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See page 12 for list of local Farmer's Markets

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What's On My Mind...

A good season for all

Susan MacDonald, Editor

One of the key components to determining a good season in the Laurentians is the weather, and this summer, what a glorious season it has been so far. The hot, sunny days have encouraged people to step out and appreciate the outdoors, to shop and enjoy meals on the terraces of their favourite restaurants. Fundraisers, festivals and outdoor cultural events have benefited greatly from above-average participation and attendance. Outdoor enthusiasts are having the best season for outdoor sports and leisure activities in many years, and cottagers are enjoying life on their lakes to the fullest. This is the summer we have hoped for all winter long, and it didn't disappoint; it has been one of the best in a very long time.



Riding the current high, we tend to forget that beyond the obvious pleasantries, the weather has also played a highly relevant role in our lives and livelihoods. Good weather has provided great crops, increased annual yields, and ample supplies for the winter ahead. Sunny days and warm temperatures have enticed people to take advantage of the short season to visit or participate in local events and activities, to enjoy outdoor dining and, light-heartedly, enjoy a little indulgent shopping. These extra 'sprees' have benefited local organizations and businesses immensely, since they depend on successful summer seasons to compensate for the slower, colder months ahead. A good season contributes to prosperity and can often determine the success or failure of a business. Without doubt, this summer has provided a much-appreciated boost to many of our local enterprises.

The weather also affects our attitudes, and it seems everyone is walking tall these days with high spirits. Exchanged pleasantries often include genuine smiles and light-hearted banter, and small courtesies have once again become the norm. It is so nice to see friends, family and neighbours relaxed and enjoying life.

Now, nearing mid-August, the season is slowly starting to wind down, but here in the Laurentians, there is still much going on, as you will note while perusing the following pages. Many of the cultural events have been highlighted for you in the Out and About column on page 10, you'll find the local community events and activities on page 14, and several others are mentioned throughout the edition.

The kids will soon be heading back to school, the days are getting noticeably shorter and the nights a bit cooler, but summer is still starring across the region. It's been a great season for all; let's relish it through to the end.

Enjoy the read...



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Observations

Automatons Blue Pill- trapped in the Matrix

David MacFairlane - MainStreet

From time to time, iconic stories of science fiction have broken through the clouds of apathy and ignorance that fog our minds and have retarded our development as human beings. In the 1970s, it was author Robert Heinlein, with the profound story of a Mars-born human who returns to Earth, in "Stranger in a Strange Land," a ground-breaking and controversial story of how love and goodness struggled to survive in a dystopian society of mind-controlled citizens. Regarded as the "dean of science fiction", many of Heinlein's stories were adapted for film and TV. In the 1980s, it was the wildly popular movie "2001: A Space Odyssey" written by author, Arthur C. Clarke, and directed by Stanley Kubrick. It dealt with the idea that an alien civilisation had alerted humans to the possibility of space travel and contained subtle undertones of life during the Cold War, corporate domination and, more blatantly, technology intent on slaughtering the very people who developed it. In 1999, the Wachowski brothers, conceived, wrote, produced and directed "The Matrix" and its two sequels that became the most popular movie series of all time, depicting the hopeless situation of mankind, trapped in the coils of fear, separation and self-deception while ruled by a ruthless class of elites in a world of simulated reality. In 2009, it was the story of "Avatar" from the fertile and prolific mind of Canadian film-maker James Cameron, who wrote, produced and directed the astonishing story of man's arrogant brutality towards the gentle population of highly advanced, non-humans on a distant planet, abundant in the natural resources urgently needed by our degraded planet Earth and vital to future human progress. This story is not yet finished, as four sequels are currently in production and will be released over the next few years. Avatar, because of its premise of intelligent life beyond Earth, and the revealing portrayal of human stupidity and arrogance, has become the most successful and highest-grossing film in movie history, nominated for nine and winner of three Academy Awards.

The common thread throughout these stories depicts a dystopian world, populated by human sheeple who are brainwashed into believing in the supremacy of the state, and distracted from the truth by propaganda and strict rules of control. It seems appropriate, this month, to expand on the idea of "The Matrix" because, in the context of life imitating art, we seem to be living in a virtual-reality world that we contact through the screens of our electronic devices, which most of us depend on for communication and entertainment, while the real world of people, places and things goes by around us almost un-noticed. Particularly for young people, the virtual worlds of Facebook, Twitter and other social media seem to have become their own realities without which life would be inconceivable. This new virtual world seems to have become a vital tool for governments and the ruling elites to manipulate and control the users of social media by owning the platforms themselves, thereby gaining access to all the private information in the lives of billions of subscribers. The long-term plan is to bring all humanity under a single form of government, ruled from the top down and in which dissent will not be tolerated, privacy and personal independence destroyed, all citizens micro-chipped, and Big Brother's eyes and spies will be everywhere. You think that's extreme? Well, consider the following facts before passing judgement ...

The Nielson polling company recently conducted a survey of American adults over 18 years who consume media via television, computers and smart, electronic devices. This information came courtesy of journalist, Michael Snyder, and Zero Hedge and can be considered as an accurate snapshot of Canadians too, and by extension, Europeans, Asians and all populations who have access to high-speed Internet and social media platforms. Before the advent of computers and the Internet, people spent little time watching TV because there were just a few channels and many other options associated with family life. People worked hard and were directly involved with their families and communities. Remember those times anyone?

However, now that the virtual world has replaced the "real" world, according to the survey, American adults spend most of their waking hours staring at screens, watching TV, videos or podcasts, trolling the Internet, playing video games, listening to music, using smartphone applications, or otherwise consuming media. People have willingly connected themselves to the Matrix, and the time spent within is increasing each year. Apparently, adults spend around two-thirds of their time consuming media in various ways. What seemed weird was the difference between generations; older Americans spend the most time consuming media, but the younger generations have the highest TV and digital content usage. Also, young adults spend almost half their time on digital platforms, mostly using media apps on smartphones - the most of any generation.

Looking around you, doesn't it seem as if young people are constantly tethered to their phones, texting or connecting to somewhere or someone, as if they would be

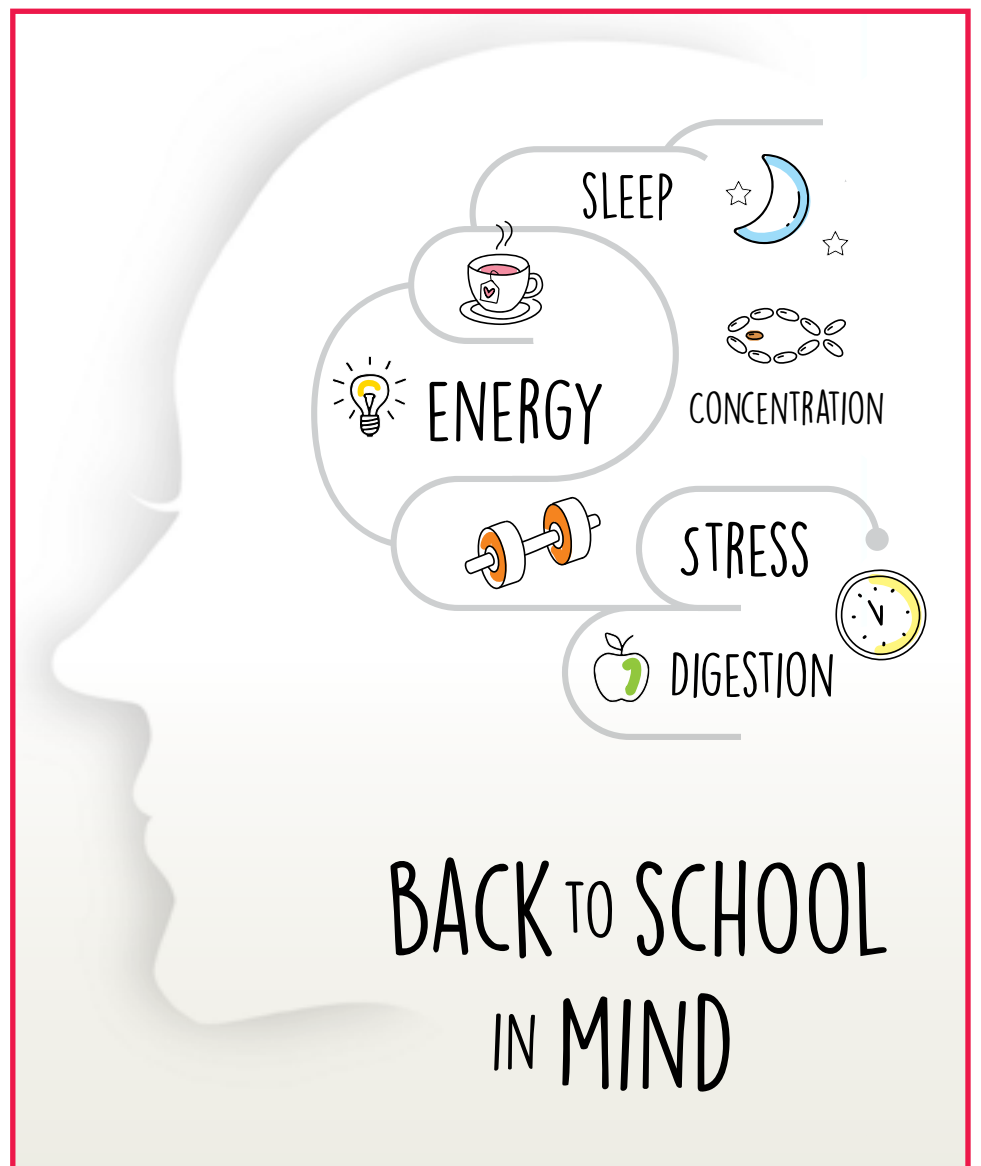
utterly lost without this ability to exist within their virtual worlds? Smartphone use is at an all-time high worldwide and keeps increasing each year. According to The Guardian, British users check their phones every 12 minutes, on average. The newspaper also states that people are not using their phones for voice calls as much and have lost the art of intelligent conversation. Nicholas Tampio, associate professor at Fordham U, says that children learn more when their physical bodies are involved in meaningful experiences than when learning from computer screens. Unfortunately, the push from education authorities worldwide is for more, not less, screen exposure. Isolation seems to begin at an early age, particularly as a youngster begins school, when peer pressure, the need for acceptance, and self-image vulnerabilities take their toll on sensitive, nascent psyches. Also, parents have ceased monitoring what their children are involved in, and instead, social media and peer groups have become the new mentors of adolescents.

Media programming is controlled by 6 giant corporations and owned by the ultra-rich elites who are making massive efforts to censor alternative voices and become gate-keepers of the Internet. The Matrix has been shaping our thoughts, beliefs and world-views clandestinely. All forms of media are already controlled by the elite except the Internet, which is the last frontier where freedom still flourishes. Freedom of information must be protected. We can change society only online because that's where the people are, and where the war for control rages. This is an existential war for our minds and we must fight hard to win it, because losing is not an option.

As Stanford U Professor, Victor Davis Hanson, said recently, "Spiritual transcendence is the timeless water of life; technology is simply the delivery pump. We confused the two. (The fact) that water can be delivered ever more rapidly does not mean it ever changes its essence. High tech has become the great delusion ... religious and spiritual re-awakening is crucial if America is to be saved."

Red pill anyone?

"Let me tell you why you're here ... what you know you can't explain, but you feel it ... that there's something wrong with the world ... it's there, like a splinter in your mind, driving you mad ... The Matrix is everywhere, it is all around us ... a prison for your mind ... it is the world that has been pulled over your eyes to blind you from the truth ... You take the Blue Pill - the story ends, you wake up in your bed and believe whatever you want to believe. Take the Red Pill - you stay in Wonderland and I'll show you how deep the rabbit-hole goes." - Excerpts from talks between Morpheus and Neo - The Matrix movie, 1999.



BACK TO SCHOOL IN MIND



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Simply Words on Paper Reflecting on my varied surgical experiences

Jim Warbanks - Main Street

By the time you read this, a good friend of mine will likely have undergone the first of two rather serious scheduled surgeries. This has caused me to reflect on my varied personal experiences with certain medical practitioners.

I was born a premature Halloween baby weighing a mere three pounds, fourteen ounces. Our family doctor had worked in China earlier in his career, but I am unsure if his battlefield experience was a factor in my relatively healthy development. My father described me as "a bag of bones." I was released from the incubator and sent home before attaining the requisite five-pound weight. My grandmother supervised my care, placing my bassinette on the open oven door to benefit from the low radiant heat.

Surgery in office

Before I started school, he also removed my inflamed tonsils, performing the simple surgery in his office, rather than bothering to admit me to the local hospital. His post-surgery prescription was that I be allowed to eat all the ice cream that I wished for the next few days, while recovering at home. I suffered no after-effects.

While playing an enthusiastic game of touch football at recess in Grade 7, I was hurled to the ground, hurting my wrist. On the way home for lunch, the wrist was too swollen to wear a glove. By late afternoon, my mother decided to bring me to see my father's "company" doctor at his private office. He set and applied a cast to the broken wrist. After the cast was removed, I learned that I would need surgery to repair the improperly diagnosed injury. An orthopedic surgeon from Montreal was called in, repaired the damage in what was considered a delicate operation and applied a "goose-neck" cast. This meant a further six weeks of limited mobility, though I did manage to play pond hockey as a goaltender. The surgeon who performed the successful operation was later barred from practice. The unconfirmed rumor was that his dismissal was related to abortions.

Persistent infection

As an adult, on a camping trip in Adirondack Park, lightning struck and demolished a giant pine tree. A large piece of the trunk struck my leg. Surgery on the resulting compound fracture was performed by a highly-regarded surgeon at the hospital in Saranac Lake. He applied a full-length fiberglass cast, which included a removable panel. The wound, which had not closed, remained infected, so I was referred to a surgeon from a prominent family then working in Saint-Jérôme. He treated me and applied a series of casts over a two-year period. Through this period I used a walker, two types of crutches and finally wore a molded orthopedic brace. He finally suggested a further surgical intervention that would have seriously and permanently impaired my mobility, if it succeeded. At this juncture, with the tibia leg bone not yet fused and the wound still not closed, I asked my family doctor to refer me to another surgeon.

I was taken in hand by the head of one of the two orthopedic surgery teams and a renowned plastic surgeon at the Montreal General. After bone grafts, skin grafts and specialized antibiotic treatment necessitating hospital stays of six weeks and three weeks over two summers, in an isolation floor, derisively referred to by staff as "the pus pit" where I was confined to a wheelchair for a time, then rehabilitation and physiotherapy, I was finally able to walk normally, without a cane. I still consider that I "lost" two years of productivity and enjoyment because of the ineptitude of that over-confident but ineffective Saint-Jérôme surgeon.

Sloppy dismount

A few years ago, my left shoulder had been painful for some time. Treatments helped somewhat. While trying to impress some children with my prowess on a Jungle Gym, I performed a sloppy dismount that some would uncharitably call a fall, and the resulting pain became nearly unbearable. X-rays and a scan, performed at the Children's Hospital of Eastern Ontario, where I was treated by kindly, concerned staff members like a ten-year-old child, determined the extent of the injury. I was scheduled for surgery at the Verdun General Hospital. It was a success and healed well. The surgeon, who took justifiable pride in his work, declared that there was a "massive tear" in the rotator cuff to rebuild. The shoulder is fully functional.

Based on my varied experiences, I can only suggest that, if you require a surgical intervention, choose your surgeon with utmost care. She / he should have good, relevant training and up-to-date experience in the specific procedure concerned. Do not hesitate to seek a second opinion early in the process, if you deem this to be useful. Post-surgery, work diligently to rebuild and rehabilitate your body, even if the prescribed exercises are mindlessly boring.

Road Closures – Mont Tremblant



Plan your trips during the Half-Marathon of Mont-Tremblant.

On Sunday, August 12, 2018, the City of Mont-Tremblant will be the host of the half-marathon in Mont-Tremblant. For the occasion, a few safety measures, road closures and detours have been put in place for the event, between 5 am and 2 pm. Changes to the transport of Mont-Tremblant (TCMT) have also been implemented.

For detailed information on road closures, go to <http://www.villedemont-tremblant.qc.ca>



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We Are Triathletes !

We Are Triathletes is the first ever feature-length documentary for the big screen on the sport of triathlon and shows the inspiring journey of six triathletes training and preparing for the race of a lifetime. However, the film is not just about a race, but delves into the spirit of endurance sport, and why the mental and emotional challenge of triathlon is oft times greater than that physical challenge.



A onetime only screening in Mont-Tremblant of this inspiring new film will be held at the Fairmont Tremblant (Mali Room) on Thursday evening, August 16 at 7 PM. Executive Produced by Ironman Hall of Fame triathlete Bob Babbitt, if you are not already obsessed with triathlon, you will be after seeing this amazing film.

Hosted by Tri Action Mont-Tremblant, tickets are just \$10 (plus a \$1.50 processing fee) thanks to the generous sponsorship of Fairmont Tremblant and PSAV Quebec. There will be very limited tickets available at the door, so we encourage you to buy your tickets today to ensure a seat. Tickets available at <https://tickets.demand.film/event/5594>

Notice of Appointment

The Table de concertation agroalimentaire des Laurentides (TCAL) is pleased to announce the appointment of Madam Marie-Eve Morin as Director of the Organization.

Ms. Morin's mandate will be to continue the inter-sectoral collaborations to facilitate the development of the bio-food sector through actions and projects for the region. The creation of this new position is in line with the work of the last few months made in the framework of the Strategy Regional bio-food My Laurentides I Eat.

The Table de concertation agroalimentaire des Laurentides (TCAL) mission is to boost the economic development of the bio-food sector of the Laurentian region. Since 1996, its mandate is to develop, promote, support and implement development projects for the bio-food sector as well as actions related to issues of the industry in consultation with the regional actors, by promoting and supporting the collective initiatives.



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About Sainte-Adèle

Chris Lance - Main Street

You probably have a phone full of pictures. Perhaps your snapshot skills can be of use to



someone else. Let's face it, most smartphone users never develop their pictures; why bother, and how do you do it anyway? So, now you could win a \$100 gift certificate at Illico Photocopies if your shot is picked for the front cover of the next (2019) municipal calendar, and you would also receive a lithograph copy of the murals seen all over Sainte-Adèle. Twelve other prizes, one for each month of the year, would garner a pair of tickets to la Place des citoyens for the show of your choice.

The objective of this photo contest is to find what citizens have discovered in their Sainte-Adèle. All the rules can be found at communications@ville.sainte-adele.qc.ca. You must submit by November 1, 2018, and only 5 shots per photographer.

To remedy a nasty situation, smile when you leave your garbage and recyclables at the designated city containers, called Moloks, because you are on camera, and if you leave stuff lying about, as has been the case in so many municipalities up here, you are liable to a fine of \$200 - \$300. So, recycle and dispose of your garbage the right way.

You might want to catch the last Soirees Nostalgia on August 11 at the Parc de la Famille, at the top of rue Morin and Emile-Cochand. The artist is Mark Kingswood. He plays jazz and big-band stuff.

Les projections d'Adèle films en plein air will be presented in the Parc de la Famille. On August 18, it is Jumanji, and on August 25, it is Disney's COCO. Each event starts at 7:30 pm with animation, and the movie starts at 8:30 pm. Keep in mind, they will be the French versions.

Get out and enjoy Plage du Lac Rond and the use of pedalos, kayaks, paddleboards and chaloupes. There is a cost, but it's great floating about the lake. The beach is open until September 3, from 10 am to 7 pm.

The Round Robin tennis, from May 25 to October 8, is still going strong - the play is organized Tuesday, Friday, Saturday and Sunday from 9 to 12 noon. Non-members pay \$10 a day. You can call to speak to the organizers at 450-229-2921 ext. 237. 4 pickleball courts are free at Parc Claude-Cardinal on Tuesday: 6 pm to 9 pm; Thursday: 5 pm to 9pm; and Saturday: 9 am to 1 pm. Other times you can play free tennis (hard courts) and basketball.

If you want to just walk, contact Vincent Belanger at 450-229-2921 ext. 207, or at vbelanger@ville.sainte-adele.qc.ca Also, the Marché public de Sainte-Adèle, at Place des citoyens, is open until September 15, on Saturdays.

If you still have visitors from the city, get them reservations on Thursdays or Sundays at 1 pm, until October 14, to discover the murals in Sainte-Adèle and their history. It's free, but you must reserve: all the info is at www.ville.sainte-adele.qc.ca

Summer is still here, and there is much to do before the leaves change. Enjoy your time on earth - heaven knows you gotta do it while you still can.



Village of Weir Newswire

Claudette Smith-Pilon

LAZY, HAZY DAYS OF SUMMER THOUGHTS

Glorious summer, just like it used to be, swimming is the order of the day! Flowers galore, birds are happy, so are the butterflies. Cool nights, gentle breeze and summer rain to help the gardening. Let's enjoy it while we can.



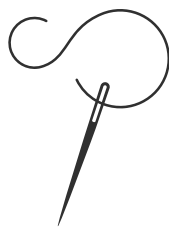
HONOURING SERVICE

In early spring the Rouge River Branch 192 held a Veterans' Dinner for its Veterans and guest members. The Legion holds this celebration every year to honour those who served. Mr. David Graham, MP for Laurentides-Labelle accepted our invitation to attend, and gave a sincerely appreciated speech in honour of our Veterans. During the dinner we also honoured two long-standing members of the Legion: Mr. Ross E. Jarand and Mr. Richard Michaud, both celebrating with a 50-year membership pin. Congratulations to all.



VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our last workday was on July 20 and was attended by 28 diligent ladies who dearly want the quilts they make distributed to patients. It was a very nice day despite the warm weather; some ladies brought their own fans. We also do crafts for fundraising, using quilting methods, which seem to please many recipients.



Next quilting day will be on Monday, August 20 at 9 am. If you would like to watch our wonderful group as they work on various quilts, you are more than welcome to join us.

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



Let's Talk About It

Erin McCarthy - Main Street

During August, in this region, Mont-Tremblant has become synonymous



with the Ironman race, taking place this year on Sunday, August 19. The event literally shuts down all road access to and from the Mont-Tremblant resort, yet still manages to make it one of the most profitable days of the entire year, and hands-down our busiest day of the summer. The athletes train to compete in the race, the local businesses train to serve the spectators, and everyone is in recovery mode the next day!

However, two days prior to the official Ironman race, on Friday, August 17, is a lesser known, but growing event - the **IRONKIDS** Mont-Tremblant Fun Run! The mission of IRONKIDS is "to inspire and motivate youth through sport, to lead active, positive, and healthy lifestyles". The fun run offers young athletes the opportunity to feel the excitement of friendly competition, while enjoying the outdoors and promoting healthy living. Participants have the option of two distances - 1 km with a 9:30 am start, and 5 km with a 9:50 am start. Parents and guardians can walk or run with their children in the third wave of the 1 km run for children 6-years old and under (strollers allowed). All participants in the 5 km race must be able to complete the entire distance.

Age Groups are as follows:

1 km: 1 to 15 years of age, broken up into three groups - Group 1 (11 years and older), Group 2 (7 to 10 years old), Group 3 (6 years old and under, and strollers). One person per child can participate free of charge as an accompanying adult. 5 km: Ages 6 and up. The entire family can take part in the 5 km. family run.

Kids of all abilities are encouraged to attend, regardless of their speed. Some participants run the entire race, but many walk or skip, dance, strut - a little of everything. There are volunteers placed throughout the course to keep an eye on everyone, for safety and reassurance, and who are also happy to walk some distance with any participants who need a little extra encouragement.

Upon arrival at the finish line, each child will walk out of the finish chute, to be welcomed by high-fives, hugs and, if you're anything like me, tears from proud family and friends!

Important Things for Parents to Know:

- All racers must arrive at the start line 15 minutes before the race.
- Each child must wear their bib number.
- On site registration hours: Thursday, August 16: 10 am to 4 pm; Friday August 17: 7 am to 8:30 am.
- All participants must visit on-site registration to pick up their race material (allow 10 to 15 minutes to complete registration).
- Cost: 1 km: \$15 (CAD) / 5 km: \$20 (CAD). Entry includes: a race bib, a finisher t-shirt, and a finisher medal.

Register at <http://www.ironman.com/triathlon/events/americas/ironkids/mont-tremblant.aspx#axzz5M0awVIFR> or for other inquiries email: monttremblant@ironman.com

Arundel News

Janet Thomas



IT'S TIME TO REGISTER FOR SEPTEMBER CLASSES AT THE ARUNDEL ELEMENTARY SCHOOL

This gem of a school offers bilingual programming from K to Gr. 6 for children from Mont Tremblant, Brebeuf, Amherst, Harrington, Huberdeau, Montcalm and Arundel. In addition, students benefit from a wide array of extra-curricular programming, including many sports teams, a drama club and after-school art classes. To register for the 2018-2019 school year, call School Secretary Jill Earle at 819-687-9159, and visit the school at 5 School Street, Arundel. Check out the website at swlauriersb.qc.ca.

4TH ANNUAL ARUNDEL ART SHOW

Arundel United Church

Sat, Aug 18, 10 am - 4 pm

What can be a lovelier way to pass a summer afternoon than wandering about the graceful lawns of the United Church enjoying beautiful works of art and chatting with their creators? This year, twenty-five artists are participating: painters, sculptors, stained glass, textile art, and ceramics. Paintings and a \$100 Quintessence gift certificate will be raffled. Come to see and stay for tea!

ALBeRo ANNUAL GENERAL MEETING

Montcalm Community Hall

Sun, Aug 26 10 am - noon

Update on July audit of invasive species in Lac Rond and Beaven Lake, and lake water tests

ALBeRo FAMILY CORN ROAST AND BONFIRE

Wayne Maddison's Beach; 335 Lac Rond Sud

Sat, Sept 1: 5 pm - 8 pm

Bring the whole family to celebrate the end of summer.

All residents welcome, including non-members.

Bring your own lawn chair.

COME ONE! COME ALL!



NEWS BITS FOR AUGUST

The Government of Quebec is investing more than \$720,000 to enhance winter tourism at Mont Blanc

The Government of Quebec is proud to allocate financial assistance in the amount of \$727,600 to Mont Blanc, located in the municipality of Saint-Faustin-Lac-Carré, for the development of the station. This initiative totals investments of more than \$2.1 million in the Laurentian region.

This was recently announced by the Minister of International Relations and of La Francophonie and Minister responsible for the region of the Laurentians, Mme. Christine St-Pierre, on behalf of the Minister of Tourism and Minister responsible for the Mauricie region, Mme. Julie Boulet. The financial assistance comes from the support program for strategies of tourism development Component 1 - Support to the strategy for the development of the winter tourism of the Ministry of Tourism.

Government of Quebec supports new projects

The Government of Quebec will provide financial assistance totaling \$202,876 to support the development of three export projects in the Laurentian region, three diagnostic projects, and a digital plan related to Industry 4.0, as well as three research and development projects, which represent total investments of more than \$500,000.

The Honorable Christine St Pierre, Minister of International Relations and La Francophonie and Minister responsible for the Laurentians, recently made the announcement, on behalf of the Deputy Prime Minister, Minister of the Economy, the Minister of Science and Innovation and Minister responsible for the Digital Agenda, Ms. Dominique Anglade.

Export projects are supported through the Export Program (PEX), while the projects for a diagnosis and a digital plan related to Industry 4.0 are supported through the Audit Program. Research and development initiatives are supported by the Enhancement and Transfer Support Program and NovaScience.

Martin Perrier - appointed

Centraide Laurentides is proud to announce the appointment of Mr. Martin Perrier, Director of the Laurentian Distribution Network of Hydro-Québec, as President of its 2018 subscription campaign. Mr. Perrier joined Hydro-Québec in 2013 and since 2017, has led a team of more than 300 employees spread across the Laurentian region, but also in Laval, Lanaudière and Abitibi-Témiscamingue.

Martin Perrier is recognized for his leadership and his great ability to mobilize, an undeniable asset to generate the commitment of business people that it currently employs to rally around this important cause. As President of the campaign, it is Mr. Perrier's wish that all are sensitive to the work of Centraide Laurentides, which allows more than 60,000 people in difficult situations to find support and resources.

Martin Perrier and members of the cabinet will launch the annual subscription campaign of Centraide Laurentides next September 14.

Centraide Laurentides has been working with the community for over 50 years, collecting funds to support community organizations that help people to find solutions to improve their conditions of life.

A renewed and enriched trust for Domaine Saint-Bernard

The annual meeting between elected officials of the Town of Mont-Tremblant and the trustees of Domaine Saint-Bernard took place on June 28. The meeting was an opportunity for the founders to revisit their vision and allow them to reinforce the mission of Domaine Saint-Bernard, which is to make it an essential ecotourism destination for local citizens and visitors!

The meeting demonstrated the intention of the City and the Domain to work in close collaboration. Elected officials and trustees are now focused on common goals:

- Make Domaine Saint-Bernard an example of sustainable development.
- Position the City of Mont-Tremblant as a green and eco-responsible municipality.
- Offer a unique pole of attraction for education, protection of the environment and outdoor activities to citizens and visitors.



Left to right: Luc Dubois, Pierre Labonté, Joël Charbonneau, Denis Primeau, the mayor Luc Brisebois, Dominique Laverdure, Guy Vincent, Pierre Paquin, Roxanne Lacasse, Sylvie Vaillancourt, David Curtis, Annick Aird, Charles Gélinas, Ann Johnston, Mélanie Matte, Danny Stuart, Daniel Blier, Johanne Prévost, Pascal De Bellefeuille, Guy Pressault.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Virginie Levac, owner of the new **Maison Forêt Boutique**, 1413 rue de la Sapinière, Val David. Virginie has 15 years of horticultural experience and carries a wide variety of indoor plants, gift ideas and home décor items. There are delightful macramé items and recycled lamps. One can even choose a plant and pot and use the atelier to plant it yourself (earth, mini stones, etc. are available). Virginie also carries a variety of cacti. In autumn, she will offer macramé classes and planting courses. Best of luck Virginie! Open 7 days a week. 438 868-9801 / Facebook: Maison Forêt.



Congratulations to:

Karen Anne Sadegursky who recently opened **So-Fine Boutique and Atelier** at 1001 rue Valiquette, Ste. Adèle. Karen Anne is a seamstress who creates beautiful, customized hand-sewn clothing and accessories. Karen Anne uses only superior quality material and makes customized creations for every age, style and size. So, if you would like to have a unique creation all your own, call Karen Anne. She also makes arm and leg warmer accessories. Material sold by the metre will be available in her shop soon. 450 745-4447 / Facebook: So-fine, www.so-fine.ca.



Chef/owners **Caroline Plouffe** et **Jean-Philippe Cournoyer** of the new restaurant **Les Passionnés**, 1480 chemin de la Rivière, Val David (located beside the river). Both owners are passionate chefs who take great pride in their cuisine and have valuable expertise in the culinary arts. They have something to offer everyone; families, vegetarians, organic products, etc., all at reasonable prices. They also have a gîte, for rent with two lovely, comfortable bedrooms with balconies overlooking the river. Open Wednesday 4 pm to 9 pm; Thursday 12 pm to 9 pm; Friday 12 pm to 10 pm; Saturday and Sunday 10 am to 10 pm. 819 322-8888 / www.passionnees.ca.



1001 Pots and all the artists and organizers affiliated with this wonderful exhibit in Val David who celebrate their 30th anniversary this year! We hope that you will continue for many more years to come!

Did you know:

That you can buy amazing yoga mats from **Heather McLeod**? Her GuruGrid yoga mats help beginners and experts alike. These mats assist people because they have grids for feet and hand placement (and even elbows!) There are a variety of choices of yoga mats, which include standard (regular mats), deluxe (cushioned for comfort) and premium (best for advanced yoga poses).



Mats are available in a variety of pleasing colours. Heather has been a yogini and personal trainer for more than 20 years and is really pleased to offer these novel mats to all yoga lovers. Prices range from \$31 to \$50. For more info, contact Heather at 514 914-5234 / heather@thegurugrid.com / Facebook TheGuruGrid.

That there is a new bakery/resto called **La Fabrique de Petits Bonheurs** at 10 des Merisiers, Ste. Anne des Lacs? Owners Anne Garneau, Viviane Bolduc and Magalie Roy are pleased to offer you home baked, gluten-free apple carrot muffins, double chocolate cookies, croissants and other cookies. As well, they offer homemade soups, including Gazpacho on hot days. Poke bowls and tasty sandwiches are also available. Delicious Third Wave coffee is also available. Open Monday to Friday from 7 am to 6 pm and on weekends from 8 am - 4 pm. 450 327-1027 / www.lafabriquedepetsbonheurs.com.

My First Games 2018

5 municipalities, +1500 young people, 16 clubs and federations

This summer, the program of My First Games organized by Loisirs Laurentides, took place on June 27 in Blainville, July 3 at Sainte-Agathe-Des-Monts, July 11 at Saint-Jérôme, July 12 at the MRC d'Argenteuil and July 18 at Rivière-Rouge.

This year, we had the chance to see more than 1,500 young people starting out in more than 15 sports, thanks to 16 clubs from the Laurentians and provincial sports federations. Five athletes from our region were also present as spokespersons, in order to motivate young people to move: Mégane Fortin in ringette, Natacha De Niverville in volleyball, Elizabeth Hosking in snowboarding as well as Tania Lafleur and Lévy Ducharme in boxing.

The objective of the organization responsible for this program in Quebec, Sports Québec, is to demonstrate to the public that young people are active and want to move.

The "My First Games" program is mandated to promote the Québec Games by allowing young people enrolled in the day camp to discover new sports in the form of workshops thanks to the support of clubs and sports federations.

We would like to invite municipalities interested in participating in the next edition of My First Games to contact the Recreation Laurentides Manager: Sports@loisirslautentides.com



Fit Tip #127 Cherish the moment

Lisa McLellan – Main Street

My friend Monique, who just turned 74, shared with me her joy about her first week-long Yoga retreat. How's that for adventurous? She kept saying to me with awe, "I finally feel the connection. I feel so peaceful. This is wonderful." Her Yoga teacher, a master teacher of 86 years young, initiated a profound change in Monique's life. She now has a very meaningful self-practice for health, well being, and spiritual growth. She takes out her mat and does her Yoga every morning. "I feel very satisfied, like I have accomplished something, when I do my Yoga. Postures that were difficult just a week ago are so much easier now. I feel so good", she tells me with a radiant smile that is wonderful.

Anyone who practises yoga regularly will tell you what a profound and healing effect Yoga has on a person's well-being, and life in general. Yoga helps relieve, or eliminate, aches and pains and makes you stronger and more supple. Yoga quiets your mind and your emotions so that you feel peaceful, calm and happy. Yoga inspires you to adopt healthier lifestyle habits. As you practice and integrate the body-mind disciplines, which make up this ancient practice, you become more self aware and conscious of how your body feels, what your mind thinks and how it reacts. Yoga teaches you to steady and calm your mind, to be patient and persevering, to embrace non-violence towards yourself and others, to be grateful, and to be of service to others. Gradually, the benefits and changes that Yoga brings into your life will take root and you will become aware of an alternate reality; one where life is precious, beautiful and vibrant at all times. That is the connection.

Yoga aims to master the life force (Prana) to bring about changes at the levels of your energy and consciousness. This is realized primarily through breath control, mental discipline and body postures. These changes are measurable in terms of improvements in your physical and mental health. Yoga is a holistic system, which leads to balance and serenity.

There is yoga for everyone: easy or hard, and more or less physical. Choose your class and teacher wisely (one who embraces more than just the postures) and embark on the glorious path of Yoga for life-long health and well-being.

Monique mentioned another gift she received. She told me that her Yoga teacher repeated over and over during the practices, "Cherish the moment. Cherish the moment." Think about it. To cherish: appreciate, hold dear, prize, treasure, value, foster, nurture, sustain ... the moment. So, remember, cherish the moment. Open your heart. Drop your defences. Banish your pride. Look and see. Listen and hear. Awaken to the beauty that is present right now. Each moment is unique and reflects the infinite depth and diversity of life in all its glory.

Namaste my friends.

For more information go to www.agesmartfitness.com



Essential Oils Back to school

Sue Rich

As summer comes to an end, we will need to start closing the cottages and prepare for the dreaded back-to-school sprint. There's always so much to do, and getting the kids ready can be quite the challenge. For instance, trying to get back to an

early bedtime routine can be a chore in and of itself. Some great ideas include, what else, essential oils.

Consider creating a bedtime routine that would be beneficial, like giving the kids a foot massage after their evening baths, using lavender or cedar wood. The simple act of massaging them will help to calm them down, and the added scent of these oils will go deep into their nervous systems, putting them into a state of deep relaxation, making their sleep so much easier.

Waking up early can be another issue after months of no routine. When we diffuse scents, like lemon or orange and peppermint, we will be invigorating the senses and stimulating the mind. The citrus oils will put everyone in a good mood, and the mints will give us that pick-me-up we need in the morning.

Returning to the confined spaces of classrooms with lots of other kids who, let's face it, don't have the best sanitary habits, can lead to the sharing of nasty germs. We can arm our kids with some immune-boosting oils before they head out to school and protect them from those nasties. Oils that are beneficial for the immune system are clove, cinnamon, eucalyptus, rosemary and orange to name just a few. You can make a roller bottle to take with them and use as a hand sanitizer. I know you're saying that's what Purell hand sanitizer is for, but did you know that Purell is not a good idea? Those sanitizing products kill ALL the bacteria on our hands and dry them out, leaving us vulnerable to all kinds of germs. Essential oils will only kill the bad germs and leave our natural biomes intact, allowing the good bacteria to keep doing their job of fighting off unwanted invaders.

I can't stress enough the importance of quality when buying essential oils. If you buy cheap products you will not get the results you seek, and you could be exposing your body to all kinds of toxins. Please use only 100% pure CPTG essential oils.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253, or visit my Facebook page, Sue Rich Living



The End of Summer Adjusting to new routines

Susan MacDonald

After the lazy days of summer, families will soon face the challenges of settling back into routines as parents return to normal work schedules, or start new jobs, and kids prepare to head back to school. Even the family pets will have to adjust to more alone-times once the summer vacations are over. These adjustments can be extremely stressful, but with some forward planning, the anxieties can be eased immensely.

A good place to start is with building an appropriate schedule that includes all the basics, such as bed and meal times, chores, business meetings, homework, leisure time, etc. Plan a family get-together to discuss and explain the reasons behind the schedule and allow everyone to participate in its planning.

Implementing changes gradually will help facilitate the new regime. Allowing a couple of weeks, as an adjustment phase will help ensure that new habits will already be familiar by the time they are required to be put in action. New baby sitters, dog walkers and tutors should be introduced and supervised prior to their actual starting dates as well, to ensure everyone is comfortable and at ease.

Setting reminders, on phones, post-it notes, calendars, or whatever combination works best for the family will help keep everyone on track and avoid confusion.



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Moving Auction

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August 25, 2018 at 10 am - Preview at 9 am

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markmacvicarauctions.com

info: 450-566-5129





Terryble Tymes You've been hacked, pay \$2,900 or else

Terry Cutler

There's a hot new scam hitting your inbox lately that has you second guessing if it's real or not, especially, if you've been doing inappropriate things on

your webcam. The email goes like this:

"It seems that, [insert your real legit password that you've used in the past], is your pass word. You do not know me, and you are most likely thinking, why you're getting this e-mail, correct?

Let me tell you, I setup a malware on the adult videos (pornographic material) website and there's more, you visited this site to experience fun (you know what I mean). While you were watching videos, your web browser began functioning as a RDP (Remote control Desktop) with a key-logger, which provided me with access to your display screen and also webcam. Just after that, my software program gathered every one of your contacts from your Messenger, FB, and email.

What exactly did I do?

I created a double-screen video. 1st part displays the video you were viewing (you have a fine taste hehe), and next part displays the recording of your web camera.

What should you do?

Well, I believe, \$2900 is a reasonable price tag for our little secret. You will make the payment via Bitcoin (if you don't know this, search "how to buy bitcoin" in Google). BTC Address: 19q83XiQUX7KBxY8XhCM9cBZ5dodP2nfig (It is cAsE sensitive, so copy and paste it)

Important:

You now have one day in order to make the payment. (I have a specific pixel in this e-mail, and now I know that you have read through this message). If I don't get the BitCoins, I will certainly send out your video to all of your contacts including friends and family, co-workers, and many others. Having said that, if I do get paid, I will erase the video immediately. If you want proof, reply with "Yes!" and I will certainly send your video to 5 of your contacts. It is a non-negotiable offer, and thus please don't waste my time and yours by responding to this message."

I myself received about 11 emails from readers and viewers who had received an email like this. What's even more interesting is that they all said it was a password they used 2-10 years ago, with an online account linked to their email address.

Here are some things you can do to avoid becoming a victim:

1. Never send compromising images of yourself to anyone, no matter who they are, or who they say they are. Once you send out an image, you no longer control it.
2. Don't open attachments from people you don't know, and in general, be wary of opening attachments, even from those you do know.
3. Turn off (and/or cover) any web cameras when you are not using them.
4. Run tools like Malwarebytes to clean out any malicious viruses on your system, even if it's a Mac.

In many sextortion cases, the scammer is an adult pretending to be a teenager, and you are just one of the many victims being targeted by the same person.

If you suspect you're a victim, alert law enforcement.

Be sure to subscribe to my VIP mailing list at www.TerryCutler.com as I'll be working on a new training program as well as a mobile APP that will help you avoid getting scammed or hacked.

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 named #1 of Top 20 most influential cybersecurity experts by IFSEC Global. Terry was also awarded the 2017 Cybersecurity Educator of the Year award among others: 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-CYOLGY

Simon River Yacht Club

The Simon River Yacht Club salutes Main Street's contribution to summer joy with a picture of the club's yacht sailing on the river in full flower rig.



Organic salmon, white fish, scallops, shrimp, calamaris & oysters




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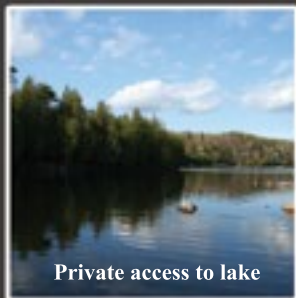
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Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Music: Premier Scene, 1829, chemin du Village (Facing Lac Mercier). 819-425-8614 ext. 2500 / villedemont-tremblant.qc.ca. The season starts with singer/songwriter Vincent Vallières on **Fri, Oct 12: 8 pm. \$36.**

Exhibitions: Salle Alphonse-Desjardins, 1145, rue Saint-Jovite / 819-425-8614, ext. 2500. Opening hours: **Wed: 1 pm - 4 pm / Thurs & Fri: 1 pm - 7 pm / Sat: 10 am - 3 pm / Sun: 1 pm - 5 pm.**

Wed, Aug 15 - Sun, Sept 2: Exhibition: Bernadette Boivin is inspired by indigenous art. Vernissage: **Fri, Aug 17: 5 pm.**

Wed, Sept 5 - Sun, Sept 23: Exhibition by sculptor Richard D. Gagnon. Vernissage: **Fri, Sept 7: 5 pm**

ST FAUSTIN

Maison des Arts et de la Culture

1171, rue de la Pisciculture, 819 688-2676. Open **Wed - Sun: 11 am - 5 pm** / <http://maisondesartsaint-fautin.ca>

Sat, Aug 18 - Thurs, Oct 13: "Place à la sculpture." This is the annual event when Laurentian sculptors present their artwork inside the centre and outdoors on the lawn. The permanent exhibition entitled Mini-Solo is on until Oct 26.

STE-AGATHE

Théâtre Le Patriote

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

Salle Percival-Broomfield
Sat, Sept 8: 8 pm - Singer / songwriter Michel Robichaud performs a collection entitled "Tout Refaire." \$28.

FREE CONCERTS AT PLACE LAGNY
819 326-0457 / <https://ville.sainte-agathe-des-monts.qc.ca>

Free concerts at 8:30 pm by popular musicians. **Sat, Aug 11:** Vilain Pingouin; **Sat, Aug 18:** Habana Café; **Sat, Aug 25:** Isabelle Blais & Pierre-Luc Brillant. A street kitchen will be available during these concerts.

ST ADOLPHE D'HOWARD

https://www.universe.com/events/5ac8bc73094450005cfd5d5?embed=open&ref=universe_abandonment

Atelier Culturel 1920 Chemin du Village. 819 323-1878 / Open: **Wed - Sun: 11 am - 5 pm**

Until Sun, Sept 2. Wed to Sun: 11 am - 5 pm: a collective exhibition on the theme "Marshland." Artwork by local artists and day camp attendees.

VAL DAVID

Val David Exhibition Centre, 2495, rue de l'Église / 819-322-7474 / www.culture.val-david.qc.ca.

Summer hours: 11 am - 5 pm daily.

Until Sept 9: The artist Pierre Leblanc presents « La nature au cœur et l'arbre en bandoulière. »

Cal Lane presents lace patterns in metal. A large piece by artist Soufia Bensaid and wood sculptor Mathieu Patoine is on display outside in Park Léonidas Dufresne.



Cal Lane

VAL MORIN

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

The theatre features comedians until **Sept. 15. Musicians arrive on Sept 21.**

SAINTE ADÈLE

Until Aug 11: 17th Nostalgia Evenings: **Aug 11:** Mark Kingswood (a real crooner).



Mark Kingswood

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com

Live music **Thurs, Fri & Sat** - reservations required

Mon, Aug 13: Gilbert Charelebois

Thurs, Aug 16: Mylestone

Fri, Aug 17: Stephan McNicoll & GCR

Fri, Aug 25: Jim Zeller

Thurs, Aug 30: Valerie Jalbert

Sept 1, 2 & 3: Cuban Fest

Sat, Sept 8: Stephan McNicoll & GCR

Mon, Sept 10: J.B. Jo

Fri, Sept 14: Stephan McNicoll & GCR

For full program check the website

www.lesaintsau.com

15th ÇA ME DIT CONCERTS AT PARK FILION

Sat, Aug 18: 7:30 pm - Meredith Marshall & Slim Williams (soul music)

Sat & Sun / Aug 25 & 26: Les Sculpturales - Park Filion becomes a gallery of sculptures.

Sat, Aug 25: 7:30 pm - Triple Threat; a special for Janis Joplin

Sun, Aug 26: 1:30 pm - 4:30 pm: Dancing with Madame Flynn.

Fri, Aug 31 - Sept 3: Auténtica Fiesta Cubana. This is the summer's end exotic program at the park: Cuban music, dance and food, there is something going on throughout the day. Fun for the entire family and dancing in front of the stage where Cuban musicians bring everyone to their feet!

Sat, Sept 8: 3 pm - Eliza Eleven (jazz)

Sun, Sept 9: 1:30 pm - 4:30 pm: Afternoon dancing with Madame Flynn.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorin-heights.com

ARTS Morin Heights -

Until Sept 20: a group show with the theme "Abstraction."

Morin Heights Legion: 127 Watchorn, Morin Heights / 450 226-2213

Sat, Aug 25: 8 pm - The Keepers. \$10

Sat, Sept 8: 8 pm - Doc MacLean Can Africa Blues \$15.

DAVE HODGSON

On Fri, Sat & Sun, Sept 21, 22 & 23:

The exhibit room in the Library will feature a special collection, never shown before, all created by Dave Hodgson, who in his youth, summered, and spent many weekends in Morin Heights. Dave started working with wood in 1968. There was a workshop, a bench and Father's tool boxes. Dave was inspired by prehisotoc cave art. He

went on to do sculptures of animals from pieces joined together without the use of nails or plugs. He also builds furniture, door handles, planters and other useful and decorative pieces. His artwork stems from his love of wood. Come meet the artist and view this beautiful collection.



Dave Hodgson

WENTWORTH NORTH

Galerie d'art du Pavillon Montfort, 160 Rte. Principale, infoart@galeriedart-montfort.com

Sat, Sept 1: 2 pm - A group show of local artists will open with a Vernissage from 2 pm - 4 pm. It will be open to the public during ten weekends, on **Sat & Sun** from noon - 4 pm

WENTWORTH

Dunany Annual Show, Dunany Golf and Country Club, 2053 Dunany Road (north of Lachute)

Thurs, Aug 23 & Fri, Aug 24: 5 pm - 8 pm. This is a group of enthusiastic artists who meet regularly to paint and plan their summer show. The location is beautiful and so are the paintings. The artists are hoping to see many of our readers at the exhibition. See their website: <http://dunany.ca/activities/dunany-studio-artists>



Dunany Annual Show

GORE

Holy Trinity Church, 4 Cambria Rd., Gore-Lakefield. Info: 450-562-9620

Sat, Aug 18: 8 pm - Kehler & Williams. This acoustic music duo draws from Scandinavian, Quebecois and Celtic roots.

Sat, Sept 15: 8 pm - The Dusty Drifters: a five-musician band playing and singing lively bluegrass.



Kehler & Williams

HARRINGTON

85 Chemin CAMMAC, 819-687-3938 / <https://cammac.ca/en/concerts-2/> Sunday morning concerts at the Cammac Music Camp. Concerts start at 11 am and are followed by a brunch. Adults: \$35 / Seniors and students: \$25 / children \$15.

Aug 12: Mimi Blais; pianist, composer and arranger specializing in ragtime music.

PRÉVOST

Diffusion Amal'Gamme, salle Saint François Xavier, 994, rue Principale / 450-335-3037 / www.diffusionsamalgamme.com

The 2018-2019 season is diverse and promises to be interesting, starting on **Sat, Sept 15: 8 pm** with The Lost Fingers, who play a mix of jazz, swing and manouche. \$35. A subscription of any 5 concerts ensures front row seats plus a 12%-20% reduction in ticket price.



The Lost Fingers

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>

The autumn program includes some very good musicians starting on **Sun, Sept 23: 3 pm** with Sonia Johnson (jazz). \$32. **Sat, Sept 29: 8 pm** - Jean-Pierre Ferland will sing his romantic, tender songs from his sixty-year career \$65. **Wed, Oct 3: 7:30 pm:** Harry Manx, the Blues man who combined blues and Indian music to create "Mysticssippi." \$40. See the website for tickets, some of these shows sell-out very quickly.



Harry Manx

4th Folk Festival of St. Jérôme

Aug 10 - 19: over 20 artists singing folk-rock, Americana, Blues and Country music. Concerts will be held at Salle Antony-Lessard, 101, Place du Curé-Labelle and Place des festivités, 160, rue de la Gare. Opens at 6:30 pm. www.sjfolk.ca Not to be missed! **Sat, Aug 18: 8 pm** - Karen Young & Marianne Trudel, a tribute to Jonni Mitchell. Free admission, however, please register for your ticket online.

ST PLACIDE

Laurentian Sunday matinée concerts in the park by the lake. In case of rain the concerts will be held at the church. Concerts start at 11 am

Sun, Aug 12: 2 pm - Gotta Lago is a quartet from French Africa. Their music makes people move and dance.

Sun, Aug 19: 2 pm - The Ringos pay tribute to the Beatles; four musicians will revive the most popular songs of the Beatles.



The Ringos

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.

Monarques Gold, an emerging gold producer based in Saint-Sauveur

Monarques Gold is a small but thriving gold mining company. After acquiring the assets of Richmond Mines last October, the company has since seen the value of its assets triple to around \$75 million. And according to its President and CEO Jean-Marc Lacoste, "The best is yet to come."

This is not Mr. Lacoste's first foray into the world of mining. Before joining Monarques in October 2012, he was president, CEO and chairman of Golden Goose Resources, a small gold miner that owned the Magino Mine, which is now estimated to contain over 5 million ounces of gold. Mr. Lacoste played a key role in developing the mine and brokering the successful sale of Golden Goose to Prodigy Gold in 2010.

Monarques Gold's main asset is the Beaufor Mine, which generates over 20,000 ounces of gold a year. The company also owns the Wasamac project, a world-class gold deposit with a measured and indicated resource of 2.6 million ounces, as well as three other advanced gold projects and two plants, for a total land holding of 300 km². While its property holdings and most of its 170 employees are in Quebec's Abitibi region, Monarques has chosen to locate its head office in Saint-Sauveur.

Much like its president, Monarques Gold is active and driven. In addition to its production activities, the company is currently steering a number of projects. A feasibility study for its Wasamac project should be finished next December, indicating how to put that project into production at the very best possible cost. On the Beaufor and Croinor Gold projects, 50,000 metres of drilling is underway to increase the gold resource, and resource estimates were recently completed for the McKenzie Break and Swanson deposits, both of which are excellent candidates for lower cost open pit mining. Monarques will also restart its Beacon plant by the end of 2018 to meet the strong demand for custom milling services.

The company is financially solid with over \$15 million in cash and has the backing of several strategic investors, including major gold companies, Quebec funds and private investors.

To find out more about Monarques Gold, go to www.monarquesgold.com.



First Gold bar poured at Beaufor Mine (October 2017).



The Company's shares currently trade on the TSX Venture Exchange under the symbol "MQR".

Become a shareholder, join Monarques Gold's group of investors!

68, avenue de la Gare Suite #205, Saint-Sauveur, Qc J0R 1R0



1.888.994.4465
monarquesgold.com

Spice up your summer!

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Mikes
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Suggested presentation. Offer valid from July 3rd to September 3rd 2018 in dining room, in participating Mikes restaurants. Toujours Mikes and Toujours Mikes logo are registered trademarks of Invescor Restaurant Group Inc., 2018. All rights reserved.

Saint-Sauveur LAURENTIDES, QUÉBEC

AUGUST EVENTS

The following activities will take place at **Park Georges-Filion**

- August 18:** Meredith Marshall & Slim Williams (soul) at 7:30 pm
- August 19:** Beautiful Sundays - Dancing with Madam Flynn from 1:30 pm to 4:30 pm
- August 24-25-26:** Saint-Sauveur's Side walk Sale
- August 25-26:** The Sculptural Exposition
- August 25:** Triple Threat: Janis Joplin Special at 7:30 pm
- August 26:** Beautiful Sundays - Dancing with Madam Flynn from 1:30 to 4:30 pm
- August 31 to September 3:** Auténtica fiesta cubana

All activities are presented at the Georges-Filion Park and are **FREE**

La Vallée de Saint-Sauveur
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Laurentian Personality **HUGUES NÉRON** a business man with heart

Lori Leonard – Main Street

Hugues Néron grew up in Longueuil, Québec until the age of 12, then his family moved to Prévost. Prior to then, Hugues was often in Prévost as his parents had a chalet there. Hugues' mother was born in the old Shawbridge village. Later, Hugues travelled back and forth from Québec to France and moved to Paris at 26. He lived in France for 9 years (6 of those in the Alps).

In his youth, Hugues enjoyed hockey and after living in the Alps became passionate about skiing. Today, in his spare time, he also enjoys golf, camping and fishing.

Hugues always loved the restaurant business and was bus boy at Auberge Mont-Gabriel at 15, managed his first restaurant, Pizzadelic at 22, and later, managed Mont St. Sauveur

International food and beverages. A couple years ago, Hugues opened the popular Le Pub Gourmand Saint-Sau in partnership with childhood friend, Hugo Laliberté, and Gilles Amiand, a resident of St. Sauveur. Hugues also embarked on another exciting adventure and opened Brasserie Charcuterie Shawbridge in Prévost in July.

Hugues is an extremely successful businessman who truly cares about his beloved Laurentians, his fellow entrepreneurs and his community. In his own words, he says "It's essential to give before receiving" and he lives up to his word.

Hugues has been instrumental to his community in a number of ways including being the President of the Golf Tournament for La Paroisse Saint-Sauveur, which raised over \$90,000 during the past 4 years. He has been a member of the Chambre de Commerce et Tourisme, St. Sauveur, and member of the Board for Festival des Arts de Saint-Sauveur. Hugues has also been implicated as a contributor to Soupe et Cié. de Saint-Sauveur, and a major contributor to the Cuban and Blues Festivals in St-Sauveur.

Last spring, when work was being completed on sidewalks in the main village of St. Sauveur, it greatly affected the income of many boutiques and restaurant owners as there was much less traffic in the village. Hugues came up with the unique idea of a "no sidewalk sale." He attracted people to the main core by hosting sports activities, organizing a pétanque competition and featured live musicians and animation.

Hugues states, "I think we live in one of the most beautiful areas in the world and I am very proud of our region."

We are lucky to have this "business man with a heart" in our community. Thank you Hugues!




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LOCAL SUMMER MARKETS

Lachute – Indoor Farmer's market with 20+ kiosks and an organic grocery store. Open year round on Saturdays, 9 am - 3 pm.

619, rue Lafleur, Lachute QC / www.marchefermierdelachute.com

Lachute Farmers' Market & Antiques: Open Tuesdays all day and Sundays with a mini market. www.lachutefarmersmarket.com/lachute_farmers_market.htm

Harrington - Marché des Passionnes Rouge Vallée – 663 de la Riviere, Harrington (across from the Tam Bao Son Buddhist Monastery. Open Saturday, Sept 1 & Saturday, Oct 6 from 10 am – 4 pm.

Wentworth-North Farmers' Market – Open Saturdays from 9 am – 1 pm until September 1, at 3488, rue Principale (town hall hockey rink). Visit Facebook.

Arundel - Farmers' Market – Open Saturdays from 10 am to 4 pm at Gilbert Miller's lot beside Arundel Provisions

Mont-Laurier Public Market – with 100% local challenge. Facebook.

Mont-Tremblant - Summer Market – open Saturdays from 10 am to 2 pm until September 29 at 1875, chemin du Village. villedemont-tremblant.qc.ca

Val David – Summer Market – rue de l'Académie (near the church). Open Saturdays until October 6 from 9 am to 1 pm & Sundays from 10 am – 3 pm until August 19. www.marchedete.com

Sainte-Adèle - Public Market – Open Saturdays from 9 am to 4 pm at Place des citoyens, 999, boulevard de Sainte-Adèle. www.sainte-adele.net

Saint Sauveur – Public Market – open Fridays from 3 pm to 7 pm and Sundays from 10 am to 3 pm until October 7 at 20, côte Saint-Gabrielle East (corner of Jean-Adam off Rte. 364). Visit the Facebook page

Prévost – Summer Market – Open Saturdays from 9 am to 1 pm at the train station, 1272, rue de la Traverse. www.marchedete.com

Morin Heights - Farmers' Market – Local, Artisanal, Bio - Open Fridays from 1 pm to 7 pm at Park Basler, 99 Chemin Lac Echo.

Saint Jérôme – Public Market – Open Tuesdays from 6 am to 5 pm; Fridays from 6 am to 9 am and Saturdays from 6 am to 4 pm until November 24 at rue Melançon, near Place de la Gare. www.vsj.ca

Ferme-Neuve – Farmers' Market – Open Fridays from 1 pm – 6 pm at 199, 12e, Avenue (near the church). www.marche-delaferme.com



Garden Talk

The right tools for you and the job

June Angus - Main Street

The right tools always make it easier and more fun to get a job done. That's especially true for gardening. In general, garden tools are organized by task. Here is an overview of essentials to keep you on track especially if you are just starting out.

Digging: shovels, spades, forks and hoes. Long-handled versions are essential for large projects. Match the handle length and weight of these tools with what's comfortable for you. Smaller versions such as trowels, mini claws and weeders are handy for container projects or when working on your hands and knees.

I especially like my weeding spike with a "forked tongue" that is ideal for removing weeds with deep taproots. Local landscaper Gilles Saulnier also introduced me recently to a handy hoe with an oscillating or stirrup head. Wiggling this device back and forth around flowers and shrubs gently loosens soil and weeds without disturbing plants.

Watering: hoses, watering cans and sprinklers. While we hope Mother Nature does the job for us, there are lots of times we need to distribute water in the garden. Flexible hoses are a good investment as they are less likely to kink or crack. A good trigger nozzle with multiple settings ranging from hard spray to a gentle shower is also worthwhile. Price does not always determine the best choice as many mid-range options work as well as their more expensive cousins.

Most watering cans either deliver a direct stream to target plant roots or shower water to gently rain down on delicate plants. I prefer models that allow you to have both options by including a detachable diffuser that can be easily added to or removed from the pouring spout.

Sprinklers have a tendency to waste water, so I reserve their use for special jobs such as keeping a newly seeded or sodded lawn wet. Whether the sprinkler should twirl, agitate or oscillate depends on the shape of the area you are trying to cover. If you need to water a large area on a regular basis, a built in irrigation system may be the best option. It will keep the water close to the ground near plant roots meaning less water will evaporate before it penetrates into the soil.

Cutting: clippers, snippers, loppers, pruners, saws, axes, scythes and chainsaws to name a few. Obviously the size of the plant material to be cut determines the best option. Whether choosing small pruners or investing in a chainsaw, always check the weight and ergonomics of handling the device; you have to feel comfortable. For example, if you have arthritic hands and your pruning scissors are hard to manipulate, you won't enjoy using them and can injure yourself over time.

Other essentials that are part of my personal gardening routine include gardening gloves, kneeling pad, sun hat, sunscreen, bug spray and closed shoes to protect my feet. Even the best quality gloves rarely keep nails and hands 100% clean, so after my jobs are done, I can't wait to give my nails a good scrub with a soft nailbrush (I get mine from Lee Valley); with a little dab of hand lotion as a final reward.

Now is a great time to acquire whatever's missing or needs replacing in your gardening tool kit by checking out garage sales, flea markets and seasonal liquidations at garden centres and home improvement stores.



Waiting for the Muse

Louise Bloom

As it is with many who have chosen the creative life, I find myself, from time to time, and most certainly at present, waiting on the arrival of inspiration. I am feeling as I did in childhood when I waited for the bus for what seemed like an eternity, gripped in the clutches of fear that the bus company had cancelled the bus route that day.

For certain, the creative life chose me. I was a child obsessed with making and doing. I have precise memories at age 5 and 6 when plasticine, paint by number, crayons and paper were hardly enough to satisfy the urgent energy that coursed through my little veins to "make things".

I have made things all my life, inspired at every turn. Ideas as visitors sometimes come in droves. With deep regret some are turned away for lack of accommodation. Others are unwelcome due to sheer laziness and later cause me grief. And there are those ideas that have enjoyed a full season of evolution from seed to fruit.

Now, a conscious withdrawal from my usual activities has left me standing on a bridge overhanging a gap with no clear view of the landscape on the other side. One could say, like the hen to her chicks, "move along now and soon enough the destination will appear". But not so with the independent will of creative inspiration. She comes in her own time.

As a happy accident I came across Elizabeth Gilbert's BIG MAGIC: Creative Living Beyond Fear.

This book, while directed towards the creative process of writers and artists of all mediums, provides a map that applies to our lives in general when we sense we have lost our way.

Gilbert encourages the need to remain in an open state of listening without fear, while proffering an invitation to an inspirational idea to come knocking. She suggests that the image of the suffering artist, albeit romantic, must be eradicated from our psyche. She compares her experience of a creative inspiration so immense that it guides you unflinchingly to one, which is barely a whisper, just loud enough to render you curious. She acknowledges the creative life as an immense privilege that when it clicks brings ultimate joy. The paradox is that it is fraught with failures and disappointments that must be quickly taken out with the trash in order that we preserve our enthusiasm and inquisitiveness.

Gilbert sees curiosity as the decisive motivator, and the need for approval as a poison. She suggests that we accept that the road may bifurcate, and we will have to make intuitive choices as we go that may change the form of the creation entirely. She reminds us not to be too precious, to be able to cut and eliminate, and above all, to stay curious without censure. This state protects the artist from a continually bruised ego.

What Elizabeth Gilbert suggests, I have experienced most closely in the painting process, where each stroke and colour choice leads you on to another choice unforeseen. The necessary trust is hard won. It is best to keep the eyes on the prize, to know that holding the possibility of the sublime renders the carrot and the stick as one.

(to be continued)

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.

Where you will find the largest selection for your garden!



2

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**ROYAL CANADIAN
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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 Morin Heights

Sat, Aug 18: Legion Memorial Golf Tournament & Steak Dinner
Fri, Aug 24: 6 pm - TGIF Smoked Meat
Sat, Aug 25: 8 pm - The Keepers
Sat, Sept 1: 6 pm - Labour Day Steak Supper
Mon, Sept 3: 7:30 pm - Black Umfolosi (Zimbabwe Band)
Sat, Sept 8: 8 pm - Dan MacLean Can Africa Blues
Fri, Sept 21: 6 pm - TGIF Smoked Meat
Sat, Sept 29: 6 pm - Spaghetti-Jazz /w Kim Adams
Fri, Oct 5: 8 pm - Classic J (60's dance music)
 Check with the legion for daily bar hours
Darts are discontinued for the summer
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>

Branch 70 Filiale Lachute

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 Brownsburg

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

Branch 192 Filiale Rouge River

Aug 17: 6 pm - TGIF BBQ
Aug 25: 5:30 pm - 7:30 pm - Painting Social
 Contact Erin McCarthy: eamccarthy81@gmail.com
Aug 31: 6 pm - Members' BBQ
Sept 22: Garage Sale
Sept 23: Art & Yoga
Oct 14: Yoga Nidra
Nov 3: Christmas Bazaar
Nov 4: Shoebox Project
Mon: 9 am - 10 am: Yoga
Tues & Fri: 9 am - 10:30 am - Yoga
 Contact Marlène: 819 687-8566
Bar open daily at 3 pm
Tuesdays: 7:30 pm - cribbage:
 For further info: 819 687-9143 / arundellegion@gmail.com

RELIGIOUS SERVICES

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

MORIN HEIGHTS HILLSIDE CHAPEL
 755 du Village, Morin Heights
Starting May 27 through the end of August
 Sunday evenings: 6:30 pm
 An evening of Old Fashioned Hymn Sings.
 Everyone is welcome - invite a friend!
 Refreshments follow each Hymn Sing - a time of fellowship with friends

**THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH**
 Office 887, Chemin du Village, Morin Heights
 Huberdeau 10:30 am • Laurel •
 Montfort 11 am • Weir 9 am
 Info: 450-226-2844

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
 463 Principale, Lachute / www.pccweb.ca/mrmpc
 Rev. Dr. Douglas Robinson: 450 562-6797
Sundays: 10:30 am - Regular worship service. Everyone welcome.

DALESVILLE BAPTIST CHURCH
 245 Dalesville Rd, Brownsburg-Chatham
 Pastor Eddie Buchanan - 450 533-6729
VACATION BIBLE SCHOOL
Aug 20 - 24: 9 am - 11:45 am
 Bible stories, music, games, crafts, snacks (free)
 Children aged 4 - 12 years welcome.
 Info: 450-533-6729 / 450-533-4567
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10: 45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
 Info: 819 687-2752

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

**MILLE ISLES
PRESBYTERIAN CHURCH**
 1261, Mille Isles Rd.

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

HOLY TRINITY ANGLICAN CHURCH
 12, Préfontaine St. West, St. Agathe
 The Rev Josée Lemoine
Sunday service: 9 am
 Fellowship in the church hall afterwards
 Everyone is welcome!
 Parking and elevator for handicapped

**UNITED CHURCHES
OF CANADA**
 450 562-6161 or 514 347-6250

KNOX-WESLEY CHURCH
 13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship and Sunday School Note: no service on July 15

ST MUNGO'S UNITED CHURCH
 661 Rte. Des Outaouais, Cushing

LACHUTE UNITED CHURCH
 Hamford Chapel, 232 Hamford Street, Lachute
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
 Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
 Please call Rev. Cathy Hamilton for dates

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
 Holy Trinity, Calumet, St. Matthew's, Grenville
Sundays 9:15 am - Holy Eucharist: alternating locations.

Holy Trinity, Hawkesbury
 Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329).
 Call parish office at 613 632-9910 for more info.

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
 Grace Church
 Services are held each Sunday at 11 am

VALLEY GATE CHURCH
 Pauline Vanier, 33, de l'Église, St. Sauveur
 Pastor Kevin Cullen: 450 229-5029
 Please join us every Sunday at 10 am

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

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

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

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

ST. AIDAN'S WENTWORTH
 86, Louisa Rd - Louisa
Aug 5: 11 am - Morning Prayer
Aug 19: 11 am - Holy Communion
 Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
 1127 Dunany Rd, Dunany
Aug 5: 4 pm - Holy Communion
Aug 12: 4 pm - Morning Prayer
Aug 19: 4 pm - Holy Communion
Aug 26: 4 pm - Morning Prayer

HOLY TRINITY - LAKEFIELD
 4, Cambria Rd, Gore
Aug 26: 11 am - Morning Prayer
 Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
 1258, Mille Isles Rd - Mille Isles
Aug 12: 11 am - Holy Communion

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.

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
 5, John Abbot St., St. André d'Argenteuil
 Interim Moderator: Rev. Linda Robinson
 Info: Sharon McOuat: 450-566-4549
 All services at 11:15 am
Aug 13 (Communion Sunday) & Aug 20, Sept 10 & 17 & Oct 15 & 22

**THE LOST RIVER
PRESBYTERIAN CHURCH**
 5152 Lost River Rd, Harrington
 Services are held every Sunday beginning **July 1 until Aug 26 at 9 am**,
 There is no service on July 8
 Everyone is welcome

FAUBOURG SUICIDE PREVENTION CENTRE

24 /7 HOTLINE
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For info and full services visit
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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
August 25, 2018 - 1 pm**

Chalet Bellevue (main entrance)
 27 Bellevue, Morin Heights

Group Discussion

Upcoming meeting: September 15

Meetings are conducted in English
ADMISSION IS FREE

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


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COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sunday, Sept 2: 9 am - noon:
September Breakfast. Adults \$7 / children (6-12 years) \$3.50 / under 5 yrs. free. Basket Draw tickets available at the door – proceeds to benefit The Multiple Sclerosis Society of Canada. Visit us on Facebook at LRCC-Lost River Community Center for more details.

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 SAVE THE DATE

Our Main Stage Production is set for November 1, 2, 3, and 4 at Chalet Bellevue, Morin Heights.

Rehearsals are already underway. To volunteer behind the scenes, to join or renew your membership, or find out about our latest activities, visit us online at theatremorinheights.ca. Contact us at 579-765-3999 or theatremorinheights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

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.

MARK YOUR CALENDARS SING FOR YOUR SUPPER FUNDRAISER

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

FREE FAMILY MOVIE NIGHT LEFT BEHIND

Morin Heights Hillside Chapel
755 du Village, Morin Heights
Fri, Aug 17: 7 pm - Facing the Giants
Fri, Sept 14: 7 pm - What If
All children must be accompanied by an adult. No restroom facilities
Info: 450-226-1546

ANNUAL ARGENTEUIL UNITED PASTORAL CHARGE BBQ

Grenville - by the canal and Masonic Hall
Fri, Aug 10: 5 pm - 7 pm
Featuring music by "Friends of Lenny"
Bake table available, bring a lawn chair Donation: \$10 /
Info: 450 562-8365

ADVANCE NOTICE

STEVE O'BRIEN FOUNDATION 24-hour Relay for Youth

Laurentian Regional High School
Sept 28 & 29
For additional information contact the Steve O'Brien Foundation at www.fondationsteveobrien.com

FARMERS' MARKETS SUMMER WEEKENDS

Throughout the summer, residents, visitors and tourists can enjoy fresh produce, farm products, transformed edibles and a wide assortment of quality products all produced by our local agricultural community, and found at any one of the many Farmer's Markets across the Laurentians. Some also offer a selection of beautiful, handmade artisan items. Each market is unique and well worth a visit. Market locations, dates and times are easily found on municipal websites.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue
Mondays: noon - 1 pm
Meal includes soup, main dish, salad, dessert, tea or coffee. Prepared by Soupe et Cie | Donation \$6
514-944-9335

ARTS FESTIVAL

Chapelle sur le lac (1300 chemin du Chantecler, Ste. Adèle)
Sun, Sept 8: 10 am - 4 pm
Live performances with dancers and singers in the sanctuary, textile art, painting and sculptures! Meditative and creative activities for all ages. Corn on the cob will be offered in the garden adjacent to the church. Hosted by the Chapelle sure le Lac / sponsored by the Laurentian Area Ministry of the United Church of Canada. Free admission

UTA FALL COURSES

144 Rue du Couvent
(Old Village, Mont-Tremblant)
Thurs, Oct 18 - Nov 22: 1:30 pm - 4 pm
India – Adventures in Spiritual Transformation with Dr. Howard Gontovnick
Registration online: www.USherbrooke.ca/uta/mont-tremblant (as of Aug 31)
Live registration on site:
Wed, Sept 12: 1:30 pm - 4 pm \$85

VOIX-LA CONCERT

St. Mungo's United Church
661, Rte des Outaouais (Rte 344)
Brownsburg-Chatham
Sat, Aug 25: 7 pm
Featuring English and French popular songs of the 50's, 60's and 70's
Light refreshments following the performance.
Free admission (good will offering)

CHURCH ORGAN CONCERTS

St Andrews East Presbyterian Church
5, John Abbott Street,
St. André d'Argenteuil
**Wed, August 1, 8, 15, 22 & 29:
12:10 pm – 1 pm**
Douglas Robinson, organist of the Margaret Rodger memorial Presbyterian Church (Lachute) is the performer.
Recitals are free – goodwill donations gladly accepted for organ repair and maintenance.

CHOEUR TREMBLANT

Village Church Playhouse
(1829, ch. du Village)
Old Village on Lac Mercier
The choir members are enthusiastically inviting new members to join the choir. Weekly practices start on
Wed, Sept 12: 7 pm.
Info: Claire Chénard: chec4@yahoo.ca

SHRINERS OF MORIN HEIGHTS

Chalet Bellevue, 27, rue Bellevue,
Morin Heights
Music & Bites & Other Delights
Aug 17: 4 pm – 8 pm
Tickets at the door... \$20
To benefit the Shriners Hospital for Children Canada
Info: 514-771-8866 / 450-712-1463

NEW THIS FALL

A day out for seniors at St. Mungo's in Brownsburg-Chatham
Set programming in the morning, lunch, and an afternoon of games and socializing.
More information to come !

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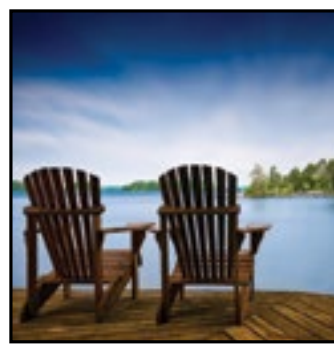
(NC) Summer months are ripe with delicious Canadian fruits and vegetables. While we're enjoying fresh from the farm peaches, tomatoes and berries, we often forget that for the rest of the year, six months of snow doesn't make for the greatest crop growing weather.

If we had our way, we'd prefer to support Canadian farmers and buy fresh, local produce – so wanting delicious produce year round can be a tough trade off. More and more, local farmers and grocers are looking for ways to work together to bring you Canadian-grown produce year round. And there are some cool innovations in the agriculture space that are helping us get there.

"We know our customers look to us for the widest variety of fresh produce regardless of the season, and we're committed to sourcing as much of that as possible from Canadian farmers," explains Frank Pagliaro, who leads produce procurement for Loblaw Companies Limited. "Over the past few years, we've been working directly with farms to introduce innovative growing methods and non-traditional crops. The success of this to date has been really exciting – it's extended the growing season and brought a Canadian-grown label to what were typically imported fruits and vegetables."

This is why you'll notice many multicultural products like bok choy, long eggplant, methi leaf, napa cabbage and okra bear 'Grown in Ontario' or 'Grown in Quebec' labels. In Newfoundland, where fresh produce often travels long distances to store shelves, the company has introduced a pilot program with a vertical farm operation, bringing unprecedented fresh greens to the region.

"Investing in Canadian innovation allows us to support local farmers, extend shelf-life to offer fresher goods, serve new tastes, and help the environment by reducing food waste and the carbon footprint generated by international shipments," says Pagliaro.



City Mouse and Country Mouse

Moving to the Laurentian countryside



By Mat Madison, biologist and environmental manager

Just like Aesop's fable that has become an English idiom, one can see quite a difference in lifestyles between living in the city and living in the countryside.

I grew up in a city, walked to school, met with friends at the park, went to the mall, enjoyed shows and cultural events downtown and studied in a pretty big university. I chose to move to the Laurentian countryside. It wasn't just about the beauty of the area; I was also searching for that special place to settle down, to discover and to build upon, in a community that I could truly contribute to. This brought me to Mille-Isles, just south of Morin-Heights.

The Laurentians has been one of the most developed regions in the last decades. It seems people just love the idea of living in the beautiful landscapes, the hills, the forests, the lakes, the birds, the clean air and the peacefulness. There's an issue though; the more people move to the Laurentians, the more we tend to lose the very things we came here to enjoy in the first place. Municipalities have been working hard implementing regulations to reduce these impacts, but most of the power is in the hands of residents; in our own hands.

When I moved to the countryside, I quickly realized that it was nothing like the city and nothing like the suburbs. I had all these things to think about: the wastewater from my house leaches from my septic system into the soil, the lights on my house might create light pollution to the disarray of my neighbours, my music seems to disturb the peace of the area, municipal bylaws regulate what I can and cannot do on my property, cultural and community activities are not quite the same as I was used to.

What can I do to contribute positively? Here is my advice: learn about the history and the culture of your area, meet people, get to know your neighbours, take part in community projects and community activities, get involved, learn more about the municipal regulations and administration, attend your town meetings, do little things to reduce your footprint on the environment and reduce the negative impact on your neighbours' enjoyment, grow a garden, buy from the local market and take pride in your countryside and in your community.

Be open minded about the difference between the countryside and the city and you'll learn to enjoy everything the Laurentians have to offer. If I was the country mouse I'd say: "You may have your malls and your services in the city, but I prefer the simple life in the country with the peace, the beauty, the outdoor active life, the great community and the cultural events in the Laurentians".

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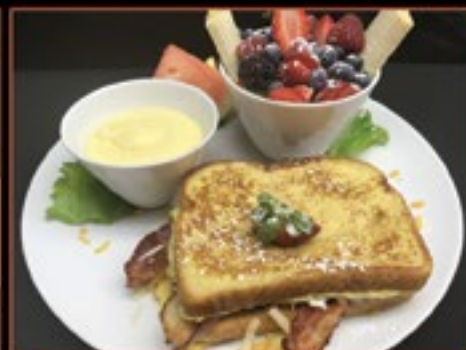
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Choosing the Perfect Place to Retire

What's right for you?

Susan MacDonald

Reaching retirement age presents many challenges and opportunities. One of the first things most people consider is where they would like to live. While some new seniors will prefer to stay in the family home, others may decide to down-size, or move to a location requiring less effort for home-maintenance, and more time for leisure activities. With today's housing market, the opportunities are endless; all you need to do is review your priorities, and start the search.



Residences for retirees have expanded exponentially in the past years, and today, many now include a full range of social activities, fitness rooms, pools, meals, laundry services and even medical assistance. There are apartments, condos and communal housing arrangements, all with different services, costs and availability. First thing to do is start that priority list.

Location will likely play a key role in deciding on a new housing unit. It is convenient to remain close to friends and family to help reduce their travelling times. The closer you are, the more frequent would be the opportunities to visit each other. Working within a certain radius, you can begin to narrow down your search by deciding whether you prefer an urban location or something closer to a natural setting.

Access to nearby transportation is also important, particularly if you do not have a vehicle. Bus routes, commuter trains and taxi availability will be crucial for getting around to local shops, services and appointments.

Security is a must and will provide peace of mind for you and your family. Availability of surveillance cameras, intercom systems, electronic access systems and 24-hour reception/administration should also be considered.

If you own pets, you want to be sure the residence you are considering will warmly welcome them; after all, they too, are members of your family and should not be left behind.

With these key points resolved, you can now select a few locations that seem suitable and start the visiting process. Be sure to ask plenty of questions, ask for the full tour and, if possible, speak to some of the other residents. Gradually, you will be able to narrow your list down until, finally, according to your preferences, you will be able to choose the perfect place to call your new home.

You've worked hard most of your life, so now is when you should be able to relax and enjoy the rest of your time to its fullest. It all starts with the home that's right for you.



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DISCOVER OUR NEW DISHES

FRIDAY AND SATURDAY EVENINGS



WITH JOEY DIDODO !!



Denis Chalifoux, Mayor

Dear fellow citizens,

In June 2017, we introduced Destination 2030, the city's new strategic planning, to provide clear direction for economic, cultural and social development. The Sainte-Agathe-des-Monts municipal council is making a positive assessment of Destination 2030, a key element of the last election platform. It is based on three pillars: job creation, housing, and services. We are proud to present some results of the first year.

Job creation and economic development

With Destination 2030, large areas of Sainte-Agathe-des-Monts will be re-developed to improve existing infrastructures and to attract new businesses to our city. The following projects will give a new face to Sainte-Agathe-des-Monts: the planning of the Léonard business park, the re-development of the Alouette municipal wharf on Place Lagny, and the major re-development of the downtown core.

Many additional projects are also worth mentioning, such as the relocation of the distribution center JL Brissette, Stonehaven's Le Manoir, which is currently underway, the establishment of the business Origine Nature, and the arrival of the microbrewery La Veillée and the company Origin Kombucha at La Manufacture, an incubator and business accelerator that opened in the fall of 2017.

On July 6, the Government of Canada, the Government of Quebec and the City of Sainte-Agathe-des-Monts announced investments of \$965,000 each, for a total of nearly \$ 2.9 M in the renovation of the Théâtre Le Patriote. This refurbishment will bring the building up to standard through some major renovations.

This first year of Destination 2030 is marked by a 28% increase in the value of permits issued between May 2017 and May 2018 (\$50,171,030) compared to the period from June 2016 to May 2017 (\$36,085,396).

Housing

During the past year, 47 new housing units were built for a value of \$17,000,000. Several projects have been implemented, particularly 25, rue Brissette, where the Inter Action Travail organization is located. Their mission is to promote the social and professional reintegration of adults living with a functional deficit (intellectual disability, mental health disorder) and to develop their employability.

Services

Destination 2030 also enabled the City to engage in a new discussion with the citizens to propose projects through the participatory budget. The selection committee is composed of Éric Gauthier, Étienne Cloutier, Odrée Dionne-Fournelle and Tania Colletet, as well as councillors Frédéric Broué, Chantal Gauthier, Sylvain Marinier and Marc Tassé. They will meet in August to analyze the projects and the result will be presented in September.

In collaboration with the Chambre de commerce du Grand Sainte-Agathe, the downtown area is buzzing with cultural summer activities, such as the Festival des Chansonniers held on July 29, the Pizza Fest which took place on August 4 and 5 and Couleur Country Festival, which will take place on the weekend of September 21.

The new website will be inaugurated in the coming weeks. It will be a user-friendly and useful tool. By the end of September, the city entrances, the City Hall, the council chamber, the sports center, Place Lagny and the Gaston-Miron library will be embellished with the new colors of the City. A strong brand image for a warm welcome!

Since collection of organic waste began at the end of May, 74.85 tonnes of organic materials from Sainte-Agathe-des-Monts has been diverted from landfills. It's a very good start! Thank you all for your cooperation!

It is still possible to pick a free roll of 50 compostable bags at City Hall or at the municipal garage, with a piece of identification, indicating your address. Only one roll per residence will be given. Please remember, it is mandatory to use 100% compostable plastic bags.

A new charging station is available in the municipal parking lot near the Notre-Dame-de-la-Sagesse School on Larocque Street East, adding to the one already in place in the parking lot of Rôtisserie St-Hubert. The City is now part of the Hydro-Quebec Electric Circuit that allows electric car owners to refuel.

New recognition program for excellence in sports

The municipal council wants to encourage the practice of sports with young citizens of Sainte-Agathe-des-Monts. Scholarships will be awarded to young people between the ages of 12 and 25 who stand out in sports disciplines recognized by Sports Québec. Until September 28, the citizens can submit applications for this program through the City's website (www.vsadm.ca). Specific eligibility criteria are also available on the City's website. Applications will be analyzed by a selection panel and awards will be based on an assessment of each candidate's records, the athlete's profile and level (regional, provincial, national or international), and the number of applications.

New residential renovation program

A budget of \$100,000 was given to the City last June by the Minister responsible for Consumer Protection and Housing to allow homeowners to renovate their homes. This program will be announced in the coming weeks.

Sainte-Agathe-des-Monts is on a roll! All citizens, socio-economic participants and elected officials are determined to make our municipality a great place to live, where new residents and entrepreneurs are welcome. The more we put our shoulders to the wheel, the more gratifying the benefits will be.

Magnificent Shows at Festival des Arts Saint Sauveur

Ilania Abileah – Main Street

It started with Romeo & Juliette, a classical play of Shakespeare, performed by **BalletMet** and choreographed by their Artistic Director, **Edwaard Liang**. What a magnificent show! Liang created action scenes with folk dancing in the market, fencing and sword fighting, and presented thirty-five dancers and local youngsters on stage. The props and costumes were beautiful and the scenes were changed by hooded figures dressed in monks' robes, which added to the ambience. The male dancers of BalletMet were well featured in groups of twos or threes. They made us laugh and amazed us with their prowess. The group dances were impressive, the Pas-de-Deux and the lifts were breathtaking. Miguel Anaya danced the part of Romeo, and Caitlin Valentine Ellis danced the part of Juliette who floated on stage or in the arms of Romeo. They were both outstanding dancers as well as actors. When the performance reached the death scene, we were all in tears.

After such a strong opening show the Festival had yet another surprise in store for us. **The Toronto Dance Theatre** presented a collection of pieces choreographed by **Christopher House**, their Artistic Director. It started with "Martingales" in which twelve dancers walked and ran in patterns using long steps throwing and catching little balls without missing any. It proved that in order to dance, first you must learn how to walk. Particularly impressive were Nicole Rose Bond and Erin Poole in "FJELD (Excerpts)" clad in white dresses making communicative movements and lifting each other, both strong and exotic, as ancient queens: they were followed by three male dancers who expressed themselves in incredible body and hand motions. Another piece, "Echo Dark", had the dancers wearing long, heavy

skirts, moving and creating sounds with their bodies and feet landing on the floor. In every piece there were moments of immobility, as if the creator wanted the audience to stop, look at pictures in the museum, and give each of us a chance to create our own narrative.

Sunday, August 5, we were enchanted by the performance of **Yannick Nézet-Séguin** and the Orchestre Métropolitain. The program was all Tchaikovsky. What a treat!

Once again, **Guillaume Côté** and **Etienne Lavigne** presented us with another spectacular Festival, showcasing the exquisite talents from some of the best performers from the world of music and dance. We raise our hats to you, and look forward eagerly to next year's performance. **Thank you!**



Toronto Dance Theatre, "Echo Dark" photo by: Gunter Kravis

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Yoga: Ancient roots, contemporary results

Jill Grumbache - 4 Korner Family Resource Center

What a fascinating, long, and rich history yoga has! Its beginnings date back 5,000 years - some researchers claim it dates back as long as 10,000 years. Like other forms of shamanic wisdom, yogic philosophy was handed down orally over many thousands of these years. It stayed, secretively, in the hands of sages and others who protected and preserved its teachings. For this reason, the history of yoga has many holes. What we do know is that its history is divided into four main periods of innovation, practice, and development.



Pre-Classical Yoga - The word 'yoga' was first discovered in the Rig-Veda, one of the earliest and most important religious texts of ancient India. Around 500 B.C. the most renowned Yogic scriptures, the Bhagavad-Gîtâ, were written. Yoga slowly began to be developed by Brahmans and Rishis (mystic seers), and it was a mishmash of ideas, theories, and techniques.

Classical Yoga - This period is best defined by Sage Patanjali's Yoga-Sûtras, a collection of 196 Indian aphorisms on the theory and practice of yoga, synthesizing the knowledge-to-date about yoga. Patanjali described the path of Raja Yoga and organized the practice of yoga into an "eight-limbed path" containing the steps and stages towards attaining or achieving enlightenment. Today, Patanjali is considered the father of yoga and his Yoga-Sûtras still strongly influence modern yoga.

Post-Classical Yoga - A few centuries after Patanjali, yoga masters created a system of practices designed to rejuvenate the body and prolong life. They rejected the teachings of the ancients and embraced the physical body as the means to achieve enlightenment, developing Tantra Yoga. The exploration of these physical-spiritual connections and body-centred practices led to the creation of what we in the West primarily think of as yoga, now known as Hatha Yoga.

Modern Period - In the late 1800s and early 1900s, yoga masters started to travel to the West, attracting attention and followers. It began in 1893 at the Parliament of Religions in Chicago when Swami Vivekananda wowed attendees with lectures on yoga.

Yoga continued to be introduced to the West in a trickle until 1947 when Indra Devi opened her yoga studio in Hollywood. Since then, Western and Indian teachers have become pioneers, popularizing Hatha Yoga and gaining millions of followers.

Today, Hatha Yoga has many different schools or styles, all emphasizing different aspects of the practice.

About Hatha Yoga - This form of yoga uses various bodily postures (asanas) and breathing techniques (pranayama) combined with meditation (dhyana). Together, these techniques help create a sound, healthy body and a clear mind. Yoga postures also work to make the spine supple and aid the circulation to all organs, glands, and tissues.

As a daily exercise program, yoga improves fitness, strength, and flexibility. Yoga has even been shown to benefit conditions such as asthma, backaches, menopause, multiple sclerosis, and carpal tunnel syndrome.

An age-old technique for people of all ages!

Check out the 4 Korner website for periodic yoga classes and times!
www.4kornerscenter.org



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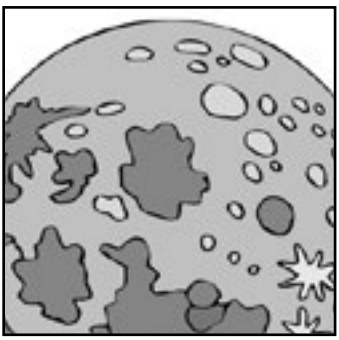


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Zach Factor A journey of a lifetime

Lys Chisholm & Marcus Nerenberg - Main Street

Mount Kailash, situated in the south-west corner of Tibet, is reputed to be the most sacred spot on the

planet. No ordinary human has ever scaled the summit because it is forbidden to climb this holy peak. At 22,000 feet, it is far from the tallest Himalayan mountain, but its pyramid-like symmetry, and its many religious stories and legends, make it a destination for tens of thousands of pilgrims every year. They come through tiny mountain passes of Chinese Tibet and Nepal to trek the 53 kilometers around the base.

Mount Kailash has many names, such as Sumeru Parhat, Shamballa, Shangri-La, Mount Meru, and is believed to be the home of Shiva, the great Hindu God. Buddhists do the circuit clockwise and call the mountain Guru Rimoche, which means "Precious Jewel of Snow." They consider the mountain a mandala, the "Wheel of Bliss," and regard it as the home of the Wise one, Chakra Samvara Demchog, and his consort, Dorje Phagmo, who brought Buddhism to Tibet and beyond. Buddhists call the trek the Kailash Kora. The Bon, a pre-Buddhist, Shamanic religion, claim the mountain as the home of Sipaimen, the Sky Goddess. According to Bon priests, the founder of their faith, Tinpa Henrab Hiwoche lives on the mountain to this day. The mountain is considered a nine-story swastika (The swastika, an ancient symbol of good fortune, pre-dates its use by the Nazis by several millennium).

The ultimate pilgrimage for a Hindu is the clockwise trek around this 53-kilometer circuit, which is most auspicious for those who complete it. They may take the 3-day hike and will spend the nights at various rest houses along the way. The most devout take two weeks, prostrating and all the while praying and chanting. The pilgrimage is also physically demanding. It begins at 15,337 feet where people need days to acclimatize to the low oxygen levels of the rarified air. Altitude sickness is a constant danger. The first overnight camp is at 16,591 feet, and during day two, they ascend to the Dolma-la pass at 18,530 feet. Camp two, at 17,168 feet, is on the downhill journey.

The mountain itself, snow covered all the time, is steeped in history and mysticism. It is the holiest site of four of the oldest religions on the planet: the Hindu, Buddhist, Jain and Bon faiths, and a veritable spiritual epi-center for billions of humans. The trek also attracts scientists, scholars and researchers. Every object in the area is considered sacred and relates to the ancient scriptures housed at various monasteries in the vicinity.

The four faces of the mountain form perfect triangles and, in recent years, has been suspected to have been carved. Since 1998, the Chinese have relaxed their stringent grip on access to the area and once again allow pilgrims access to the site and the remaining monasteries. In addition to the religious taboos, the mountain is forbidden to be climbed by the Chinese military. Those who violated Kailash have not survived, most just never returned. The only person who returned from the mountain was the great Buddhist teacher and Tibetan Yogi, Milarepa, centuries ago.

Also close by are two sacred, turquoise high-altitude lakes, Mansarovar (Purity) and Rakshesa (Demon). While pilgrims leave colorful prayer-flags expressing deep spiritual concerns at the monasteries, they may also bathe in Mansarovar. The effect is one of deep transformation; the energy of the area has been reported by many trained scientists and researchers to have profound effects on mental health, general health problems and chronic illness. Other reported experiences include spiritual awakening, full enlightenment, remote spiritual healing, visions and dream messages, and contacts from ancestors and spirit guides.

Mount Kailash has not been excluded from the list of ET sighting locations either. Krishna, a sky god, came from the stars according to Hindu scripture. In legends, Krishna was involved with some type of warfare that used weapons which, when understood from today's point of view, sound like ray guns. Krishna legends state that he had the power of anti-gravity flight and travelled in a disk-shaped object. Many modern speculations are made that Mt. Kailash is, or was once, a base for Krishna's ships.

No matter how one experiences this journey, it is clearly a unique sojourn that rewards the traveler who puts in the effort and dedication to get to such a remote vacation destination. Almost all participants come away changed and spiritually uplifted.

Our adventurous son will meet Kailash this August. He introduced us to this story, and now we have put this on our own bucket list.



Colourful prayer flags adorn a shrine near the mystical Mount Kailash. Photo credit: thezenuniverse.org 2017



The Story Behind Creation

Joseph Graham - Main Street
joseph@ballyhoo.ca

Stories wire our brains in our formative years, and classic stories are the basis of our social norms. Our value systems and our laws, even for those of us who profess no religion, were established this

way, but the reason that one system predominates has less to do with the stories themselves than with peripheral incidents and accidents, with which group had the strongest arsenal, not of weapons, but of contagious diseases against which the others had no resistance. Imagine if we could choose our creation stories, those that influence us, our children and our grandchildren. There are different creation stories throughout the world, and many, if not most, act simply as lessons to teach our children to act for the good of all of nature and each other. None of these stories should be considered as primitive, for each is told by a human family, from civilizations that were all at roughly the same point of modernity when they met each other although they each expressed it differently.

An Anishinaabe Creation Story

Kitche Manitou had a dream showing the universe, the stars, the world, the lakes and the woods. Wanting to make the dream real, Manitou created the hills, the lakes, the plants, the fish, the animals, the birds and finally the people. For thousands of years, people have believed in Manitou's dream, a dream that included rain and wind, sunshine and emotions, birds and insects. Each species, each element, had a special knowledge, and people, created last, were the most dependent and learned from all the others, their elder siblings in the family of life. The people always respected their siblings and it was their responsibility to keep a balance in the forest, with respect for the trees and each of the creatures, including each other. They knew that they all belonged to the forest, to the earth. The people also had one special gift: They knew how to dream.

The Beginning of Life, Northern Territories, Australia

The Rainbow Serpent awoke from the Dreamtime in the desert of Australia. She slithered around making valleys and mountains and realized that everything else was still asleep, deep in the ground in the Dreamtime. She called and called, and slowly they all woke up, each with a story.

The first to come out from the ground were the frogs, and the serpent tickled their chins and made them laugh. Water poured out of their mouths and soon there was water enough for everyone.

All of the stories in the Dreamtime turned into creatures, birds, lizards – even flowers, grasses and trees. Rainbow Serpent identified the most dependable and assigned them the job of becoming large rocks to stand high and protect all of the other life that came up from the ground. One type of creature understood her rules, so she made them over in the form of humans, taught them to sing and gave them responsibility for the harmony of all the stories and creatures, helping them work together.

The Garden of Eden

After creating everything else, the Lord created two people, the first man and the first woman, Adam and Eve, and placed them in a garden. He gave them everything they could want but commanded them to not eat fruit from one certain tree, the tree of knowledge.

A serpent came to the woman Eve and told her that if she ate the fruit she would have knowledge, that she would have the same knowledge as the Lord. That made sense to her, so she ate the fruit, and, telling the man, Adam, what the serpent had said, he also willingly ate it.

When the Lord learned they had broken his rule, the woman was blamed and she, along with all of her daughters, were condemned forever to have children by the sweat of their brow and to fear the serpent. They were all kicked out of the garden to lead a difficult life, pleading to the Lord for mercy and forgiveness.

Turtle Island, and the Three Sisters, an Iroquoian beginning

Digging in the roots of a large tree, thinking of the baby she was carrying, Sky Woman saw a light, but as she looked, the ground fell away, and she fell with it, through a hole and into the blue sky of a different world.

Luckily, some geese saw her falling and they flew under her, creating a cushion on their backs. Below, they saw Mother Turtle, and called to her asking if they could put the woman on her shell.

The animals of the sea had no idea what Sky Woman ate or where she lived. She told them that she lived in the forest and ate the things she grew, the Three Sisters – corn, squash and beans – to feed herself and the baby she was carrying. She needed soil to plant them in.

The water creatures each dove to the bottom of the ocean for soil so that Sky Woman could plant a garden and grow a forest on the turtle's back, but they all came back to the surface out of breath. "It's too deep!" they all said.

Finally, a small toad who had lived on Mother Turtle's back, dove in. Everyone laughed. "She's too small!"

All of the creatures, including Sky Woman, were sure Toad had drowned, but in the morning they saw her, exhausted and floating, her mouth full of soil. Sky Woman used the tiny bit to start a garden that turned into a whole continent of trees, Three Sisters, lakes, mountains and rivers – all on the back of the turtle.

They all worked together to make life possible and for Sky Woman to live on Turtle Island.

These are very short summaries of four creation stories, all just as true. Find them. Read them. Which one would you choose to grow up with?

Obituaries

KENTON, Jim

It is with a heavy heart that we announce that Jim passed away peacefully on July 16, 2018 at Pallia-Vie in St-Jérôme, Quebec, after a brief battle with cancer. He leaves behind his loving wife of 47 years, Judy, his children Colin (Dawn), Carrie (Daniel), Craig (Melissa), and his grandchildren Alex, Charlotte, Alina, Katie, Zoe, Kayla, Maya and Emma. A celebration of his life will take place at the Morin Heights United Church, 831 rue du Village on Saturday August 11, 2018 at 11 am. In lieu of flowers donations can be made to the Maison de soins palliatifs de la Rivière-du-Nord (Pallia-Vie) or to the Morin Heights United Church.



wife of the late Russell Miller. Predeceased by her parents Walter MacLean and Mary McRae, her beloved grandson Mason, son-in-law Berton Young, six sisters and five brothers.

Dear mother of Eleanor Campbell (John), Joyce and Diana Diamond. Also survived by many grandchildren, great grandchildren, great-great grandchildren, nieces and nephews. She was an active member in the women's auxiliary of the Royal Canadian Legion since 1948 in Lachine and Arundel QC., and also with the Golden Age Center of Harrington. Funeral arrangements entrusted to Desforges Funeral Home, 188 rue Principale, Grenville, QC - (819) 242-2113. Funeral service was held in the funeral home chapel, Thursday August 2, 2018 at 2 pm.



MILLER, Hannah MacLean

January 13, 1919 – July 27, 2018

Passed away at the age of 99 years

Mrs. Hannah Lillian MacLean-Miller of Harrington passed away on Friday July 27, 2018 in her 100th year. Beloved

Condolences may be sent online by visiting www.desforges.ca. In lieu of flowers, donations to The Royal Canadian Legion, Arundel Branch 192 or a charity of your choice, would be appreciated.

Shingles in Quebec – a personal and public plight

(NC) Shingles is caused by varicella zoster virus (VZV), the same virus that causes chickenpox. More than 90 per cent of Canadians over 50 have had chickenpox and are therefore at potential risk for shingles.

An estimated 130,000 Canadians are affected annually, and in Quebec alone, there were more than 27,000 medical visits related to shingles in 2015.



Shingles typically presents as a rash with painful blisters across the chest, abdomen or face. The pain is often described as aching, burning, stabbing or shock-like. Following the rash, a person can also experience post-herpetic neuralgia (PHN), pain that can last for months or years.

Older adults and those with conditions that compromise the immune system are at greater potential risk of developing shingles.

According to a recent report from Quebec's Committee on Immunization, the average cost of shingles for the Quebec health system is approximately \$25 million annually and about 600 hospitalizations and 10 deaths are caused by the disease each year. Additionally, people who have had shingles reported losing, on average, 9.1 days of work due to the condition.

In a recent survey conducted by Léger for GSK to examine Quebec residents' awareness of shingles and its impact, a few statistics emerged:

Over half of the respondents (52 per cent) had contracted shingles or know someone who did.

Seventy-eight per cent of those who experienced shingles reported a serious impact on their lifestyles.

Eighty-five per cent of respondents were aware that vaccines exist to help prevent shingles.

Sixty per cent of Quebecers recognize the importance of immunization against shingles, but 30 per cent don't believe they are at risk of contracting the disease.

Your doctor is the best resource for more information on shingles and what vaccines are recommended for you.

Volunteers needed

The Laurentians Integrated Health and Social Services Center (CISSS) is currently looking for people who wish to volunteer at the Lachute Residence.

Are you a person of heart who loves challenges and helping others? Your contribution can make a difference, for hobbies, helping with meals, accompaniment to medical appointments or the accompaniment at the end of life.

If you have a few hours to give, and you are 18 years old and older, we need you! The involvement and availability of each volunteer is important and contributes greatly to improving the quality of life of users and residents. Join our team of volunteers.

For more information, contact 450 473-6811 ext. 42006.



The English Link Elder abuse, more common than we realize

Part one of two

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

Elder abuse is a growing concern in our country. According to Statistics Canada, almost 25 percent of Canada's population will be 65 or older by 2031. Reported cases of elder abuse have nearly doubled over the past ten years.

Exploitation is another term for elder abuse. The Quebec Charter of Human Rights and Freedoms says that elderly people have the right to be protected against all forms of exploitation.

Situations considered exploitation of the elderly include: obtaining their money using force or threats; preventing them from receiving visitors, communicating with others, or receiving mail; misuse of power of attorney; selling or taking belongings without permission; pressuring them into changing legal documents; neglecting their housing, clothing, nutritional or medical needs; verbal attacks and threats; and imposing medical care against the will of an elderly person.

According to the Government of Canada (<https://www.canada.ca/en/employment-social-development/campaigns/elder-abuse/financial.html>), "Financial abuse is one of the most common forms of abuse (exploitation) against seniors and frequently goes unreported."

Possible signs that you are being financially exploited:

Being or feeling pressured into

- sharing your home or car without fair compensation;
- giving away money or purchasing things that I do not want or need;
- changing your will or signing legal documents that you don't understand.

Someone

- is taking your money or cashing your cheques without your permission;
- borrows your money and doesn't pay you back;
- isn't managing your finances as agreed;
- prevents you from making your own financial decisions or accessing your money.

Protecting yourself against exploitation

First, and importantly, never give anyone your bank or credit card information. Take legal steps to protect yourself. These steps include; creating a protection mandate—a legal document that names a person to make decisions for you should you become incapacitated; canceling a power of attorney if you believe it's being abused; making sure that you have a will and that it is up to date.

Recognizing a victim of senior abuse or exploitation

The Elder Abuse Response and Referral Services (EARRS) lists these indicators of elder abuse: sudden behavioral changes, mental health deterioration, an increase in fear, anxiety or depression, change in living standards, isolation and non-social behavior, inexplicable injuries, poor hygiene, malnutrition or dehydration, unusual banking activities—specifically large withdrawals.

Helping a victim

One of the first places to turn is the Human Rights Commission (Commission des droits de la personne et des droits de la jeunesse) at 1-800-361-6477. This organization ensures the Quebec Charter of Human Rights and Freedoms is respected. Their services are free, and you don't need the victim's consent to alert the Commission. Another choice is to contact Aide Abus Aînés, a bilingual, confidential helpline and referral service for senior victims of exploitation, abuse or neglect, and their families, friends, neighbors and the general population. Call 1-888-489-2287, or 514-489-2287 in Montreal. You can also reach out to your local CLSC.



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We need volunteers interested in home care for people with cancer or those who are at the end of life to provide support, listening and respite.

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Upcoming Activities

Personal Sessions to Relieve Stress

Personal sessions available to relieve stress for people with cancer and their close care-providers are available in Ste-Agathe. Mont Tremblant and Saint-Sauveur by appointment.

Comforting Tea

Mon, Aug 13: 10:30 am - noon
(Mont-Tremblant)
Fri, Aug 31: 10:30 - noon
(Ste-Agathe)

Coffee Meeting for the Bereaved

Tues, Aug 14: 7 pm - 8:30 pm
(Mont Tremblant)
Thurs, Aug 16: 1:30 pm - 3 pm
(Ste-Agathe)

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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.

Dear Reader,

Challenges in the quarter

Despite continued trade dispute chatter, North American equity markets finished the quarter in positive territory as investors focused on strong sales and earnings growth in the region. In Europe, political concerns in Italy bubbled to the surface as anti-Euro parties gained strength, creating concerns about more 'exit' talk like what we saw in Greece in 2011. Emerging markets weakened on concerns about the impact of a rising U.S. dollar on their fiscal positions. Looking forward, the market is likely to move sideways until the 'tit for tat' tariff policy settles.

Canada

The S&P/TSX outperformed in the second quarter, rising nearly six percent due to the increase in the price of oil. West Texas Intermediate (WTI) rose nearly 14 percent to finish the quarter at USD \$74.15. Higher oil prices resulted from a lower-than-expected supply increase by OPEC and Russia and a continued draw on global oil inventories. In the coming months, attention will focus on the resolution to the North American Free Trade Act (NAFTA), and the impact on the Canadian economy of higher interest rates, stricter mortgage lending rules and minimum-wage-increases across many provinces.

The United States

There's no doubt equity investors were reacting daily to news about tariffs between the U.S. and China or the European Union. Despite fears of potential trade wars, the S&P 500 rose nearly three percent in U.S. dollar terms. The impact that tit-for-tat tariffs between nations could have on global economic growth are concerning. Since it's difficult to quantify geo-political chatter, until tariff measures are realized, investors would be better served to focus on the fundamentals.

Overseas

In overseas markets, international equities were down 2.3 percent in U.S. dollar terms as measured by the MSCI EAFE index. Internationally, returns were driven by trade tariff fears, Italian political instability, and a strong U.S. dollar. Setting aside the potential for trade wars, Europe and Asia's economic outlook continues to be robust and this will likely flow through to company earnings. Combined with accommodating interest rate policies, this part of the world will likely experience strong market returns.

Central Bank Policy

In the second quarter, the U.S. Federal Reserve continued raising interest rates in increments of 0.25 percent to 2.00 percent. The U.S. Federal Reserve is expected to continue to raise its benchmark rate two more times by the end of the year, on the back of strong US economy.

The Bank of Canada didn't raise interest rates during the second quarter and the overnight rate remains at 1.25 percent. Its expected rates will increase very gradually with one more this year.

Looking forward

Recent market volatility, driven primarily on trade war rhetoric should subside as cooler heads prevail. Market returns are expected to be driven by fundamentals and interest rate policy. Fundamentals continue to be strong - the likely explanation for higher interest rates. In this environment, equity markets will likely be positive but may not experience the above-average returns we've seen in the past couple of years.

As always, if you have any questions about the markets or your investments, I'm here to talk.

Regards,

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. - 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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READERS VOICE

MacFairlane responds to Sheila Eskanazi's letter to the Editor, published in Reader's Voice - Main Street, July 2018

"Ah, please dear lady, in all honesty, you seriously cannot believe I made all those wild statements of which I stand accused? In fact, nowhere in my article (Justin's Alternate Reality - June 2018) did I suggest or imply the abolishment of services, as you have claimed so fervently. The whole point of it was to reiterate that the government cannot live beyond its means. Read it again please, and without prejudice. We cannot continue to spend more than our income, borrow to cover the deficits, and then place these growing debts upon the shoulders of future generations. Government is not a business, a profit centre; its only legitimate source of revenue is taxation. Previous Liberal Prime Ministers have managed this country's budgets far better than the current incumbent who, apart from disregarding numerous campaign promises, including one of fiscal restraint, is dragging Canada ever deeper into debt at a time when the world's economic system teeters on the brink of disaster, war threatens, and trade relationships are tenuous. I said we needed smaller government, balanced budgets, debt relief and fiscal responsibility, and those sentiments have invited your opprobrium? Why does my dissent of the current policy merit such bizarre distortion? Sincerely, David MacFairlane."

Electric cars and hybrids are gaining in popularity

The popularity of electric and hybrid vehicles cannot be denied! In effect, 308 road tests were carried out by visitors who participated in the 5th edition of the Electric Cars and Hybrids Testing Day, which took place on Saturday, July 21, at Mont-Tremblant's City Hall.

Thirty-five electric cars and hybrids of 14 different models were available to participants who could then travel the 6.3 km road circuit. Electric bikes were also available to anyone interested in trying the experience. Also present was the Institute of innovative vehicles, which presented its program of subsidy rechargeable fleets for the shops of the region.

The City of Mont-Tremblant warmly thanks its partners: Albi Nissan Mont-Tremblant, Giroux Mitsubishi, Kia Desrosiers and summits Chevrolet Buick GMC, the business of ecological cleaning, Vapro Laurentides, Bicycles Quilicot and the Desjardins caisse of Mont-Tremblant.

The testing day for electric cars and hybrids was organized by the organizing committee of environmental events (WCC) of the City of Mont-Tremblant in collaboration with the Association of electrical vehicles of Quebec (AVEQ).

The City of Mont-Tremblant also stresses the great work of the generous volunteers, which greatly contributed to the success of the event.



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I'm Just Saying Grumpy old men

Ron Golfman - Main Street

The heat and humidity we experienced for much of the first half of this glorious summer has been mostly welcomed, allowing us to bake, swim, garden and bask in those moments following a particularly long and arduous winter. With this

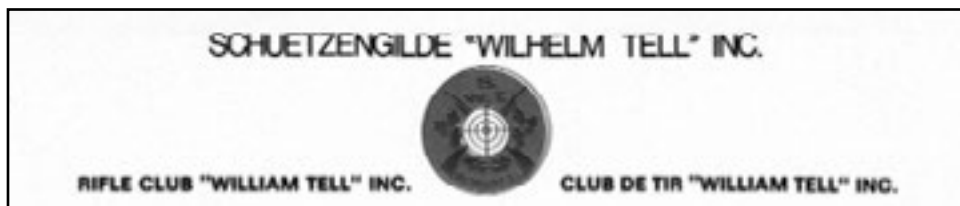
weather, we have also been afforded idle time to gripe about the good old days, when it was never this humid, and can blame it on the advent of the word "humidex". I may sound somewhat like Mr. Wilson, the crotchety next-door neighbour of Dennis the Menace in what follows, but I'm almost certain some readers may share my consternation.

While I respect the Eco-friendly focus of my town, I was a tad put off when informed that I would soon be receiving a brown compost bin to park next to the blue and black ones already in my driveway. The entrance to my home will soon resemble a ride at La Ronde, with three plastic beasts, and somewhat like a segment of the old video game, Donkey Kong, as I go back and forth to put out and take in the bins. To my friends with color blindness, I suggest putting different stickers on each of the monoliths.

Having lived in this town for over 40 years, I can recall the days when "Murray" was our dog-catcher, but this service has gone the way of the milkman, to my chagrin. Several folks near me allow their dogs to run free, which not only frightens people walking, but also enables these creatures, through no fault of their own, to assume my lawn is a port-a-potty. Some people who walk their dogs do not even have the etiquette to pick up after their pets. I am in the process of designing a board to put at the end of my driveway, which will have plastic bags, disposable rubber gloves, and a less than polite "how to" and "take one" bilingual instructional component to it. I just hope it will be seen in between the clutter of the plastic bins.

I commented last month, with delight and smug satisfaction, about the reduced speed limit now present in the center of my town. When walking with a friend last week, we noticed that the reduced speed only begins where much foot traffic occurs and ends abruptly before leaving the main drag. We witnessed drivers flying around the corner from the highway, only having time to slow down while already in a busy pedestrian zone in front of the library, and the same situation repeated itself at the post office. Surely the powers that be could extend the slow zone by a few hundred feet in either direction for the benefit of all?

Despite all that I have just shared with you, I would be remiss not to say that the flowers our municipality use to adorn the town are lovely, and the beach and swimming area is brimming with children's laughter. It is wonderful to be able to buy a soft ice cream cone at the Big V, and then go sit on one of the benches in town, to chat with a local or visitor, while enjoying the splendour, which is summer in Morin Heights. Just saying!



The Rifle Club "William Tell" was originally founded in 1961 by a group of young, German-speaking immigrants (German, Austrian and Swiss), who, looking for weekend retreats from the city, purchased a small piece of land on the outskirts of Wentworth North and set up a small camp. Accommodations were simple at best but the members were thrilled to have a location where they could spend time outdoors in the country to enjoy one of their favourite past times, rifle target shooting.

Over the years, they developed a well-recognized team of marksmen who participated in several provincial shooting competitions, winning a number of trophies.

Today, the Club remains active as a social club and still hosts several activities and events per year, including one shooting event with air rifles on a 10m shooting range. These events usually draw a great turnout with between 50 and 100 members and friends attending the events and great food. Everyone is welcome to attend.

Upcoming events schedule:

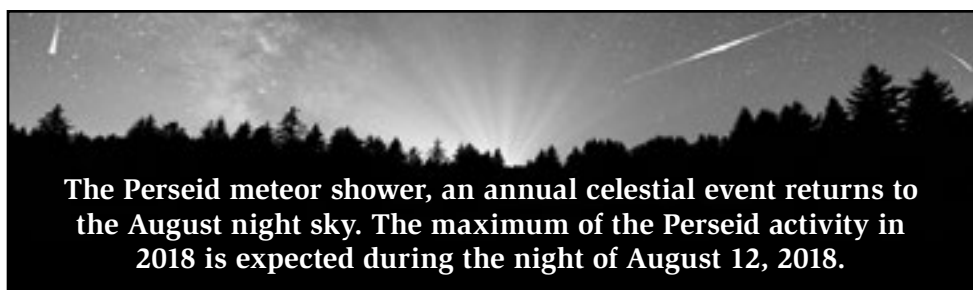
Sunday, August 12: The "Schuetzenfest" to establish a Shooting King & Queen (open to all wishing to participate).

Sunday, September 16: The Schlachtfest (Thanksgiving)

Sunday, November 25: "Adventkranzbinden" binding of our own Advent wreath.

For further information, please contact Roberto (514-386-8804) or Helmut (514-531-2533). Address: 3229 Cr. Fridolin Fandrich, Wentworth Nord (Laurel) J0T 1Y0

Directions: From Wentworth Nord, go to Rivière Perdu turn right and follow it 0.9 km. Turn right onto Chemin Millet for 3 km, turn left onto Ch. Fandrich (0.7 km) and then turn right onto Fridolin Fandrich (200 m). You have arrived!



The Perseid meteor shower, an annual celestial event returns to the August night sky. The maximum of the Perseid activity in 2018 is expected during the night of August 12, 2018.



Making it Work in the Laurentians How an internship can propel your career

Rachel Morgenstern-Clarren

In a job market, where the demand for qualified employees is at an all-time high, you may be asking yourself "How do I get the necessary experience that will meet the needs of employers?" The answer is – paid internships. They can be found, not only through CO-Ops, or government programs, but also through companies and organizations in different industries and sectors, as many of them have their own internship programs.

Here are 4 benefits of an internship experience that can help launch your career:

1. Gain Work Experience

An internship offers you the chance to work in a professional environment and learn first-hand about your chosen field without the pressure to immediately pursue one path. Through interning, you'll have the opportunity to learn about a workplace's culture and expectations and to develop important work-related social skills through everyday interactions that you can't get in a classroom. Being able to demonstrate real-world knowledge and skills, acquired beyond your life as a student, can give you an extra edge over other graduates with no actual experience.

2. Learn About Yourself and the Kind of Environment You Thrive In

Majoring in a specific subject in college or at university is one thing, but being successful at a job is entirely different. An internship is the perfect way to test-drive your knowledge, assess your interests and abilities, get insights into whether or not the job or industry is the right choice for you, and develop a variety of skills that can open new career opportunities.

3. Make Valuable Connections

Building a network is just as important as building your experience. Chances are, during your internship, you'll have the opportunity to meet a number of professionals with different backgrounds and gain exposure to all sorts of people you can learn from. An internship is an excellent opportunity to grow your network and make connections with coworkers and employees who may be able to help you in the future.

4. Get a Reference or Letter of Recommendation

If you're considering applying to graduate school, letters of recommendation will be asked of you, particularly if you're applying to Law or Medical school. References are important as they validate and document your hard work as an intern, and help future employers, or admission departments, understand your abilities, character, work ethic, strengths, attitude, and potential, and how you contribute to a team.

Internship Programs:

- YES Montreal (YES Montreal administers the program, but it takes place at companies in Montreal)
- Young Canada Works (The federal government administers the program, but the internships are available at non-profit organizations anywhere in Canada)
- FSWE (Federal Student Work Experience Program) (The federal government makes these internships available at federal government agencies anywhere in Canada)
- Companies and non-profits run their own internship programs. Consult their websites.

Trying to get your "foot in the door" but not sure how? YES' Career Counsellors can help! Visit www.yesmontreal.ca or call 1-888-614-9788.



On July 6th, 2018 the municipalities of Gore and Wentworth organized a fundraising Pub Night to create a scholarship fund in honour of Yvon Lacasse and Dan Darlington. We would very much like to thank our sponsors, donors and volunteers who made this event a great success. Ottawa's Dueling Pianos and Rachel Lauzon filled the Lachute golf club with wonderful music to help us celebrate the lives of these two community minded men.

Thanks to the great generosity displayed by the communities of Wentworth, Gore and all of our friends from Argenteuil, the scholarship fund starts its work with over \$15,000 in the bank. A selection committee will be formed in the next few weeks to make sure deserving students receive the help they need to continue their education.

The pub night will become a yearly event and our friends from Ottawa's Dueling Pianos have already informed us that they would love to come back next year. We thank them for a great show and we can't wait to see them again. We would also like to thank Billy Morin and the Argenteuil MRC for providing transportation services for the evening.

Most importantly we would like to send our warmest thanks to both of the Lacasse and Darlington families for their support and efforts in making the pub night a great success. The memories of Dan and Yvon will be held close to our hearts for many years to come.

Scott Pearce
Mayor Township of Gore

Jason Morrison
Mayor Township of Wentworth

September 28-29

Steve O'Brien Foundation 24-hour Relay for Youth

Steve O'Brien, who has worked tirelessly with youth in many communities across Canada to increase perseverance, self-esteem, teamwork and to help them believe in their goals and dreams, is organizing through his Foundation a 24-hour Relay in Lachute on September 28-29 at the Laurentian Regional High School / Polyvalente Lavigne outdoor sports complex.

To participate, each 12-member team must raise \$600 then accumulate kilometres over a 24-hour period. The team relay baton, a symbol of mutual aid, must be continuously in motion. Participants can walk, bike, in-line skate, use a scooter, longboard, wheelchair or other means. 90% of funds collected will be donated to the organization selected by each team.

Artists and musicians

In addition, an arts and music festival will be stages in a tent during the event. This is intended as an example for our youth that although not all youngsters may be athletes, artists, singers or musicians, all can realize their individual goals and dreams.

Spokesperson

Steve O'Brien introduced the new spokesperson for the Foundation, Robert Simard, who played sports actively as a youth with Steve, then performed with his band at the Bell Centre, and continues to listen and encourage youth to pursue their dreams, as he now serves as a noted local historian and storyteller.

Information

For additional information concerning the fall relay event, contact the Steve O'Brien Foundation through the website: www.fondation-steveobrien.com.



Steve O'Brien



Real Wine for Real People Chilling red wine

April Sirois - Sommelier - ISG

It's summer, it's hot and humid here in the Laurentiens,

and you are setting up to grill a big juicy steak but just can't bear the thought of pairing it with a white wine, and you can't face a big, soupy glass of red.

We all know that hard and fast rule of serving white wine chilled and red wine at room temperature, right? Well, what if I was to tell you that red wine can also be delicious when served chilled, and that this is a common practice in parts of Europe, especially in the summer months?

Of course, this is not true, or good, for all red wines, so it is best to leave the deep rich reds, like your California Cab Sauv and your rich, Australian fruit-bomb type wines for the cooler weather of fall. Don't bother trying to chill down all those delicious flavors.

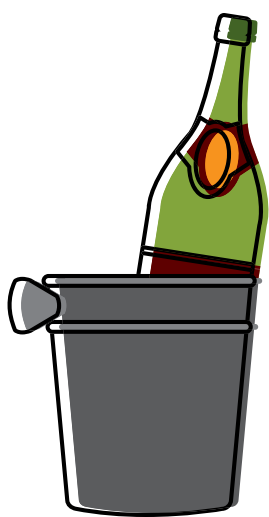
However, in the summer, on a hot day, with a nice piece of grilled meat, a Zinfandel, Pinot Noir, Beaujolais (Gamay), Valpolicella type wines, will benefit from being chilled to between 100 to 150C. Any lighter type of red wine will work well here, but honestly the cheaper and simpler the red wine, the better for chilling. I also recommend wines produced in cooler regions as they already seem to be lighter and leaner than their counterparts from hotter places. It's like they already understand the concept of being cold and don't mind it.

Here is what will happen to your red wine when you chill it. You will notice that the flavors will seem to tighten and brighten. The acidity will seem more forward and the alcohol will seem diminished, and more in the background. You will end up with a fresh, crisp version of that wine, more suitable for sitting on that porch or dock in the sun of summertime.

Cooling wines should be done for half an hour to 45 minutes in the fridge or 20 minutes in an ice bucket, (add a little salt to the ice bath for a faster chill). If you are desperate, you can chill 10 to 15 minutes in the freezer, but set your alarm, so you don't forget it. Chilled is good, frozen is not so great.

Now, shouldn't you have put a bottle in the fridge about half an hour ago?

Cheers



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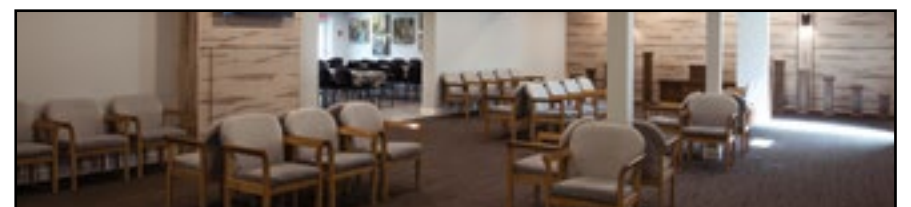
— Salon funéraire — ROLAND MÉNARD

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The primary mission of Roland Ménard Funeral Home Inc. is to enlighten you in the decisions to be taken and relieve you of the weight and responsibilities related to the loss of a loved one, with the greatest of respect: respect for the deceased as well as to his family.

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CLASSIFIED ADS


Please note: rates for classified ads are \$25 for 1-25 words and \$50 for 25 - 50 words. Kindly email ads to msw_sue@yahoo.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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Grenville Women's Institute

Grenville Women's Institute is very happy to announce two Province of Quebec winners from Grenville Elementary School in the Quebec Women's Institutes Annual Stories Contest. Congratulations boys!



Grenville WI President Hannah Hoare with Charlie Beauchamp who won 3rd prize for level 2



Grenville WI President Hannah Hoare with Ethan McCaart who won 1st prize - Level 5

Coffee talk and planned gift conference



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Summer Fun in the Laurentians Just add water...

Susan MacDonald

Summer fun in the Laurentians is synonymous with life on the water, and from easy to extreme, there is a multitude of sports and activities, for water enthusiasts of all ages, and levels of physical fitness, to enjoy.

Many of our larger lakes allow motorized boats on the water, which opens the waves to a variety of extreme sports such as water-skiing, wake boarding and yes, even surfing, right here in the Laurentians! Thrills abound as enthusiasts challenge their spirits and abilities against the wakes from the towing boats. For thrills of a lesser nature, there are tow rides such as banana boats and other inflatables, for single, or multiple riders.

Less-intense activities, popular on the smaller, non-motorized lakes, include canoe and kayak rides, pedalos, sailing, stand-up paddle and bike-pedaling boards. These serene rides allow you to travel at your own pace, stop to enjoy the scenery at will and enjoy the simple pleasures of being out on the water. Swimming, diving and snorkeling are other popular water sports.

Whatever your lake adventure, it is vital to practice safety measures at all times when near or on the water, and to act respectfully towards other people, the environment, and its inhabitants. Following a few guidelines will ensure everyone will enjoy time on the water to the utmost. Here are just a few simple rules to keep in mind:

- **Know how to swim: if you don't know how, enroll in a program to learn!**
- Always wear a life jacket when on, or in the water
- Never go out alone: safety is in numbers, even if that number is 2
- Protect your skin: UV rays are reflective on the water
- Be aware of others out on the water at all times
- Reduce boat speeds when near the shoreline
- Do no throw anything overboard
- Thoroughly wash all boats before entering, and after leaving, new waterways.
- Enjoy, be safe and have fun

Even though summer is winding down, fun on the water will last well into the autumn months, particularly for the die-hard enthusiasts. Now is a perfect time to explore new options and perhaps try out a different sport or activity at a specialized centre that offers all sport activities at one location. Who knows what new adventure is waiting for you!

For a little fun in the sun, remember, all you have to do is add a little water.



Choosing a Personal Flotation Device

From the Boat Covers Direct website www.boatcoversdirect.com/boat-lovers/editors

Types of Life Jackets

A life jacket or PFD (personal flotation device) is made according to a person's size and weight. There are also men's and women's life jackets (yes, we're each shaped a bit differently up top) plus specialized life jackets for various sports (wakeboarding, skiing, kayaking, etc.). An all-purpose men's XL life jacket is not going to be a good fit for a 120 lb. female wake-boarder.



Don't Buy a Life Jacket Online the First Time

While there are a lot of things you can easily buy online to save money and hassle, we do NOT recommend buying a life jacket online the first time. Unless you're already very familiar with the life jacket brand and how it fits, go to a local store and make sure you and/or your family tries on the life jackets there.

How to Test a Life Jacket

Even if a life jacket is properly matched based on the sex, size and sport of the person who will be wearing it, you still want to test it before you buy it or use it out on the water.

Is it comfortable? If the straps rub against your skin or the jacket just doesn't fit right, you're probably not going to be as likely to wear it when you're out on the water.

Can you swim in it? If you move your arms in a swimming motion and parts of the life jacket obstruct this movement, the life jacket is not going to work. Choose a different brand or model.

Will it work when it matters? Put your arms above your head and lean your head back while someone else lightly pulls up on the life jacket. If the life jacket slides right over your face, try tightening the straps. If it still slides over your face with a light pull, you need to get a smaller jacket or a different model. Alternatively, if the jacket is so tight that it makes breathing uncomfortable even when the straps are fully loosened, then you need a bigger jacket.

If you're about to hit the water and you're trying to make sure you've provided a proper-fitting life jacket to a passenger, another alternative to the approach mentioned above is to have the person put on their life jacket and slowly walk from shore into chest-deep water. If they put their hands above water then submerge themselves up to their necks, the life jacket should not slide up and over their face if it's properly sized and tightened.

Preparation is the best protection

Remember, it is absolutely essential to make sure that everyone on your boat has a life jacket that fits properly BEFORE you leave shore. Doing so might just save your life or the life of someone you love.

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