satie. \$25.

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Mon, Apr 16 - Good Hearted Women

Thurs, Apr 19 - Dupré / Millaire

Fri, Apr 20 - Stephan McNicoll

Sat, Apr 21 - Evolution

Mon, Apr 23 - Gilbert Charlebois

Thurs, Apr 26 - Sam Simard

Fri, Apr 27 - Valectra

Sat, Apr 28 - Haut-Parleurs

Mon, Apr 30 - Seb & Mart

For full program check the website www.lesaintsau.com



Valectra

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Apr 14 - June 16: Ginette Fontaine presents a solo exhibition

PRÉVOST

Diffusion Amal'Gamme - Salle Saint François Xavier, 994, rue Principale / 450 436-3037 / www.diffusionsamalgamme.com. Tickets and subscriptions to the new season are available online.

Sat, Apr 21: 8 pm - Louise Bessette. This award-winning pianist will play Tchaïkovsky's "Les saisons." During her thirty-year career, Louise Bessette has played contemporary music of the 20th and 21st centuries. \$36.50.



Louise Bessette

Sat, Apr 28: 8 pm - A fundraising cello-piano concert with Stéphane Tétreault & Marie-Ève Scarfone. Stéphanie Tétreault plays the cello of "Bernard Greenhouse, the Stradivarius of the Countess de Stainlein, Ex-Paganini" of 1707, which was lent to him by Mrs. Jacqueline Desmarais. \$75.

Sat, May 12: 8 pm - Jazz Affair. Jazz Pop vocal group: Luce Bélanger (soprano), Marie-Pier Deschênes (mezzo-soprano), Camille Legault-Coulombe (alto), Jean-François Aubin (tenor), Louis Laprise (baritone), Christian B. Poulin (bass). They sing the Beatles to the Colocs, including Van Morrison and Björk. Quite a medley! \$36.50

GORE

Holy Trinity Church

4, Cambria Rd, Gore / Lakefield. Info : Linda : 450 562-9620

Sat, May 7: 8 pm (doors open at 7:30 pm) - The Swoon Quartet + 2 (two special guests on the cello and bass). This Montreal-based combo offers a unique blend of traditional repertoire music from the songs of Quebec to Eastern Europe's Gypsies, from ancient Latino and Italian songs to New Orleans jazz, and also features the music of Georges Brassens & Django Rheinhardt. \$25 with reservations / \$30 at the door. Cash only.



Swoon Quartet

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open Tues - Sun: noon - 5 pm

Théâtre Gilles-Vigneault, 118, rue de la Gare, Saint-Jérôme / 450-432-0660 / <http://theatregillesvigneault.com>

Thurs, Apr 19: 8 pm - The Musical Box. The only group that received the license to play the music of Genesis of the 1970s, Selling England by the Pound, brings Genesis to life. \$50.

Fri, Apr 20: 8 pm - Philippe Brach presents songs from his third album "Le silence des troupes." Opening act by David Couture (no intermission). \$20 - this is a promotion.

Sun, Apr 22: 3 pm - Christine Tassan et les Imposteurs: "Entre Félix et Django". Jazz manouche, the best of Félix Leclerc and Django Reinhardt. Christine Tassan (guitar, soloist, vocals), Martine Gaumond (violin and vocals), Lise-Anne Ross (rhythmic guitar, vocals) and Blanche Baillargeon (contrabass and vocals). \$34.



Christine Tassan et les Imposteurs

Fri & Sat, May 4 & 5: 8 pm - Luc Langevin - Magic & Illusion, a new show entitled Main-tenant Demain. The audience will be treated to a mind-boggling show! \$59.

Sun, May 6: 3 pm - The Chamber music orchestra la Sinfonia de Launaudière with

tenor singer, Marc Hervieux performing songs of Gilles Vigneault, Ginette Reno, Paul Daraïche and Éric Lapointe. \$55.

Fri, May 11, 8 pm: Eclipse -Acoustic Floyd - after twenty five years touring with "The Pink Floyd Story", and "Live at Pompeii/Animals", the group presents a new tribute to Pink Floyd Acoustic version. \$43



Tribute acoustic Floyd Eclipse

Sat, May 12: 8 pm - Magic and Illusion Les FantasiX - a fusion of magic, illusion, hypnosis and circus. \$52.

Wed, May 16: 7:30 pm - Petula Clark celebrating sixty years in the music world, this is new material from famous Quebecois songs and French hits from her album. \$60.

Salle Antony-Lessard

101, place du Curé-Labelle, St-Jérôme, J7Z 1X6

Thurs, May 3: 8 pm - Dawn Tyler Watson show replaces the one of Feb 9. She is back with a new recording entitled, "Jawbreaker." Varied music from soul, R&B, swing, blues and gospel. \$34.



Dawn Tyler

ST. PLACIDE

Maison de la culture

74, 2e Avenue, St. Placide (at the lakeshore) 450 258-2305 / artsetculturestplacide.com

Sat, May 5: 8 pm (doors open at 7:15 pm). The first evening concert at the St. Placide Church will feature Vincent Vallières in duo. Singer / songwriter Vincent Vallières presents "Le temps des vivants," songs from his 7th album. Call to reserve: 450 412-0852. \$35.



Vincent Vallières

OUT OF REGION

Beaconsfield Yacht Club

26, Lakeshore Road, Beaconsfield / 514 695-1272

Fri, Apr 27: Vernissage 6 pm - 9 pm: Art by the Water exhibit in aid of adolescent colon cancer.

Sat, Apr 28 & 29: 10 am - 5 pm: Artist Wayne Larsen of Val David is donating the painting **Ancient Barn in the Laurentians**.



Wayne Larsen

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.

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Val-David ready to host a new primary school

The Municipality of the Village of Val-David welcomes the decision of the commissioners of the Commission scolaire des Laurentides (CSDL) to keep Grade 6 students in Val-David, rather than transfer them to the Polyvalente des Monts. An unprecedented mobilization of parents and the community, which culminated in the February 19 public consultation, helped develop other scenarios and convince the Commission scolaire des Laurentides to adopt other solutions to alleviate lack of space. The Municipality wishes to thank the citizens whose commitment to this goal, with countless hours of preparation, research and mobilization, and who competed with originality and perseverance to defend their point of view.

Val-David offered a lot for the construction of a new school. This offer follows the resolution of the commissioners, adopted last March 28, which formalizes the demand for the construction of a primary school in the central-east sector and which prioritizes the area of Val-David. The Municipality is now hard at work to carry out, in collaboration with the School Board, a development plan to be tabled in June.

“We can count on an exceptional community that puts forward the values sought by parents, namely solidarity, mutual aid, creativity, conviviality, all focused

by a remarkable sense of belonging. We have the support of the citizens to develop a unifying and unique school project which, as always in Val-David, will bear the signature of culture, the outdoors, the community and the environment,” explains the Mayor, Mrs. Kathy Poulin.

The Municipality is confident of developing a project that will become a reference, by integrating the best initiatives, such as active transportation, food and healthy lifestyles, while being at the heart of the development of the village. “A multi-generational working group, made up of different community representatives, will be quickly set up to define this social project. The mobilization to create a living environment for our children, in collaboration with all citizens, continues,” said Mr. Mathieu Bouthillette, councilor involved in the project.



spring leisure

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Essential Oils Spring cleaning – naturally

Sue 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 could be done very effectively using all natural products? They clean just as well, and even better, than the store-bought products.

Essential oils have been a game changer for me when it comes to cleaning. 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 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 mould.

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 preferred essential oil
Fill bottle with water, add castile soap and preferred oils. Shake well before using.

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.



Fit Tip #124 The time is now

Lisa Mclellan – Main Street

Winter is over! It's time to roll up our sleeves and take positive action. Spring is here. I have been dusting, scrubbing and giving my house the once-over. The house looks and feels great. What a difference. I feel energized, so satisfied and proud. I

don't deny that it requires effort. I had help from an expert - my cleaning lady. We did it together.

Now, Spring cleaning for my body. Detoxifying and cleansing are a normal part of our body processes. The five main organs that detoxify the body are: the lungs, the skin, the liver, the colon and the kidneys. The lungs exhale carbon dioxide. The skin cleans through sweating. The liver acts as a filter preventing toxins and bacteria from passing into the blood stream. The colon flushes out toxic chemicals before they can do you any harm. The kidneys filter your blood and get rid of toxins in the form of urine.

Detoxification is what your body does to neutralize, transform or get rid of unwanted materials or toxins. It is a primary function of the body to keep us alive and healthy. To experience vibrant health, you need to maintain these five key organs by supporting them with the right action.

Exercise is key in helping many aspects of the cleansing and detoxifying process. Exercise activates our breathing; our cardio vascular system, key to bringing in vitalizing oxygen and eliminating poisonous carbon dioxide. The bending, twisting, pushing movements of exercise stimulate circulation in the organs through compression and release, and help to move excrement through the colon. Sweating pushes toxins out of the pores. Spas are also very helpful in promoting sweating.

Nutrition is essential in this process; we must eliminate or reduce unwholesome foods and we must eat wholesome foods to support the optimal functioning of cells. The liver must filter out toxins so the more toxins we put in the harder it works. Your liver is a vital organ. Respect it.

Here is a list of nine foods, which you can integrate into your diet on a regular basis to give your body the tools it needs to cleanse, rebuild and thrive: avocados, cabbage, kale, garlic, cucumber, spinach, broccoli, celery, ginger. Drink plenty of good water to support your kidneys. Improve your detoxifying results by buying organic and eating raw or lightly steamed, to get more health promoting enzymes and vitamins.

Mindset is your key to success. Make a 100% commitment to your long-term health and quality of life. Recommit daily. Believe in yourself. Be grateful and cultivate a positive attitude.

A little knowledge can go a long way when it is supported by action. The time is NOW for the rest of your life. Start by doing a good Spring cleaning. I know you can do it. If not, come find me at www.agesmartfitness.com and I will help you with love and expertise.



Laurentian Personality François Marcil, business man, philanthropist

Lori Leonard – Main Street

Long-time St. Sauveur resident, François Marcil, grew up in Ste. Clôtilde, in Montérégie, where his grandfather opened his first "hardware store" in 1915. Later, François' father took over and built a 4000 sq. ft. space with \$60,000 of sales per year. François worked with his father many years prior to his takeover and sales rose to \$500,000. François and his brothers, Yvon and Normand, bought the store from their father in 1973, when François was 25. He doubled the size of the store, and later purchased many other stores, including Coupal reno centers. By the end of 2014, there were a total of 17 stores, 1200 employees and \$235 million dollars in sales. Although Rona signs were installed recently, François sold the stores to Rona in 2014.



Years ago, François visited Maine and fell in love with rose bushes he saw there, and purchased 100 bushes for his property. He visited Jardin des 4 Vents in Charlevoix, which inspired him to open his own beautiful garden, in 2010, for public viewing to raise funds for worthy causes. He tends his grounds with assistance from 2 full-time gardeners. Two-hour guided tours take place Saturday mornings, from June 23 to August 4, and on July 18 and August 1 for a donation of \$25 per person. Proceeds are donated to the Alzheimer's Society. François raised over \$45,000 for them and other causes. For garden visits, call 1 800-978-7881, website is www.jardindefrancois.com.

François also raised over \$500,000 for Maison des Jeunes, St. Sauveur, and helped construct their building. Each year, François holds a benefit dinner to raise funds; this year it will be held at Gibby's, St. Sauveur, on May 16. Tickets are \$175, and can be purchased by calling Gina at 450 227-6666. These dinners have raised more than \$1 million dollars, and helped Garde-Manger des Pays d'en Haut, Maison de Soins Palliatifs Victor Gadbois, Maison de Soins Palliative de la Rive- Nord, Canadian Cancer Society, etc. François is also affiliated with the SADC, as mentor to young people who are starting their own businesses.

François would like to express his gratitude to his customers and employees who helped him through the years and wishes to thank those who encouraged him with garden visits and by attending benefit dinners. He feels fortunate and truly enjoys giving back to the community.

François, we are grateful to have you as such an integral member of our community. Thank you.



Terry Cutler

Terryble Tymes How romance scams can lead to broken hearts and empty bank accounts

Have you, or anyone you know, been fooled by a romance scam? C'mon, you've seen the emails. "I'm Yuliana and I'm from the Ukraine and want to get to know you better, here's my picture." That kind of email!

Well, this scam takes place on social networks, such as dating sites, Facebook, or by receiving a simple email.

This con job may take place for several months in order to gain your trust. In many cases, it can even get to a point where a personal meeting can be arranged. At this point, two things may take place:

1. An "unpredictable" event occurs, and the scammer needs money as soon as possible for his/her passport, or to file personal documents etc.
2. Or worse, if you come from a wealthy family, you may be kidnapped and a large sum of money could be requested from your family. That's why it's very important to stay on good terms with your family; you never know if they'll pay your ransom.

This sounds like such a foolish scam, but you'd be surprised to know that over 250 victims in Ontario alone lost a total of over \$6 million dollars. Those are the victims that reported the crime! Most likely, tons more were too embarrassed to say anything.

My advice to you is:

1. Never give out personal banking information over the Internet, especially to people you don't know
2. Watch out for fake or "look-a-like" websites that are a mis-spell of the real one, for example: tlnnder.com

If you suspect you might be a victim, be sure to report it to the police right away.

Terry Cutler is the creator of the family-based Internet Safety University training program (www.isunow.com), and a government cleared cybersecurity expert (a Certified Ethical Hacker). He was awarded the 2017 Cybersecurity Educator of the Year award: the Cybersecurity Excellence awards recognize companies, products and individuals that demonstrate excellence, innovation and leadership in information security. You can contact him at Terry@terrycutler.com or 1-844-CYOLOGY



Garden Talk

Harvest protein from the garden

June Angus - Main Street

Many plants provide important nutrients and fiber to our diets, but certain edible plants also pack a real protein punch. This has always been important for vegetarians and vegans who eat only a plant-based diet. But even among meat-eaters, there is a growing trend towards eating less meat and more vegetables. As part of this movement, home gardeners are discovering that it's possible to "grow your own protein" right in a backyard veggie patch.

Here are a few protein stars of the garden that grow well in the Laurentians during our rather short growing season:

Beans: Topping the list are boundless varieties of beans, including numerous heirloom options. Their protein content ranges from about 2 grams per cup of cooked green beans up to 18 grams per cup for lentils. However, many of the high-protein dried beans, including lentils, need a long growing season. Meanwhile, most green beans can start to be harvested about 50 days after planting. Bush beans will produce for about 2 weeks so successive plantings will keep a harvest coming from mid to later summer. Pole varieties can continually produce until killed by frost, although they may slow down during the peak of summer heat. In general, green bean seeds can be directly planted outdoors as most will germinate in about 8 to 10 days once the soil has warmed. After that they tend to grow quickly.

Peas: As part of the legume family, delicious snap peas arrive in late spring packed with about 4 grams of protein per ½ cup. They can be planted early in May so they have plenty of time to grow before the summer heat. Once temperatures stay over 25 C, they stop producing. Snap peas grow as a vine and need to be trained onto and supported by poles, netting, trellises or fences. The goal is to keep them within reach for harvesting.

Broccoli: Always high on the list of superfoods, broccoli not only delivers fiber and protein—1 cup has 2.5 grams of each—it's an excellent source of cancer-fighting phytonutrients and vitamin C for your immune system. Broccoli is a cool-weather crop, so best to start seeds indoors. That jump starts their growing season once transplanted into the garden, although they will still need about 3 or 4 weeks to finish vegetative growth and get on with flowering before summer heat sets in.

Kale: While health and nutrition experts debate whether kale can be eaten raw or must be cooked, bottom line is this leafy green offers up about 3 grams of protein per cup. You can plant kale at any time from early spring to early summer. If you plant kale late in the summer, you can also harvest throughout the fall until the ground freezes.

Sunflower Seeds: Edible seeds are another protein-packed harvest. Sunflower seeds contain about 8 grams of protein per ¼ cup. While easy to grow, seed harvesting can be tricky. As a rule of thumb, harvest sunflowers when their petals become dry and begin to fall. Seeds will look plump and the seed coats will be all black or black with white stripes depending on the variety. If animals or birds are a problem, you can cover the heads with fine netting or paper bags as soon as the petals begin to wilt.

So, as you prepare for planting this spring, round out the nutritional value of this season's harvest by adding some protein-producing plants to your garden.



The magic of words: "The Drill"

Louise Bloom

The study of language and the impact of words, offers us clues about cultural attitudes and tendencies. A deeper study of the meaning of a single word, can often lead to surprising shifts in perception, especially when we are leaning towards a negative bias. Word associations inevitably carry a prejudice depending upon our individual life experiences. Mining through the variety of given definitions sometimes turns up some 'gold'.

Most recently, while contemplating my 15th annual trip to small town Mexico, I heard myself exclaim, "Here goes the usual drill," as an expression of discontent. My obvious disdain for this familiar routine sent me to the dictionary to explore the word "drill".

"Drill" as a verb, aside from the obvious mechanical drilling, is defined as any strict, methodical, repetitive, or mechanical training, instruction, or exercise (as a spelling drill), or the correct or customary manner of proceeding. During the flight, I envisioned our next few hours, as mechanistic and routine, further uncovering a negative prejudice about that which is repetitive.

I was keenly aware that I needed an attitude shift.

As we deplaned in the airport in Mexico and looked for our usual taxi, I recalled the definition of drill as "the correct or customary manner of proceeding. I unexpectedly began to feel enveloped by a small surge of joy in the face of the familiar, a sweet and unexpected delight in a sense of coming home.

On arrival at our hotel, we dropped our bags in our usual room and hurried down to the 'tienda' to garner our housekeeping supplies, trundling them up the great hill to the hotel with our heavy cargo.

We scanned our customary living space and shifted a bit of furniture, rearranging for safe passage to the bathroom in the dark of night. It was as we proceeded to unpack that I came to understand that we were silently involved in a ceremony, correct and customary. The word "drill" opened to a broader sense of 'custom'.

I was coming to realize that we were performing a necessary ritual. This careful initiation, steeped in the ordinary, created the base-camp for the new and fruitful experiences to come. The discipline of systematically providing ourselves with these everyday common comforts, we were creating a foundation on which to welcome that, which is outside the familiar. This is much like the necessary careful preparation of the canvas, stretching and applying the gesso, awaiting the magic of the paint.

I am newly aware of how active discipline, or following 'the drill' prepares the way for the freedom to open to new events. In our secular preoccupations is hidden a reflection of the sacred. Ritual leads to magic. A drill, as a noun, is a shaft like tool with two or more cutting edges for making holes in a firm material, especially by rotation. In its function, it provides the entry for screws with which to build. Perhaps to build anew. How essential this very common and non-illustrious member of the tool box.

Long live the drill!



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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
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Sat, Apr 14: 6 pm - Italian Night
Fri, Apr 20: 6 pm - 7 pm - TGIF Smoked Meat
Sat, Apr 21: 7 pm - Open Mic & Jam
Sun, Apr 29: General Meetings (members only)
Thursdays: 3 pm - Darts - new players welcome!
Military Whist: 1st & 3rd Monday of the month at 1pm.
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net/> / Facebook: legion 171

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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 3 pm

**Branch 71 Filiale
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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.
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**Branch 192 Filiale
Rouge River**

Fri, Apr 13: 5 pm - 7 pm:
Essential Oils Presentation
Sat, Apr 14: 5:30 pm - 7:30 pm - Painting Social
Contact Erin McCarthy : eamccarthy81@gmail.com
Sat, Apr 28: 5:30 pm - Veterans' Supper
Sun, Apr 29: 2 pm - Loisirs Bingo
Sat, May 12 - Golf Tournament
Bowling: April date TBD
Mon: 9 am - 10 am: Yoga
Tues & Fri: 9 am - 10:30 am - Yoga
Contact Marlene: 819 687-8566
Tuesdays: 7:30 pm - cribbage:
Wednesdays: 1 pm - Bridge
For further info: 819 687-9143 / arundellegion@gmail.com

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Sun: 10 am - Sunday School
Sun: 10: 45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

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and Sunday School

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LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
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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.

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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 15: 11 am - Holy Communion
May 20: 11 am - Holy Communion
June 3: 11 am - Morning Prayer
June 17: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
May 20: 9:30 am - Sunday service

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore

Apr 22: 11 am - Holy Communion
May 27: 11 am - Holy Communion
June 10: 11 am - Holy Communion
June 24: 11 am - Morning Prayer
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Apr 29: 11 am - Combined PLL Service
May 13: 11 am - Holy Communion
June 10: 11 am - Holy Communion
June 24: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang – Team Leader of the Laurentian
Regional Ministry
Rev. Josee Lemoine – Associate Priest
Jane Bell – Assistant Curate
Services are held every Sunday at 9:15 am. The
second Sunday of each month is a fun Family Service
All are welcome to enjoy the service and
following refreshments.

ÉGLISE SAINTE-MARGUERITE
80, chemin Masson,
Ste-Marguerite-du-Lac- Masson
Sun, Apr 15: 10 am - noon
CELTIC MASS FOR ST. PATRICK
Traditional Irish, Scottish, Breton and Asturian
music and song.
Liturgy will reflect Celtic traditions / songs
and music performed by the Agincourt
group, accompanied by the
Church chorale and organist.
Scottish Highland dance troupe led by Heather
McNab will perform before and during the Mass.
Free entry / donation appreciated.
Info: Don McMahon: 450-228-1127 /
weedonald@hotmail.com



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LAURENTIAN CLUB NOTICE

Holy Trinity Church,
12 Préfontaine Ouest (corner of Tour du lac)
Ste-Agathe-des-Monts, Québec J8C 1C3

Guest speaker: Sue Rich
Essential oils for health and wellness

Following a breast cancer diagnosis in 2011, Sue
embarked on a life of health and wellness. She
now works full time as a wellness
advocate, educating and helping people
transition into a more natural lifestyle.

Tuesday, April 24

1:30 pm – 3:30 pm

Refreshments following the discussion
Free entry for members
Annual membership \$25
Guests: \$10 per event

Info: 819 326-6872 /
www.laurentianclub.ca/
[facebook.com / LaurentianClubofCanada](https://facebook.com/LaurentianClubofCanada)

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 21, 2018 - 1 pm

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

Speaker: Anne-Isabelle Cuvillier
Non-judgmental communication

Upcoming meeting: May 19, June 16

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 or mail PO Box 2645, Morin Heights QC J0R 1H0

REGISTERED CHARITY - DONATIONS APPRECIATED



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April 2018



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COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

Tele-workshops/Webinars
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VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

351, des Érables, Brownsburg – Chatham Saturday /samedi: **11 am – 1 pm / 11h – 13h**
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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

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COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, May 13: 9 am - noon: Mother's Day Breakfast
Basket draw donations will go to Breast Cancer Research
Everyone is welcome.
Sat, June 23: 9 am - 3 pm - FLEA MARKET
To book a vendor table (\$10 each or 2 for \$15)
contact Barry Smith at 819-687-9498
Indoor & outdoor tables available.
Everyone is welcome to buy, sell or visit.
Visit us on Facebook at LRCC-Lost River Community Center for more details.
Internet Café: Daily access from 7 am - 10 pm.
Residents can pick up their key (\$5) at administration desk.
Computer Support
Tues: 9:30 am - 11:30 am at the Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext. 3203
Like LRCC on Facebook at LRCC-Lost River Community Centre
See event details and photos on Facebook

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
The facilities are now open and we are ready to continue our activities!
Cook's Night Out: 1st Friday of the month at 5:30 pm

Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

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

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Morin Heights Legion (127 Watchorn)
May 3: 7 pm - AGM
TMH members are invited to our annual general meeting
theatremorinheights@gmail.com
www.theatremorinheights.ca

ALCOHOLICS ANONYMOUS MEETINGS

Holy Trinity Church Hall, Ste-Agathe
Corner of Préfontaine St. W and Tour du Lac Road. **Friday evenings: 8 pm**
Having problems with alcohol? Looking for help? Join us for a group meeting and support.

COMMUNITY FACEBOOK GROUPS

Community Readers may be interested in joining one of these local Facebook public groups:
Lachute as we Remember Brownsburg QC memories
Descendants of Pioneer Families of Mille-Isles - Morin Heights
Morin Heights Historical Association
Royal Canadian Legion Branch 171 – Morin Heights

SEEKING VOLUNTEERS

Les Bons déjeuners d'Argenteuil is looking for volunteers to serve students on Tuesday and Thursday mornings for the school year 2017-2018.
An urgent need is felt mainly at Dansereau and St-Martin schools in Grenville, and at L'Oasis, St-André, and St-Julien schools.
Info: 450-562-2474 ext. 2300

ARUNDEL TRAILS!
Memberships available at
Arundel Provisions 819-687-3251

SEEKING VOLUNTEERS MORIN HEIGHTS LIBRARY

We are seeking bilingual volunteers to join the team who operate the Morin Heights Library.
Candidates should have an interest in reading and literature and be comfortable working on computers.
Time availability is for a few hours per month including the weekend.
Info: Lois Russell: 450 226-6874 / lois.russell@xplornet.ca

ART BY THE WATER EXHIBIT & SALE

Beaconsfield Yacht Club - West Island
26, Lakeshore Road (exit 48 St Charles from Auto 20)
Apr 27: 6 pm - 9 pm - Vernissage
Apr 28 & 29: 10 am - 5 pm
Approximately 200 paintings by various artists with many featuring the Laurentian area by artist Wayne Larsen of Val David. Free admission with chance to win a painting by Wayne Larsen & Leslie Portsmouth!
PROCEEDS TO BENEFIT ADOLESCENT COLON CANCER RESEARCH

SEEKING VOLUNTEER DRIVERS

The CISSS des Laurentides is looking for volunteer drivers who want to get involved with young people by offering their time. If you own a vehicle and are interested please contact 450 432-2777 ext. 78402.

SPRING SALE

Lachute United Church
232 Hamford St, Lachute
Sat, May 19: 8 am - noon
Plants, books, treasures, home-baked goods

LACHUTE UNITED CHURCH STRAWBERRY SOCIAL

Grenville Community Centre
21, Tri-Jean St., Grenville
Thurs, July 5: 6:30 pm - 8:30 pm
With music entertainment

LACHUTE REGIONAL RESIDENCE FOUNDATION FUNdraiser

Lachute Legion Hall, Lafleur St.
Fri, Apr 13: 7: 30 pm - doors open at 7 pm
Guest Speaker: Historian & Storyteller extraordinaire, Robert Simard
Presentation: Argenteuil As We Remember.
Light refreshments
Tickets: \$20.
Contact Pat: 450-562-8365

BLOOD DONOR CLINIC
Centre de formation professionnelle des Sommets
Cafeteria - 36, rue Brissette, Ste-Agathe-des-Monts
Thurs, May 3: 1 pm - 6:30 pm
Objective: 90 donors!
You may confirm your ability to donate by calling 1 800 343-7264 or by visiting the Hema-Quebec website www.hema-quebec.qc.ca
Give blood - give life

MONT TREMBLANT BOOK CLUB

Velan Astronomy Pavillion, Domaine St-Bernard, Mont-Tremblant
Mon, May 28: 1 pm - 4 pm - Meet writer, John Farrow
Well-known Montreal author, John Farrow will be on site discussing his novels.
Free admission

MARK YOUR CALENDARS SING FOR YOUR SUPPER FUND-RAISER

Comforts Bar
795, ch du Village, Morin Heights
May 27: 4 pm - 8 pm
Open Mic & BBQ with various musical guests
Karnak Shriners (Morin Heights) with the support of Comforts Bar are planning their 3rd annual 'Sing for your Supper' series of concert events for 2018 - beginning May 27 and every two weeks thereafter until Sept 16.
Proceeds to benefit the Shriners Hospital for Children in Montreal.

RED CROSS COURSES

Morin Heights Elementary School
Apr 27: 9 am - 5:45 pm: Emergency First Aid (\$70)
June 9 & 10: 9 am - 5 pm: Standard First Aid (\$150)
Register with Natalie: 450 226-2017, ext. 6217 / at mhesppo@gmail.com or through FB links
Profits go to Friends of Morin Heights to help the MHES students.

TELUS MOTORCYCLE RIDE FOR DAD

Fighting prostate cancer
Chalet du Ruisseau, 12570 Rang de la Fresnière, Mirabel
Sat, May 26: registration: 7 am - 8:50 am - start: 9:15 am sharp
Register online: RandonneePourPapa.ca / RideForDad.ca

BLOOD DONOR CLINIC

École Polyvalente Lavigne
452, ave d'Argenteuil, Lachute
Tues, Apr 17: 1:30 - 7:30 pm
Goal: 115 donors
Give blood - give life

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www.organismepeaix.ca

Alcoholics Anonymous
Helpline:
1 877 790-2526

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

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We are dedicated to keeping you informed of what is happening in your community.



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Volunteering, the perfect panacea for cabin fever

4K - By Jill Grumbache-Boileau
Community Development Coordinator, 4 Korner's Family Resource Centre

Cabin fever. It's common at this time of year, especially after our somewhat weather-challenging winter. Good news, there is a cure! And it's a cure guaranteed to fill you with satisfaction, learning, joy, and love.

I know, with busy lives it can be hard to find time to volunteer. But please consider this—the benefits of volunteering are enormous for you, your family, and our communities. I can personally testify that the right match between volunteer, organization, and role can help reduce your stress, broaden your circle of dear friends, make you feel a greater part of your community, teach you new skills, and for those still working, even advance your career.

Did you know, in addition to all those benefits that receive, that giving to others through volunteering can help protect your mental and physical health? It's true. While volunteering offers vital help to people in need, worthwhile causes, and the community, it can be even greater for you, the volunteer.

Volunteering also combats depression, keeps you mentally stimulated, and provides a sense of purpose. Studies have revealed that the more you volunteer, the more benefits you'll experience—but volunteering doesn't need to be a huge or long-term time commitment if that doesn't suit your schedule. Giving in even simple ways can help our fellow citizens in need and improve your health and happiness.

"Volunteering: The happiness effect." Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000-\$100,000 versus \$20,000, say the researchers." (Simple Changes, Big Rewards: A practical, easy guide for healthy, happy living | A Harvard Medical Schools Special Health Report | Harvard Health Publishing)

People with disabilities or chronic health conditions can also benefit greatly from volunteering. Research shows that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes, or digestive disorders all show improvement after volunteering.

Even if you lack transportation, many people volunteer time via phone or computer. Our digital age means organizations need help with writing, graphic design, email, data-entry, and other web-based tasks.

So, something fun, fulfilling, and good for you and for your neighbors. Volunteering, what a great cure for everyone!

4 Korner's Resource Center and other non-profits across The Laurentians need your volunteer support now. Please call today— get healthier and happier—and make our communities even better places to live! <http://www.4kornerscenter.org/> | DEUX-MONTAGNES - 450-974-3940 | STE-AGATHE-DES-MONTS - 514-574-8030 | LACHUTE - 450-562-3553



Morin Heights Elementary School
647 Village Rd. in Morin-Heights

SPRING FAIR

Food Zone
Vendor Zone

Garage Sale
Zone
and MORE!

Saturday, May 12, 2018
9am-4pm
In case of rain: cancelled

For more information, or to rent a table, contact Natalie at mhesppo@gmail.com or 450-226-2017 ext 6217
Visit our Facebook Group: MHESEventsGroup

In collaboration with the Morin Heights Family and Environment Festival
All profits go to 'Friends of Morin Heights' to help the students of MHES.

Now Open!

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
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LACHUTE HOURS: Sun - Wed: 11 am - 8 pm | Thurs - Sat: 11 am - 9 pm

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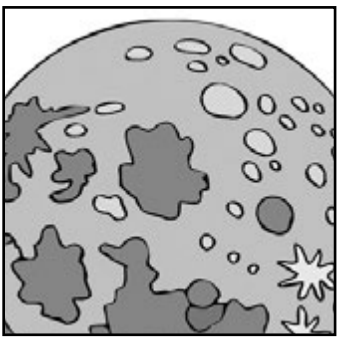
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Zach Factor Better than Goodenough

Lys Chisholm & Marcus Nerenberg - Main Street

In January 2013, a brand-new Boeing 787 Dreamliner, parked at Boston's Logan Airport, caught on fire. Apparently, one of its lithium-ion batteries overheated, and the ensuing fire was extinguished without much damage to the aircraft. A few days later, another battery ignited while on the ground in Japan. The new Dreamliner aircraft were grounded worldwide while the suspect batteries were encased in steel boxes with titanium vent tubes to eliminate the safety hazard. The battery manufacturer increased quality control and, despite other incidents in the past five years, they are not considered a safety problem because each occasional fire is contained. Hopefully.

At the beginning of the twentieth century, the development of the motor car went in one of two possible directions. The noisy, fume-belching, and highly polluting internal combustion engine competed with the quiet and elegant electric car for market supremacy. The power output of the gas motor improved rapidly, and the invention of the electric starter eliminated the cumbersome starter crank. The electric car development was only limited by battery technology of the time. The lead-acid battery was very heavy and could store enough energy for a short driving range. Also, at a speed much slower, it competed with the developing gas-powered vehicle whose only limitation was the size of the fuel tank.

In 1980, John Goodenough, a fifty-seven-year-old professor at Oxford University, along with his team, developed the lithium-ion battery. It was much smaller, several times more powerful, weighed significantly less than other batteries and was rechargeable. Sony was the first to use the L-ion cell in a small, lightweight video camera. The new battery made the cell phone a reality, as well as the laptop computer, and all the hand-held power tools that we take for granted. Elon Musk uses this battery to build the Tesla, a clean and powerful car that has a workable range between charging stations; the amount of electricity it takes to power up is a small fraction of the cost of a fossil fuel fill-up. However, as we made our hand-held devices more powerful and smaller, the L-ion battery sometimes was stretched beyond capacity. Samsung smart phones sometimes burst into flames in our pockets and purses, and occasionally a laptop would explode in an airliner overhead bin.

The lithium-ion battery has one weakness, which sometimes pops up. A battery consists of three necessary components; there are two poles - an "anode" a "cathode" and an electrolyte between them. The anode stores electrons (energy) and when the battery is being used the electrons flow from the anode through the electrolyte to the cathode and into the device.

(P - Baghdad battery) To date, all batteries have a liquid electrolyte. To start our gasoline cars, we have a lead-acid battery; the electrolyte is sulfuric acid, a technology that, according to some scientists, dates back to the Sumerians. Today's lithium-ion batteries use liquid electrolytes to transport the lithium ions between the anode (the negative side of the battery) and the cathode (the positive side of the battery). If a battery cell is charged too quickly, it can cause dendrites or "metal whiskers" to form and cross through the liquid electrolytes, causing a short circuit that can lead to explosions and fires.

In 2017, at Cockrell School of Engineering at The University of Texas at Austin, Professor John Goodenough, and Senior research fellow, Maria Helena Braga, developed the next generation of electrical storage. Instead of liquid electrolytes, the researchers rely on glass electrolytes that enable the use of an alkali-metal anode without the formation of dendrites.

The engineers describe their new technology in a recent paper published in the Journal of Energy & Environmental Science. "Cost, safety, energy density, rates of charge and discharge and cycle life are critical for battery-driven cars to be more widely adopted. We believe our discovery solves many of the problems that are inherent in today's batteries," Goodenough said.

The researchers demonstrated that their new battery cells have at least three times as much energy density as today's lithium-ion batteries. A battery cell's energy density gives an electric vehicle its driving range, so a higher energy density means that a car can drive more kilometers between charges and allows faster charging cycles. This equates to longer battery life. Many believe that Goodenough may finally get the Nobel Prize that should have come with the invention of the lithium-ion battery in 1980. At 95, he certainly serves us notice that retirement is merely a frame of mind.



Engineering Professor John Goodenough of University of Texas, turned 95 last year. Photo Credit, Marsha Miller, U of Texas.



The Story Behind The Irish of St. Columban

Joseph Graham - Main Street
joseph@ballyhoo.ca



In the province of Leinster, Ireland, in the year 560, Columcille was obsessed with the beauty of his master's book of psalms. In the dark of night, he secretly copied it. A monk, he was also a capable warrior, once named Crimthann, the Fox. When he was forced to give up his copy, his injury festered, contributing to an act of revenge for the death of one of his followers. His revenge left him victorious and in possession of his copy of the psalms, but he was still a monk, and the Church exiled him, setting him to the task of converting 3001 souls to Christianity in penance for those he had killed.

Today, he is known as St. Columba, from the Latin for dove, the Irish monk who set the pattern for the Irish monastic tradition that brought writing back to Western Europe after the fall of Rome. The abbey structure that he established included simple huts for the monks, a dining hall, a kitchen, a scriptorium for transcribing documents, a library, and the fundamentals of a good farm. When an abbey reached 150 monks, a leader would choose 12 monks, as Columcille had done upon his exile, and would set off to re-establish at a new location. One of his successors, St. Columban, also of Leinster, was a monk with a much less violent history. Following St. Columba's example, he set off for the Continent with 12 monks and established some of the most important abbeys of the seventh century.

In 406 CE, the Rhine River had frozen solid. The Rhine and the Danube had always kept the eastern tribes out of the Roman Empire, but that winter the Rhine ceased to be a barrier to the Vandals, allowing them to establish a permanent beachhead on their far shore. Thereafter, barbarian hordes poured west destroying the very fabric of Roman society. While the Church hierarchy withstood the onslaught, most of the written culture was lost. The tireless monks of St. Columba created abbeys and diligently transcribed and preserved the old documents that had remained out of reach in Ireland. They spread their copies throughout their network during the Dark Ages. In the process, they had a huge impact on all aspects of European life.

Father Patrick Phelan, a Gentleman of the Order of St. Sulpice, was born in that same Irish province, Leinster, in 1795. While his family moved to Boston, his vocation took him to the Grand Seminary in Montreal. His ordination to the priesthood coincided with the arrival of a first wave of Irish immigrants, and the Bishop of Montreal encouraged him to join the Sulpicians in order to minister to these new, impoverished arrivals.

The Sulpicians, whose founding vision had resulted in the creation of Montreal, owned a seigneurie north of Laval, centred in Oka. Like St. Columban, their vision was of an order of brothers and priests who would minister to the needy in the name of the Holy Roman Catholic Church.

Father Phelan would have known about his Leinster predecessors, and about St. Jerome, among the earliest of monks, and St. Scholastica, the soul sister of St. Benedict. He encouraged his Irish immigrants to colonize the territory in the northeast of the Sulpician seigneurie and he founded their parish, naming it for his spiritual forebear.

As early as 1825, there were 250 people in the homestead, and others not far away in St. Jérôme. The success of a settlement of Irish Catholics was dependent upon a strong parish priest, but in the beginning, they had not even a chapel, traveling to St. Scholastique when they must. This lack was mitigated by the erection of a cross, allowing them to go to it and pray when time did not permit the longer overland trip to the nearest church. Well after their first chapel was finally built in 1831, at the location of the cross, the early settlers continued to refer to a trip to the chapel as 'going to The Cross.'

Their first priest, Father Blythe, moved on to become the first priest of St. Jérôme, and their second lasted only two years, but the third, Father John Falvey, arrived in 1840 and remained for 45 years. A priest in a small community was much more than a spiritual adviser. He was the person that parties would come to in order to settle differences, draft agreements, register a family event such as a birth, death or marriage or officiate at any community event. He was expected to take the community's needs to the higher authorities and argue them, and he was also expected to have a business mind, be kind and patient, set an example of generosity and establish proper education for the children. Father Falvey, according to all the records, went beyond expectations.

They had no railway connection, nor even decent road access, and the soil, like so much of the higher lands of the Laurentians, was thinly spread in crevices in a rocky terrain. Farming, with long, cold winters and hot, dry summers left no surpluses. Seeing what they had to deal with, Falvey encouraged his congregants to build mills on the North River and they fared better with lumber, boasting five mills.

Father Falvey was assisted in his mission by a woman, the niece of Father Phelan. Sister Mary St. Patrick, born in County Kilkenny, Leinster, Ireland, took her vows at her parents' home in St. Columban and worked tirelessly for the parish, caring for the sick and teaching at the small school until her death at 77 in 1905.

Descended from the spirit of these missionary pioneers, the Irish of St. Columban also moved away, building different parts of Canada and the United States. They took with them their memories of family gatherings, children playing on grey Laurentian rock, the music, the wagon in a field, horse-drawn and piled high with hay, the northern lights and the quiet of winter. Somewhere in their memories, the quilting bees go on, the pump organ plays and the sap is being gathered in the maple grove. Trout fishing, walking to the schoolhouse through familiar short-cuts, they are all far in the past today, but the Irish descendants, the people of St. Columban, return nostalgically, and inevitably end at The Cross, at the church where the cemetery bears witness to their roots.

Obituaries

McCallum Edith Flora
October 7, 1921 – March 6, 2018

Edith passed away after a brief illness at the Hawkesbury General Hospital. Predeceased by her parents, Neil and Annie (Swail) McCallum and her sister Isabel, of Grenville-sur-la-Rouge. For the first time in



over 150 years, there is no McCallum in residence on the Rouge River Road. The McCallum farm has not moved over the years but the mailing address has changed. Depending on the era, the farm address has been Rivington, Bells Falls, Calumet and now Grenville-sur-la-Rouge.

Edith became a teacher in 1939 and spent the rest of her working life in the classroom. She taught at a number of local schools, spent 15 years teaching in Gatineau and then finished up her career teaching for 20 years in Harrington. Edith followed the progress of many of her students throughout the years and her concern for their well-being was genuine. When she retired in 1983, her students prepared a booklet that contained their thanks and thoughts. Edith kept that booklet on her bookshelf and enjoyed telling a visitor all about the various authors. She was particularly proud of the fact that even today many of her students still took the time to write or visit her.

Edith was not only successful as a teacher; she became a farmer in 1962 when she took over the management of the family farm after the death of her father. The Neilann Dairy Farm operated until just a few years ago when new rules for milk collection made her hang

up the milk pails for good. Not content to rest on her laurels, Edith then turned her attention to beef farming and soon had an enviable herd grazing in her fields. Mike Bennett, who has been in charge of the day-to-day operations for many years, will continue to farm under the Neilann name.

Mourned by her dear friends Mike and Mandy Bennett and their family, countless cousins and good friends. At Edith's request, there will be no visitation or funeral. Interment will be at a later date in the Avoca Cemetery.

RONALDS, Elmer
July 29, 1925 – April 2, 2018

Peacefully at the Lachute Hospital on Monday, April 2, 2018 at the age of ninety-two. Pre-deceased by his loving wife, Rhoda Colquhoun. Loving uncle to Gary (Kathy), Brian, Debby, Mike (Chantal) and Sandy. Great-uncle to Justin, Brandon and Jordan. A memorial service will be held at a later date.

In Memoriam

SMITH Claude
January 25, 1953
- April 15, 2013

5 years... doesn't seem possible.
When there are stars in the sky
I look up and see the brightest star
and know that you are shining down on me
Watching out for me, and guiding me through the rest of my life
Miss you everyday and a day
Will always love you a Bushel and a Peck and a Hug around the neck
Forever in my heart
Your wife Ilene xxx



New meditative yoga movements class offered at Palliacco

Join us for gentle meditative yoga movements that will help you feel calmer and more centred. Postures will be adapted to your unique needs. Those undergoing treatment as well as caregivers and people who are recovering are welcome. Angi Bloom of Studio Yogabloom in Mont-Tremblant has been sharing yoga for more than 45 years and incorporates yoga massage, gentle breathing, mindfulness and more into classes. Thursday afternoons from 1:00 to 2:15, April 12 to May 17. Telephone 819-717-9646.



Palliacco offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides
Mont Tremblant: 2280, rue Labelle / 99, rue St-Vincent, Ste Agathe

Info: 819 717-9646 / 1 855 717-9646

Mont-Tremblant: 2280 Labelle Street | Sainte-Agathe: 99 St. Vincent Street - Local 2

Upcoming Activities

Help Projects, Training: How to accompany a loved one in the palliative phase
Wednesdays May 16-23-30 and June 06: 1 pm - 4 pm
An opportunity to acquire knowledge, skills and attitudes to better support a parent or friend in the palliative phase and prevent burnout. (Mont Tremblant)

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
Each 2nd Monday of the month: 10 am - 11:30 am (Mont-Tremblant)
Each last Friday of the month: 10:30 am - noon (Ste-Agathe)

Coffee Meeting for the Bereaved
Each 2nd Tuesday of the month: 7 pm - 8:30 pm (Mont Tremblant)
Each 3rd Thursday of the month: 1:30 pm - 3 pm

Group Relaxation
Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved.
Fridays: 10:30 am - 11:30 am (Ste-Agathe)

Regenerative Yoga
Thursdays: 10:40 am - 11:50 am - until June 7 (Ste-Agathe)

Group Grieving Sessions
May 14 - July 16: 1:30 pm - 3:30 pm (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)

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



The English Link It's a complicated issue

By Jill Grumbache-Boileau, 4 Korner's Family Resource Center

Part one of two.

A friend in Saint-Adèle has waited nine years to be assigned a GP. Because she is a middle-aged, healthy woman, each year she is removed from the request list, and each year she has to re-apply. Another person I know here has physical and mental issues, yet it still took two years to be assigned a GP. I asked Dr. Ouimet if she can help our readers understand why this is happening in the Laurentians?

Doctor Ouimet began by framing the issue from her perspective as a General Practitioner in Mont-Tremblant.

"I've heard these stories, too. First, it's probably not an issue specific to the Laurentians. I believe this is the case in many regions of Quebec. It's a complex issue.

Here in Mont-Tremblant/Saint-Jovite, we have about 12 doctors (some are soon to retire, and some new doctors are reportedly on the way), some working part-time, for a population of approximately 10,000. But our patients come from other areas, too. I also see patients from Sainte-Agathe, Saint-Donat, Saint-Jérôme, and Montreal, for example. The latter are patients who 'moved' with me when I changed location from Montreal to here.

I believe it's been over two years since a new doctor received a permit to practice here, yet our need is growing critical. Several doctors are nearing retirement. I arrived about two and a half years ago. I am meeting the 1,500-patient quota, and there is a lot of pressure for me to take on more. I get requests every single day."

In the not-so-distant past, GP's were allowed to dedicate a few hours to an office and the balance of their time working in emergency rooms, hospitals, and delivering babies. Dr. Ouimet explained, "I have friends and colleagues who are in-office once or twice a week and spend the rest of their time in hospital, and when they are at the hospital, they don't or can't take on new patients."

Quebec's Health Minister, Gaetan Barrette, believed this was one reason there are multi-year waiting lists for people to be assigned a family doctor. So, as part of what was nicknamed "La Réforme Barrette," he was pushing for a 1,500-patient quota on new GPs and requiring that they work only in their offices and no longer in hospitals.

People realized that this element of reform might have positive and negative effects. The positive is, more GPs will now take on the patient quota. The negative is that medical students may be less apt to want to become family doctors because of the lack of versatility. Dr. Ouimet shared, "I am the perfect example of Dr. Barrette's reform. I don't work in the hospital - I work full-time office hours and do house calls. This is perfect for me; it's what I like and want to do. But I have friends and colleagues who like the office, but who also want to work in the hospitals."

Next month: How & why medical students make their choices to become family doctors or specialists, and how the government allots placement of physicians across the province.

Guy Parent receives the Sovereign's Medal for Volunteers

Mayor, Mr. Luc Brisebois, recently presented the Sovereign's Medal for Volunteers to Mr. Guy Parent in recognition of his outstanding volunteer service during a ceremony held at City Hall.

Rather than go to Ottawa to receive his medal, Mr. Parent chose to live this moment in Mont-Tremblant surrounded by his family and friends. It is with honor that the City Council has accepted to present it on behalf of Her Excellency the Right Honorable Julie Payette, Governor General of Canada.

"This medal recognizes Mr. Parent's 50 years of contribution as a volunteer. He began to get involved in his locality, in Repentigny, as one of the recreation organizers. When he retired, he chose Mont-Tremblant as his place of residence, not only to admire our fabulous landscapes, but also to contribute to the heart of our community. With his hand on his heart and sensitive to the needy, he played an important role, through his determination, in the creation of the Samaritan Help Center. He also helped establish affordable housing in Amherst by creating the organization Le Trait d'union. Today, he is still active as a volunteer for the La Traversée Foundation.

The Sovereign's Medal for Volunteers recognizes outstanding volunteer achievements by Canadians across the country and celebrates a range of volunteer achievements and contributions.





Main Street Money: Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP,
Investment Advisor, Manulife Securities
Incorporated, Financial Security Advisor,
Manulife Securities Insurance Inc.

TALKING CARE WITH PARENTS

How to have conversations about support for aging loved ones.

ACCORDING TO STATISTICS CANADA, seniors are the fastest-growing age group in the Canadian population. Given longer life expectancies, many of us will have to care for an aging parent at some point, and providing and paying for that care can be a real concern. In fact, a recent survey found that nearly two-thirds of Canadians don't know how they'll manage the care and finances of their aging parents.

To prepare for any eventuality, consider gathering family members together to talk about living situations and levels of care that will meet everyone's needs, as well as how to handle and finance that care. It may be an uncomfortable topic to discuss, but planning in advance can help avoid misunderstandings later. Here are some suggestions to get the conversation started.

Involve family members from the beginning

It's a good idea to include siblings and other family members in the conversation right from the start. Have open and regular discussions on how to manage costs associated with parents' care, and designate responsibilities. This way everyone has the chance to speak his/her mind and contribute to decision-making.

Find out what your parents think

Ask your parents what they want and where they want to live, and discuss what types of care may be needed.

If they want to stay in their own home, can they afford and maintain it themselves? Will it need accessibility alterations (ramp, hand railings, etc.)? Consider including an independent third party in the conversation, such as a personal care worker or an advisor, to help everyone understand the practical, financial and emotional aspects of elder care.

Get familiar with your parents' finances

Your parents have been managing their own money for many years, so this can be a sensitive topic. There may come a time, however, when it's necessary to learn about your parents' finances and help them get organized, so if and when it makes sense, offer your help to work with their advisor to do what's best for their financial needs. You'll also want to find out if your parents' will and/or estate plan is up to date. Do they have a power of attorney (referred to as a health care directive in some provinces) outlining their wishes for medical treatment, or a power of attorney for property authorizing someone to act on their behalf regarding their financial affairs?

Although it can be an uncomfortable topic to discuss, many of us will eventually have to manage the care and finances of elderly parents. With this in mind, the earlier you start the conversation, the better prepared your family can be. By taking advantage of various resources and including an advisor in the conversation, you can help ensure that your parents will receive the best care they can get if and when the time comes.

*Statistics Canada. "Age and sex, and type of dwelling data: Key results from the 2016 Census". The Daily, May 3, 2017. www.statcan.gc.ca/daily-quotidien/170503/dq170503a-eng.htm
*business.financialpost.com/personal-finance/nearly-a-quarter-of-baby-boomers-havent-had-the-conversation-about-how-they-will-be-taken-care-of-poll
Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. - This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca
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The MRC d'Argenteuil unveils the local winners of the 20th OSEntreprendre Challenge

The MRC d'Argenteuil recently unveiled the local winners of the 20th edition of the OSEntreprendre Challenge. Two companies won the honors in their respective category and will represent the MRC d'Argenteuil at the regional gala. Local winners are:

LLE Technologies of Saint-André-d'Argenteuil in the Business Services category. The company specializes in high-resolution site characterization. This service, which is offered to environmental consulting companies, makes it possible to detect, in real time in the field, the presence of contaminants in the soil and to better identify the soil zones to be treated. These technologies are effective for volatile organic compounds (VOCs) and hydrocarbons.

Honey O'Max inc. from Mille-Isles in the Bioalimentaire category. Miel'O'Max's mission is the continuity, protection and production of apicultural products and services to ensure the development of bees. The company wants to serve beekeeping in the region, but also throughout Quebec.

Each of the winning companies received a cheque for \$150 from the MRC d'Argenteuil and a one-year membership to the Argenteuil Chamber of Commerce and Industry. The MRC d'Argenteuil is proud of the entrepreneurial succession of these two new companies and wishes them the best of luck at the regional gala, which will be held on April 25, in Mirabel.



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I'm Just Saying Mandating conformity

Ron Golfman - Main Street

While I have spent much time trying to find the answer to the difference between want and need, my quandary has been intercepted by the notion of waste, and how frivolous we are about things. I am not excited about self-driving cars, as I relate driving to be that moment when one finally gets a licence. It's akin to the first time you successfully gained the taste of ultimate freedom when navigating a two-wheel bike on its maiden voyage. Self-driving seems like the only way for people to get around the perils of texting while driving, which is a whole other addiction tearing at our sense of being. Mandatory seat belts make sense, but this?

Here we are in Canada, the country with the most fresh-water lakes on the planet, buying fake bottled water from Europe and Scandinavia in record numbers. Aside from the pseudo attempt to get better H2O, which it is not, we're killing the Earth, and all its creatures, with an unmanageable amount of plastic for no good reason. The bottled water is no better than most tap water, probably is imported tap water, and the particles of plastic dissolving into the water before we drink it are usually worse for you than tap water from home.

We all remember when our diets were tossed back and forth with the notion that eggs were bad for you, then good, then bad, and so on. How many different products can we all name with the same dysfunctional profile over the years? From Accent to butter vs. margarine, we've been on a roller coaster of facts refuting facts and we follow and believe like lemmings. I anticipate that eventually cholesterol will be prescribed in recommended doses, making big pharma tons of our hard-earned dollars.

I am not paranoid, but I am alarmed by the parallels between fake news in recent politics and the arbitrary information we are given regarding so many other aspects of our lives, and that we buy into what we are told. It's odd that we don't often hesitate at the doctor to seek a second opinion, yet in our daily lives we blindly accept what we are told without questioning the sanity of the directive. As it gets harder to disseminate what is true and what is not, clearly that passivity is not the best route to take.

I grew up drinking whole milk, played in the dirt, climbed trees, and even was gullible enough, thanks to my older sister, to eat a mud pie on occasion, and I am still here. It concerns me that we are losing our ability and will to tell the difference between the forest and the trees on many levels. The combination of protecting ourselves, and the endless search for the easy way, is not a match made in heaven. Otherwise, and I'm Just Saying, we are doomed to touch, smell and taste crap and then feel relieved that we didn't step in it.



Making it Work in the Laurentians Networking tips for artists

Rachel Morgenstern-Clarre

As an artist, you always want your art to speak for itself, but the reality is that sometimes you must do the talking - especially when you're just starting out. Whether you're talking to people online, at an art event, or in an informal setting, networking is crucial to getting your name and your artwork out there. This can be easier said than done, of course, but the benefits are many. Just think about networking as a way of sharing your enthusiasm about your art, exchanging concepts and ideas with other creative types, and connecting with new people - agents, buyers, gallery owners, critics, art lovers. While it's not the same thing as selling, the two are clearly connected, and to network successfully, in the most beneficial way possible, you have to be strategic.



How to network strategically

Your time is limited, so you must treat it as such. Be smart about identifying your specific goals, such as finding an agent, connecting with a gallery owner, meeting artists you admire, connecting with potential clients, and then participate in the best networking opportunities that align with those goals. Identify key people in your field you'd like to connect with and reach out to them by email or social media. Try to meet up with people in person, so you can make a strong and lasting impression. Cultivating relationships takes time, but the feedback these individuals can give you on your art, their advice about the inner workings of the art world, and the opportunities that can come from these connections is priceless.

Where to network

Research and keep on top of current trends and events to find places where you can easily connect with people in your field, such as subscribing to Facebook groups, or being added to the list of a local art gallery. Join groups in your area related to art, especially ones that hold mixers. Also, don't forget online opportunities, but make sure you manage your time appropriately. Remember that even family and friends can help you find someone who has the potential to help you advance your art career. You're an artist, so think outside the box; any social event can be a networking opportunity!

How to network

Walking into a room full of strangers, especially people you haven't met before but whose work you admire, can be very intimidating, but don't panic! Networking is just another way of "having a conversation". When you go to events, be engaged, not just present. Be natural, open and friendly as you introduce yourself, and share your interests. Don't just talk about yourself and your work, however, ask questions and offer support, advice, and collaboration to others. Have your business card ready and ask for one in return or, more likely in current circumstances, start following each other on social media. Make sure to stay in touch - you never know where a single conversation can lead!



Curious how you can grow your professional network socially? Join our "Post, Tweet, Pin or Tag?" workshop online on April 18th. Visit www.yesmontreal.ca or call 1-888-614-9788 ext.316.



Real Wine for Real People Faulted wines - part 2

April Sirois - Sommelier - ISG

Hello fellow wine lovers, and welcome to the final part of "Faulted Wines".

This month we will finish going over the last half of the most common wine faults. Always remember, if you ever find you have a faulted bottle of wine, it can always be returned to where you bought it. Wineries and importers understand, that because wine is basically a natural product, a percentage may be faulted. They have factored that, and its resulting returns, into their loss ratio.

Brettanomyces (Brett):

What it is: Brett is a type of yeast that grows on fruit. This is one of those situations when a little is good, but a lot is not better. In low amounts, it can add depth and interest to a wine with scents of old leather or bacon. However, in larger amounts it becomes very unpleasant with smells like sewer gas, decomposing meat, or a barnyard.

What to do: Nothing can save this bottle, send it back.

Reduction or Sulfur:

What it is: This is the opposite of oxidization. It usually happens when the winemaker tries to reduce oxidization flaws and goes too far the other way, reducing oxygen by too much. This wine will smell of sulfur, like burned matches

or rotten eggs.

What to do: This can often be fixed by a rough decant, (pouring it into another open-mouthed container) - thus adding oxygen into the wine. You can also drop a small piece of copper into the wine. (Pennies do not work) The copper will attract and hold the sulfur, making the wine palatable.

Cooked:

What is it: This is another common fault that I see a lot. Just like the name, the wine has been cooked, literally. This happens, most often by bad handling, like being left on a loading dock, or in a car trunk, for hours in the summer heat, or in a wine rack that has been placed on top of a fridge, beside a stove, or in direct sunlight. You can often see that the cork has been slightly pushed out of the bottle by the "cooking". The wine will also have a darker, murky look to it. White wine can look more like apple juice than wine. It will also have a raisin or cooked, fruitcake smell to it.

What to do: There's no fixing this, send it back.

Join me next month for "The Wine Ritual at the Table", and how to be proficient with it.

Cheers!

*If you have any questions about my articles, or about wines in general, you can now email me at winefemme@gmail.com and I will answer as many as I can at the end of each month's article.



Fruits and vegetables for all: \$40,000 for four Laurentian projects

Following a call for projects, launched last December, the project 100° recently unveiled the projects selected in the Laurentians. Innovative and meeting a real and urgent need, four projects in the region have caught the attention of the selection committee and will share the sum of \$40,000 to improve the management and accessibility of fruits and vegetables.

Québec en Forme, and the Louis Bonduelle Foundation, have joined forces in a 100° call for projects to support and provide solutions to the food system by involving various organizations, be they municipalities, community organizations, or educational institutions. The selected projects, which will receive funding of up to \$10,000, aim to improve the food system and the management of fruits and vegetables from farm to plate.

“We are very pleased to see the people of the Laurentians engage in initiatives promoting healthy lifestyles, a major concern in the region,” said Elizabeth Lahaie, 100° ambassador to the Laurentians, whose role is to promote engagement and support to those who want to create new projects with 100°. “The 100° support for these projects is invaluable, and it allows us to continue our mission of providing a health-friendly environment for citizens,” she added.

Relevant and innovative projects:

- * Food boost of Val-des-Lacs
- * Food assistance network in the western sector of the MRC d'Argenteuil
- * Resto Pop Thérèse-De Blainville
- * Cégep of Saint-Jérôme

\$500,000 awarded in Quebec

Under the theme “Procure otherwise: fruits and vegetables year-round for all”, the partnership between Québec en Forme and the Fondation Louis-Bonduelle will provide more than \$500,000 to 57 innovative projects in Quebec.

“With this call for projects, Québec en Forme wanted to see the emergence of initiatives adapted to local realities and the needs of communities; a winning formula to ensure their success. Many organizations responded to the call, demonstrating that the desire to do better is now part of the equation. In fact, more than 400 projects have been submitted, and our jury has selected 57. This funding will allow organizations to rethink modes of supply so that everyone has better access to fresh fruits and vegetables all year long!” said Éric Lamothe, Executive Director of Québec en Forme.



Keeping kids safe from household hazards

(NC) Baking and arts and crafts are fun activities that the whole family can do together. However, they can involve an ingredient that can be contaminated with harmful bacteria such as E. coli. That ingredient is flour.

Flour is a raw ingredient that should only be consumed once cooked. Here are a few tips to reduce the risk of you or your children becoming sick when using flour at home:

- Never taste raw dough, batter or any other product containing uncooked flour.
- Always use hot water and soap to wash any bowls, utensils or surfaces where flour was used.
- Wash your hands with soap and warm water, before and after handling flour.
- Many recipes for homemade arts and crafts supplies, such as play dough, modeling clay and papier mâché, call for raw flour. The best thing to do is play it safe. Avoid recipes that call for raw flour or buy commercially available products instead.



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Public Consultation

To organizations and individuals interested in Integrated Operational Forest Management Plans (PAFI-O)

The law on sustainable forest management provides that the integrated forest management plans of the Ministry of Forests, Wildlife and Parks (MFFP) are presented during a public consultation. This consultation is coordinated by the Antoine-Labelle MRC, the organization responsible for the local integrated resources and territory management tables (GIRT tables).

The MRCs of Argenteuil, Pays-d'en-Haut and Laurentides have designated the MRC Antoine-Labelle as responsible in the Laurentides region.

The Ministry of Forests, Wildlife and Parks (MFFP) plans to perform some forestry work on public land in your area of activity. This consultation began on April 3 and ends on April 27, 2018.

For more information consult the website of the Antoine-Labelle MRC at: mffp.gouv.qc.ca/forets/consultation/laurentides.jsp

Are you ready for flea and tick season?

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Ticks are small, also feed on blood and are found in wooded areas, along trails, in tall grass and under leaf litter. They carry several diseases, including Lyme disease, which can affect animals and people.

There are multiple prevention treatments to protect your dog or cat from fleas and ticks. Speak to your veterinarian to discuss the best option for your pet on your next visit, and ask about an appropriate vaccination schedule as well.

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Be Prepared for Spring Orphaned or kidnapped?

Susan MacDonald

First published in April 2016, I felt this article was worth repeating for those well-intended readers who may have missed it. Let's keep our wildlife safe.

By mid-May, every wildlife rehabilitation centre will be inundated with phone calls from people looking to place baby animals they have found abandoned or orphaned and, which they had "rescued" from the wild. While in some cases this may be true, oftentimes, these young babies have, in fact, been kidnapped by well-intended people, who unfortunately, are unfamiliar with the natural cycle of wildlife. The most abundant species normally involved are baby deer (fawns), raccoons and birds, although any young animal can find itself in the same predicament. If you live in a rural area, it is wise to familiarize yourself with a few facts of nature before the arrival of spring.



Photo credit: Susan MacDonald



Photo credit: Susan MacDonald

All species are equipped with unique characteristics to ensure their survival and propagation. However, during the birthing season, many of their normal behaviour patterns change, in order to allow them to better care for and protect their young from predators.

When faced with danger, deer will take to flight and are able to race through the forest, gracefully jumping obstacles in their path. During their first few weeks of life, young fawns are unable to keep up with their mothers, so they are equipped with other modes of protection during this vulnerable stage. With their white-spotted coats, total lack of scent, and innate instinct to remain still, baby deer can remain so well-hidden that a predator can approach to within a few feet without detecting it. To further enhance its chances for survival, the doe, who is always close-by, will only visit her fawn for brief periods to allow it to nurse before returning to her watchful post. For the rest of the time, the baby remains alone. If a doe gives birth to twins, the babies will be separated, rather than left together, to further ensure that at least one will survive. If a predator does approach too closely, the mother will stamp her feet in an effort to draw attention to herself and away from her young. It is during these few short weeks that people who find young fawns, assume they are orphaned, or have been abandoned, and "rescue" them, when in fact, Mom is usually nearby and watching.

Baby raccoons must be the most numerous among the spring babies who find themselves taken from their mothers. They are born blind and helpless, and often in a hole in a tree, well above ground. But, at this stage of their lives, they have not yet developed the climbing skills necessary to descend. When her young become too active, the mother must find them a new home on ground level. Unfortunately, she doesn't drive a mini-van, so is obliged to carry them, one-by-one, to their new home. This means that at least one baby, first or last, will be left, temporarily, by itself, and scared and alone for the first time, it is likely to voice its displeasure. Nothing is more wrenching than the cries of a baby, and here we go again, the youngster is picked up by some well-meaning human inappropriately, and for all the wrong reasons.

The most common occurrence with song birds are little ones falling out of their nests, and the belief that, once touched by a human, the fledgling will be abandoned by its mother. Birds have no sense of smell, and if a little one is returned to its nest, when hungry, its cries will jump-start the elders back into parental action. If this is not possible, a makeshift nest, placed as close as possible to the original, will do. Young birds, if fully feathered and found on the ground, should be moved nearby, out of danger of roads or domestic pets, and out of the blazing sun. There are many species of birds, such as Juncos, which are ground-nesters.

For other species, a quick Internet search will enlighten you as to normal and abnormal behaviours.

If you find a young animal that you think may be in need of rescue, the best thing you can do is observe it from a distance for at least 24 - 48 hours. If there is no sign of the mother after this, quietly check the baby for signs of distress, in case you may have missed her return. If the mother has been a victim of a road accident, or you are convinced the little one(s) is truly orphaned, call the nearest rehabilitation centre immediately.

Keep in mind that it is forbidden, and illegal, to harbor a wild animal, regardless of circumstances, and that there are heavy fines and legal consequences for doing so. While this law is not always appropriate, it has been put in place to protect both humans and wildlife for a number of reasons. Wild animals carry zoonotic diseases (transmittable to humans), have wild instincts, and require special care and nutrition. And, once habituated to humans, it becomes more difficult for them to return to a natural life in the wild, where they belong.

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