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## What's On My Mind...

# Community newspapers serve local businesses

**Susan MacDonald, Editor**

Community newspapers serve as a crucial link between communities and local businesses, facilitating connections and fostering mutual support. Through their unique position as trusted sources of information and communication hubs, community newspapers play a vital role in bridging the gap between residents and businesses.

One way community newspapers connect communities and businesses is by providing a platform for local advertising. Small businesses, in particular, benefit from the ability to promote their products and services to a targeted local audience through print advertisements.

Community newspapers often feature editorial content, highlighting local businesses and events. From profiles of entrepreneurs to coverage of grand openings and special promotions, newspapers shine a spotlight on the vibrant economic landscape of the community. By showcasing local businesses in a positive light, newspapers drive traffic and sales and, contribute to the overall vitality and growth of the local economy.

Additionally, community newspapers serve as a valuable resource for residents seeking information about local businesses. By providing comprehensive business directories, feature stories, and editorial content focused on the local business community, newspapers help residents make informed decisions about where to shop, dine, and invest their money.

Furthermore, community newspapers often cover events that bring together residents and businesses. Think community fairs, festivals, or charity fundraisers. By participating in these events, businesses not only increase their visibility but also strengthen their ties to the community and build relationships with customers.


Community newspapers play a vital role in connecting communities and businesses by providing advertising opportunities, featuring editorial content and serving as a resource for residents. As pillars of local communication and commerce, community newspapers contribute to the economic vitality and social cohesion of neighborhoods and towns.

Beyond their informational and economic significance, community newspapers also serve as social connectors, fostering a sense of belonging and cohesion among residents. In an era of increasing digitalization and social fragmentation, community newspapers serve as a unifying force, bringing people together and strengthening social bonds.


Heading into our 24th year of publication, Main Street is proud to be the connective link between Laurentian communities, people, places and businesses.

Enjoy the read...







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# Making it Work in the Laurentians

## Digital networking 101

Maya Khamala

Acquaintances are likely to be more vital to your job search than close friends or family. A new study found that while 'weak ties' were especially valuable to those in high-tech, it's also true, to some extent, for everybody.

Casting your net far and wide and networking with a diverse web of professionals with whom you share mutual online contacts may be the best way to find a new job. Connecting to those further outside your immediate circle can help you access fresh information and new contacts.

### Network with people you might never otherwise meet

Meeting and networking with professionals in your field that you might never otherwise cross paths with is a valuable use of your time.

To this end, it's important to have an active presence on digital social and employment networks. One way to optimize your own digital presence is by making it your business to notice how others in your field are presenting themselves on LinkedIn, Instagram, or other social media platforms.

Understanding how those at the top of your industry are demonstrating their expertise is educational. And taking cues from them is crucial because the less someone knows you, the more they will look to surface-level indicators when deciding whether you're worth the risk.

### Informational interviews

Digital networking can lead to opportunities for you to schedule informational interviews.

No matter what your current job status is, an informational interview can help you to identify the most appropriate job targets that align with your goals and skills.

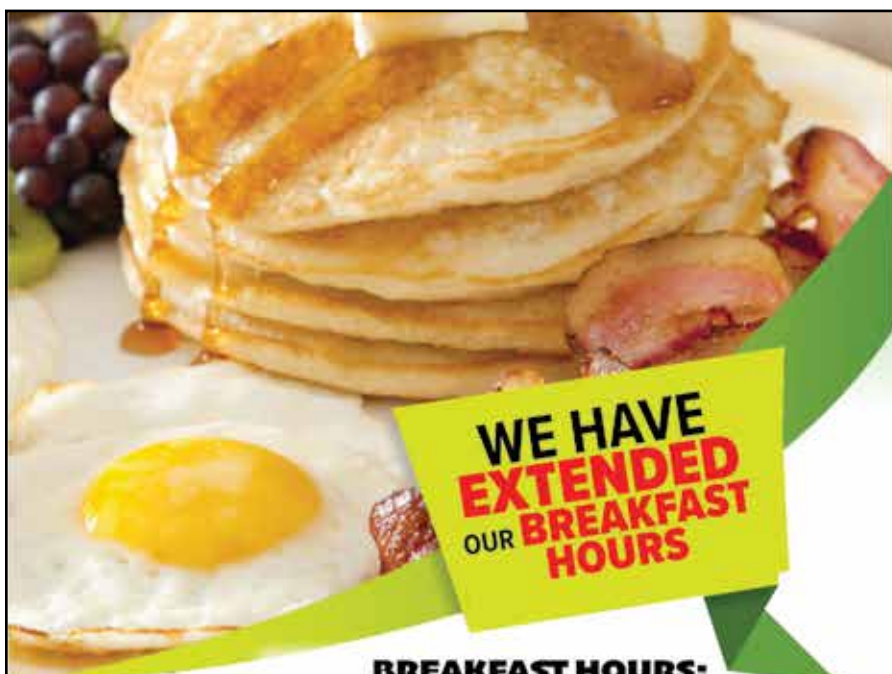
Informational interviews are unique in the sense that the goal is not a job, it's all about relationships. The idea is to expand your network and build relationships with people who can open doors for you professionally even down the line.



How to schedule such an interview? Send an email or DM, of course, considering the following tips:

- **Don't be blunt.** The fact is, introducing yourself to someone and asking for a job in the same breath is very rarely a successful strategy.
- **Connect with professionals on a similar career level as you.** Or, people who could be your manager. This way, you'll be initiating a relationship with people who can relate to your experiences, and/or who might actually influence hiring decisions.
- **You ask the questions.** In a job interview, the other person interviews you, whereas in an informational interview, you ask the questions. While you learn from their experience, they'll learn all about you.
- **Make it mutually beneficial.** If you want to establish a long-term relationship, always remember what's in it for the other party. If they value your follow-ups, they'll be more inclined to help you out later on.

The bottom line: genuine human connection works. When you're sincere in your efforts, it shows, and people respond accordingly. Make sure your efforts pay off by preparing for an informational interview with the help of our experienced employment counsellors at YES!



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- 5) HAMBURGER OR CHEESEBURGER with fries or onion rings
- 6) SUBMARINE (7") with fries
- 7) CHICKEN BREAST with fries and coleslaw
- 8) LASAGNA GRATINÉE with garlic bread

**17<sup>99</sup>**

- 9) CLUB SANDWICH with fries
- 10) SOUVLAKI PLATTER (1 STICK) with salad, rice, fries
- 11) HAMBURGER STEAK with fries and salad
- 12) BAMBINO PIZZA (3 TOPPINGS OF YOUR CHOICE) with fries, spaghetti or salad

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## Laurentian Personality Guillaume Jabbour Man who marches to a different beat

Lori Leonard – Main Street

Guillaume Jabbour grew up in Lachute where his family still resides. At age 7, Guillaume played tennis in Ayersville as all he needed was a racket, tennis balls and a bike to get there. Winters he enjoyed skiing at Carling Lake. He fondly remembers his mom taking he and his brother Raph up the T-bar.

Guillaume also played piano as a young child. In 1993, Guillaume moved to Montreal for school. During the ice storm in '98, he met and fell in love with photographer Tanis Saucier, now his wife and mother of their 2 children. They wed in 2016. He says "there was something magical about eloping and having our 4-year-old daughter Rowan as flower girl and, 7-year-old son Oscar playing Bach on his violin at our ceremony." Whilst living in Montreal, Guillaume and Tanis made plans to return up north. In Spring 2019, they moved to Gore.



From beatboxing in his room with Christopher Warbanks to attending concerts in Montreal with his mom to playing in bands in Montreal, he was always passionate about music. He currently plays gigs, records, tours and participates in residencies. Guillaume designs and facilitates workshops. His work as a community sound artist led him to pursue a Master's Degree in Media Studies at Concordia. Research and artistic creation for social change deeply influence his practice. "Sound is always there, despite invisibility. If we learn to listen to our environment, we can direct the same kind of attention to fellow humans, despite our differences."

Guillaume started playing guitar at 12 under the guidance of the great Peter Hay. During the pandemic he bought a diatonic accordion. He prefers Cajun, Quebecois and Irish traditional music. He finds it relaxing to play his accordion and uses backdrop sounds of wind and rivers, rich with sonic texture.

Guillaume currently plays in Jabbour and Grouyan Gombo. Jabbour is a personal songwriting, recording and touring project. Grouyan Gombo is a group that plays Cajun music. They are featured at shows and host various Cajun jams in Montreal. Some of Quebec's hottest folk and roots musicians play in the band!

Guillaume's music and community art projects are supported by 4Korners and Elan ArtistsInspire. Guillaume says "if you invest in your practice early on and become a strong artist, there are many options to make a living." He wants young people to know it's possible to develop a career as an artist in any discipline by exploring different avenues.

Tanis and Guillaume organized a peace vigil in Gore to talk about the violent crisis in the Middle East. His father and family were displaced in 1948 from Haifa, Palestine and relocated to Egypt. As part of their vigil, they made a fire behind the rink, provided coffee and hot chocolate for people. It was cathartic and relieved some sadness. People spoke openly about colonial violence.

Tanis and Guillaume raise chickens by providing them with a comfortable existence; the hens provide them with live entertainment and eggs! They also have a spirited 7-year-old cat, Benjamin and 2 fish.

Guillaume enjoys cross-country skiing and snowshoeing in winter. In summer, the family swims in the lake and enjoys water activities. Guillaume adores cooking and makes homemade pizza, soup and breaded chicken. He says "food is love".

Guillaume wants to complete his Master's degree, make great art with communities in the Laurentians and record with youth in La Tabatière. He wishes to deepen his community art practice and address issues related to social justice. He believes very strongly in the power of art, specifically music and sound, to bring people together and amplify underrepresented voices.

As a second generation Canadian, son of an immigrant father and French-Canadian mother, his mother tongue is French, though he attended English school. Guillaume loves the Laurentians, the place he calls home and feels truly connected to the people here. We love your music and your soul Guillaume and wish you lots of success in the future!

## Construction of 30 social and affordable housing units

The government of Canada, the government of Quebec and the Municipality of Morin-Heights recently highlighted the progress of the Habitat Morin-Heights project, which consists of 30 social and affordable housing units for seniors with slight loss of autonomy in Morin-Heights. This project, an initiative of the Habitat Morin-Heights organization, represents investments totaling more than \$18.7 million.

This event took place in the presence of the Parliamentary Secretary to the Minister of Citizen Services and Member of Parliament for Argenteuil-La Petite-Nation and, Mr. Stéphane Lauzon, the Member of Parliament for Argenteuil, Ms. Agnès Grondin, on behalf of the minister responsible of Housing and Member of Parliament for Bertrand, Ms. France-Élaine Duranceau, the mayor of Morin-Heights, Mr. Tim Watchorn, and the president of the Habitat Morin-Heights organization, Ms. Louise Cossette.

The Government of Canada is allocating more than \$8.8 million to this project through the Third Canada-Quebec Agreement Concerning the Rapid Housing Creation Initiative. The government of Quebec is adding a total contribution of more than \$7.3 million, including more than \$3.2 million from the Société d'habitation du Québec (SHQ). The SHQ also guarantees the mortgage loan taken out by the organization.

The Municipality of Morin-Heights is granting a financial contribution of nearly \$4.8 million to the project, of which \$4.1 million comes from the Government of Quebec under the tripartite agreements that the Municipality signed with the SHQ and the Ministry of Municipal Affairs and Housing.

For more information on the project visit [www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)

## A great success for the mayor's 2024 blood drive Saint- Sauveur

The City of Saint-Sauveur is proud to announce that the collection of blood organized in collaboration with Héma-Québec on March 8, was a great success. Just a few days after registration opened, the event was already sold out with 100 registered donors.



Among the 98 who showed up, 9 were donating blood for the first time. Exactly 88 bags of blood were collected. After processing and laboratory separation, a total of 264 blood products can be transfused into patients in public hospitals in Quebec.

"The participation of the Sauverois and Sauveroises in this collection is exemplary each year, and I am extremely proud of it. I thank from the bottom of my heart each person who gave not only of his blood, but his time to help his neighbor, as well as the volunteers of the Vallée de Saint-Sauveur for their essential work", said Mr. Jacques Gariépy, mayor of Saint-Sauveur.

To stay informed of the next blood drive, citizens are invited to subscribe to the municipal newsletter at [vss.ca](http://vss.ca) and on the Facebook page of the City of Saint-Sauveur.

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# Arundel News

Janet Thomas

## ARUNDEL SPEAKERS SERIES PRESENTS: KYLE JONES AND HIS FUNGI

Arundel Centre (Arundel United Church), 17 rue du Village

Fri, April 12: 7 pm

Kyle Jones, AKA The Ginger Squirrel, is always up trees and playing in the forest looking for wild edibles. He has been picking wild mushrooms for 12 years, starting with wild mushrooms on the menu of his restaurant. After moving out of the kitchen to the forest, he is now teaching people his passion for hunting for wild mushrooms and growing them as well. Come along with him to learn more on this micro world of mushrooms and other fungi.

## THE HILARIOUS ADVENTURES OF BOB

Arundel Centre (Arundel United Church), 17 rue du Village

Fri, May 10: 7 pm

Bob is known as an amusing raconteur. We look forward with anticipation to hearing of his many travel adventures. Mark the date on your calendar!

## JASON LANG DUO IN CONCERT

Arundel Centre (Arundel United Church), 17 rue du Village

Sat, May 11: 7:30 pm – 9:30 pm

If you can treat yourself to only one concert, this is it! Back by popular demand, celebrated singer-songwriter Jason Lang (son of famed musician Penny Lang) has just returned from touring with Roch Voisine. Last year Jason wowed the crowds in both Morin Heights and Arundel with his roots-rock-folk music. If you missed it last time, don't miss it now! Tickets are \$25. Space is limited. To reserve, please contact janet.thomas700@gmail.com Doors open at 7 pm. Refreshments will be served.

## MARCHÉ DES JARDINIERS / ARUNDEL GARDEN SWAP AND SHOP

Arundel Centre (Arundel United Church), 17 rue du Village

Saturday, May 18: 10 am – 2 pm

Spring is here! Soon it will be time to plant your garden. At the annual Garden Swap and Shop, we have everything you need: seeds, seedlings, fruits and vegetables, shrubs, indoor plants, and even some hanging baskets. Bring what you cull from your garden to share with others and take what you like from the free Swap Table. A few select artisans will sell their handcrafted garden decorations as well as bird and bat houses. For your enjoyment, we will also sell breads and pastries, jams, mushroom products, maple syrup products, cheeses and more.

Please note that this market is a one-day marvel. We need to shut down again while the gardens grow. The next market will be held on June 22, from 9 am to 2 pm, and each Saturday thereafter until Thanksgiving, October 12, weather permitting.

## HEADS UP! ROB LUTES AND ROB MACONALD ARE COMING

Arundel Centre (Arundel United Church), 17 rue du Village

Sat, June 15: 7:30 pm – 9:30 pm

Mark it on your calendar. Popular singer-songwriter Rob Lutes is back! Just returned from a European tour, he has linked with Rob MacDonald to treat us with their new releases. Tickets: \$20. Space is limited, to reserve, please contact Janet.thomas700@gmail.com. Doors open at 7 pm. Refreshments will be served.

## ARUNDEL MARKET NEEDS HELP

Do you love the summer Saturday markets in Arundel? In order to continue, we need help. Please lend a hand setting up tents and tables in the morning from 7 am – 8 am and/or taking them down from 2:15 pm – 3:15 pm. A generous honorarium is provided. If you can help, or for more information, please contact janet.thomas700@gmail.com

# News from Saint-André

## Traversier Le Passeur

Karen Feiertag

I've always felt there is something innately profound in the act of crossing a river. I guess it's in the gravitas of ancient stories learned as a child where water is the boundary between worlds, the ferryman a stoic carrier of souls from one shore to another, a coin the solemn rite of passage. And there's the literal unmooring. No longer on dry land, anchors away.

Many people, even in Argenteuil, are still unaware that here in Saint-André resides a ferry that humbly yet so effectively connects the Laurentians and the Montérégie regions of Quebec.

While the ferryboat Le Passeur may be lesser known than its Hudson-Oka counterpart, it enjoys deeper roots, powering back and forth from its "Left Bank" base in Carillon to Point Fortune across the Ottawa River much as its predecessors did two centuries ago, though no longer by way of literal horsepower.

Those of us who do know of it regard it as a lifeline. After all, if you Google an itinerary from its start and end points during its closure in January and February, you'll be sent on a 40-minute 50km interprovincial rectangle across the Grenville-Hawkesbury Bridge. But if you pick any day at all, Monday to Sunday in a surprisingly long stretch often running from March to December, Google will invite you to be lifted, coin in hand, wind in hair and water below, from one world to another in a matter of minutes, panoramic view to boot.

Any day barring those that Mother Nature deems a day off; to those, we must all adhere. Even Pierre-Luc Lavallée, third generation owner of Le Passeur, the serious, amicable, highly capable and strapping young Captain of Captains who oversees operations and the loyal team who otherwise transport pedestrians, bikes, side by sides, T-Rexes, buses, trailers, campers and even a 40-ton truck, if you can imagine that.

And thanks to Saint-André born artist and jet-setter, Jessie Armand, Le Passeur is now a moving work of public art, so not just the most efficient way for many to visit Saint-André and attractions beyond, but the coolest by far and away.



## Cancer Support Group Cancer Support Group Talks About Nutrition April 20

The next monthly meeting of the Laurentian Region Cancer Support Group will take place Saturday, April 20 at 1 pm via Zoom and in-person at Chalet Bellevue, Morin Heights. Susan Campbell-Fournel will join us to provide information about how diet and nutrition can improve our brain health and well being. Meetings are free and open to people living with cancer and their loved ones or caregivers. To receive the Zoom link, to reserve a place for the April meeting, or to receive more information about this non-profit peer support group call 450-226-3641 or email cancer.laurentia@yahoo.ca.



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Friday, April 26: 12 pm - 7 pm  
Saturday, April 27: 10 am - 3:pm**

**3  
DAYS**



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450-533-0222**

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MAIN STREET



# Viking Ski Club Loppet Event

## Still popular after 52 years!

Some 150 enthusiastic x-c skiers signed up to participate in this historic event with its triple distance offerings: The Viking Loppet, now in its 52nd year, continued to have wide appeal with skiers ranging in age from 6 to 80.

On Sunday, February 25, the club was blessed with a sunny day where the prepared x-c racing trails were declared by participants to be "firm and fast!" The fastest racer skied the 20 km course in a mere 60 minutes!

For on-line registration, electronic timing and on-line results, the club (for the first time) engaged the services of Zone4. This involved a combo of "do-it-yourself" with Zone4 rented equipment, which included a Zone4 Velcro GoPro timing chip. This facilitated capturing their start and arrival times precisely as they crossed a detector loop buried under the start and finish lines.

Espresso Sports provided gratis ski waxing services to racers and Al fresco "catering tables" manned by volunteers provided refreshments, generously donated by the local IGA supermarket. Some financial support came from Desjardins (Caisse de la Vallée des Pays-d'en-Haut) and for who there is a dedicated classic wooden ski trophy, which bears the names of the boys and girls, 15 and under, who were winners in the 5 km course race.

Six special medals were formally presented by a Viking director to the fastest male and female in each of the three courses, followed by some 80 racing participants who received their gold, silver or bronze medals in their respective age categories. Viking commemorative patches were issued to all racers, and to the multitude of volunteers, whose enthusiastic support and assistance went to ensure a successful event.

Complete Loppet race results and trophy details are available at: [www.skiloppet.com](http://www.skiloppet.com)

In case you are wondering, Loppet simply means "The Race" in Swedish and reflects the Nordic origins of the Viking Ski Club, founded back in 1929.



# STRICTLY BUSINESS

By Lori Leonard - Main Street

### Congratulations to:

**Michael Leduc**, who celebrated 20 years as **Director-General at FADOQ-Laurentides**. During his tenure he has seen membership numbers grow from 18,000 to more than 46,000 members. To become a member of FADOQ, a person must be 50+. FADOQ promotes a healthy, active lifestyle to their members. There are 35 local clubs in the Laurentians that are affiliated with them. Members benefit from great discounts on eye glasses, hotels, activities, restaurants, memberships and much more.... Michael, we wish you many more successful years with FADOQ-RLS! For more info call 877 429-5858 / [fadoqlaurentides.org](http://fadoqlaurentides.org)

**Ludovic Richard**, General Manager of the new **La Marquise Cocktail Club**, 1000 ch. Avila, St. Sauveur. They opened their doors on February 23. This spot is a perfect venue for friends to meet, for après-ski and for a cool date. They offer all kinds of reasonably priced snacks such as sausage rolls, chorizo pizza, mac 'n cheese, tasty olives, dried sausage and nachos. A wide variety of beer, wine and coffees are available. The atmosphere is that of an old English pub, enhanced with a fireplace. There is a pool table and pinball machine. If you have a late- night hunger pang or are hungry post-party, they are open 7 days per week from 9 am to 3 am! Info: 450 744-0807 / or check them on Facebook.

**Mont-Habitant** who celebrate their 65th anniversary! Here's some trivia.

The Stein and Vineberg families have been private owners of this hill since 1959.

**Joan Stein** initiated one of the first weekend ski schools and was one of the first women in the Laurentians to become Director of a ski school.

Mont Habitant was one of the first ski hills to feature night skiing in 1963.

The price of the first ski ticket at Mont Habitant was \$2.50. Hard to believe!

**Neil Lemoyre** has had his ski boutique at the hill since December 1978.

The oldest current skiers at the hill are **Réjean and Jeannine Gauthier**, both 90 years young who arrive at 8 am sharp each morning to ski.

The first quad chair was installed in 1986.

Ski instructor **Serge Latreille** only learned to ski at 51 years old. He is passionate about teaching nervous first-time skiers

**Dean Booth** was General Manager from 1987-2018 and son **Shane Booth** took over the helm in 2019.

The Mont-Habitant ski hill team has worked extremely hard this year to provide full snow coverage and excellent grooming to ensure skiers enjoy skiing for as long as possible.

Info: 450 227-2637 / [Monthabitant.com](http://Monthabitant.com)

### Did you know that:

If you are interested in enjoying a truly elegant evening, then you may enjoy participating at the upcoming **Paint Night hosted by Chez Giardino featuring Carol Lyng**? An intimate paint evening guided by talented artist Carol Lyng and delicious food prepared by **Chez Giardino** - what an incredible combination! 18+ / cash bar. Seating is limited; please reserve in advance at [chezgiardino@gmail.com](mailto:chezgiardino@gmail.com). This event takes place on **Friday, May 31 from 5:30 pm to 8:45 pm at Chalet Bellevue**. Price is \$69, which includes your food, coat check, art supplies and taxes.



## Seeking Foster Families

The Integrated Health and Social Services Center (CISSS) of the Laurentians is actively seeking foster families for children aged 0 to 17 years old in child protection. This can include short, medium and long term accommodation.

Ms. Julie Delaney, President and CEO, underlines the importance of this approach: "Becoming foster care is an opportunity to make a difference in a child's life by providing them with a caring, warm and reassuring environment".

Due to a high number of accommodation requests, the need for host families is particularly glaring in the Lower Laurentians. For those considering becoming a host family, the first step in the process is to attend an online information meeting. The next meeting will take place on April 8 at 6:30 p.m. The information evening is mandatory for all applicants. During the latter, Information about the process and eligibility criteria will be shared.

To register for the information evening or to find out the schedule of upcoming meetings, consult the website [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca) in the Care and services/ Accommodation resources/Becoming a family-type resources.



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## Navigating neurodiversity in the Laurentians

Jude Hussain

April is World Autism Month, an annual opportunity for a dedicated conversation about autism spectrum disorder. Autism touches more than 70 million people globally. Approximately 1 in 50 children and youth are diagnosed with autism spectrum disorder in Canada and this number continues to grow.

The journey for many in the Laurentians' neurodiverse community is riddled with obstacles. For the people, gaining access to specialized services can be a daunting task. Language barriers, limited resources and a lack of tailored programs often leave them feeling isolated and overlooked.

Christina Medeiros, a Laurentian mother navigating the challenges of accessing services for her autistic son, emphasized the tedious and long paperwork process as a significant hurdle. "I feel like the hardest part about finding and accessing services is the stressful and time-consuming paperwork," she shared. Moreover, Christina voiced her frustration with the lengthy wait times for essential services like applied behavior analysis and speech therapy within the public sector. "Seeing that early intervention is key for development; it's hard to wait," said Christina. "Public services are really limited as well."

Recognizing that there are gaps when it comes to this kind of support, 4Korners has expanded its services to address the needs of neurodivergent individuals and their caregivers through innovating their programming. 4Korners' recent merger with another Laurentian non-profit organization - Autism & Arts in the Laurentians (AAL) - has created a new community support system that has been expanding across the Laurentians. The AAL initiative operates through a combination of artistic workshops, social activities, resource and information events, and support sessions for parents or caregivers of neurodivergent children or individuals.

Reflecting on her experiences, Christina recalled the challenges of finding suitable playgroups and activities tailored to neurodivergent toddlers in the Laurentians. "When my son first got his diagnosis, it was hard to find playgroups or activities specifically for neurodivergent toddlers," recalled Christina. "Thankfully, after searching for a while, I found 4Korners."

4Korners remains steadfast in its commitment of supporting the rights and well-being of neurodivergent individuals in the Laurentian Region. Jaime Bisailon, Neurodiversity Program Manager at 4Korners, expressed pride in sustaining the AAL program. "4Korners is proud to have helped keep AAL going," she said. Recognizing the scarcity of English-language services for autistic individuals in the region, Bisailon talked about her upcoming goal of expanding the program. "That is why we want to start offering more services in different locations (both upper and lower Laurentians) and for more age groups."

This summer, 4Korners is looking forward to offering weekly groups for kids to work on social skills through art and culture activities and another group for teens/young adults, which will be a balance of arts and culture and working on pre-employment/independence skills. "The programming that we are developing is intended to be parallel to services offered in the health sector to provide a balance for families," says Jaime.

Through their collaborations with Laurentian public institutions, such as the Sir Wilfred Laurier School Board and the CISSS des Laurentides, partnerships with regional non-profit and committee organizations, and by raising awareness, 4Korners strives to create a more supportive and inclusive environment for neurodivergent individuals and their families in the Laurentians. They do this with the goal of helping parents or caregivers such as Christina Medeiros, whose love and acceptance for her son motivates the organization's continued work. "I would never change him for the world. He is who he is meant to be. And I will be there for him every step of the way," expressed Christina.

Christina's journey - along with every other neurodiverse family with whom 4Korners has connected - inspires the organization to advocate and work towards improved access to services and fostering a more inclusive and supportive environment in the Laurentians. For more information about 4Korners programs and services, visit [4Korners.org](http://4Korners.org) or contact [info@4Korners.org](mailto:info@4Korners.org)/450-974-3940. To learn more about or get involved with World Autism Month, visit [autismspeaks.ca](http://autismspeaks.ca).



## The Other Side Of Getting Old New hope

Florian Gaudreau

I like winter boots that I don't have to bend over to put on for a few good reasons, one of them being, there's a sizable obstruction between my chest and the floor. The other is bending over was never my favorite position. The real reason is that I've come to an age where I'm a little too sedentary, as my Netflix's history will attest to. When I binge watch too much, I get up with stiff, sore muscles, almost like rigor mortis has started to settle in. My life is feeling like a "down hill shuffle", great thoughts to have on a glumly cloudy cold winter's day. Enough said already!

I was listening to CBC's "The Current" with Matt Galloway on Jan.26, 2024 (my morning ritual getting ready for the day), to a story about 99-year-old competitive swimmer Betty Brussell, who has broken world records even though she was never athletic until she turned 68. Another interview was with Richard Morgan, a 93-year-old world-class competitive rower from Ireland. He was a smoker in his 40's and started rowing at the age of 74 and has won 4 world championships. Technological University of the Shannon in Ireland found that his breathing capacity and his body mass "fat to muscle" ratio was that of a thirty-year-old.

It's good news to hear that it's never too late to turn things around. Not that I want to be a world class anything, but it's good to know that it's possible to be able to hike, skate, ski and dance into my later years. It sounds better than living my life through Netflix. Settling for comfort gets stale after awhile. I hate being the guy in the room who used to do this and that but now is a "Has Been."

Time to lose the remote and dig out the hiking boots and kayak paddles, plenty of new adventures are lying ahead.



**4-H FUNDRAISER**  
 Grenville Community Centre  
 21, Rue Tri-Jean, Grenville  
 Sat, April 13  
 Live music by the Honeydew Brewers  
 Tickets: \$10 / children under 8 years - FREE

## Parc régional éducatif Bois de Belle-Rivière

9009, route Arthur-Sauvé, Mirabel

This regional park is one of the most beautiful forest parks in Québec. You can walk along the trails or in the large gardens, fish, or play Disc Golf. In addition, we invite you to enjoy our brand new swimming point, the Naya Basin. Remember to bring your dog who will enjoy the dog park, the trails and the facilities where he is welcome. Everything is there for your family activities!

Admission: children under 6: free; 6 to 16 years: \$3 ; adult: \$7. Free for Mirabel residents (with ID). Dog: \$2

Info: 450 258-4924 / [www.boisdebelleriviere.com](http://www.boisdebelleriviere.com)





# COMMUNITY UPCOMING events

## ARUNDEL JAM SESSIONS

Arundel Legion

Next dates: Thurs, Apr 25 & May 9 & 23: 5 pm – 8:30 pm

## SUPERFOLK PRESENTS

Bluegrass Jam Sessions with David Laflèche  
Café Mickey's (832, Ch. Du Village, Morin-Heights  
3rd Sunday of each month at 7 pm – FREE!

## JOYFUL NOISE CHOIR

Chalet Bellevue (27, rue Bellevue, Morin-Heights)  
Jan 23 – May 28 (Tuesdays at 3 pm)

Info: Penny Rose: 450-226-2746 / pennyrose@jenanson.com

## ARBRE / MOI EXHIBITION

Chalet Bellevue, 27 Bellevue Road, Morin-Heights

April 20 – 23: 10:30 – 4 pm

Organized by Elizabeth Whalley

Art exhibition exploring the rapport between trees and people.

Info: <https://arbre-moi.tumblr.com> / questions:

projetarbremoi@gmail.com

## COLLECTIVE CHOIR WORKSHOP

Trinity Church, 2 Cambria Road

April 22: 1 pm – 3 pm

Come learn to sing in chorus

Reserve your place before April 12: info@cantondegore.

qc.ca / 450-562-2025 ex. 3521

## ARUNDEL CONCERT SERIES – JASON LANG DUO IN CONCERT

Centre Culturel Arundel (United Church, 17, rue du Village)

Sat, May 11: 7:30 pm – 9:30 pm

If you can treat yourself to only one concert, this is it!

Celebrated singer-songwriter Jason Lang (son of famed musician Penny Lang), has just returned from touring



with Roch Voisine. Tickets are \$25. Space is limited. To reserve, please contact janet.thomas700@gmail.com Doors open at 7 pm.

## GARDEN PARTY AT PETITE FOLIES

Main intersection in Arundel

Sun, May 26: noon – 6 pm

All the usual fun we have come to expect from Petite Folies: BBQ, pizza, music, dancing, singing, laughing and community.

## THE CAPILLARY GARDEN

Boutique Station 210 (exterior)

210, Rte. du Long Sault, St. André d'Argenteuil

Sat, April 13: 2 pm – 3 pm

Workshop and demonstration of this easy, high-yield planting method.

Free event, no reservation required. Rain date, Sunday, April 14, same time.

Info @ facebook.com/station210 or 514.814.3685

## SPRING MARKET

Community Culture Centre Thèrese de Blainville

120, Boulevard du Séminaire

April 20 & 21: 10 am – 4 pm

Over 80 vendors – free admission.

Info: 450-434-9560 / facebook.com

## LACHUTE REGIONAL RESIDENCE FOUNDATION FUNDRAISER

Resto Bar Top Shot (417, rue Principale, Lachute)

Tues, April 23: 7:30 pm

Menu: ribs, fries, sauce, coleslaw, desserts

Donation: \$20. Info: 450-562-8365

## CHORALE MUSIKUS VIVACE CONCERT

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

May 25: 3 pm

Tickets: \$25. Info: Theresa Mascis: 450-227-9093

## UPCOMING CHURCH SERVICES

### ST. SIMEON'S ANGLICAN CHURCH

(445, rue Principale, Lachute)

Sunday morning services at 10 am

### GRACE ANGLICAN CHURCH

(7 Chemin Church, Arundel)

Sun services at 11 am – children's programming on 2nd & 4th Sundays

### TRINITY ANGLICAN CHURCH

12 rue Préfontaine O., Ste-Agathe-des-Monts

Sun services at 10 am – children's programming on the 1st & 3rd Sundays



ROYAL CANADIAN  
LEGION

LA LÉGION  
ROYALE CANADIENNE

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

### BROWNSBURG – BRANCH #71

210 rue McVicar (450-533-6381)

Wed: 3 pm – 7 pm

Thurs: 3 pm - closing

Fri: 3 pm – 7 pm

### LACHUTE – BRANCH #70

634, Lafleur (450-562-2952)

Open Thurs –

Sat: 4 pm – 9 pm

### MORIN-HEIGHTS BRANCH 171

Open Wed – Sat: 3 pm – 6pm

Darts every Thursday at 3 pm

Hall rental / Location de salle:

legion171@cgocable.ca

Info: 450-226-2213

Email/Courriel legion171@

cgocable.ca

Web site: <https://www.legion171.net>

Facebook: legion171

Music shows Facebook: morinheights live

### ARUNDEL – BRANCH 192

79 Rue du Village, Arundel  
(819-687-9143)

Open daily from 3pm



## On With the Show

### Mojo

Florian Gaudreau

My evenings out usually involve music either, listening, playing or dancing. I love dancing to live music, it's liberating, as if all my worries have left the room. When I'm dancing and listening to familiar music, I'm reliving the past, in the present, and there is nowhere else I'd rather be. That's an evening out!

One of my favourite cover bands is actually a duo called "MoJo." By the name, you pretty well get the feeling the music is going to be great. I can honestly say I've never been disappointed listening to Jean-Patrick Blais & Michel Valois because they are so enthusiastic about the music they play. Michel brings the keyboard alive with toe tapping music and his raspy, bluesy voice animates the songs he sings. Jean-Patrick's guitar /drums and powerful voice travels throughout the set, bringing richness to those songs we love hearing. I've even seen these two 'rock' a wedding party into exhaustion, not bad for a duo! They both have a talent for bringing out the emotion of a song. Like anything else, it's how you tell the story that counts... it's all in the delivery.

Jean Patrick and Michel are deeply involved in the music scene in Lachute, putting together Friday night bi-monthly jam sessions at Gite & Bistro Namaste (refer to the local directory on page 16). Jean-Patrick has been and still is an event planner for Argenteuil en Blues. A lot of work and dedication goes into organizing these events - did you know it takes a hundred volunteers to see it through to show time? This year's event will be much smaller and more intimate, with a future focus on

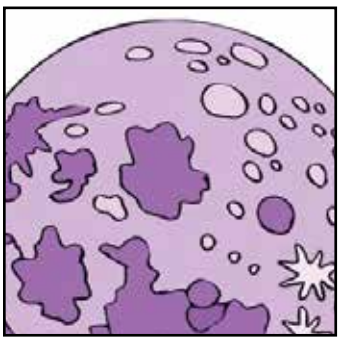
the 2025's return to true festival glory. Jean-Patrick is looking forward to a summer of great music.

A lot of commitment goes into performing; it takes hours of practice to memorize the music so well that the musician is able to feel it intrinsically. So, how does music become such a big part of one's life? In Jean-Patrick's case music was in his family and they would sing and play music in unison at family get-togethers and on holidays. In Michel's life his mother was an opera singer, well known enough to have met Frank Sinatra. Michel had a chance to go on tour with Geddy Lee from Rush but it wasn't meant to be.

There was so much more I wanted to write about these musicians. All I can say is if you have the chance to hear them play, grab the opportunity, I guarantee you won't be disappointed.







**Zach Factor**

## The hexagon of Saturn

Lys Chisholm & Marcus Nerenberg

Saturn, the 6th planet in our solar system, is the furthest planet we see with the naked eye. It's the one with multiple rings we now surmise is the result of an ancient collision with a dwarf planet, the one with 146 moons and counting.

Saturn has an orbit that mimics the moon only instead of the 30-day cycle of the moon Saturn has a 30-year orbit. It is a tilted planet, like Earth, and thus has seasons, which change every 7.5 years. Traditionally Saturn has been understood to be the embodiment of the Great Timekeeper, and as it moves through various signs of the Zodiac, represents long-term patterns, structures and systems created by Gaia and by humans.

Saturn, an ancient deity, symbolizes the harsh Task master and Creator-father to the Norse, and we, his unruly children, are here to learn his bitter lessons. Saturn of the old pantheons and earlier have been part of religious festivals like Saturnalia and traditions that live on to this day such as Christmas. We still enjoy a break in the routine of the work week via the relaxing nature of Saturday or the Jewish Sabbath, named after Saturn. Sir Elton John immortalized Saturday Night in the all-time best party song ever!

The first visits to Saturn (Voyager I, Voyager 2,) occurred in 1981 and 1988 where an odd polar vortex system in the north of the planet was photographed. We discovered powerful hurricane vortices dwarfing anything on earth that formed a perfect hexagon. The shape stays consistent, and this effect is mysterious. With the recent Cassini mission (2004-2017) detailed observations provided spectacular images and unparalleled data on Saturn's hexagon, revealing its size, composition and wind speeds, yet scientists are still far from fully understanding the phenomenon. Some scientists speculate that the shape is the result of two atmospheric storms, one larger and one smaller, moving counter to each other.

A hexagon is one of the most powerful and strongest shapes in the natural physical universe and is prevalent all over our planet. The hexagon is a six equal-sided polygon. It's form and function, one of harmony and balance, has captivated scientists, artists and spiritual seekers for millennia.

In nature, the hexagon is a form of efficiency, stability and demonstrates an optimum use of space. Honeybees use hexagons of wax for their comb; an insect has thousands of hexagonal eyes and humans have efficient hexagonal rods and cones on their eye's retina. Nature loves stability; basalt stone, cooling slowly over millions of years, form the wonder of the hexagonal pillars of the Giants Causeway in Ireland while massive hexagonal selenite crystals grew deep underground in a Mexican cave. The significance of the shape was embraced by early civilizations. Humans have used this shape architecturally since the construction of the ancient temples of Egypt and Rome. Pluralities of hexagons form the unique geodesic dome that graces the Montreal skyline. Hexagonal structures prove lightweight and invaluable in function for today's international space programs.

The geometric symbol is part of the Islamic and Jewish religious iconography dating from Solomon's Seal and the Star of David. Its shape forms the core of the Kabbalistic image of Tree of Life and of Celtic mystical knots. With six additional lines radiating from the center, it represents a 3-D Platonic solid known as 'The Cube'. The ancients called Saturn the "The Black Sun" or "The Black Cube". To date, Islamic pilgrims pay homage around the giant black cube in Mecca and orthodox Jews pray with black cubes called 'tefillin' containing scriptures, strapped to their foreheads and arms.

Mystics and astrologers associate Saturn's long generational influence with opposing forces: the destructive crumbling of civilizations, war, plagues, and affliction, yet also a herald of profound advances in technology, medicine and agriculture. Between 2012 and 2016, the hexagon of Saturn changed colour from a deep blue to a bright gold. Science is puzzled as to why. Astrologers tell us we are energetically connected to every planet in our Solar System. The Saturn effect appears actively operating in the weakening structures of our governments, family roles and values, bank collapse, communication, and Earth's shorelines, glaciers and climate norms that are rapidly crumbling beyond what were once familiar territory. The key many believe is to stay calm, be brave and keep looking for the signs (Shout out to Dead Dog Café, CBC, RIP 2000) while we ride this wave to a New Earth.

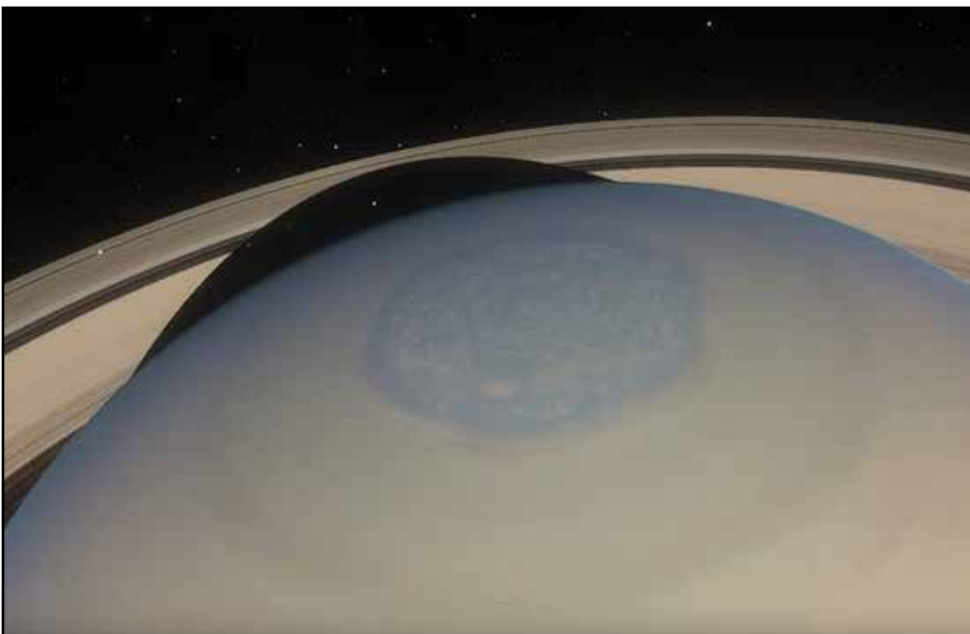


Photo: The Hexagon at the North Pole of Saturn. In this Cassini image, Saturn casts a shadow across the rings. Photo credit: NASA / JPL-Caltech / SSI / Jason Major



**The Story Behind**

## Pandemics and Learning to Believe

Joseph Graham joseph@ballyhoo.ca

Through most of our history, people have accepted medical and politically endorsed solutions for dealing with epidemics and pandemics, but from time to time they don't, as in 1885 in Montreal. The smallpox vaccine was developed at the end of the 1790s, and it was used successfully in Montreal in the 1830s. When smallpox returned in the mid 1880s, the Roman Catholic Church had been trying to separate its congregations from modernity. The Church objected to the vaccination, feeling it was a Protestant plot aimed at Catholics. Five thousand people died in Montreal and the city had to be quarantined from the rest of North America.



Like diseases, waves of doubt and indifference may come and go as well. In 1894, Dr. Camille Laviolette convinced the Quebec government to set aside a large parcel of Laurentian land for the creation of a forest reserve. He had studied in Europe and had learned about the rest cure as a treatment for tuberculosis. Laviolette's creation also protected a fish and game club where many politically influential people liked to go. Did they really understand the urgency of tuberculosis? Laviolette was credible but tuberculosis was not his primary area of expertise. Was his goodwill being abused?

According to F. Ryan, author of *Tuberculosis: The Greatest Story Never Told*, an estimated one billion people died of tuberculosis between 1700 and 1900. To put those numbers in perspective, consider that the world population did not reach two billion until 1930. Today, we talk of pandemics such as the flu that struck during World War One and our more recent COVID pandemic. In the 18th and 19th centuries, our cities were hit by plagues of cholera and smallpox. For some of these, vaccines were developed, but for tuberculosis, or consumption as it was also called, highly contagious through airborne bacteria, the rest cure was a godsend.

Laviolette's plan was to build a tuberculosis sanatorium in a completely protected environment. The proposal, originally drafted in 1893, was accepted in July 1894. Dr. Laviolette was a member of la Société Française d'Otologie et de Laryngologie de Paris, a specialist at l'Institution des Sourdes et Muettes, and was a medical doctor at Laval University. He planned the Sanatorium d'Altitude pour la Tuberculose which was to be situated only four miles from the St. Jovite railroad station on the south-east face of La Montagne Tremblante (Trembling Mountain). The "Act to establish the Trembling Mountain Park" was voted into law on January 12, 1895. It set aside 14,750 acres for the forest reserve and an additional 400 acres for the treatment complex, and the property was to be available "to any persons or corporations who furnish sufficient sureties that they will erect and maintain such sanatorium..."

For most of the 1800s, there was no conception of bacteria, and people believed that disease itself lived in a miasma that floated in the air in low, damp areas, and that the night mists and fog could carry disease. People believed this viscerally. Mothers would fear night chills as though they were ghosts. The wealthy would build high up the hill, not just for the view, but also to distance themselves from the miasma. Fogs hanging in the valleys were sinister.

The rest cure was discovered serendipitously in the 1850s when Hermann Brehmer, a German botany student, moved to the Himalayas to die. He had tuberculosis and he knew that it would simply progress until he withered away. Removed from his urban environment, with all its pressures, he began to recover, and in time he had completely regained his health. Leaving botany, he went back to school and studied medicine, proposing that tuberculosis could be cured. He went on to pioneer the rest cure, building a large sanatorium in the mountains where patients would be fed a well-balanced diet and forced to rest, spending the days on balconies in the clean, cool mountain air, wrapped against the cold.

Dr. Laviolette's project was never used in the treatment of tuberculosis. Given the credentials of Dr. Arthur Richer, founder of the first tuberculosis sanatorium to open in Ste. Agathe, and Dr. Laviolette's less appropriate, albeit impressive, credentials, one might wonder if there ever was a sincere intention of building a sanatorium at the location the government had set aside for Dr. Laviolette's dream. If the intentions were sincere, was Dr. Richer informed? Richer's hospital was open by 1899 and even though it was destroyed by fire three years later, Ste. Agathe, not Mont Tremblant, became the centre for the rest cure sanatoria.

The wave of doubt in Montreal and indifference in Mont Tremblant seemed to have subsided in the 20th century. By 1954, an antibiotic treatment was developed for tuberculosis and today few people are aware of the shadow that the disease once cast. We came to live with a half-conscious faith that doctors and politicians will be there for us again the next time we are confronted with a real enemy, but next time came with COVID in the 21st century and many did not believe.

With COVID hopefully behind us, history will show that a series of antiviral vaccinations did, in fact, work. Unlike tuberculosis, smallpox was a viral disease. COVID was in the same family as smallpox in that broader sense. We are less familiar with viral diseases, and we have difficulty watching our leaders, medical and political, as they work through a process of learning. Incidents like the creation of Mont Tremblant Park may contribute to our doubts, but the smallpox disaster of 1885 seems forgotten.

We have to learn to believe again because all of these epidemics and pandemics may seem like practice for the big one coming. We do not want the survivors to say, "Had they only believed..."

At my most recent talk, we did not encourage the hybrid aspect but those present did react strongly to it. You can watch (or read) it here: [www.ballyhoo.ca/events](http://www.ballyhoo.ca/events)





## Garden Talk

# Get your garden ready for spring

June Angus - Main Street

Signs show that springtime in our gardens may come early this year. Only time will tell. Meanwhile, before planting this spring, take some steps to get your outdoor garden ready.

Start by checking your tools, a perfect job when it's still too early to be working outdoors. Sharpen blades, oil hinges and generally give your tools a good cleaning, including used pots. Use rubbing alcohol to disinfect scissors, snippers and pruners. Replace any broken tools and replenish supplies such as plant supports, tomato cages and soil amendments.

Your garden will also need spring-cleaning. Remove any debris including weeds that have started to grow. Discard them in the middle of a compost pile so the heat produced during decomposition will destroy the weeds before they can produce seeds.

### Pruning

Late winter and early spring is the perfect time to prune-back trees or shrubs that bloom on new wood. But only remove old wood and dead branches on these plants. Prime candidates include: flowering dogwood, hydrangea paniculata (which grow into a small tree shape), rosa rugosa and wisteria. Pruning for many other blooming shrubs such as honeysuckle, spring-blooming spirea, rhododendron, azalea, forsythia, hydrangea macrophylla (big-leafed), lilac, magnolia, mountain laurel and weigela should wait until after the blooming stage is complete. If ever in doubt about pruning any shrub or tree, check with your local garden centre.

### Soil

Once garden beds are workable, prepare your soil. Over the winter it tends to compact so start by loosening it up. A tiller or sharp spade works well. However, my tool of choice is a "garden claw" which I can manipulate around existing plants and in my vegetable garden beds. I generally find the twisting motion easier on my back compared to digging. Any mulch or composted leaf debris can be mixed in as well as regular compost or other soil amendments. Adding the right ingredients now can improve the soil's texture, nutrient content and moisture retention. If you are not sure what should be added to your soil, try using pH and/or nutrient level test kits available online or from your local garden specialty shop. Finally use mulch wherever possible to protect your prepared soil from weeds. You can always push the mulch aside when you are ready to plant later.

### Dividing perennials

Since some perennials such as daylilies, Shasta daisies and hostas tend to become too crowded over the years, early spring is the perfect time to divide them before the growing season takes off. The technique is straightforward. Once the shoots appear, dig around the perimeter of the clump in such a way as to prevent damage to the roots. Then dig beneath the plant root ball and lift it out of the ground. Gently disentangle the roots by hand and pull apart the tubers or roots. You may need to actually cut through the tuber to separate the plants. Finally, replant the original parent plant and then each of the newly created clumps. Water well.

Until we can get into the great outdoors, we can also keep our green thumbs from becoming too twitchy by starting some seeds indoors, reviewing last year's garden notes and photos and daydreaming about the season to come.

Happy springtime dreaming...



## Word Play

# Rebirth and karma

Louise Bloom - lousebloom@me.com

At the end of the 19th century a popularized interest in Eastern religions invited a significant number of Westerners to accept the Hindu and Buddhist knowledge of rebirth.

Whether or not you embrace the concept of rebirth, the logical unfolding of the Buddhist philosophy lends us a wisely structured system that supports ethical behavior, an argument for consciously working to reduce our human aggressive tendencies, our illusionary self-importance, and all those concepts that lead to disappointments for which we blame anyone other than ourselves. Buddhist teachings emphasize self-responsibility.

"The truth and the driving force behind rebirth, is what is called karma" ("The Tibetan Book of Living and Dying: by Sogyal Rinpoche, Patrick D. Gaffney, Andrew Harvey). Westerners often misunderstand karma as fate or predestination. Karma, that literally means action, is best thought of as the infallible law of cause and effect that governs the universe. Karma is in fact, the **results** our actions bring. I am referring here to individual karma.

"Since the dawn of history, reincarnation and a firm faith in life after death have occupied an essential place in nearly all the world's religions." Even Christianity reveals traces of this belief in its early days.

Beliefs in the successive existences (rebirths) vary. A powerful image is one of dice, stacked one on top of the other, each supporting the other, but only connected by **conditionality**.

CONDITIONALITY - adjective meaning: subject to; depending upon a condition or conditions; not absolute; made or allowed according to certain terms. In the case of rebirth, those terms are conditioned by karma (our action)

To be clearer, the actions that an individual takes in a lifetime, whether positive or negative, influence the outcome of the rebirth. The scale is positively influenced by kindness and well-intentioned acts, concerns for others as well as our selves. If the actions are positive and are positively motivated, one is more likely to be reborn in circumstances that are **less challenging**. Once again, the terms I use here are **not absolute**. I am merely approximating these ideas with words that simplify a very complex idea.

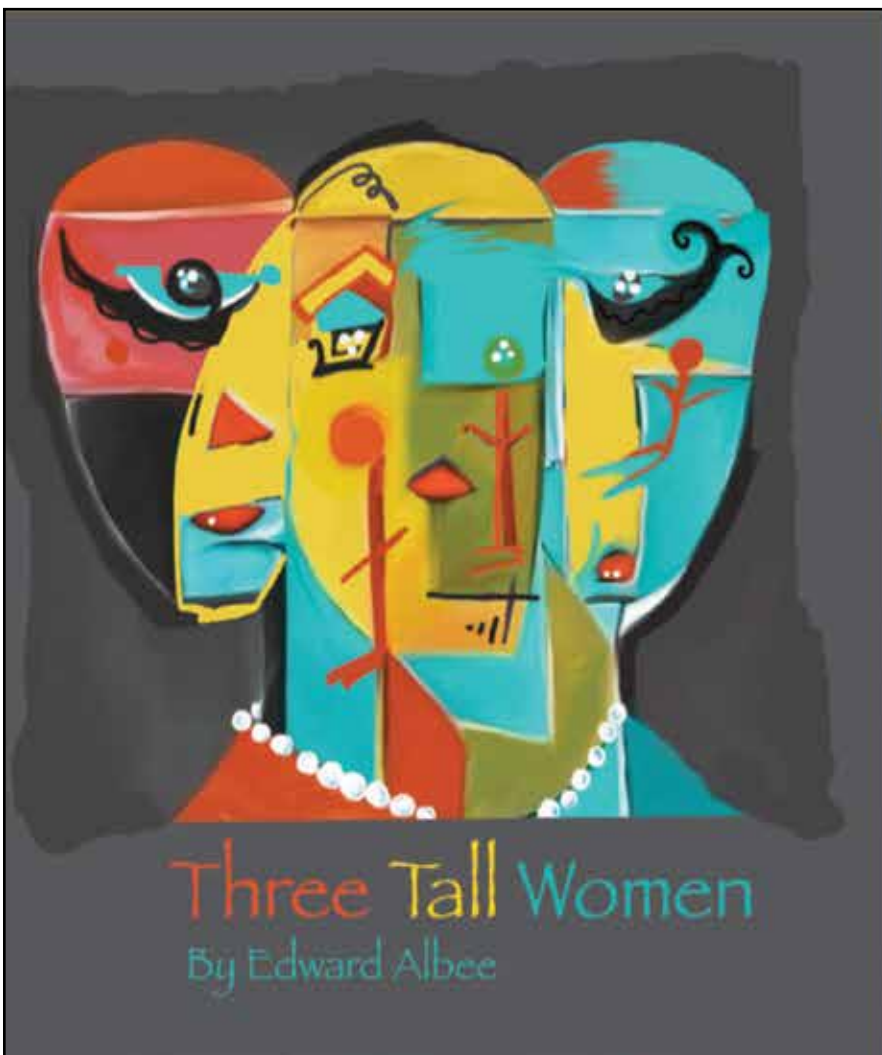
A very important part of Buddhist philosophy claims that: "everything is impermanent, fluid and interdependent. Focusing on this reality, we might conclude that how we act has consequences that affect everyone. We are part of a whole (a global community) whose ingredients are variable, according to the thoughts and actions of all. Therefore, our individual evolution is the subject at hand. Further, the Buddhist view believes that even dire situations such as terminal disease, can be used to evolve. In the context of Buddhist philosophy, there is no crime or cruelty that sincere regret and dedicated spiritual practice cannot purify.

To purify our negative karma (negative intentions and actions), there are various antidotes. They are a willingness to repent, to truly regret our behaviors, to develop a compassionate regard for others and to be an advocate for peace and harmony for all beings and ourselves.

Whether or not we embrace reincarnation, we cannot argue against redirecting our motivation in a positive way. The future is in our hands and the hands of our heart.

The Buddha said: "Karma creates all, like an artist, Karma composes, like a dancer."

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.



Three Tall Women  
By Edward Albee



May 8-12, 2024  
Chalet Bellevue  
Morin-Heights  
Tickets \$25  
TheatreMorinHeights.ca



# Obituaries

## DR. ROBERT (ROB) GEORGE MUIR MARCH 6, 1958 - MARCH 22, 2024

With heavy hearts we announce his passing in Victoria BC.

Son of Bill and Clarice Muir, brother to Garth (Theresa), Debbie, Cathy (Jimmy) and Doug (Nenette).

He was a great son, brother, brother-in-law, uncle, great uncle, cousin, nephew and friend to all of us. We will deeply miss him.

He will be buried in the Lachute cemetery at a later date.



## HEATHER HODGE PÉPIN

Passed away March 18, peacefully at St. Agathe Hospital, in her 83rd year.

A small gravesite funeral service will be held at the Arundel Cemetery at 2 pm on May 17, 2024. A Celebration of Life will follow at Arundel Legion at 3 pm. If you wish, please join us at cemetery, or at the Legion. Donations can be made to the Canadian Legion, Branch 192.



## D. IVAN WARD, 88 AND JUNE WARD (NEE TOPPING), 92 OF MILLE-ISLES QC.

Ivan, born on July 14, 1935 passed away on March 23 and June, born on May 5, 1931 passed away on March 16. They were married on September 27, 2002 after being together since 1974.

They will be deeply missed by their children Steven (Kathy), Lorraine (Norman), David (Dawn) and Karen (John), their grandchildren Alison, Jennifer, Jeremy, Cole (Becky), Steven (Debbie), Michael and Elizabeth and, their great grandchildren Lexy, Kensi, Josh and Jenna.

Ivan had a brother Brian (deceased) and 2 sisters Linda & Diane. June had a brother Johnnie (deceased) and a sister Marjorie (deceased). Ivan was previously married to Helen Pagé and June was previously married to Joseph Charles (deceased)

Ivan was a policeman in Morin Heights, Fire Chief in Mille-Isles and a mechanic for different airlines. He was also an outdoorsman. He loved to fish and hunt, go camping and ride his motorcycle. He also loved taking pictures wherever he went.

June loved to go places and see things and was always looking for information. She loved camping and to go on motorcycle rides with Ivan. She enjoyed photography, which Ivan encouraged by buying her cameras. She also loved to travel and took several trips late in life.

So, we are left with a huge photographic memorial of their lives and adventures. Together, they created a wonderful life. They had a wonderful group of friends and will be missed dearly by family and friends.

Service will be on May 25 at 1 pm at the Anglican Church in Mille-Isles, followed by a repast at the municipal hall in Mille-Isles.

Please no flowers...



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# An Inspiring Earth-Day Art Exhibition: arbre/moi

Chalet Bellevue,  
27 Bellevue Road, Morin-Heights  
April 20 - April 23: 10:30 am - 4 pm  
Opening reception: Friday, April 19: 4pm - 7 pm  
Refreshments - a free family event

The participants of arbre/moi invite you to see the art they have created celebrating their love of trees.

The connection between people and trees is the inspiration for this art and nature project organized by Morin Heights artist, Elizabeth Whalley. Over the course of a year, the participants, who have come from many corners of the MRC des Pays-d'en-Haut and beyond, gathered in workshops and independently created artworks and texts.

Like a forest of trees, the participants are inter-connected and yet each is unique. Claudel Lacroix and Shirley Metka evoke family ties and a sense of place. Sharon Goldberg and Marie-Françoise Condamine remember a loved one. Jana Novy, Claire Contant and Jocelyne Annereau Cassagnol celebrate the vitality and evolving forms of trees. Marci Babineau and Léo Côté, Rossy L. Fuentes and Holly Blenkhorn immerse us in the timeless life cycles of nature. Kim and Nadia Bertrand show the beauty and symbolic force of trees while Liliya Gedvila and Sylvie Duval explore their expressive abstraction. John Pohl, Monique Bélisle and Joanne Hayes share their close observations of trees. Rachel Gagnon and Brigitte Simon find the spirit of the tree in the wood itself while Lawrence Bass and Hélène Lemyre discover it in anthropomorphic trunks and branches. Carole Beaudet, Chantale Royer, Nuri Alcalá, Diane Brodeur, Julie Marcoux, Mélanie Chartrand, Magali Ross, Andréanne Ouellet, Alain Durepos, Richard Petitclerc, Lucy Lafontaine, Ginette Pelletier and Sandra Kowalski imaginatively channel the tree spirit. Diane Viau, Louise Ladouceur and Jo-Anne Edger powerfully project the life force of the whole, dynamic forest.

The participants thank the Fonds culture et patrimoine de la MRC des Pays-d'en-Haut, the Municipality of Morin Heights, the Bibliothèque Claude-Henri-Grignon (Sainte-Adèle), the Bibliothèque de Saint-Sauveur, the Morin Heights Municipal Library, the Bibliothèque municipale de Wentworth-North, Galerie L'Apostrophe, L'Échelon des Pays-d'en-Haut, and the Biodiversity sub-committee of the EAC of Morin-Heights.



The participants of the *arbre/moi* project present:

## arbre/moi exhibition

April 20-23, 2024 10:30am-4pm

Opening reception:

Friday, April 19, 4pm-7pm

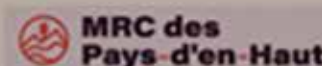
**Chalet Bellevue**

27 Bellevue Road, Morin-Heights, QC

Organized by Elizabeth Whalley

Info: <https://arbre-moi.tumblr.com>

Questions: [projetarbremoi@gmail.com](mailto:projetarbremoi@gmail.com)



## The Lachute Regional Foundation

Founded in 2016, the Lachute Regional Residence Foundation was created to fund projects meant exclusively for the Lachute Residence in Lachute. This CHSLD houses 52 seniors in need of long-term care and is the only institution with the English language status in the Laurentians supplying bilingual services to our vulnerable seniors.

The Lachute Regional Residence Foundation has raised money for various projects, with the latest ones being: a) the purchase of a wheelchair, adapted swing for the back terrace, able to accommodate three wheelchairs. This unit will be installed in the spring to enable users to enjoy the outdoors, and b) our partnering involvement in supplying a portable bladder scanner for the Nursing Dept.

Due to Provincial government budget restrictions relating to health and social services, it has become increasingly important that Foundations such as the Lachute Regional Residence Foundation continue to raise funds for projects meant to enhance the well-being of all residents housed in the Lachute Residence. This residence has served many families in the Laurentian community over the last 60 years, and the Foundation is pleased to be a part of its continued success.

Please send your donations to the Lachute Regional Residence Foundation, 1 chemin du Sommet Saint-Andre-d'Argenteuil, QC, J0V 1X0 or contact Pat Hodge at 450-562-8365

## Theatre Morin Heights presents

### "Three Tall Women" May 8-12

The Edward Albee classic "Three Tall Women" will come to life on the Theatre Morin Heights' stage with six performances running May 8 to 12 – four evening shows and two matinees – at Chalet Bellevue, Morin-Heights.

Under the skilled direction of Noel Burton, three talented local actresses have embodied and embraced the challenging roles of this 1994 Pulitzer Prize winning play to deliver thoughtful and thought-provoking performances. As the story evolves, the protagonist, an imperious, acerbic 92-year-old woman, takes the audience along on her personal ride as she reflects on her life with a mixture of shame, regret, pleasure and satisfaction.

Tickets \$25 are now on sale. Buy online by visiting [theatremorinheights.ca](http://theatremorinheights.ca) for the direct link; also available for in-person purchases at the reception desk of Chalet Bellevue, Morin-Heights. For more information about the show or to volunteer behind the scenes: [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com) or 579-765-3999.

Theatre Morin Heights is a grassroots, not-for-profit English community theatre troupe that has operated in the Laurentians for almost 40 years.



"Three Tall Women" cast (from l.) Alessandra Piazza Guindon, Corina Lupu, Sarah Vanhove, Noni Stuart

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# Fondeurs-Laurentides ranks 4th best club in Canada

The performances of the club's athletes made it possible to obtain a historic 4th position in the general ranking of the Canadian championship. In all, 8 medals were won by the cross-country skiers in more than several top 10s.

Olivia Bouard-Nesbitt (Morin-Heights) won 2 medals in sprint and ranked best senior athlete. Samuel Picard (Charlevoix) had the best time in the 15km freestyle event in the M20 category and took the 2nd step of the podium in the 7.5km freestyle in the M18 category. In the general classification he finished in 3rd position in the M18 category. Alexandre Cormier (Piedmont) won first place in the 10km free in the M20 category and ranked 2nd in the Canadian general ranking in this same category. In the M18 category, Joël Thibault (St-Thérèse) won bronze in the free sprint. Chad Walsh (Morin- Heights) placed 5th in the 5km freestyle and finished just off the podium in the 7.5km. Joël Thibault finished just behind in 5th position. In the general U18 rankings, Joël finished 4th and Chad 7th. In the standing Para-Nordic category, Félix Lafond (Brownsburg-Chatham) won gold twice.

The spring conditions and lack of snow disrupted the programming of this major competition. Classic style events and the relay could not take place. The event volunteers worked very hard to obtain a quality track with the available resources.



## Real Wine for Real People

### Why do we age wine in oak?

April Sirois - Sommelier - ISG

We are inclined to think that adding oak to wine is merely to add the flavor of oak to the wine. But, in reality, the aging of wine in barrels has so much more to it.

In most cases, if a winemaker chooses to age his wine in oak barrels, the wine is added to the barrels after the fermentation process. However, some winemakers may ferment inside the oak barrels to get a certain style or flavor in their wines. Because of its time in the oak barrels, the wine will extract some of the barrel's characteristics, which is why oaked wines will have the smoky, oaky characteristics.

The age of the barrels and the time the wine spends in the barrels will greatly determine how much of these characteristics can be found in the wine. Like steeping tea, if the tea bag is used the first time, the flavor is the most intense, but the more the teabag has been used, the less intense the flavor will be. Equally, the longer the tea is left in the water, the more the flavor will be extracted. This is the same for wine in oak barrels. Brand new barrels will extract the most intense oak aromas.

The ability to manipulate the intensity of oak aromas in wine has allowed winemakers around the world to create wines with different flavors and intensity. Also, when the cooper or barrel maker produces the barrels the oak planks are heated to allow them to be more pliable. This is called "toasting" and how much the barrel is toasted will also influence the flavors imparted into the wine. So, when you taste flavors like vanilla, caramel, toast, cedar or smoke you know that particular wine has spent time exposed to a more heavily toasted oak barrel. But more than that the addition of oak barrels allows winemakers to age their wine considerably longer.

Along with the flavor, oak also adds tannin to a wine. Tannin is considered a preservative, which helps wine age exceptionally well, allowing it to develop more complex characteristics over time. By aging wine in barrels, winemakers can increase the age-ability of a wine.

So why oak? Most wine barrels in the world are made from oak. It has been the wood of choice for centuries. There are many reasons for this and it isn't something that is ever likely to change. Oak is a softer wood, which makes it easier to bend into a barrel shape. Additionally, oak has tight grains, meaning that liquid doesn't seep through the wood easily. Interestingly, there are different types of oak, all of which offer different characteristics to a wine. The most popular types are American oak and French oak. The growing climates of these two countries create very different characteristics in the oak and the wine. While American oak is slightly sweeter, more hints of vanilla and cinnamon are prominent in wines that are aged in American oak. On the other hand, French oak adds spicier pepper notes to the wines.

Cheers!

~ A barrel of wine can work more miracles than a church full of saints. ~ Italian proverb



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

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## I'm Just Saying

### A new season of hope and sensibility

Ron Golfman - Main Street

How nice it is to be back in my spot on Main Street!

The last several editions I had to skip due to developing another rare and exotic tumor while, admittedly, half-expecting to see Rod Sterling from the Twilight Zone appear next to my doctors. I want to first thank those readers who were kind enough to write to me and missed me, making me feel like Sally Field at the Oscars, saying that they really liked me. It helped my spirit and courage, and I thank you from the bottom of my heart.

Having treatment leaves me feeling like a vending machine, where the next coin toss will keep me vertical enough to carry on. While I am not out of the woods, fortunately my pills and my head are shared with Van Morrison singing, 'too late to stop now'. I have been flooded with endless offers of support from friends and family and I extend my humble thanks to you all. Your scaffolding has inspired me and lifted me up more than you know.

Now, as we all anxiously await the return of Spring, on both terraces and with flowers, these buds are for you. We may look to weather apps for their coin-toss predictions but the best forecast will always be to go outside your door for a bit of reality. In that logic, here are a few other local observations clearly seen.

Recently, I stood in line at the SAAQ for over 45 minutes to renew my driver's license only to be told that I must call or go online to book my appointment. Being a good Canadian, I complied. After reaching out by phone, the automated message told me - and I paraphrase - that unless I was born in Bangladesh or am from Mars, as a native Québécois I am not eligible for English dialogue or assistance. Despite assurances of access to core services in both languages, the regularity of false promises made by the CAQ government is feeling like its own version of groundhog day.

On the topic of driving, I often ask myself why there are no lights at the dangerous intersection of Watchorn and the 364 or between the Legion and the baseball field. The former is a busy local driving route while the latter helps the community access the annual Legion flea markets and a beloved local sport. As perilous as these spots can be in a car, try crossing by foot or on bike!

On a positive note, we had a wonderful event mid-winter where we played our annual snowshoe softball game on a cold but sunny February afternoon. Despite the -30 temperatures, the event drew great attendance - such is the Laurentian spirit - and the warmth of the day made it feel like summer was right around the corner.

Having been in recluse over the winter - and I'm Just Saying - I am so excited to run into everyone again under warmer skies and can often hear The Beatles singing :

"Here comes the sun  
And I say, it's alright  
Sun, sun, sun, here it comes"

For now, stay warm and see you soon!







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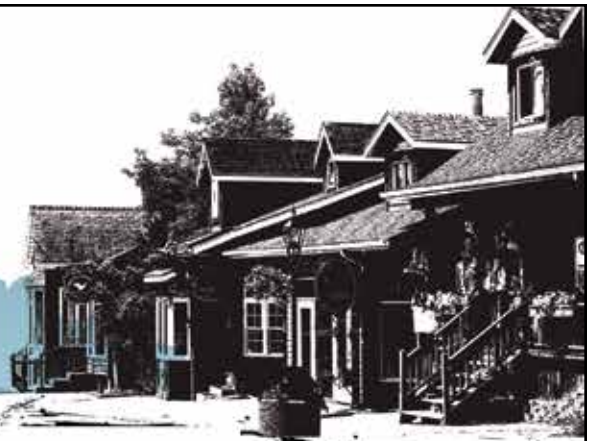
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**Les Sentiers:** 1-844-565-6464 / [lessentiers.ca](http://lessentiers.ca)

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[info@granitenadon.com](mailto:info@granitenadon.com) / [www.granitenadon.com/en](http://www.granitenadon.com/en)

### AUTOMOBILES

**Automod**  
2252 Ch. Jean Adam, St-Sauveur  
(450) 744-0122 / [automod.qc.ca](http://automod.qc.ca)  
Services: windshield repair and replacement, sale and installation of car accessories, tires and mechanical repair

### ARTS & CULTURE

**Theatre Morin Heights**  
[www.theatremorinheights.ca](http://www.theatremorinheights.ca)  
579-765-3999 / [theatremorinheights@gmail.com](mailto:theatremorinheights@gmail.com)

**Centre d'art Argenteuil**  
585 rue Principale, Lachute, Qc., J8H 1Y8  
Open Wednesday to Sunday: 11 am to 5 pm  
Follow us on [Centredartargenteuil.com](http://Centredartargenteuil.com), Instagram, Facebook

**Laurentian Ski Museum**  
The heritage of skiing in the Laurentians  
Open: Wed.-Sun: 11am-5pm  
[www.skimuseum.com](http://www.skimuseum.com)  
450 744-1723 | 1 877-744-1723

### HOME

**Lortie Refrigeration Inc.**  
202 Cameron Street, Hawkesbury (Ontario)  
613-632-8742  
Installation/repairs - heating and air conditioning  
Open: Mon - Thurs: 7:30 am - 4:30 pm / Fri: 7:30 am - 4 pm Closed: 12 pm - 1 pm

**Location Daniel Boivin**  
270 Rue Principale, Saint-Sauveur,  
450-227-0079 / <http://www.locationdanielboivin.com>  
Services: Tool, equipment and truck rental, STIHL tool sales, propane filling  
Open: Mon - Fri: 7 am - 5 pm

**Location Madden:** 573 Lafleur, Lachute / 450-562-9142. Tools and equipment rentals

**Construction Stewart:** 591, ch du Village, Morin-Heights / 450-226-1313

**Matériaux Robert Boyer**  
Everything you need for your home  
450 224-2068, [robertboyer@matrboyer.com](mailto:robertboyer@matrboyer.com), [matrboyer.com](http://matrboyer.com)

**Les Toitures Sommex Inc**  
514-839-0583  
Specialities : Asphalt and Shingle Roofs, Snow Removal from Roofs  
[www.toituressommex.ca](http://www.toituressommex.ca)

### RESOURCES

**Laurentian Region Cancer Support Group:**  
450-226-3641 / [cancer.laurentia@yahoo.ca](mailto:cancer.laurentia@yahoo.ca)

**MRC Pays-d'en-Haut**  
1014 rue Valiquette, Ste-Adèle, QC, J8B 2M3  
Tel: 450-229-6637

CDC Vimont/Lachute - Adult Education Centre  
450-688-2933  
<https://bilingualtraining.ca/adult-education/about-us/>

### BOUTIQUES

**Station 210 - Café Ateliers Boutique**  
Products for HOME, HEALTH, LEISURE & PANTRY  
210 Route du Long-Sault, Saint-André-d'Argenteuil,  
(514) 814-3685 / <http://station210.co/> /  
[info@station210.co](mailto:info@station210.co)

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### LIVE MUSIC

**David Leask - Singer/Guitarist - 30 years experience**  
House Concerts, Hootenannies & Holiday Parties  
(647) 897 6893 / [david@davidleask.com](mailto:david@davidleask.com)  
[www.meetmeinthemusic.com](http://www.meetmeinthemusic.com)

**Auberge et Bistro Namasté**  
133 avenue Bethany, Lachute | 514-947-9350  
LIVE MUSIC AND RESTAURANT  
Intimate setting and great entertainment  
Open Thursday - Saturday

### STORAGE RENTAL

**Station Wentworth**  
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For rent  
Info: 514-292-3437

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