

MAIN STREET

August 2017 • VOLUME 17 NO. 08
14,000 COPIES • PLEASE TAKE ONE

THE LAURENTIANS' ONLY ENGLISH LANGUAGE NEWSPAPER SINCE 2001

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



Farm Fresh

Local Summer Markets
see page 7 for listing

Saint Sauveur Royal LePage Team 4 ave Filion, Saint Sauveur	Lorne Deschamps Real Estate Broker 450-566-4820 www.lornedeschamps.com	Michael Belleville Real Estate Broker 514-608-2747		Pierre Vachon Real Estate Broker 514-512-1598 www.pierrevachon.com	Brigitte Paquette Real Estate Broker 514-998-1516	
---	--	---	--	--	--	--

Protect your property and the ones you care for

Me Barbara A. Thompson is pleased to welcome **Me Lucie Brunet** as partner in her notarial practice. Now we will be two notaries to advise you on your real estate transactions, wills, successions, mandates in the event of incapacity, marriage contracts, incorporations...

Thompson Brunet, Notaries
Legal advisers

707 Chemin du Village, # 201
Morin-Heights, Qc J0R 1H0
T. : 450-644-0444
www.notarythompson.com

Lyndsay Wood
Real Estate Broker

RE/MAX
RE/MAX SÉLECTION
Agence Immobilière
Franchisé indépendant et autonome de
RE/MAX Québec Inc.

514.774.8019
lyndsaywood.com lyndsay_m_wood@hotmail.com

See p.26 for listings

Erlinda Quintos Chartered Real Estate Broker (450) 227-8880	Les immeubles EVQ We have your interests at heart!	Jody Diner Real Estate Broker (514) 817-1323
--	---	---

SAINT-ADOLPHE D'HOWARD; SUMMER IS HERE! VERY AFFORDABLE TURN-KEY CHALET
No need to fly south to enjoy summer when you can do the same in this recently renovated, fully equipped and furnished 3-Bdrm, 1 Bthrm chalet built on a full-acre lot. Offers a beautiful kitchen, wood-burning fireplace and large balcony out back. NEW: Eco-flo septic system, artesian well and roof. Nestled beside pristine Lac du Coeur where you can enjoy summer at its best either swimming, tanning or appreciating nature. Don't miss this chance of a lifetime! \$138,000.

Le Passé Composé
Bistro St-Sauveur

90, AVE DE LA GARE ST-SAUVEUR QC
450-227-1818

BREAKFAST & LUNCH

RE/MAX Laurentides Inc.
Agence Immobilière
Franchisée indépendante et autonome de RE/MAX

Gillian Hartley
Courtier immobilier résidentiel

Cellulaire : 450 806-4646
gillian.hartley@remax-quebec.com

TD MYRIAM BELLEMARE THÉRIAULT, B.B.A.
Mobile Mortgage Specialist

T: 514 449-0017
E: myriam.bellemaretheriault@td.com
Visit my online profile:
mms.tdcanadatrust.com/myriam.bellemaretheriault

EXPERTISE | LOCAL | FREE

Philippa Murray
COURTIER IMMOBILIER - REAL ESTATE BROKER

Proprio Direct
REAL ESTATE AGENCY

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

See page 3 for listings

Global Exposure - Local Expertise

ENGEL & VÖLKERS
NADINE CAMPBELL
Real Estate Broker
nadine.campbell@evcanada.com
819.421.2924

nadinecampbell.ca
5000 chemin des Voyageurs, Mont-Tremblant, Qc

Boivin lampiste

Antler Chandelier Creations
Lamps - chandeliers - tables - fireplace tools

André
514-944-4044
www.boivinlampiste.com

StHubert

Ste-Adèle • 450 229-6655 Mont Tremblant • 819 425-2721
Ste-Agathe • 819 326-6655 St-Sauveur/Piedmont • 450 227-4663

FS 38 | Gas Trimmer

\$159⁹⁵
MSRP \$189.95

27.2 cc / 0.65 kW / 4.2 kg (9.2 lb)*



PICK YOUR POWER



NEW **FSA 45**
Battery Trimmer

\$149⁹⁵
MSRP \$169.95

18 V / 2.5 kg (5.5 lb)*



NEW **FSA 56**
Battery Trimmer

\$249⁹⁵
MSRP \$269.95

36 V / 2.5 kg (5.5 lb)*



FS 40
Gas Trimmer

\$199⁹⁵
MSRP \$229.95

27.2 cc / 0.7 kW / 4.4 kg (9.7 lb)*



FS 56 RC-E
Gas Brushcutter

\$259⁹⁵
MSRP \$289.95

27.2 cc / 0.8 kW / 4.8 kg (10.6 lb)*

Easy 2 Start



*Integrated battery. *Without fuel. *Without battery.



STIHLCanada

STIHL MotoMix
The ultimate premixed fuel!

AVAILABLE EXCLUSIVELY AT YOUR LOCAL STIHL DEALER.

At participating STIHL Dealers, while supplies last.

STIHL

www.stihl.ca



NEW!
STIHL CANADA APP
NOW AVAILABLE



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

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

L D R

LOCATION DANIEL BOIVIN

SALES • RENTALS • SERVICE

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



www.stihl.ca



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

**BIG CITY SPEEDS AVAILABLE
WHERE YOU LIVE!
Up to 25 Mbps**



MENTION THE CODE
FREE ROUTER
WHEN YOU ORDER

	GO FAST	GO FASTER	GO FOR THE BEST VALUE!
Price	\$64 ⁹⁹ month ¹	\$74 ⁹⁹ month ¹	\$99 ⁹⁹ month ¹
Speed	Up to 5 Mbps	Up to 10 Mbps	Up to 25 Mbps
Data	25 GB	50 GB	100 GB

\$199 professional installation fee



- Speeds up to 25 Mbps
- No Activation Fees
- All equipment rental fees included in the price

I'm your local dealer. Call now and I'll help you pick the plan that's just right.

1 866-984-4848



1- Monthly service fee includes rental cost of equipment. Taxes apply. Offer valid until September 30, 2017 for new customers and is subject to change at any time. 2- If installation requirements go beyond the scope of a basic installation, additional fees apply. Subject to site check, site check fee may apply. See dealer for details. Actual speed online may vary with your technical configuration, Internet traffic, server and other factors. Traffic Management policy applies. Xplornet® is a trademark of Xplornet Communications Inc. ©2017 Xplornet Communications Inc.

**What's On My Mind...
A little respect
goes a long way**



Susan MacDonald, Editor

During a recent conversation with a new acquaintance, our discussion turned to the topic of human nature, more specifically, the tendency of people to find fault in others, rather than focusing on their finer points. Sadly, we agreed that, in today's frantic society, individuals had no problem expressing complaints, or criticizing others, yet rarely could find the time to acknowledge achievements or hand out a compliment.

A few examples would be the post-office clerk on the receiving end of a back-lashing for inflated stamp prices, or a drop in services, or a waitress bearing the brunt of a poorly-cooked meal. I can only shudder at what airline employees must face on a daily basis, dealing with the consequences of delays, cancellations and over-bookings! Just imagine how unfair this is, and how emotionally draining it must be to the person on the receiving end!

If you are a fan of radio talk shows (yes, they are still quite popular), you may be familiar with a segment on Aaron Rand's Friday afternoon show on CJAD, when listeners are invited to call in to share an "act of kindness" that they have shown towards others, or received themselves from someone else. There is never a lack of callers, and I am always inspired to hear their stories, along with the positive outcomes from these small acts of humanity. Are we not all capable of such generosity?

The reality is that nobody is perfect. Indisputably, we all make mistakes, which, hopefully, we will overcome and learn from, if given the opportunity. This is merely part of our growing process. However, while we each have our own individual strengths and weaknesses, it is only logical that the amount of reinforcement we receive for either characteristic will determine our responses, as well as our future attitudes.

It takes fewer facial muscles to smile than it does to frown, and requires less energy to be positive, than it does to carry the heavy burden of negativity. Those who choose to see the best in all, who respect, and positively reinforce the efforts of others, will more likely find themselves surrounded by like-minded people who will treat them in the same manner. Now there's something worth thinking about!

Before judging another person, take a hard look in the mirror and ask yourself, "Am I supporting or hindering this person?" A positive change in attitude will make a big difference in your life, and in the lives of those around you.

It starts with me, and you.

ROYAL LEPAGE
Habitations
Raymond Favreau
Certified Real Estate Broker

819-320-0764 | 450-430-5555 | 450-474-4005



Sainte-Adèle \$624,000



Brownsburg – Chatham \$367,000

MOUNTAIN LIFE

Are you searching for a home situated on an exceptional site that offers superb, 4-season opportunities for outdoor enthusiasts, yet is still within close proximity to the city and all its amenities? Located only minutes from downtown Saint Sauveur, and near to the Piedmont Golf Club and Mont-Olympia, here is the perfect property for you to discover. **MLS 28550073**

PRIVATE WATERFRONT ESTATE Experience cottage life in luxurious style. This welcoming home offers 4 bedrooms, a large living room with cathedral ceiling and stone fireplace, and a dream kitchen for chefs with a separate dining room. Complimented by a huge terrace and in-ground pool, and located near a flowing river, here is the perfect place to entertain family and friends in comfort and style. **MLS 23285316**



Saint-Damien \$259,500



Sainte-Marguerite-du-Lac-Masson \$159,000

ATTENTION HORSE LOVERS This hobby farm in Lanaudière boasts a 3-bedroom Centennial home, which has recently been renovated with meticulous attention to maintain its original integrity. Complete with stables, barns and spacious land, it is a paradise for horse lovers. Well worth a visit! **MLS 20195516**

HOME SWEET HOME Here is a house that says, "Welcome home." This inviting bungalow has 2 bedrooms, a large veranda and a workshop in the basement. The property has been lovingly cared for and is situated in a tranquil area in close proximity to Lac Marier. Don't miss out! **MLS 22392992**

Anne
PRÊT-À-PORTER

FASHION-FORWARD CLOTHING
FOR WOMEN SIZES 4 -18, ACCESSORIES
AND FOOTWEAR

EUROPEAN IMPORTS
CALIFORNIA CASUALS
SELECT QUEBEC DESIGNERS

PERSONALIZED SERVICE

WEEKDAYS 10AM -6PM & EXTENDED HOURS ON WEEKENDS

www.annepretaporter.com 819.717.3393
info@annepretaporter.com

LE PETIT HAMEAU – 822, RUE DE SAINT-JOVITE
MONT-TREMBLANT (QC) J8E 3J8

SEE OUR STUNNING FALL ARRIVALS
PRESENT TEAR-OFF AND RECEIVE A **15% REDUCTION**
ON ALL FULL-PRICED MERCHANDISE*

*excludes Celine Dion handbags
This offer cannot be combined with other offers.
Offer expires on September 15, 2017.



Observations A tale of two Nations

David MacFairlane - MainStreet

Truly, the United States is an embarrassment to the whole world. The Congress has

become a grotesque parody of what should be seen as good government, and it is hard to believe that this country is regarded as the world's greatest superpower. Really? To me, it appears as a doomed ship of fools on a course to oblivion. By contrast, the country now touted as the world's worst bogeyman, Russia, is in reality quite different from the nasty picture drawn of it by the Western media "fake news" peddlers. Remember that a hidden camera recently recorded a CNN producer admitting that all this "Russia hysteria" is simply a scam, made up by them to improve ratings, and many other venerable US publications have also been caught falsifying stories in the effort to misdirect the public's attention from the real problems besetting this once great country.

Recently, an interesting series of articles on this subject by various writers for New Eastern Outlook, described these two countries in a manner not published in the mainstream media, but which I think should be considered to be able to form an unbiased opinion about what's going on in the world today. Author F. William Engdahl, a strategic risk consultant and lecturer, first compares poverty in the US with poverty in Russia. He postulates that the growing poverty in the US, in the past 50 years, is the direct consequence of deliberate economic policies of the government and Wall Street, since abandoning the Bretton Woods agreement, and the US dollar link to gold, in 1971. Since then, the US debt has grown exponentially, while the concentration of wealth has passed into the hands of the elite. In contrast, poverty in Russia is the unintended consequence of 70 years of disastrous economic policies of the former Soviet Union, when central planning suppressed individual creativity. This continued until the fall of the Union, after the CIA-backed looting of the Russian economy by Boris Yeltsin and his cronies in the 1990s. In this new era of President Putin, who succeeded Yeltsin, the Russian economy has been growing while the US has been slipping backwards into insurmountable economic and infrastructure deficits, and their once dominant manufacturing base has been shipped overseas to China.

Engdahl points out that the economic differences between the two countries are fundamental. Debt in the US has never been higher, while poverty and homelessness are soaring and over 95 million have dropped out of the work force. Total private household debt is over \$12 trillion, while US national debt, though capped at \$20 trillion, must soon be increased or the government will not be able to continue operating, since expenses exceed income by over \$1 trillion a year. Unfunded liabilities, including pensions and Social Security, are a shocking \$127 trillion, an amount inconceivable in its size! By contrast, Russia's national debt, at only \$190 billion, is miniscule, at 13% of GDP (US is 110% of GDP). Also, Russia's foreign reserves are over \$500 billion, with another \$100 billion in a Sovereign Wealth Fund. Western credit agencies rate Russian investments as "junk," thereby preventing pension funds and other investors from buying their bonds, despite attractive interest rates. The political bias is obvious and unjustified.

Now, we come to a most interesting comparison - industrial technology and research. The Russian military technology displayed in Syria has proven to the world that its research is world-class. Battle tanks, missile batteries and advanced warplanes have used the Syrian arena as a testing ground, and the world has been shocked at the technological superiority of Russia's capabilities. Cruise missiles have been launched from ships in the Black and Caspian seas, over 1500 kilometres away, with pinpoint accuracy. These advanced weapons are superior to Western equivalents in capabilities, but cheaper operationally and in cost. The military warplane, SU35, is fully equal to all American aircraft, including the F-22. In the civilian field, they have produced the MC-21, a medium-range passenger jet, more comfortable than Boeing or Airbus, and some 15% cheaper to buy and operate. It has revolutionary carbon fibre wings and 30% composite content, while the others still make steel wings. The company has just launched a business jet to compete with Bombardier and Embraer - longer range, more space, and cheaper to operate. Now, Russia is joining forces with China to develop a long-range wide-body passenger jet to rival Boeing and Airbus that will also be cheaper overall, with superior performance.

In ground transportation, Russia's manufacturing excellence is world-class. The technology in its United Wagon Company factory is highly sophisticated, and they are able to build advanced, specialised rail cars using robots and other techniques that can complete a wagon in 25 minutes. The automated technology is similar to BMW, Daimler and Airbus, and their railcars are 50% cheaper to maintain. The

company is also focussed on high-speed passenger rail. An 800 kilometre line, from the east to Moscow, will have trains running at 400 km/hr, with stops every 70 km. The journey will take 3.5 hrs, compared to the current 14 hours, and significantly improve industry in the region. Russia is also partnering with China in developing high-speed rail networks throughout the new Silk Road region of Asia, linking China with Russia and Europe. These trains will move passengers and cargo at high speeds over thousands of kilometres.

In contrast, the US has nothing remotely comparable. Its entire industrial base has fallen behind technologically, due to the control of the military/industrial power brokers in the government, while Russia and China have slowly achieved complete dominance in many industrial activities. Trains in the US cannot run faster than 120 km/hr and they have only pipe-dreams of high-speed rail, since the country simply cannot afford the cost due to the wasted trillions on futile, lost wars, and future wars which they insanely continue to seek.

In energy, Russia is busy making development deals with India, China and most Asian countries, building pipelines for gas, and cementing supply contracts for oil throughout the region. These countries are interested to work with Russia due to the political instability of the Middle East, and the attractive prospects of win-win arrangements with a stable, non-threatening supplier.

It's obvious to all but the US government and their elites that Russia is not seeking war; it simply wants to be left alone, in peace, and asks that the US stop poking the Russian bear. Unfortunately, unless President Trump can successfully change the direction of the US, this current suicide course can only end in violent tragedy. The enemy is not Russia; it

is the US government itself.

Liberty no longer has a home. It has become a refugee.

"The (American) socioeconomic system is failing, because we are failing morally, physically, mentally, emotionally, spiritually, as individuals, as a community, and as a nation ... Unfortunately, there is no redemption, only absolution (which) must come from within ... and only after a brutally honest self examination ..."

- Excerpted from the Cognitive Dissonance blog - June 2017 -

LET'S EAT OUTSIDE

For your outdoor activities, Choose to eat healthy!

Sandwiches, salads, juices and snacks

"To your health"

RACHELLE BÉRY
épicerie santé

377 Principale, Saint-Sauveur
450 227-3343



Published by

Les Éditions Main Street Inc. P.O. Box 874, Lachute J8H 4G5

1 866 660-6246 • 819 242-2232

email: main.street@xplornet.ca

www.themainstreet.org



TheMainStreetNews

Founder: Jack Burger
Advertising Sales: Steve Brecher
Publisher/Editor: Susan MacDonald
Associate Editors: Jim Warbanks, June Angus
Art Director: Elle Holland

Contributing writers: Ilania Abileah, June Angus, Joan Beaugard, Lys Chisholm, Chris Collyer, Sheila Eskenazi, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lori Leonard, Lisa McLellan, Marcus Nerenberg, Claudette Pilon-Smit, Dale Beauchamp, Marie France Beauchamp, David MacFairlane, Kim Nymark, Jim Warbanks and many other contributors from the Laurentian community at large.

14,000 copies distributed throughout the Laurentians

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

• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: SEPTEMBER 8

IF YOU WISH TO PLACE AN AD CONTACT

STEVE BRECHER:
514 703-1665

Legal Deposit
Bibliothèque
nationale du Québec
2014



ISSN 1718-0457



Simply Words on Paper Tribute to Car- toonist Merle "Ting" Tingley

Jim Warbanks - Main Street

Merle "Ting" Tingley passed away on June 4, at the age of 95, in the home town where he was revered as a local legend, London, Ontario. "Ting" as he was always called by newspaper colleagues as well as fans who admired his editorial cartoons, served as staff cartoonist at the *London Free Press* from 1948 to 1986, a span of 38 years. His collected works are kept in the Western University Ting Archive.

Ting's signature distinctive blocky caricatures could be easily recognized from across a room. A *Free Press* editorial after his retirement indicated that his cartoons "reflect an insight into public affairs, an awareness of human foibles, and a high capacity to make telling points in a cartoon panel." His family stated in his obituary, that "Ting charmed the world with his editorial cartoons and playful spirit."

Luke Worm

His sidekick Luke Worm, the pipe-smoking, top hat-wearing worm always appeared in each drawing. He would often be hidden away in an inconspicuous corner of the artwork, which broadened his appeal to children who might not grasp the gist of his intended message. Ting was inducted into the Canadian Cartoonist Hall of Fame a few years ago.

The annual *Ting Comic and Graphic Arts Festival*, now in its fifth edition, features both his work and highlights a selection of artists from southwestern Ontario, including many who were influenced by his pioneering and prodigious work. This gives a new generation of Londoners a chance to get to know, and appreciate, the man behind the iconic little worm.

A great deal of Ting's work for the *Free Press* highlighted local and regional issues, but he was also a syndicated columnist in some 60 other daily or weekly newspapers and magazines across Canada. He commented on both national and international issues.

Syndication

After leaving the editorial cartoon desk at the *London Free Press*, he continued his syndicated work well into the 1990s. I was fortunate to meet the affable gentleman several times, as his cartoons graced the pages of the *Lachute Watchman* and its successor weeklies, where I served as English editor.

I clearly recall that he agreed to charge the newspaper a minimal fee, below the syndication rate, supposedly because of its limited outreach to English-speaking readers, as a bilingual publication. But I prefer to ascribe it to his admiration for tenacious weekly publications serving a scattered market.

On one of his occasional visits, I invited Ting to lunch at a local restaurant. I was accompanied by the cartoonist whose work appeared in the French-language edition. Though neither of them was functionally bilingual, they managed a spirited and satisfying discussion of their very different artistic styles. I was just an appreciative spectator.

Still resonate

Many of the issues that he featured from wasteful government spending, political malfeasance, renewable energy, transportation boondoggles, corruption, construction chaos on local streets and how to deal with mounds of community garbage are as pertinent today as when he penned the originals.

He is lauded for his gentle humor, but I can categorically state that he took great delight in skewering any individual or organization not acting in the best interests of the community as a whole.

I treasure my limited collection of Ting cartoons, some of which are on fading fax paper. As the mail service became less reliable (certainly a topic for a Ting cartoon that would still resonate today), and statutory holidays varied by province, Ting experimented with sending his weekly artwork by fax, and sized it so that it would be of newspaper print quality, when reduced in size. I can't recall ever having to fill the space reserved for a missing cartoon.

Longevity

Sadly, editorial cartoonists, and their cartoons, appear in fewer regional publications. Even in mainstream national publications, few cartoonists produce a cartoon for every edition: a rotating team of artists take on this demanding task. The likelihood of a cartoonist, whose work would begin to be published today, of ever achieving the longevity of Merle Tingley, seems remote indeed.

Thanks for the memories, Ting. Oh, and you too, Luke Worm. Gone, but fortunately not forgotten.



LITIGATION WITH LAND?

I'M YOUR MAN!



Me PAUL JOLICOEUR, LAWYER
433, Principale
Saint-Sauveur QC J0R 1R4
Tel: (450) 227-5099
Fax: (450) 227-5636
info@pauljolicoeur.ca



582, Main Street
(corner of Main & Bethany)
Lachute, Québec, J8H 1Y7
450-562-1100
www.guayetassocies.com



30 years experience

Family Law
Civil Law
Commercial Law
Estate Law

- Health records and Plan to Stay in Shape Today (PSSST!)
- Emergency contraceptive pill
- Pill dispensation (Dosette and Dispell systems)
- Accurate blood pressure assessment (with BpTru), personalized follow-up, and printed report with chart of readings
- Glycemia monitoring
- Asthma control education
- Insulin shot preparation
- Recovery of used needles with approved containers
- Orthopedic and homecare device sales and rentals
- Stoma care products
- Enterostomal therapy (by appointment)
- Anticoagulation (NR) monitoring
- Onsite INR testing with Coagucheck

Business hours:

Monday to Wednesday:
9am to 7pm

Thursday and Friday:
9am to 9pm

Saturday: 9am to 6pm
Sunday: 9am to 5pm

FREE DELIVERY SERVICE *
* Details in store



Danielle Gauthier
Pharmacist/Owner

We Care About Your Health!



707 Chemin du Village, Morin-Heights
tel: 450-226-5222 fax: 450-226-7222
danielle.gauthier@famiprix.com

Membre affilié à





palliacco

Accompaniment and Respite Services

Palliacco offers support at home to those suffering with cancer, end-of-life patients and caregivers living in municipalities of the MRC des Laurentides

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

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

Upcoming Activities

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

Comforting Tea
Mon, Aug 14: 10 am - 11:30 am
Mon, Sept 11: 10 am - 11:30 am (Ste-Agathe)

Coffee Meeting for the Bereaved
Tue, Sept 12: 7 pm - 8:30 pm (Mont Tremblant)
Thurs, Aug 17: 1:30 pm - 3 pm (Ste-Agathe)

Palliative care accompaniment training, to become an accompanying volunteer
Tues, Sept 26 and Oct 3 & 10: 9 am - 4 pm (Mont Tremblant & Ste-Agathe)

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

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

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



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

www.themainstreet.org

Follow us on facebook at:
TheMainStreetNews 



About Sainte-Adèle

Chris Lance - Main Street

Quebec Municipal elections campaigns are gaining momentum. I bumped into Guy Vandenhove, at the Chantecler Golf course, where he was playing with Guy Goyer. Vandenhove is seeking election as a Prefect in our region; best of luck to you in your first election.

Your third municipal tax installment is due August 29. Late payments are penalized, so make sure you pay on time.

The 32.4 million dollar sports complex of MRC des Pays d'en Haut is going to be located in Ste-Adèle. It will be placed at, or near, our high school A.N. Morin.

This is a good time to clean your chimneys before the rush begins in the fall. You can do it yourself, if you are confident and capable. There are chimney sweeps in our area, and it is better to be safe before the wood-burning season begins. You might want to also get your wood delivered and stacked before the mad rush in October-November.



There are great golf deals available. You should get CAN-AM on the Internet for all those daily specials, like at Val des Lacs, part of the golf links group. There are ongoing seasonal specials at Le Chantecler Golf for \$26.05 with a cart, all days, all season. Plus, over at L'Esterel, Dave Ross has all sorts of good prices, with carts included, at \$36 Monday to Thursday, and a special after 2pm. Give him a call at 450-228-4532. Of course, Mont-Gabriel has daily deals. Over at the Hotel Carling Lake, which has reopened, the golf specials for the season are \$39 for seniors, and ladies day Tuesday is \$29. La Vallee du Golf Sainte-Adèle posts its specials with CAN-AM.



Le Salon de Quilles & Billiard Sainte-Adèle has summer special deals for bowling families. The leagues are gearing up for September. If bowling is your thing you better sign up now.

Le Breadshop has opened in Sainte-Adèle, at 860 Boulevard Sainte-Adèle (the 117). This is the second outlet; the other is in Morin-Heights, near the liquor commission. They open at 6 am, and want you to try their coffee and croissants on your way to work or play.

Madame Aldo has moved to 814 boulevard Sainte-Adèle (the 117) to better serve you and deliver pizza.

The École Hoteliere is prepping for the August 29 and October 23 sessions. The tennis group, in Sainte-Adèle, had a great dinner there, which coincided with the retirement of Robert, who worked at the École for many years. The culinary school has a website: www.ecolehotelierelaurentides.com

The tennis at the public courts has been revitalized by the new online booking system. There are confirmations of court times, reminders, and email service to keep in touch. Both venues have been busy this summer. The official closure this year is October 9. Get out there and enjoy the tennis.

This is the last month of the summer. We've had some good days, and lots of rainy ones, with times for a good book and snoozing afternoons. Haven't had to barbeque too often - guests tend to stay away because of the rain. Not too many yellow lawns around the neighbourhood, but let's hope this month. and next, get hot enough to keep the mosquitoes and swarming black flies at bay.

Stay safe and healthy, and enjoy the long days and cool nights up here in the Laurentians.



Village Of Weir Newswire

Claudette Smith-Pilon

NEWS FROM CITY HALL

Saturday, September 16 - DÉFI NATURE - a running event to inaugurate the Aerobic Corridor. You can run 1 km / 5 km / 8 km. FREE!!

Register online at: <http://www.eventbrite.ca/e/le-defi-nature-tickets-36163439822>

Friday, September 29: Start-up of community luncheons

Royal Canadian Legion Rouge River 192

Please note that the date for the Members BBQ has been changed to Sunday, September 3 at 6 pm. Live Band - Homeymade Brewers will perform starting at 7 pm. Everyone welcome - FREE FOR MEMBERS! Come early to catch a good seat.

For details on further events including the upcoming Flea Market / Arts & Crafts day please see page 14.

Legend and lore of bread...

*Bread is the symbol of friendship and hospitality
In ancient times, many cultures believed bread was a gift from God*

American Indigenous Peoples danced the "Bread Dance" for prosperity and good crops
English - considered bread the "Staff of Life."
French - popular for saying, "as good as bread."
German - "Bread is the symbol of home and family."
Italian - "Bread is all food, the rest is mere accompaniment."
Russian - "Bread is the symbol of friendship."
Danish - "Bread is better than the song of birds."

Victoria Quilts Canada Laurentian Branch has been very busy this summer. The ladies have not taken a vacation; they have been continuing the art of quilting. As of today they have completed 800 quilts and so far this year, 98 have been distributed throughout the Laurentians. Next work-days are Monday, August 14, Monday, August 28 and Friday, September 8 at 9 am. Come see us at work, we would love to see you.

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



A Library Addict's Choice...

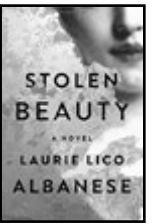
Grif and Marion Hodge - Main Street

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

ADULT FICTION

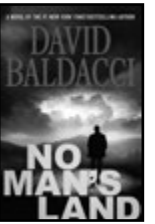
Albanese, Laurie Lico - *Stolen Beauty*

This historical novel spans two lifetimes and a hundred years to explore the themes of love, passion and endurance against the destructive juggernaut of the Nazi regime. At the centre of this drama is Adèle, a young Jewish woman of Vienna, who meets Gustav Klimt.



Baldacci, David - *No Man's Land*

Special agent John Puller, combat veteran and military investigator, is on the trail of a cold case involving the disappearance of his own mother from Fort Monroe, Virginia. Lots of twists and turns.



NON-FICTION - GARDENING

Robertson, Stuart - *Organic Gardening*

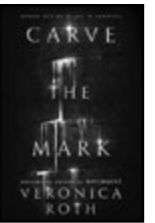
For twenty-six years, Stuart Robertson wrote a popular column on gardening for the Montreal Gazette. He also did many phone-in shows on CBC radio, and gave lectures on the subject. This little book is a compendium of the answers to questions that gardeners have asked him over the years, organized into 10 sections, and replete with lots of practical advice.



YOUNG ADULT FICTION

Roth Veronica - *Carve the Mark*

Veronica Roth is a young American fantasy writer who is best known for her Divergent series, but this tale, from the distant nation-planet, Thuvhe, does not disappoint! The children of enemy countries, thrust together by the chaos of war, have two paths; either to be swallowed by enmity or help each other to survive.



Yves St-Denis supports la Fabrique Paroisse St-André-Apôtre

The Fabrique Paroisse St-André-Apôtre recently received \$2,000 in financial assistance from the MP for Argenteuil, Yves St-Denis. The donation will be used for repairs and maintenance of the main doors of the established church in Saint-André-d'Argenteuil. This one-time and non-recurring amount comes from the discretionary budget of the MP dedicated for community and social initiatives.



Arundel News

Janet Thomas

ARUNDEL ELEMENTARY SCHOOL

This gem of a school offers bilingual education, from K to Gr. 6, to children from Mont Tremblant, Brébeuf, Amherst, Harrington, Huberdeau, Montcalm and Arundel. In addition, students benefit from a wide array of extra-curricular programs, including many sports teams, a drama club and after-school art classes. To register for the 2017 - 2018 school year, call the school secretary, Jill Earle, at 819 687-9159.

You can visit the school, at 5 School Street, Arundel, or check out the website, swlauriersb.qc.ca.



**Sat, Aug 19
10 am - 4 pm**

ARUNDEL ART SHOW - What better way to spend a summer Saturday than enjoying high-quality art on the graceful lawns of the Arundel United Church? The Arundel Art Exhibition will feature 21 painters and sculptors exhibiting their work for sale. A cafe in the church hall will sell tasty refreshments as a fundraiser for the church.

**Fri, Aug. 25
7 pm**

LIBRARY LECTURE SERIES - Walter Nymark: Growing Up at Nymark's Lodge After WWII
Music, dancing, skiing, golf, swimming, guys, girls, booze and cars. What else could one want? Walter describes a wonderful childhood, but one with some unusual circumstances, obstacles and many opportunities. Meet-the-Speaker and refreshments follow.
Arundel Municipal Council Office

**Sat, Aug 26
5 pm**

ALBeRo FAMILY CORN ROAST and BONFIRE
Bring the whole family to celebrate the end of summer. All residents welcome, including non-members. Bring your own lawn chairs.
Wayne Maddison's Beach; Lac Rond
335 Rtes. 327 and 364
COME ONE! COME ALL!



NEWS BITS FOR AUGUST

Increased pediatric services availability in Sainte-Agathe



The Sainte-Agathe-des-Monts Pediatric Emergency Clinic offers an additional day of services to the population. From now on, the clinic will be open on Mondays, Tuesdays, Wednesdays and Fridays. A pediatric specialist is available on these days to respond to any minor emergency.

Appointments are made by phone, from 8 am, on the available days. Parents are encouraged to call 819 324-4117 for availability and appointments.

Canada and Quebec support the construction of a new sports complex in Sainte-Adèle and four recreational facilities in the Laurentian Region

David Graham, Member of Parliament for Laurentides - Labelle, and Yves St-Denis, Member of the National Assembly for Argenteuil, recently announced that the governments of Canada and Quebec will each invest nearly \$14.7 million in five projects to build and renovate recreational facilities in the Laurentian region. This financial support comes from the New Building Canada Fund, Provincial-Territorial Infrastructure Component - Small Communities Fund. The cities and municipalities involved will also contribute nearly \$14.7 million, for a total government-municipal investment of over \$44 million.



In the City of Sainte-Adèle, a new sports complex will be built next to the Augustin-Norbert-Morin High School, including a semi-Olympic-size pool and leisure pool, two ice surfaces, changing rooms and mezzanines. Each government, as well as the MRC of les Pays-d'en-Haut RCM, will invest a total of over \$32.4 million.

Elsewhere in the region, residents of the City of Sainte-Marthe-sur-le-Lac will benefit from a new, indoor aquatic centre. In the Municipality of Saint-Hippolyte, a new community centre will be built. For its part, the City of Prévost will build an artificial-turf soccer pitch, and the Municipality of Saint-Aimé-du-Lac-des-Îles will construct a multi-purpose outdoor skating rink.

Financial support for Le cercle de fermière de Lachute

The member for Argenteuil, Yves St-Denis, is pleased to support le cercle de fermière de Lachute by providing \$2,000 in financial assistance for the purchase of a loom. The organization, composed of nearly 100 members, recently celebrated its first anniversary at a dinner and the member for Argenteuil took the opportunity to confirm this good news to the president, Lucie Rossignol, and to more than sixty women present.



"I would like to thank Mr. St-Denis for this important financial support, which will be very useful in order to provide our members with quality materials for the pursuit of handicrafts," said Ms. Rossignol, President of the organization.

Founded in June 2016, the Cercle de fermières de Lachute is committed to the transmission of cultural and artisanal heritage through their craft projects.

Yves St-Denis announces financial assistance for the improvement of the municipal road network

The member for Argenteuil invited the elected representatives of the entire riding of Argenteuil to an informal and cordial meeting. He took advantage of this moment to confirm the financial aid allocated to each of the municipalities for the repair of their local roads.

More than \$550,000 will be shared among the 17 municipalities that make up the riding. These sums will be used for the repair and improvement of the roadways, the installation of new lighting, and the rebuilding of bridges, to name a few projects.

This specific budget comes from the program of improvement of the municipal road network and from an additional dossier made available for the county of Argenteuil, at the request of the deputy, in order to further improve the financial aid announced to the municipalities.

"I thank the Minister of Transport for his significant contribution to improving our local road network by allocating an additional \$200,000. "Our municipalities have many priority projects, and I am pleased to be able to work together on these projects," said Mr. St-Denis.

STRICTLY BUSINESS

By Lori Leonard - Main Street

Welcome to:

Catherine Desforges and Lewis White, new owners of **Café White et Cie.**, 31 de la Gare, St. Sauveur. Lewis is originally from New Zealand and Catherine is from the South Shore, Montreal. They offer healthy breakfasts, lunches and nutritious smoothies and gluten-free products. Lunch includes a variety of fresh salads, wholesome soups and tasty sandwiches. Iced coffee and lemonade are also available. Open Tuesday through Sunday from 7:30 am to 5:30 pm. 450 227-0330 / Facebook: Café White et Compagnie.



Congratulations to:

André Perry, former owner of **Le Studio**, from St. Sauveur, who was one of the individuals nominated into the **Order of Canada** on July 1, 2017. André was awarded this prestigious recognition for his contribution to the growth of the recording industry and for his innovative work in the field of sound recording technology. Quite an accomplishment!



Caroline Archambault and Jacques Pépin, owners of the new **ROD art gallery**, 341 rue Principale, St. Sauveur. Both owners are extremely talented. Caroline, who resides in St. Sauveur, has taught painting in several mediums for the past 15 years. Jacques paints in oil and acrylics, sculpts in wood and wax, and lives in Morin Heights. The gallery is open from Thursday through Sunday from 11 am to 5 pm. Art classes are offered on Wednesday and Friday. Lithographs and original paintings by well-known artists are available for purchase. Are you curious why they call the gallery ROD? Stop by to see why. 514 978-8515 / www.carolinearchambault.com / www.rod.art.ca



Did you know that:

Le Loft à Ongles, 245 rue Principale, St. Sauveur offers excellent nail services and many other wonderful esthetic services? Owner **Kim Duguay** has expanded, and now offers manicures, pedicures, eyelash extensions, amazing facials and body wraps, and organic spray tanning (product derived from sugar cane and beets). Hair removal (waxing) is also available. Professional make-up for a wedding or special event is offered. Superior quality products, such as Mirabella and Misencil products are available for purchase. Special promotional packages. When you need to be pampered, stop by to see Kim who will take good care of you. 450 744-1776 / Facebook: leloftaongle / www.leloftaongles.ca.

If you're tired of cooking, or planning a special event at home, or wish to bring some gourmet, home-cooked, ready-made meals with you for a weekend getaway, call **Cumin & Paprika**. Chefs, **Candice Kaisin**, and her mother, **Martine Glöckner**, will lovingly prepare delicious, healthy meals for you. Both fresh and frozen meals are available, in individual or family-sizes. They can also prepare delectable bouchées, or come to your home to BBQ your favourite meals for your guests. They have a weekly meal menu, which can be sent to you by e-mail. That's so handy! Who could ask for more? Samples of meals are seafood paella, Moroccan chicken, moussaka, vichyssoise, Mediterranean veal, rabbit leg alla cacciatore. 514 688-9395 / Facebook: Cumin & Paprika, www.cuminetpaprika.com,

If you go for a drive to Val David, and are looking for a great little resto with delicious, different food at a great price, you could stop by **Le Rusé Renard** (The Red Fox), 1400 route 117, Val David? The interior décor is rustic, with artwork focusing on red foxes. Very cute! Lunchtime trio: a salad, meal, plus dessert, is reasonable and yummy. They also feature a lovely deck beside a waterfall, a romantic place to have dinner. Reservations for dinner are suggested. 819 320-0091 / www.leruserenard.com.



Local Summer Markets

Lachute – Old Train Station

Marché découvertes d'Argenteuil
Saturdays until September 2: 9 am - 1 pm
www.decouvertesdargenteuil.com

Lachute Farmers' Market & Antiques

Tuesdays – all day
Sundays: mini market
www.lachutefarmersmarket.com

Saint-Sauveur - Parc Durocher

Sundays, until September 23: 10 am - 2 pm

Morin Heights Farmers' Market –

148 Watchorn
Fridays until October 6: noon - 5 pm
www.marchemorinheights.com

Sainte-Adèle Public Market

Place des citoyens, 999 boul. de Sainte-Adèle
Saturdays, until September 23: 9 am – 4 pm
www.sainte-adele.net

Sainte-Marguerite-du-Lac-Masson Farmers' Market

Municipal parking lot in the heart of the village
Sundays, until September 3: 10 am - 2 pm
www.ste-marguerite.qc.ca

Mont Tremblant Summer Market

1875, chemin du Village
Saturdays, until September 2: 9 am - 1 pm
www.marchedete.com

Val David Summer Market

Rue de l'Académie (near the church)
Saturdays, until October 7: 9 am - 2 pm
www.marchedete.com

Bois-des-Fillion Summer Market

388, boulevard Adolphe-Chapleur
Sundays, until August 28: 10 am - 2 pm
www.marchedete.com

Rivière Rouge Public Market

682, rue de l'Annonciation (train station)
Saturdays, until August 26: 9 am - 1 pm
www.sdcriviere-rouge.ca

Mont-Laurier Public Market

Espace Théâtre Muni-Spec, 543, rue du Pont
Thursdays, until September 28: 3 pm - 7 pm

Ferme-Neuve, Farmers' Market

199, 12e Avenue (near church)
Fridays, until September 8: 2 pm - 6 pm
www.marche-delaferme.com

Nominique, The Small Food Market

2150, chemin du Tour-du-Lac
Until October 7: Fridays, 1 pm - 5:30 pm
& Saturdays: 9 am - 1 pm

Harrington - Le Marché Des Passionnées de la Rouge Vallée

663 de la Rivière Rouge (across from the Tam Bao Son Buddhist Monastery)
Until October 7: Saturdays, 10 am - 5 pm.
Also open Sundays on long weekends
819 687-2577



Essential Oils Help for the garden

Susan Rich

By now, your gardens should be in full operation. Although we are not getting much sunshine so far,

the plants love this crazy weather. The fun part is that they don't need as much human watering. The problem? With all this rain, your plants are more susceptible to molds and bugs. So what do we do? We get out the essential oils.

When it comes to garden menaces, there is no better, natural defense than essential oils. Approximately 85% of all plant illnesses are caused by fungi. Fungi kill and poison plant cells, block the breathing pores, and remove nutrients from the plants. This is where essential oils come in. Melaleuca has the power to kill existing fungal growth. Simply mix a few drops of this amazing oil in a cup of water, transfer into a spray bottle and spray directly onto the affected plants a few times a week.

Bugs and molds hate essential oils. Using them is easy and natural. Use only 100% pure therapeutic grade oils, 4 - 8 drops of oil per gallon of water. When filling the spray bottle with this water, be sure to stir it first as the oil will separate from the water. Also, shake the bottle before spraying.

This will not harm the plants in any way, and the bugs and molds will be gone in no time. However, avoid spraying leaves in very hot weather, because the sun-heated oil can easily burn the leaves.

- Peppermint - Ants, Aphids, Beetles, Moths, Plant Lice, Spiders.
- Spearmint - Ants, Aphids, Plant Lice
- Wild Orange - Ants, Aphids, Plant Lice, Spiders
- Cedarwood - Aphids, Moths, Plant Lice, Slugs, Snails, Weevils
- Lavender - Chiggers, Moths, Ticks
- Lemongrass - Chiggers
- Lime - Spiders
- Melaleuca - Ticks
- Patchouli - Slugs, Snails, Weevils, Woolly Aphids
- Thyme - Beetles, Chiggers
- Rosemary - Cabbage Caterpillars
- Sage - Chiggers, Ticks
- Sandalwood - Weevils

We can also use essential oils to create the same effect as companion planting. By spraying these oils on the soil and plants, it will have the same benefit as if the companion plant was right next to it:

- Vegetables & Fruits
- Basil - Asparagus, green beans, broccoli, potatoes, radishes, parsley, tomatoes
- Lavender - Green beans
- Thyme - Broccoli, cabbage
- Peppermint - cabbage
- Sage - Carrots, cabbage, cauliflower, cucumber, potatoes
- Lavender - apples and grapes

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

Nature Photo - Squirrel

Submitted by Tammy Attanasoff from Ste-Lucie

A young squirrel taking an afternoon break from a busy day of foraging to enjoy a few sunny rays. This is one of the many squirrels welcomed at Tammy's year-round feeder.



Laurentian CARE SOINS
Laurentides
Laurentian Caregivers Organization
Organisation des aidants naturels des Laurentides

General Assembly to dissolve Laurentian Caregivers Association Resource Centre
7:00Am -8:00AM
Monday August 21, 2017
4057 Avenue des Lys
Val Morin, Qc.

Public Notice

**Proposed project
40 Meter Amateur Radio Communications Tower**

Mr. Howard Rosen, a long-time Wentworth-Nord resident and licensed Emergency Communications Amateur Radio operator (VE2AED) wishes to notify area residents of his intention to install two telecommunication towers close-by his home and property off Lake St-Victor. This installation will improve his present system capabilities and will enhance operational communications for his hobby. These will be guyed towers that meet CSA S37-13 Canadian standards in terms of structural adequacy and safety requirements. They will be approximately 40 meters in height and essentially hidden amongst the trees on the hill-side on his property. Geodesic coordinates of the towers will be: 45°51'55.6" N 74°23'30.2" W (within 60 meters from one another).

The civic address is: **1701 Chemin des Berges du Nord, Wentworth-Nord, Qc J0T 1Y0**

We invite you to share your comments at latest by September 4, 2017 either by email at h@aed.net or by telephone at (514) 839-2021.

Thank you.

The circle displays 3 times the height of the towers, showing that no habitations exist.



Fit Tip #117 The longevity formula

Lisa Mclellan - Main Street

National Geographic's Dan Buettner and a team of researchers examined the question of longevity,

over a period of 8 years, by studying five communities where people lived happily and healthily into their late 90's and 100+. These communities, named Blue Zones by Buettner are: the Italian island of Sardinia in Italy, Okinawa in Japan, Loma Linda, California, Costa Rica's isolated Nicoya Peninsula, and Ikaria, an isolated Greek island. Their research yielded 9 common behaviours, which make up the longevity formula. These shared lifestyle behaviours focus on helping people move naturally, eat wisely, connect with others, discover purpose, and change their environments.

The Longevity Formula:

1. Move Naturally - the world's longest-lived people live in environments that nudge them into constant, moderate physical activity. No automation to help them do their tasks & chores; they walk, go up and down stairs, squat, garden, fish, build etc. They move naturally many hours every day.
2. Eat Wisely - they eat a mostly plant based diet, including small amounts of home grown meat, drink wine in moderation, eat on smaller plates and use the "80% full rule" to keep from over eating.
3. Connect - social and intergenerational engagement; family comes first, having a sense of belonging (to a faith group can give between 4 - 14 years more of life !) and connecting with your right tribe; the people you surround yourself with, their beliefs and habits strongly influence your health.
4. Right Outlook - learn how to slow down and rest; in Loma Linda they consistently take 24 hours every week to stop working, to go on Nature walks and to let go of stress. Knowing your purpose, and having a reason to wake up can lead to 7 extra years of good life. Mindfulness, being in the present moment, shedding stress and connecting with innate gifts supports self worth and meaningful living.

When it comes to longevity there is no short-term fix. Education, combined with self-management, is recognized as the smartest way forward. I love this brilliant, down-to-earth and very promising initiative by an American company called Healthways, a share-care company. Part of their solution is a systematic, environmental approach to identifying and creating policies and programs that support community transformation. The other part is to have teamed up with the Blue Zones Project to create Blue Zones Communities, areas where citizens, schools, employers, restaurants, grocery stores, and community leaders come together to optimize residents' longevity and well-being. There are 37 Blue Zone Communities in the US, impacting more than 2,250,000 people. Their solutions have measurably lowered healthcare costs, increased productivity, and improved the quality of life for residents in those communities. How cool is that?

I would love to see this concept implanted in our small communities. Curious? Want to learn more? Check out: www.bluezonesproject.com. I am investigating ... if anyone is interested in this initiative please contact me at lisamclellan07@gmail.com. The unprecedented challenges and impacts of an aging society requires a team effort. Let's pull together. We can be leaders.

1^{re} édition
Saint-Sauveur

Je participe...
8 000 KM
POUR
PARCOURS
Parkinson

Sunday
September 10th

Parc
John-H. Molson
20 Viviane st, Saint-Sauveur

8h30 **Arrival and Registration**
9h30 **Walking course**
11h30 **Line Dancing**
12h30 **Picnic**

Animation - Games
Door Prizes!

Info : 450 630.4122
coeurdeslaurentides@parkinsonquebec.ca

It's a date!
Register at parkinsonsjourney.ca

PARKINSON
QUÉBEC

C A M M A C

VIVRE LA MUSIQUE - LET'S MAKE MUSIC

Thanksgiving 2017
Music Camp



Join us for a Thanksgiving week-end filled with music, outdoor activities and our traditional concert & banquet! Music program for adults, teens and children. Oct. 6th - 10th

4 wonderful days of music-making for amateur musicians of all ages and levels
Come live your passion at Lake MacDonald



65th SEASON
CAMMAC.CA

CAMMAC MUSIC CENTRE

85, chemin CAMMAC,
Harrington (Quebec) J8G 2T2

Information: 819-687-3938, ext. 225
communications@cammac.ca



PATIO DU NORD



UNIQUE
ALL OUR PATIOS
ARE CERTIFIED
AND GUARANTEED

CALL NOW
514 MON PATIO
666 7284

LET US BUILD YOUR SUMMER

FREE ESTIMATE

VISA M.C. financing available



VISIT OUR SHOWROOM

-by appointment only-

757, rue Marcel, Ste-Adèle QC, J8B 1L7 - patiodunord.com

HYUNDAI ST-JÉRÔME



www.hyundaistjerome.com

SUPER LEASE

ONLY 33 MONTHS*

INCLUDING NO-CHARGE SCHEDULED MAINTENANCE*

HYUNDAI ESSEO
Pay as low as
79¢/L

on up to 820 litres until Dec 31, 2017* when you purchase or lease any new Hyundai vehicle by August 31, 2017. See dealer for details.



2017 Elantra GL automatic

Lease it from:

\$59 /week

33-month lease* (143 weeks)

\$0 down payment

0% interest rate

- Blind spot detection
- Air conditioning
- Heated front seats and steering wheel
- 7.0" touch-screen display and rearview camera

Ultimate model shown*

5 YEAR WARRANTY

Comprehensive Limited Warranty: 5-year/100,000 km

MILITARY REBATE

Get up to \$1,500 in price adjustments* Details on military.hyundaicanada.com



* The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned or licensed by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ♦ Price for vehicle shown: 2017 Elantra Ultimate is \$30,637. Tires and air conditioner charges of \$115 (\$15 and \$100 respectively) and delivery and destination charges of \$1,705 included. Registration, insurance, a maximum RDPRM charge of \$76 and all applicable taxes are excluded. † 79¢ per litre is based on the price of regular-grade fuel from \$1.09 to \$1.29 per litre; maximum fuel discount varies by province and fuel price/grade. ▼ Maximum litre limits apply and vary by model and date of purchase/lease. Maximum litre limits apply to eligible contracts entered into at a participating Hyundai dealer between August 1st, 2017 and August 31st, 2017. For full promotion details and terms, visit HyundaiCanada.com. All rights reserved. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee. ▶ No Charge scheduled maintenance applies to any 2017 Elantra GL Auto leased on approved credit, between July 1st and August 31st, 2017 from an authorized Hyundai Dealer in Canada. Customer will be entitled to receive a maximum of 7 service visits for the customer's vehicle. Such service visits will be conducted in accordance with the Scheduled Maintenance outlined in the Owner's Manual for the customer's vehicle. The period during which this promotion applies will begin on the lease transaction date and will expire on: (i) the date in which the seventh service visit has been completed; (ii) 33 months from the lease transaction date; or (iii) when the customer's vehicle has reached 42,000 kilometers, whichever comes first. Service visits must be completed during the period set forth above, otherwise they will be forfeited. The promotion may be upgraded to use premium oil at the customer's expense. The service visits are not designed to meet all requirements and specifications necessary to maintain the customer's vehicle. To see the complete list of maintenance necessary, please refer to the Owner's Manual. Any additional services required are not covered by the promotion and are the sole responsibility and cost of the customer. Offer may not be redeemed for cash and may not be combined with certain offers. Hyundai Auto Canada Corp. reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your dealer for details. * Lease offer available O.A.C. from Hyundai Financial Services based on the following new vehicle: 2017 Elantra GL Automatic with an annual lease rate of 0%, 143 weekly payments of \$59 for 33-month walk-away lease, \$0 down payment and first monthly payment required. Offer cannot be combined or used in conjunction with any other available credits or promotion other than the Hyundai Motor Finance's promotional lease offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. Total Lease obligation is \$8,437. Lease based on 16,000 km per year; 12¢ per excess kilometer. Lease offer includes delivery and destination of \$1,705 and fees of \$115 (tire tax of \$15 and air tax of \$100). Registration, insurance, RDPRM, license fees, levies, charges and all applicable taxes are excluded. ♦ † ‡ * Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. †† Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. ‡ Certain restrictions apply. Customers must present their proof of Military relationship and I.D. at time of purchase to receive special price discount off their purchase. Program subject to change or cancellation without notice. Visit military.hyundaicanada.com or see dealer for complete details.

HYUNDAI SAINT-JÉRÔME
www.hyundaistjerome.com



450 432-4252
Mtl : 450 979-2511
16600, Montée Guénette, Mirabel

OPEN Monday - Thursday:
9 am - 9 pm
Friday 9 am - 5 pm



Out & About

Ilania Abileah - Main Street



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

MONT LAURIER

Mont Laurier Exhibition Centre, 385, rue du Pont. 819 623-2441 / expomont-laurier.ca

Aug 31 - Oct 14: Marie José Gustave Méissage, Lien Tisés. Vernissage Thurs, Aug 31: 5 pm.

Double-Défi - 8th International Theatre Festival

Sept 7 - Sept 13: Theatre troupes from eighteen countries have been selected. The plays featured, include plots such as: How to find Moby Dick (Germany); Shake & Spear (Italy); Wings for Clowns (Russia); Divorce sans mariage (Algeria); Romeo & Juliette après la mort (Morocco). The complete program will be online and also Double-Défi Facebook. The shows are throughout the day, in the beautiful Mont Laurier theatre building. This festival offers morning discussions of the previous day's plays with the director and actors. The program booklet is bilingual and gives a good outline of each piece since the troupes speak their own languages. It is a unique bi-annual festival. Not to be missed!



Festival Intl Amator theatre

MONT TREMBLANT

Salle Alphonse Desjardins, 1145, rue de Saint-Jovite. Downstairs of the Samuel-Ouimet Library. 819 425-8614, ext 2500 / villedemont-tremblant.qc.ca
Aug 9 - Oct 1: an exhibition of pieces from the Lotto-Quebec collection of works by Laurentian artists. Curator is Andrée Matte.

Place Saint-Bernard Stage, 1000 Chemin des Voyageurs, Mont Tremblant
Fri, Aug 11: 8:30 pm - Motel 72 - five musicians offering Americana-style music inspired by 70s rock.

Sat, Aug 12: 7 pm - Elliot Maginot - A self-taught musician and songwriter of alternative pop and folk songs.

Sat, Aug 12: 9 pm - David Usher - A Montreal artist and 4-time Juno Award recipient.

Sun, Aug 13: 3 pm - Throw2catch - circus show featuring a skillful blend of circus arts and dance.



Throw2catch

ST FAUSTIN

Maison des Arts et de la Culture
1122, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm
The 21st annual competition concludes on Aug 12. Until Oct 28, there will be small solo shows by various artists.

STE-AGATHE

Théâtre Le Patriote

258, Rue Saint-Venant / 819 326-3655 / http://theatrepatroite.com

Salle Percival-Broomfield

During the month of Aug and beginning of Sept the theatre will feature comedians François Bellefeuille, Jean-Michel Ancil, Les Morisette and Guy Nantel. La Boîte à chanson will host Guillaume Pineault and Corbeil et Maranda.

Sainte-Agathe Place Lagny (2, rue Saint-Louis)

FREE CONCERTS

Sat, Aug 12: 8 pm - Marco Calliari / opening show: Jérôme Charelbois

Sat, Aug 19: 8 pm - Pierre Kwenders / Opening show: Lydia Kapinski

Sat, Aug 26: 8 pm - Raphaël Torr - tribute to Joe Dassin / opening show

Valérie Arseneault

VAL DAVID

Val David Exhibition Centre

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

René Derouin was named Companion of Arts and Letters of Quebec, and Artist for Peace of the Year. This multidisciplinary artist is also a recipient of the Paul-Émile Borduas Award, a member of the Ordre national du Québec, and the Order of the Aztec Eagle (Mexico). The exhibition includes large wooden reliefs, drawings, prints and linocuts



René Derouin

VAL MORIN

Theatre du Marais, 1201 10^e Ave, 819-322-1414 / www.theatredumarais.com
Some shows enable you to reserve a dinner & show at this location. Dinner served at 7 pm (6:30 pm on theatre nights).
Galeri d'Art Espace Rhizomes (6140 Rue Morin / Christiane de Carufel: 450 745-4125 / cdecaru@cogocable.ca). Open **Sat & Sun: 1 pm - 5 pm**.

Until Aug 20: noon to 9 pm - Lumière en août with artist Marie-Claude Dussault.

Aug 26 - Sept 10 - Artist Jocelyn Gardner presents a collection entitled "Mister Dévoilé."



Jocelyn Gardner

ST. ADOLPHE D'HOWARD

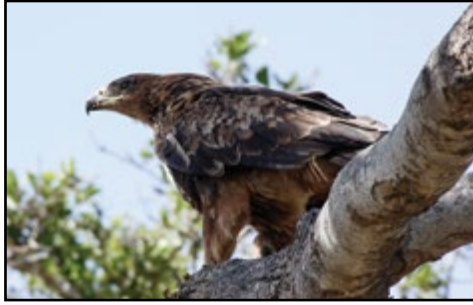
L'Ange Vagabond:

1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/langevagabond

Exhibitions

Atelier Culturel (old fire station)
1920, Chemin du Village, St. Adolphe d'Howard. 819 323-1878 / https://artsetculturesaintadolphe.wordpress.com
Wed - Sun: 11 am - 5 pm

Until Sept 17 - Photographer Bernard Beauvais of St. Adolphe d'Howard presents an exhibition of photographs taken in South Africa in 2015.



Gregory Charles

STE. ADÈLE

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

SAINT-SAUVEUR

Ça-me-dit Concerts at Park Filion

info@valleesaintsauveur.com / www.valleesaintsauveur.com

Fri, Aug 11 - Sun, Aug 13: Used book fair

Sat, Aug 12: 7:30 pm - Dr. Soul

Sat, Aug 19: 7:30 pm - Disco

Sat & Sun, Aug 26 & 27: Exhibition - Les sculpturales

Sat, Aug 26: 7:30 pm - Queens of Rock

Fri, Sept 1 - Mon, Sept 4 - 15th Auténtica Fiesta Cubana

Sat, Sept 9 - Emerging Happening (Emerging Artists)

Sat, Sept 16 - Top Chrono event (running)

Sat, Sept 16: 3 pm - A tribute to

Aznavour, Brel and Dalida

Sun, Aug 13, 20 & 27 and Sept 10 & 17:

1:30 pm - Singing and dancing Sundays with Diane Flynn

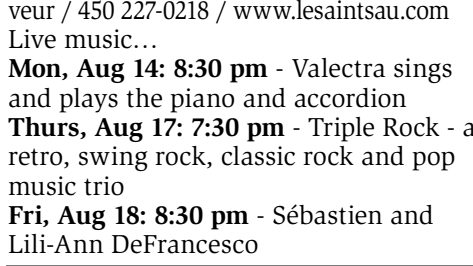
Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com

Live music...

Mon, Aug 14: 8:30 pm - Valectra sings and plays the piano and accordion

Thurs, Aug 17: 7:30 pm - Triple Rock - a retro, swing rock, classic rock and pop music trio

Fri, Aug 18: 8:30 pm - Sébastien and Lili-Ann DeFrancesco



Sébastien and Lili-Ann DeFrancesco

Sat, Aug 19: 10 pm - Flying Joes is a powerful trio of rock from the 70s

Fri, Aug 25: 8:30 pm - Valery Jalbert in Duo

Mon, Aug 28: 7:30 pm - Cadieux in Duo

Thurs, Aug 31: 7:30 pm - Mélissa Ouimet in Duo

St. Sauveur Church, 205 rue Principale. Tickets are available at the Church office. 450 227-2423 / http://www.paroisse-st-sauveur.org. Credit cards accepted.

Sat, Sept 23: 8 pm - A retro-music evening with Jean Nichol and his musicians. \$35.

MORIN HEIGHTS

Morin Heights Library

823, Village Rd. info@artsmorinheights.com.

June 17 - Sept 30 - ARTS Morin Heights presents a themed exhibition entitled "Beach." 450 226-3832

WENTWORTH NORTH

Pavillon Montfort

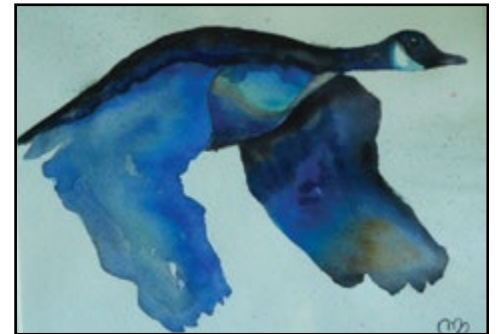
160, rue Principale, Wentworth-Nord (Montfort)

Until Aug 27: Sat & Sun: noon - 4 pm

- Come and meet artist, Marie-Andrée Dionne who will be displaying her works of art created by nature (stones). 450 226-7898 / artdelanature.com.

Wentworth North - Dunany Country Club, 2053 Dunany Rd, Wentworth / www.dunany.ca

Thurs, Aug 24: 5 pm - 8 pm & Fri, Aug 25: 4 pm - 7 pm - Exhibition with nineteen artists participating.



Goose August 2017

ARUNDEL

Arundel United Church; 12, rue du Village

Sat, Aug 19: 10 am - 4 pm - Twenty-one painters, sculptors and stained glass artists will display their art outdoors on the lawn and in the church hall. Café and lunch also available.

GORE

Holy Trinity Church, 4 Cambria, Gore

Sat, Sept 16: 8 pm - Concession 23. Tickets / info: Linda: 450-562-9620. \$25 with reservation / \$30 at the door

LACHUTE

Ste. Anastasie Church, 174 Bethany

Sat, Aug 26: 8 pm - Discover Frederic... Chopin music by candle light with the Canadian-Chilean pianist, Alejandra Cifuentes Diaz. Tickets: Florist Laovie, 229 Bethany or at the door. \$30. 514 774-9148 / www.concertchangelle.com

PRÉVOST

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

Sat, Sept 16: 8 pm - The season starts with the RC Jazz Band (ten musicians) with Jessica Vigneault (piano and vocals). They will perform classic Mid-20th century jazz songs such as: All the Things You Are; Autumn Leaves; Caravan; Don't Get Around Much Anymore; Fly Me to the Moon, and many others. Arrangements are by trombonist, Raoul Cyr who is the leader of this band.

ST. JÉRÔME

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

Until Aug 20 - Mathieu Beauséjour's work has been exhibited across Canada, the Americas and Europe in public and private galleries and museums.

Wed, Sept 6 - Sun, Nov 5: La Trilogie Électorale

Thurs, Sept 14 - Sun, Nov 5: Alexandre David. Vernissage: **Wed, Sept 13.**

En Scène : Salle André Prévost, 535, rue Filion, 450 432-0660, enscene.ca

Sat, Sept 23: 8 pm - The new season starts here with Paul Piché, who celebrates a forty-year career singing his own compositions in traditional Quebecois rhythm. \$55.

ST. PLACIDE

20th Sundays at the Park - free concerts at the Lake of Two-Mountains Park, by the church. In case of rain, concerts will be held in the church. 450 258-2211

Sun, Aug 13: 2 pm - Lasso & Sini-Kan: Six musicians harmonizing with traditional and African music. A fusion of Reggae and Afro Mandingo styles using varied instruments (flutes, percussion) and vocals.

Sun, Aug 20: 2 pm - Mélissa Lavergne (percussions) and Rachel Therrien (percussions and trumpet) play Latin Jazz to make you dance!

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.

The Dunany Studio Art Exhibition



The Dunany Golf and Country Club (2053, chemin Dunany) is celebrating its 95th anniversary this year and the general public is invited to view an extraordinary art exhibition in this picturesque setting, featuring new works by the Dunany Studio Artists.

The Dunany Studio Artists are primarily watercolour painters with more than 17 years experience with some acrylic, oil, pastel, drawing and sculpture artists now participating. Formed in 2000 by art enthusiasts who studied with the renowned, late painter, Barbara Elmslie, the group has expanded and today these dedicated artists meet weekly at the Wentworth Community Centre on Lake Louisa Road to share ideas and teach their fellow artists new styles and techniques. They also offer professional watercolour classes at various times throughout the year, featuring well known visiting masters and artist-teachers, such as Jacques Hébert, Doug Mays, René Dion and others.

The artistic talent that abounds in this thriving, active community of Dunany is astonishing and the art exhibition always receives rave reviews. This year's Dunany Studio Artists show is even better than ever! Participating artists include Corry Berry, Glenn Cameron, Maureen Cameron, Nancy Giahchai, Judy Hammond, Careen Heggie Latt, Angela Macleod, Ginette Masson Roy, Joanne Moore, Monique Paquin, Jane Pilon, Caroline Roy, Revilla Sauv , Jackie Shelley, Barb McCullough Scales, John Vanstone and Annabelle Wood.

The exhibition will be held on Thursday, August 24 from 5 pm to 8 pm, and Friday, August 25 from 4 pm - 7 pm. More information is available on the Dunany Community Association website: <http://dunany.ca/activities/dunany-studio-artists>.

Sky Watch
The Perseids Meteor Showers will peak on Saturday, August 12

transport
HEATLIE
d neigement | snow removal

Services we offer
Transport | Excavation | Demolition | Snow Removal

Material we offer
Screened Sand | Top Soil | Gravel

1021 Staynerville O.
Brownsburg-Chatham
transportheatlie@hotmail.com

Office 450-533-0208
Donnie 1-613-551-2068
Chance 1-613-551-5819

O'Petit
Restaurant

Breakfast | Lunch | Dinner | Private Functions

Great menu at affordable prices

Open Daily from 8 am - 3 pm (closed Tuesdays)
NOW OPEN THURSDAY, FRIDAY & SATURDAY NIGHTS
from 5 pm - 9 pm

139 Watchorn, Morin Heights
450-226-8848
Opetitrestaurant.vpweb.ca

Sweet nature

NEW!
FREE WiFi

Br lerie
CAF -BISTRO
197, RUE PRINCIPALE, SAINT-SALVEUR 450 227 6157
WWW.BRULERIEDESMONTS.COM

Des Monts

7/7
From 6 a.m.
Mon to Sat.
7 a.m. Sun.

FABULOUS COFFEE - MOUTH-WATERING BREAKFASTS AND LUNCHESS - DECADENT DESSERTS

MICHEL BROUSSEAU
ARTISTIC DIRECTOR
2016 CULTURAL TREASURE
IN MONT-TREMBLANT

COME and SING
with the
CHOEUR TREMBLANT

Masterpieces like
Vivaldi's Gloria & Mozart's Requiem

DIRECTED BY MICHEL BROUSSEAU,
CHOEUR TREMBLANT IS RECRUITING
NEW CHORISTERS IN THE LAURENTIANS FOR 2017-18.
MANY OF THE CHOIR MEMBERS DON'T READ MUSIC,
SO IF YOU DON'T, DON'T WORRY!
YOU MUST HAVE A GOOD EAR, THOUGH,
AND BE ABLE TO SING IN TUNE.

COME MEET US!
2017-18 SEASON LAUNCH NIGHT
SEPTEMBER 13th, 2017 at 8:00 PM
MONT-TREMBLANT VILLAGE CHURCH PLAYHOUSE
1829 CHEMIN DU VILLAGE, MONT-TREMBLANT (ON LAC MERCIER)

CHOEUR TREMBLANT

Call us at (819) 687-8841
Informations: choeurtremblant.com
Follow us on Facebook

SPNM
CHOEURS & ORCHESTRE

David Graham congratulates 53 new citizens of Laurentides-Labelle

In order to obtain their citizenship, new Canadians must pass an exam on their knowledge of Canada as well as a language exam, either in English or French, and must be sworn in before a citizenship judge. As Canadians, they enjoy the rights and freedoms that all Canadians have had since the beginning of Confederation and the adoption of the Charter of Rights and Freedoms in 1982.

In the riding of Laurentides-Labelle, 53 new Canadian citizens have been sworn in between January 1, 2016 and March 31, 2017.

"I congratulate 53 members of our community who have recently obtained their citizenship, as well as their families," said MP David Graham.



Pandora 24

The 2017 edition of Pandora 24 took place on the weekend of July 22 and 23, drawing a record number of over 120 entries that enthusiastically participated in this challenging running event.

After 24 hours of racing on the trails, Sylvie Ménard (120 km) came out on top in the women's division and Yves Hamel (130 km) took first place in the men's division.

Incredible performances were also portrayed in the youth division where participants ran courses between 16 and 70 kms, along the mountain trails.

Following the event, runners were all smiles and enjoyed a refreshing cold beer offered by "Agence Terroir." For the occasion, the brewer had created the very first version of the new brew, "Pandora 24," in recognition of the race and its courageous participants.

All profits from this fundraiser will go towards protecting the cliffs of Piedmont, Prévost and St-Hippolyte. The Pandora trails are located in Prévost and Piedmont on the Alfred-Kelly Nature Reserve, owned by the Nature Conservancy of Canada.



Villa  Notre-Dame

Private Residence for Senior Citizens

Our mission is to provide semi-independent seniors with a safe, family environment, helping to maintain autonomy.



COME MEET US!

**30 rue Laurier,
Sainte-Agathe-des-Monts
819 326-3482
villanotredame.ca**

Sir Wilfrid Laurier School Board

VOCATIONAL TRAINING

NEW! September 2017
SWLSB | CSSMI Multi-Service Centre
 246, allée du Golf, Saint-Eustache (Québec) J7R 0L5
www.vocationaltrainingsteustache.ca

- Carpentry
- Commercial and Residential Painting
- Plumbing and Heating
- Preparing and Finishing Concrete
- Welding and Fitting

New Programs!

- Automobile Mechanics (in partnership with CSDL)
- Industrial Drafting

VOCATIONAL TRAINING
 CDC Pont-Viau | CDC St-Eustache | CDC Lachute
 450 680-3032, ext. 4100 | 1 855 680-3032

CHECK OUR WEBSITE OFTEN for NEW and UPDATED programs
www.bilingualtraining.ca | www.facebook.com/AEVTatSWLSB

ADULT EDUCATION - CLASSES BEGIN AUGUST 30

- Courses to obtain your high school diploma (DES) as per Ministry of Education requirements
- Prerequisite courses for CEGEP or vocational training programs
- Language courses
- Popular education courses (general interest)
- Social Integration Services program (SIS)
- SARCA program (**FREE**)

Academic and career guidance services


FLEXIBLE SCHEDULES
OUR COURSES ARE SURE TO MEET YOUR NEEDS!

ADULT EDUCATION
 CDC Vimont | CDC Lachute | Joliette High School
 450 688-2933, ext. 3105 | 1 877 688-2933




LEARNING to eARNING!




If this guy were a heat pump, he'd be a Fujitsu.



The highest performing heat pump



877 322-2330

www.refrigerationMB.com • 2036, Route 117, Val-David QC J0T 2N0



Garden Talk

Cover crops and green manure

June Angus - Main Street

Next time you think of adding traditional “manure” to your vegetable garden consider growing a cover crop instead. Cover crops, sometimes called “green manure,” are planted specifically to add organic matter to a garden that will help replenish soil.

Many farmers have long used this technique to improve the physical structure and fertility of soil in their fields. The same principles are easily applied to home gardens, whether you have raised beds, a full-size veggie patch, or a few rows here and there.

In Quebec, the best time to plant a cover crop is after vegetables are harvested in late summer or early fall. Recommended cover crops include annual legumes, such as field peas, hairy vetch and red clover, as well as grasses, such as barley, oats, wheat, or winter rye. Seeds are available from farmers supply outlets, or online. If your garden is small, a few dollars worth of seeds will be more than enough to do the job, making this a very economical way to feed your garden.

To prepare for planting, clear the growing area of weeds and other vegetative debris from this year’s harvest. Sow cover-crop seeds the same way you plant grass: gently rake the soil surface, scatter the seeds evenly, gently rake again, water and wait.

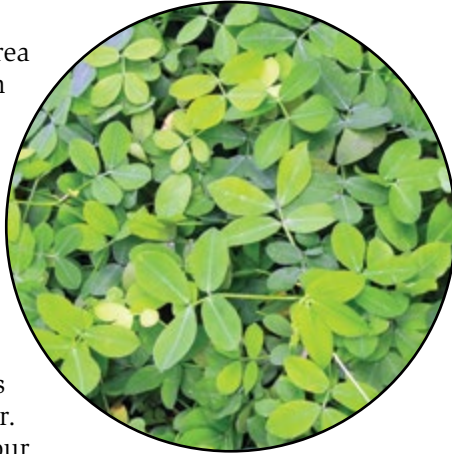
Cover crops planted now through the fall won’t have time to mature – and that’s a good thing. You don’t want these plants to go to seed. Instead, these plants will grow until a hard frost kills them. Leave this dead plant material in place over the winter. In spring, turn this “green manure” into your soil and allow it to decompose for a few weeks so that earthworms, beneficial bacteria and fungi, as well as nematodes and other forms of underground life can use it to build nutritious, healthy soil ready for late spring and early summer planting.

One note of caution: If the weather stays warm well into November or December, and it looks like the cover-crop plants might start to mature, cut them down with a lawn mower, or whipper-snipper, and leave all the cover-crop material in place to be turned into the soil come spring.

Using cover crops offers a number of other benefits to the garden. They help keep valuable bare soil in place over the winter, when strong winds may whisk away the rich top layer. The roots of a cover crop grow deep down into the dirt and help break up heavy soils, making it easier for next year’s crops to put down deep roots too. Cover crops are also great for recharging the available amount of nitrogen in your garden as their roots “fix” or trap nitrogen in the soil - making it readily available for next year’s planting. And they can help cut down on your weeding next year by crowding out blowing weed seeds this fall that are looking for a bare patch to latch onto to prepare for germination come spring.

In this age of going green, more and more organic farmers concerned with food safety are turning to “green manure”, instead of traditional animal “manure”, as part of their sustainable farming practices.

If they can do it...you can too!



Terryble Tymes

Where technology goes, so do hackers

Terry Cutler

Mobile adoption and capabilities; anywhere from access to email, applications, the Internet and company data, is expanding, and so is our ability to stay in touch with family and co-workers, while building larger databases, and adding information to our lives, especially on our laptops and phones.

Where technology goes, and grows, so do hackers.

If hackers get into your network, (and they may already be there), there is a great chance they got in through an open door on your device. When it happens, it usually means bottom-line problems for companies, because hackers will be snaking and slithering through the back end of your networks, looking for opportunities to profit from your distress. The build-up of data, multiplied by the growth in Smartphone usage, and advancing technologies, means that one day a massive attack on your sensitive company data could have begun its path to destruction, through a laptop or Smartphone.

Smartphones were once simple tools to make basic phone calls, but now they contain features that are normally found on computers. In the past, the ability to send and receive e-mails, search the Internet, and work remotely was restricted to the office or laptop computers. The Palm Pilot of the late 1990s, for example, could sync with a computer, but for the most part was a secure personal database, known as a digital assistant, that stored data. The biggest security concern was losing the storage device and having someone steal your information.

Now we can create and edit Microsoft Office documents, download apps with personal and business managers, personal assistants, or obtain GPS directions; the list of apps is endless and growing.

The list of possibilities is also endless for a hacker. What the hacker can do today may also be twice what he, or she, can do tomorrow. Data theft is the biggest danger regarding Smartphone usage, because these devices are excellent tools for enabling the theft of data.

Here are a few tips to protect your phone:

Use a pin, password or pattern to lock your phone. For Android devices, go to your Location & Security Settings. Apple IOS users can find these functions in the General Options of their settings. Avoid all simple four number passwords.

Never store your usernames and passwords on your phone. Download apps only from trusted stores. Make sure you check ratings and reviews if they are available. Sometimes these apps might need access to your phone features if you download. You will find which ones in the App privacy policy.

Log out of sites after you make a payment. Many of us do banking online using our phones. If you don’t log out of those sites once your transaction is complete, you are vulnerable.

So when companies issue Smartphones to their employees without security, hoping for bottom-line rewards, they may be asking for a lot more problems than they bargained for, which could indeed hollow out their bottom lines.

Just remember, if a hacker gets access to your passwords, your life could change forever.



Where you will find the largest selection for your garden!



JARDISSIMO
PÉPINIÈRE LORRAIN

2 locations to serve you

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

Offer valid from August 8 - August 20, 2017




50% off

OVER 50 trees, bushes, conifers and perennials












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

Aug 16: 5 pm - BBQ & 7 pm - Texarillo & Dwane Dixon
Aug 18: 6 pm - TGIF Smoked Meat
Aug 19: Gerry Hecklinger Golf Tournament
Sat, Sept 2: Labour Day Steak Supper
Sept 9: Flea Market - rain date Sept 10

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 25: 6 pm - BBQ
Sept 3: 6 pm - Members BBQ
Sept. 9: 8 am - 5 pm - Craft / Garage Sale
With breakfast, lunch, music and fun on the agenda.
Tables: Members: \$10 / non-members \$20.
Info / table reservation: Yves: 819 687-1283 / yro37@hotmail.com
YOGA: Mon: 9 am - 10 am | Tues & Fri: 9 am - 10:30 am | Wed: 4 pm - 5 pm
Info Marlène: 819 687-8566
Tuesdays: 7:30 pm - cribbage:
For further details call 819 687-3640 / 819 687-9143 or email evezina80@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
May 21 - August
Sunday evenings: 6:30 pm
An evening of old-fashioned hymn sings.
Everyone welcome! Invite a friend.
Refreshments and fellowship following each Hymn Sing.

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

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

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

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrmpc
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
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

**MILLE ISLES
PRESBYTERIAN CHURCH**
Mille Isles Rd.
Services will be re-starting on
June 25 at 9:30 am for the summer

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

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

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

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Sundays: 9:15 am - Weekly Sunday Worship and Sunday School

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

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

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Services are held at 11 am every week, followed by refreshments served in the Parish Hall.
Everyone is welcome.

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

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

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

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

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

**PARISHES OF THE LOWER
LAURENTIANS**
Everyone welcome and we look forward to seeing you and your family.
ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Aug 20: 11 am - Holy Communion
Sept 3: 11 am - Morning Prayer
Sept 17: 11 am - Holy Communion
Services with gospel/bluegrass music

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany
Aug 13: 4 pm - Holy Communion
Aug 20: 4 pm - Holy Communion
Aug 27: No service in support of Deanery Picnic
Sept 3: 4 pm - E.P.
Services are bilingual

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Bilingual services with gospel/bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Aug 13: 11 am - Morning Prayer
Aug 27: 11 am - Morning Prayer
Sept 10: 11 am - Morning Prayer

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
Rev. Nick Pang - Team Leader of the Laurentian Regional Ministry
Rev. Josee Lemoine - Associate Priest
Jane Bell - Assistant Curate
Services will continue every Sunday at 9:15 am during July and August

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

EGLISE SAINTE ANNE DES LACS
1, chemin Fournel, SADL

FAUBOURG SUICIDE PREVENTION CENTRE

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

For info and full services visit
www.cps-le-faubourg.org



LAURENTIAN CLUB OF CANADA

Would like to thank all its members for their continued support. And to all the Speakers from this past year, thank you very much for sharing your time, experiences and passion with your presentations.

We look forward to seeing you at our first meeting in the fall, the fourth Monday of September.

www.laurentianclub.ca

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

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



Next meeting for cancer patients, families and caregivers is
SATURDAY AFTERNOON
August 19, 2017 - 1 pm
St. Eugene Hall (rear entrance)
148 Watchorn, Morin Heights


Group Discussion

Upcoming meetings:
September 16, October 21

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED



PROFUSION
IMMOBILIER

JESSICA MILLION
Chartered Real Estate
Broker

COMMUNITY BULLETIN BOARD

August 2017

PROFUSION
IMMOBILIER

JESSICA MILLION
Courtier Immobilier
Agréé

CELL: 819.323.6581
OFFICE: 819.326.4963
FAX: 514.935.3303

realtormillion@gmail.com
www.profusionimmo.ca
www.jessicamillion.com

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

Bazar MPDA Lachute
(177 Rue Bethany, Lachute).
Used clothing, shoes, books and
more for the whole family.
Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm
We accept donations of clothes,
toys and books for our bazaar.
Mouvement Personne d'Abord de La-
chute is a non-profit organization
for people with intellectual disabilities.
The Movement offers an annual
program with dancing, bowling, coffee
meeting etc. for all people aged 17
and older who are living with an
intellectual disability. Places available
for new members. Everyone welcome!
Info: 450 562-5846.

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sat, Aug 12: 2 pm - 8 pm:
Harrington Day
Sun, Sept 3: 9 am - noon:
Sept Breakfast
Adults: \$7 / children: \$3.50 / under 5: free
Basket draw proceeds will be donated
to The Lost River Church
Sat, Sept 23: Oktoberfest -
details to follow
Like LRCC on Facebook at
LRCC-Lost River Community Centre

HARRINGTON GOLDEN AGE CLUB

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

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

St. Eugene Church,
148 chemin Watchorn
www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Info: 450 226-5354 /
theatremorinheights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

IMAGINE PREMIER PRODUCTIONS

Casting call for Beauty and the Beast
Parts available for men, women
and children Play to be presented at the
Village Church Playhouse in
Mont-Tremblant on
Dec 28 & 29.
Contact: Beryl Puddifer at:
berylpuddifer@gmail.com

SAINTE-AGATHE-DES-MONTS

The City of Sainte-Agathe-des-Monts
has created a cultural, sporting and
festive program that will surely
delight you. Great events, concerts on
the lake, sports and culinary activities,
shows for toddlers and films screened
outdoors! A definitely varied and amaz-
ing program that will seduce both the
residents of Sainte-Agathe-des-Monts
and the surrounding area as well as
tourists and excursionists! Dates
to put on your calendar to
not miss anything!
To see the full calendar visit vsadm.ca.

COMMUNITY FACEBOOK GROUPS

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

NATURE CANADA PHOTO CONTEST –

Entries accepted until **August 13.**
Theme should be capturing the
beauty of nature – plants, wildlife or
landscapes. Submissions can be
done through Facebook, Twitter or Email.
The top prize is an incredible
Canadian nature adventure from Wild
Women Expeditions valued at \$1000!
Full details available at
Naturecanada.ca

SHAKESPEARE-IN-THE-PARK

Presented by Repercussion Theatre
Aug 11: 7 pm
Basler Park, Morin Heights

SING FOR YOUR SUPPER FUNDRAISER

In collaboration with the Shriners
Children's Hospital Comfort's Bar
795, Ch. du Village, Morin Heights
Aug 20 / Sept 3 & 17: 4 pm - 8 pm:
Open Mic & BBQ with various musical
guests Info: 450 226-5719
Thank you to the community for your
tremendous support last year!
Please come out and join us again!

FREE FAMILY MOVIE NIGHT "War Room"

"Morin Heights Hillside Chapel
755 du Village
Fri, August 11: 7 pm
(No restroom facilities)
Info: 450-226-1546
All children must be accompanied
by an adult

LACHUTE AIRPORT OPEN HOUSE & FLY-IN

Lachute Airport
Sat, Aug 26: 10 am - 2 pm
There will be lots of airplanes to see
so bring the children. Lunch may be
purchased and airplane rides are \$40/
person. Proceeds will benefit
Les Bons Déjeuners d'Argenteuil.
Free entry / parking is along Bradford
and de l'Aéroparc blvds.

RICKK'S ROOM -HOUSE CONCERTS

Hosts: Celia & Rick - Wentworth North
Aug 20 - SoulCrafters
Sept 20 - Lynne Hanson
Oct 22 - Joey Landreth
Nov 5 - Jason Bajada
Info / tickets: www.rickksroom.ca /
RickksRoom@gmail.ca

COMMUNITY KITCHEN

L'Ami-e du Quartier -655, rue Filion
Saint-Jérôme
Tuesdays: 8:30 am to 2 pm.
Open to all age groups - \$2.
Info Marie-Anne :450 431-1424

JOYFUL NOISE CHOIR

St. Eugene's Church Hall
Tues, Sept 12: 7 pm – Opening session
Following sessions on Tuesday
evenings at Chalet Bellevue,
27 rue Bellevue
JNC invites you to come and sing.
Please let me know if you are interested.
Ends Dec 5 / Christmas show: Dec 7
Cost: \$130
Penny Rose: 450 226-2746
pennyrose@jenanson.com
See our Director Ian Lebofshy's website at
http://www.thephysicalvoice.com

VACATION BIBLE SCHOOL

Dalesville Baptist Church
245, Dalesville Rd. South
Aug 21 - Aug 25: 9 am - 11:45 am
Bible stories, crafts, games,
snacks prizes.
Info: 450 533-6729 / 450 533-41566

HOLY TRINITY CONCERT SERIES

Holy Trinity - Lakefield (Gore)
Sat, Aug 12: 8 pm
Tickets: \$30 with reservation /
\$35 at the door
Info / tickets: Linda: 450-562-9620

CELEBRATING CREATIVITY

La chapelle sur le Lac
(1300 chemin du Chantecler, Ste-Adèle)
Sun, Sept 10: 1 pm- 4pm
Arts festival featuring music &
dance performances, painting and
textile art exhibits and interactive
spiritual activities.
Corn on the cob
Free Admission
Sponsored by the Laurentian
Area Ministry of the
United Church of Canada

ANNUAL AUPC BBQ

Masonic Hall, 17, Canal ST. North
(Grenville QC)
Fri, Aug 11: 5 pm - 7:30 pm
Music by "Friends of Lenny"
Home-bake table

GOLF TOURNAMENT FUNDRAISER

Proceeds to benefit Palliocco
St. Eugene's Church Hall Golf de Maître de
Mont-Tremblant
Sept 14: 11 am - Tee off
Followed by a cocktail and dinner
at the club house
36 Foursomes are expected to participate
Fees: \$175 p/p includes golf, cart,
beverages on course, cocktail and
dinner \$45 p/p - cocktail and dinner
Info & registration: Tiffany / Michel
1-888-624-6097



**LE MARCHÉ DES PASSIONNÉS
DE LA ROUGE VALLÉE**
663 de la Rivière Rouge, Harrington
Across from the Tam Bao Son Buddhist Monastery
Open every Saturday until Oct 7.
**Open Saturday & Sunday on
long weekends**
Local produce, homemade oils & vinaigrettes,
handmade items and so much more
For info or to reserve a table call Sylvie
819 687-2577



**LOST RIVER
CANOES**

**CANOES
CEDAR CANVAS
BUILDING - RESTORING**

LUCMELANCON@CANOTSLOSTRIVER.COM
LUC MELANCON 819 687-2462
CANOTSLOSTRIVER.COM

Pré-maternelle bilingue

La Rochelle
Bilingual Preschool

647, chemin du Village
Morin-Heights (Québec)
JOR 1H0
(450) 821-2566

www.prematernellelarochellepreschool.ca

4 Korner
Family Resource Center
A Cornerstone of the Community

819 324.4000
(ex: 34330)
888 974.3940

LACHUTE: 508 PRINCIPALE SAINTE-AGATHE: 50 CORBEIL
info@4kornerscenter.org 4kornerscenter.org

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

Alcoholics Anonymous
Helpline:
1 877 790-2526

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

You dream it, We build it...

ALTA MAX
CONSTRUCTION RENOVATION

www.altamax.ca 1.866.924.8282

WWW. **MULTIKIT**.ca



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

- Boatlift
- Élévateur à bateau

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

Now Open!



Treat Yourself

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

LACHUTE HOURS: OPEN EVERY DAY FROM 11 AM UNTIL SEPTEMBER 3rd



**ENTERTAINING
MADE EASY!**

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

254 Bethany,
Lachute
450 566-0660



DUBÉ • COOKE • PEDICELLI
CABINET EN ASSURANCE DE DOMMAGES

Local people listening to your needs

1.877.425.6026
www.dcpa.ca

Montcalm | Mont-Tremblant | Saint-Sauveur | Blainville

Insurances
Automobile • Residential
Farm • ATV • Travel
Condo with or without
short term rental
Commercial • Aviation
"Flyboard"

HONEST, EFFICIENT AND QUALIFIED SERVICES



Need help with a job?

- Cleaners, handymen, carpet/sofa cleaning
- Excavation (drains, septic, crushed stone)
- Furniture restoration, seamstress
- Property management
- Renos, painting, decor, plumbing
- Electrician, Structural Engineer
- Tree cutting, yard work
- Limo service to airport or Montreal

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

Anyone or anything...



CHAUSSURES
Monik
The biggest selection in town!

SALE UP TO 50% OFF
on selected merchandise

515, rue Principale, Lachute
450.562.2773

SINCE 1977




Lori's Lookout - Laurentian Personality

Passionate about our seniors **Nathalie Gillet**

Lori Leonard - Main Street



Nathalie Gillet has always had a soft spot for seniors, and was involved in home care in Montreal for 15 years. Though Nathalie lived in the Laurentians, she was so passionate about helping "her" seniors, she travelled daily to Montreal.

Nathalie realised that there were many seniors in the Laurentians who also needed her assistance, so she started her own homecare business - Domicile Santé.

Nathalie's mission: to help people remain in their home environments safely, for as long as possible. "Sometimes, it doesn't take much to enable them to remain in the comfort of their own homes."

Domicile Santé offers its services for 1 to 24 hours per day. A quick visit could be just to check on a person, inquire if groceries are needed, or to help with laundry, or a bath. Often, seniors require and appreciate help to prepare, or share, a meal, or they need reminders to take their medications. Others require palliative care, which Nathalie's company also provides.

Family members are frequently at a loss as to how to help a parent who has just returned from hospital. The parent may require assistance with meal preparation, housecleaning, or could appreciate having someone who would listen to them. Nathalie's services provide respite to family members, so they may work, while knowing that some trustworthy person will be tending to their loved ones. This is an immense help to families who live apart, in other provinces or countries, or who have young children to care for, as it is often difficult to tend to ailing parents at the same time. Some seniors are self-sufficient and only require temporary help, such as post-surgery.

We are fortunate to have wonderful help from the CLSC and other organizations to assist the elderly. Domicile Santé employs 40-50 nurse-assistants and nurses, who travel from home to home to help others. They are "angels," because no matter what occurs in their personal lives, they still visit seniors with smiles and much compassion. Nathalie says, "helping people never feels like work."

Domicile Santé offers 24-hour care, 7/7. Grants are available for seniors over 70 years, which allows them to seek help at a lower cost. Nathalie maintains "to be able to take care of people is a privilege; there's no price for the appreciation we receive from seniors and families." Nathalie feels fortunate to have her family that understands her passion, believes in her, and is always there for her.

In her spare time, Nathalie enjoys family and friends, nature, and all outdoor sports. Our heartfelt thanks to this guardian angel Nathalie, and the other caring angels who work with her. Info: Nathalie Gillet, Domicile Santé, 14B des Seigneurs, St-Sauveur. Phones: 450 227-2745 / 1 855-790-2745 / info@domicilesante.ca / www.domicilesante.ca 1-855-790-2745

Can one bullet kill eight lions?

Susan MacDonald



Two years ago, the death of Cecil the Lion sparked international outrage when he was killed by an American trophy hunter. On July 7, 2017, during a "legally" sanctioned trophy hunt, Cecil's oldest son, 6-year old Xanda, met with the same fate. Today, instead of continuing to contribute to conservation research studies, both big cats are gracing the walls of trophy rooms in two well-to-do manors.

Xanda was hunted and killed in the Ngamo Forest, approximately one mile outside the boundary of Hwange National Park (Zimbabwe), in the same vicinity where his father had first been shot with a compound bow, and then killed by a final rifle bullet. At the time of his death, Xanda was wearing a GPS satellite-tracking collar, and had been one of a study group of lions, monitored since birth.

This lion was also the protective male of a pride, consisting of three lionesses and seven cubs. While the sanctioned hunt officially claimed the life of a single lion, Xanda's cubs would also unfailingly bear the consequences of this hunt as soon as a new male takes over the pride.* This would bring the unofficial death count of this hunt to a possible eight lions killed, due to a single bullet. Cecil was father to twelve cubs.

One would think close-up photography would be a more challenging and exhilarating experience than a long-distance, easy shot from a high-powered rifle, taken while hiding behind a security wall of well-armed safari guides. But alas, the blood sport continues, and brings this proud species, and the other Big Four (African Elephants, African Southern White Rhinos, Leopards and Cape buffalo) ever closer to extinction.

* Male lions are biologically programmed to pass along their own genes, and in order to do so as quickly as possible, they will kill any cubs in the pride they take over. The loss of cubs will then induce the females to come back into season and encourage them to breed with the new male to produce new cubs, with his genes.

Raising the bar in animal health care

New services now available at HVL



Susan MacDonald

Finding a diagnosis to a medical condition is the first step required before being able to treat a health problem. While this is a major challenge to all health professionals, imagine how difficult this is when your patient is unable to speak, and provide you with an insight as to the source of the pain or discomfort. This is the scenario our animal health care providers face on a daily basis.

Fortunately, modern technology has gained major headway in the field of veterinary medicine, and just recently, two new services have been added to the medical equipment of the Lachute Animal Hospital: thermal imagery and therapeutic laser therapy.

Thermal Imagery

This is about as close as it gets to an animal “speaking” to its health care provider. Similar to how an x-ray provides an image of skeletal structure, thermal imagery maps the body temperature being emitted from the skin’s surface, and displays the results in a spectrum of colours. Since the body generally emits rather consistent heat symmetry, any temperature anomalies are easily identified.

With the information provided by the “thermogram” veterinarians now have a better understanding of the location, and possible severity of the medical condition, which will enable them to determine an appropriate course of treatment, or rule out previous suspicions. Thermal imagery is a non-invasive, painless tool, which does not emit radiation. It is stress-free on animal patients and helps veterinarians to fill in the gap when determining a clinical diagnosis.

Therapeutic Laser Therapy

This technology has been used in human medicine for over 30 years in areas such as sports therapy, treatment of skin infections, reduction of scar tissue, and for pain management. In veterinary medicine, laser therapy offers an alternative treatment to conventional management of specific cases, and is used primarily in pain management and to promote healing. It is particularly beneficial to patients recovering from surgery, or with acute injuries, to heal ear and skin infections, and for geriatric patients suffering from chronic joint and pain issues. It can be used alone, or in conjunction with other medical treatments, is non-invasive and painless. It is also a welcome relief to animals that do not tolerate injectable treatments. As a mobile unit, laser treatment can be used on both large and companion animals.

It is encouraging to note the current changes happening within the field of veterinary medicine, and how more animal health professionals are now open to the concept of including alternative medicines and treatments within their range of services. This combination of available treatments enhances, and extends, the lives and performance abilities of our working and companion animals, well beyond what was possible a mere 10 years ago.

For more information please visit vet.digatherm.com

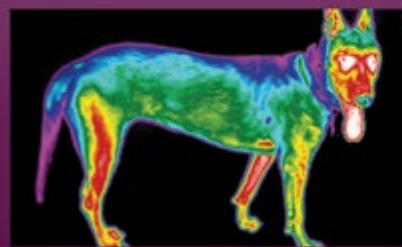
Hôpital Vétérinaire
Lachute inc.

NOUVEAUX SERVICES / NEW SERVICES

LASER THÉRAPEUTIQUE
THERAPEUTIC LASER



THERMOGRAPHIE
THERMOGRAPHY



CHIROPRACTIE VÉTÉRINAIRE
VETERINARY CHIROPRACTIC

POUR PLUS D'INFORMATION / FOR MORE INFORMATION

431, rue Principale, Lachute, QC J8H 1Y4 • 450-562-2434

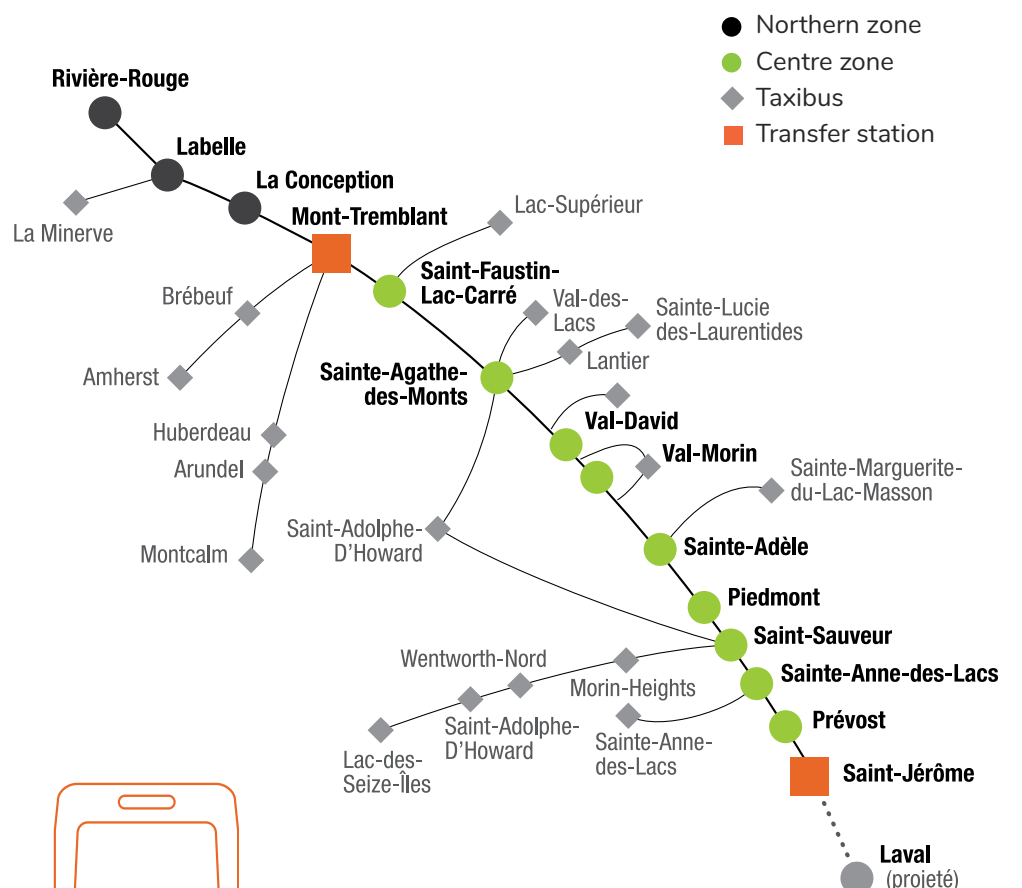
f Hôpital Vétérinaire Lachute inc. • www.hvlachute.ca



Improved services !

- More frequent departures throughout the day
- Schedules synchronized with several suburban trains
- 3 new stops in Prévost

My mobility, my freedom!



Starting August 21

New schedule:

- Answering the needs of students
- Promoting the mobility of workers

Available on our web site

..... www.linter.ca

1.877.604.3377 • 819.774.0485

Happy Birthday Wishes to Joyce Ester Diamond (Young) on her 80th birthday, being celebrated on August 20, 2017.

Born in 1937, on her great-grandparents' (Mary MacRae and Walter Maclean) homestead in Harrington, Joyce is the loving daughter of Hannah Florence Lillian MacLean (Miller) and the late Melvin Diamond, and step-daughter of the late Russell Miller. Joyce was also the wife of the late Burton Young for many, many years.

She attended the Diamond and Kilmarey schools before moving to Montreal but always loved to return home to the hills of Harrington.

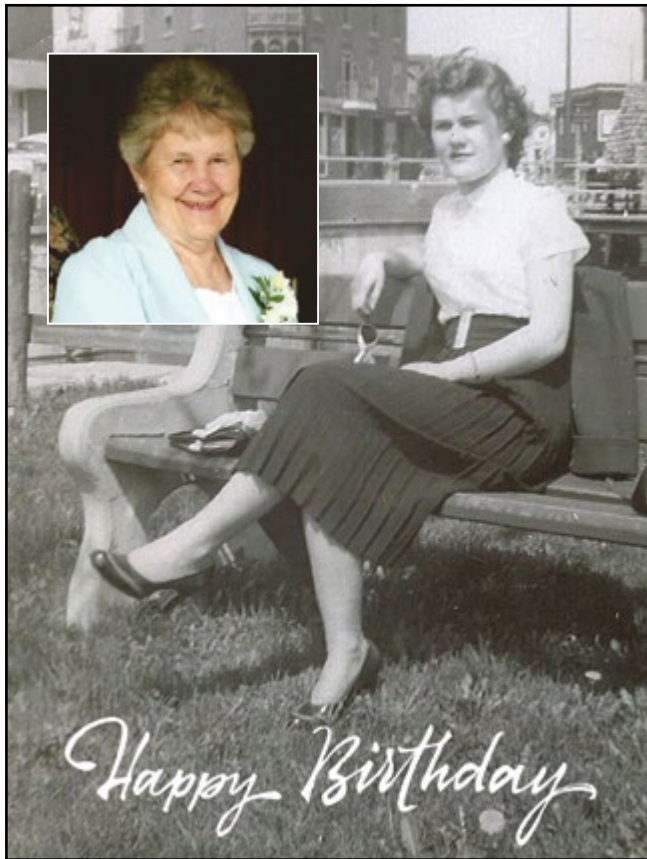
Joyce spent many weekends and summers on the MacLean Homestead and also frequently visited her paternal grandparents, Jane Campbell and John Diamond.

Best wishes on your very special day from your loving family; daughters Cynthia (Marc) and Ester (Wayne), grandchildren Patricia (Ein) and Kenny (Laurie), and grandchildren Mikaila, Julia Rose and Weston.

Also big hugs from mum, Hannah (soon to be 99 years young), sister Diana (Niagara Falls) and Eleanor (Hawkesbury).

Many happy wishes from your extended family and friends of Harrington, Camping Val Carroll, and far and beyond...

Big hugs and Happy Birthday to our dear Joyce. Wishing you many more happy, celebratory birthdays in the years to come ...



Are you a caregiver? 4 Korner's cares about you!

A caregiver is anyone who is taking care of a loved one. Caregiving is rewarding, but can be very demanding as well. Caregivers may feel unprepared or alone in their role. 4 Korner's offers programs specifically for caregivers. Our programs equip you with practical tools and help prevent burnout.

We offer specialized conferences throughout the year on a variety of topics related to caregiving. What is the difference between a mandate, a power of attorney, a letter of proxy, trusteeship or joint responsibility? Can you take a day off from work to accompany a loved one to a medical appointment? Are there government financial assistance programs for people being cared for at home? Can you receive health services in English? Past guest speakers have included notaries, lawyers, nutritionists, and representatives from Service Canada. All our services are offered in English and are always free for members.

Being a caregiver can also raise sensitive concerns and questions. How can you manage the feeling that you shouldn't take a break because the person you care for cannot leave the house? How can you ask for help from family members around you? What should you do if the person you help does not accept that you alone can't provide all the care needed? These types of situations are explored during our caregivers' workshop. Over a period of 6 weeks, these workshops provide caregivers with the resources, tools and strategies to ensure they do not become worn-out. These workshops are free. They are confidential. And they are entirely in English.

Do you not have a car to bring the person you care for to medical appointments? Are you looking for someone who can do some minor repairs in the house? How can you get nursing services at home? 4 Korner's offers individual support for caregivers to assist you in finding resources in the community. On our website, you can also find a guide-book for caregivers. It includes more than 150 pages of resources to help you in your daily activities, and worksheets to help you assess your situation and plan for the future.

You can also register for the 4 Korner's newsletter on our website. It will keep you informed about these and other upcoming activities. For more information, contact us at 1 888-974-3940 or go to www.4kornerscenter.org.

4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English. These resources are available year-round; do not hesitate to contact us.

Nature Day in the Laurentians



NCC - On July 19, approximately 30 youth from the Montreal summer camp La ruelle potagère became biologists in training during Nature Days in the Laurentians. The day was organized by the Nature Conservancy of Canada (NCC) and funded by HSBC Bank Canada.

These young Montrealers, between the ages of 11 and 18, had the opportunity to get out of the city to see conservation in action and explore the plant and animal species within the rich ecosystems of the Alfred-Kelly Nature Reserve. The day's activities focused on discovering various species and their biology and habitat. This exceptional natural environment is home to species with special status, such as the peregrine falcon and reflexed rockcress.

On arrival at Prévost, the young biologists were divided into two groups and, equipped with sketchbooks and identification guides, went off to search for plants, animals and insects. The first group, accompanied by a botanist, started off with a hike to discover the plant species growing along the ecology trail leading to Lac Paradis. Among the plants observed were ironwood, bloodroot and American beech trees marked by black bear. The second group, guided by two biologists, began at the other end of Montée Sauvage, searching for wildlife living around Lac Paradis. These young naturalists were able to observe species such as green frog, turkey vulture, Eastern wood-pewee and downy woodpecker. At lunch time, both groups gathered at the lake's outlet for a meal in the grass. In the afternoon, they swapped roles to benefit from the full experience.

The young participants enjoyed the plant and wildlife learning activities and had a lot of fun. The day was a great success! The facilitators were also very happy with the activities, which lasted all day.

Mark Tomalty, a professional photographer who is also a veteran birdwatcher and an NCC volunteer, beautifully captured the day's activities.

To learn more about Nature Conservancy of Canada visit <http://www.natureconservancy.ca/en/where-we-work/quebec/stories/nature-day-in-the-laurentians.html>






1, 2, 3 & 4 > Auténtica Fiesta Cubana

9 > Emerging artists

10 > Beautiful Sundays singing and dancing (1:30 pm)

16 > Tribute to Aznavour, Brel & Dalida (3 pm)
> Half Marathon of Saint-Sauveur

17 > Beautiful Sundays singing and dancing (1:30 pm)

24 > Louise Fontaine sings Tony Bennet & Michael Buble (1:30 pm)
> Antique car show







More information 450.227.2564 | 1-877-528-2553
www.valleesaintsauveur.com

The best at the Festival!

Ilania Abileah - Main Street

This festival celebrated the dialogue between dance and music throughout the shows I have seen so far, starting with "Moon vs. Sun," featuring Raine Maida (guitar & vocals) and Chantal Kreviazuk (piano & vocals) performing their own songs, accompanied by their musicians, Kevin Fox (cello & vocals) and Jason Pierce (drums). The highlight of this show was the work of three emerging choreographers: Ethan Colangelo, Eva Kolarova, and Vanesa Montoya. The dancers performed intuitively to the songs of Kreviazuk and Maida and the show ended with a standing ovation.

ProArteDanza performed two pieces: "Diversion," choreographed by Robert Glumbeck, and "Fearful Symmetries," choreographed by Roberto Campanella in collaboration with his dancers. This masterpiece described the fast pace of urban life, and the experiences of an immigrant to Canada. Ten dancers (five women and five men) of inimitable strength, stamina and passion, performed to the music of John Adams. Tory Mehaffey with her angelic face, the body of a gymnast, and unbelievable power, danced a solo, which left the audience spellbound.

The third dance performance, "What the day owes the night" by the Hervé Koubi Company, was the most touching and amazing of all, with ten young men dancing with such passion and physicality, demonstrating total trust in each other, flying through the air to be captured by their fellow dancers. The music combined Arab and Sufi music as well as Bach. The piece lasts seventy minutes, ending with one of the dancers reciting a poem in Arabic (originally written by Hervé Koubi in French). The lines of the poem, in particular, "I was there..." depicted Hervé Koubi's travels to both sides of the Mediterranean (France to Algeria), in search of his roots, and dancers, whom he calls his "found brothers."



The Metropolitan Orchestra gave a perfectly performed concert with the music of Mendelssohn, Tchaikovski, and Beethoven. Guest conductor, Nicolas Ellis, charmed the audience with opening remarks before each piece. Oh, how good it is to know that classical music is still alive! There are five more shows to follow, which promise to be as surprising as what we have seen so far.

Once again, The Board of Directors, Artistic Director Guillaume Côté, Executive Director Etienne Lavigne, their team, and the many volunteers, brought us an excellent Festival! Thank you!

← Compagnie Hervé Koubi
Photo taken from the FASS website

Fundraiser for Parkinson's

Parkinson's Journey is a provincial event that will take place in several Quebec cities on the weekend of September 9 and 10. The event rallies thousands of people who take up the challenge of moving together in support of the 25,000 Quebecers who live with Parkinson's disease. At the heart of this event is an overall objective of 8,000 km of physical activities (walking, running, dancing, etc.).

The new PARKINSON QUEBEC HEART OF THE LAURENTIANS REGIONAL OFFICE will launch its FIRST edition of Parkinson's Journey on September 10 at John H. Molson Park in Saint-Sauveur. Donations will be used to provide services to those affected by the disease, and their caregivers. Join us! Register online or make a donation at Parkinsonsjourney.ca

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



Fresh fish every 2 days

- Place your order in advance for whole fish or shellfish*
- Fresh salmon on Tuesdays & Thursdays
- Don't miss our famous "Salad Dresser," smoked salmon with maple syrup on Saturdays
- Northern shrimp, a selection of white fish, seafood & fish brochettes available on Thursdays just in time for the weekend

*Please call Wednesday for weekend orders



Daniel Dubé & Michèle Deschênes
the smoke master and the chef

7, Avenue de l'Église,
St-Sauveur, Qc



450 744-0471

AT THE HEART OF THE LAURENTIAN ECO-CORRIDORS LES SOMMETS ST-VICTOR Large mountain domains, panoramic views, one hour from Montreal



Flat lots easy to build on



Private lake access

Peaceful Environment
Trail Networks
High Speed Internet
High-end Construction
Lots starting from
\$85,000 / 5 Acres



Information: 450 226-0048
stvictor@bellnet.ca
lacstvictor.com

Domaines
Lac St -Victor
Estates

10 minutes from Morin Heights
20 minutes from Saint Sauveur
sommetsvictor.com



For a new start in Morin-Heights

André Major as your new Mayor

My vision is to **listen to the needs of all residents** of Morin-Heights. Safety is an important issue for our residents. Our police force, **the SQ, is doing a great job**, however, we don't see sufficient presence in our community.

In order to respect the right to speak of all residents, I will organize four casual meetings per year. All residents will be invited to have a coffee and discussion with the mayor and the members of the municipal council. The residents will determine the speaking time: minutes will be taken, and notes followed up on.

As your new mayor, I will support local businesses; we have to **make their lives easier!** Also, we need to encourage our youth and help them to realize their dreams in business orientation.

The town of Morin Heights has to provide the opportunity for its elderly residents to remain in their hometown. I will encourage the building of facilities that will provide for their needs.

I wish to see Morin-Heights become even more attractive, and a place where people can relax and enjoy nature. To that end, I will encourage and support new ideas geared towards creating a welcoming downtown where residents and visitors may walk with pleasure, and at the same time, encourage our local business sector.

André Major – a candidate for Mayor of Morin Heights

Opening the doors of communication

Susan MacDonald

Recently, I had the opportunity to sit down with André Major who will be campaigning for the position of Mayor of the Municipality of Morin Heights in the upcoming November election. During our lengthy talk, we discussed many issues that are of concern to small, rural communities, and I came to know the candidate beyond his political platform.

André Major had a successful business career in the field of pharmaceuticals and marketing. Born in Montreal, he has enjoyed a life-long attraction to the Laurentians, and together with his wife, has called Morin Heights “home” for the past eight years. A family man, Mr. Major is father to a son and a daughter. Now retired, he feels the time is right to pursue his passion of becoming more actively involved in the welfare of his community. If elected as Mayor, Mr. Major believes he will be a driving force that could influence positive changes, both for the municipality and its residents.

During our conversation, one of Mr. Major's key points of focus was his belief that all residents were entitled to the right to voice their opinions, and to have access to a mayor who would be open and willing to hear their concerns. To that end, if elected, he would encourage open communications, through email seven days a week, with a promise to respond within 24 hours. Also, beyond the regular council meetings, he would intend to hold four informal public meetings per year, for open conversations with citizens, to hear and address their individual concerns.

Seniors and family affairs were two other important points of our discussion, as well as how tightly these issues were inter-connected. Mr. Major presented the example of how difficult it was for the entire family not to have local housing for seniors available within the municipality. His primary concern was how emotionally challenging it was for seniors to be uprooted from their hometown and to be forced to move away from family and friends. This, in turn, obliged family and friends to readjust their busy schedules and travel distances to visit them, in contrast to being able to drop in for a visit, if they were living somewhere within the municipality.

In addition, Mr. Major pointed out how important it was to encourage the younger generation to remain within the community, in close proximity to their families. He sees this vision made possible through supporting local businesses, and encouraging new entrepreneurial initiatives, which would bring new life to the village core and attract more visitors to the municipality, while maintaining the integrity and uniqueness of this family-orientated village.

Over the next few months, Mr. Major will be a prominent figure in the public sphere, and he invites you to contact him personally with your questions or concerns. He may be reached by email at lafermemajor.com.

TREMBLANT FACTORIES et CIE
YOUR FASHION STOP

PROMOS
@TremblantOutlet
facebook.com/factoriestremblant
factoriestremblant.ca

Mont Tremblant Organizations: It is time to submit your application

Duly incorporated or registered non-profit organizations in the Territory have until Monday, September 11, 2017, to submit a grant application to the City of Mont-Tremblant under the frame, “Support to community organizations for the year 2018.”

The terms and conditions of the program and the application form are available on the City's website under the Citizens, Programs and Support to Organizations section. When an organization that works in the community (leisure and culture) meets the eligibility criteria, it can apply for support for a project, for example, an offer of a new service, an improvement of existing services, the organization of a cultural or sports event, etc.

The decision of the municipal council regarding the granting of subsidies will be made public at the beginning of 2018.

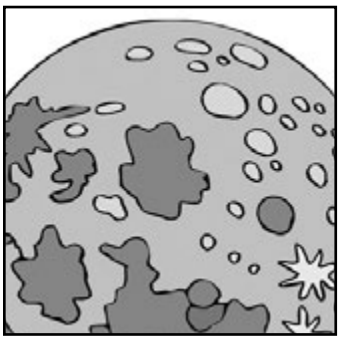
For further information, please contact the Culture and Recreation Department at 819 425-8614 ext. 2501.

	LE CHÂTEAU*	POINT ZERO
	stokes	souris mini
la Vie en Rose	O'NEILL	
Opening Hours M-T-W: 10am to 6pm T-F: 10am to 9pm S-S: 10am to 5pm	altitude sports*	QUILICOT
2450-2555 Rue de l'Aulnaie, Mont-Tremblant Intersection Hwy 117 & rue Latreille	TOMMY HILFIGER	

Proudly serving the community since 1971!

Breakfast every morning at 8 :00 am
Lunch time specials Monday to Friday
Table d'hote menu 7 days a week
Free Wifi

490 Main Street, Lachute
Call for reservations (450) 562-9000



Zach Factor The Great American Eclipse

Lys Chisholm & Marcus Nerenberg - Main Street

A total solar eclipse like this one, aptly named, the Great American Eclipse, for its rarity, will not be seen again for generations. The last one, seen in North America in 1918, will re-occur on August 21, 2017. The seventy-mile wide path of total darkness will span the United States, from Oregon to South Carolina, passing over twelve states and touching no other country. The rest of North America will experience a partial eclipse, and here, in the Laurentians, we will see the Sun 60% covered, at about 2:30 pm, for several minutes.

A total solar eclipse happens when the Moon passes in front of the Sun, exposing the Sun's normally invisible corona, or atmosphere, as a halo around the Moon. Directly exposing the human eye to this event can lead to eye damage, and even blindness. Eclipses occur on the new moon, a time when we can barely make out its thin crescent, when the Sun, Moon and Earth are perfectly aligned.

Eclipses have always been harbingers of severe events on our planet. Today seismologists, volcanologists, atmospheric and oceanic scientists, are positioned to observe the impacts of lunar and solar events and to sound alarm bells for evacuations if need be. Scientists, like Satoshi Ide and his colleagues from the University of Tokyo, have been studying decades of data that measure high tides, which are at their maximum when the Sun, Moon and Earth are aligned at new Moon and full Moon. The combined gravitational pull on our oceans is also felt deep within the planet and often triggers earthquakes before, or soon after, an eclipse.

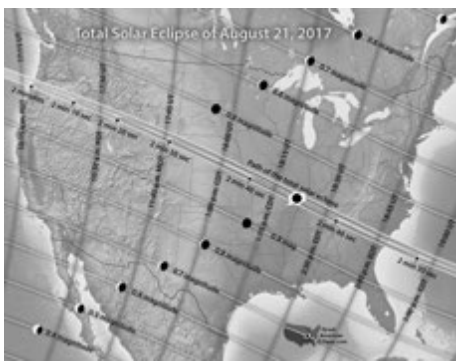
This Eclipse is highlighted by its interesting path, passing within 17 miles of the Yellowstone caldera, which is one of the world's largest active super volcanos. Seismologists claim it is overdue for an eruption since its last global impact event of 640,000 years ago. Throughout June this year, energetic swarms of mini earthquakes, not seen since 1980, have had specialists on their toes.

Also along the path of totality, the New Madrid Fault line, which parallels the Mississippi River from Illinois to Arkansas, produced North America's greatest earthquake, reported as 9.1 on the Richter Scale in 1811. Today, St. Louis is the hub of intercontinental trucking through which passes Eastern Canada's winter fresh-food supply from California, and the region is populated by tens of millions.

Astrologers from around the world have brought forth a hell-storm of dire predictions due to the myriad zodiac transits and alignments of several major planets at the same time. Solar Eclipses with these aspects portend significant global disruption or events. These could be physical events, or could be political upheavals on an international scale. Solar Eclipses have been omens of events, such as Lincoln's and Kennedy's assassinations. The current White House, in an unprecedented state of turmoil, as the President governs by midnight "tweets" will need to exercise extreme tact and caution before, during, and after the eclipse, both qualities of which he appears incapable. Traditionally, when the moon covers the Sun, the philosophical interpretation has been equated with leaders hiding the truth from their populations. As the moon rolls off the Sun, previously hidden truths are exposed, or worse, leaders attempt to cover up previous lies. Like pulling a blindfold off Liberty, the cost of the event is the Truth, which this President could change on a whim.

However, an even more chaotic event awaits the American people. Twelve million Americans live in the path of totality, and another 220 million are within a one-day drive. Hoards of the curious plan to hop in their cars, with their cell-phone cameras, and drive to the narrow band of totality, and set up their lawn chairs to experience the Great American Eclipse. It is estimated that on or around Aug 21, highways will be clogged, and all resources will be stretched to the breaking point. Local emergency agencies, FEMA and Homeland Security, have been strategically planning for months what may turn out to be a real crisis; not enough plumbing (think public toilets), water shortages, food shortages, over-booked hotels, hospital ER overflows from accidents, and short-tempered folks.

So, if any of the above geological or astrological portends don't send you running the other way, perhaps a staycation, with a good pair of certified eclipse-viewing glasses and a glass of wine on your front porch, will be perfect for a day dedicated to personal and cosmic truth. For the safest live viewing: <https://www.nasa.gov/eclipselive>



The total solar eclipse of 2017's path of totality, stretching from Oregon to South Carolina. Photo Credit: Michael Zeiler, GreatAmericanEclipse.com



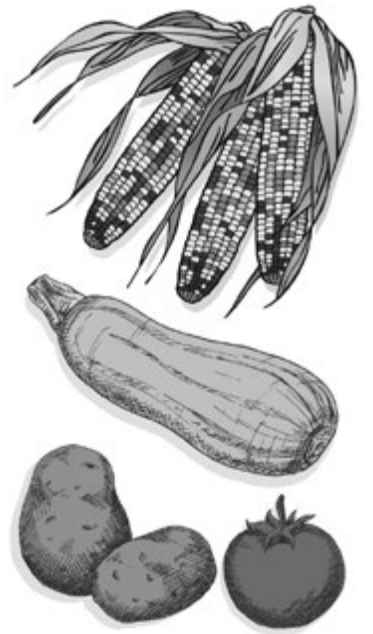
Thousands of people, equipped with protective sunglasses, gathered at Folsom Field, U of Colorado, to watch the last full eclipse of the sun, May 20, 2012. (Courtesy photo / University of Colorado)



The Story Behind Petit Lac Nomingue

Joseph Graham - Main Street
joseph@ballyhoo.ca

When Europeans first arrived in the Americas they had very little comprehension of the civilization that they found here, and, as a result of the contact, the original American civilization was shattered. Its vulnerability lay in the fact that it was not a herding culture and had domesticated very few animals. They had, however, concentrated their efforts in cultivating plants and vastly surpassed the Europeans in that field. Today, a very significant percentage of the basic sustenance of world society is based on the foods of the indigenous Americans. Obvious examples of these are potatoes, sweet potatoes, corn, tomatoes and squash, but there are many others including peppers and chocolate. Sadly, the exchange of bacteria and viruses between domestic farm animals and their European owners had created a people that was resistant to a whole series of diseases but that was highly contagious to the people living here. If the original civilization had been able to protect itself from the European diseases, the Americas may have evolved similarly to the way China or India have, and Europe would have fared very poorly.



The Algonquin were a remote, northern nation far removed from the Central American seat of this civilization, but they traded goods with the Iroquoian farmers and were dependant upon their crops. In exchange they gave dried meat, furs, clothing and canoes. They are thought to have been in the Ottawa Valley since about 2000 BCE and in other parts of the region before that. The Europeans found a people living with an agricultural system so vastly different from anything that they had experienced that they failed to see it as a system at all, and we today are only beginning to realize what was destroyed. Used to grassy hills covered with sheep, they saw vast forests that had to be removed. Fire was used in a controlled fashion enriching the soil with ashes and encouraging tender new growth on the forest floor that fed the stock of wildlife that grazed it and the trees grew larger.

The Algonquin divided territories up among families, and they respected each other's 'titles' to their hunting areas. They had rules that said that one could not trap in a neighbour's territory, unless faced with hunger. Their survival was based upon their management of the forest wildlife. It would not be a huge exaggeration to say that the animals were not 'hiding' from the Algonquin hunters, but simply living at their behest. Their respect for the forest maintained a balance.

The word Algonquin comes from Aloumequin, first used by Champlain to describe the people in the Ottawa basin in 1603. It comes from Montagnais Aloumekuots, meaning those who paint themselves red. Champlain noted that the Algonquin painted their faces red, or crimson. He attributed the colour to a dye extracted from a root found in a sandy soil. The people he met included the Weskarinis, the people who lived here before us. They called themselves Anichinabe. The Weskarinis were one of many clans, including the Kichspirini, the Matouweskarini and the Ononchataronon who all occupied contiguous territories on both sides of the Ottawa River. They were all Algonquins, or Anichinabe, and they all spoke dialects of the same language. These same Algonquin people named Lac Nomingue. The word itself, Nomingue, or Onamani, refers to the red clay found in the lake, and it also gave rise to the name of the Rivière Rouge. The two lakes, Lac Nomingue and Petit Lac Nomingue, were tucked away at the source of the river and were the most secure location in the vast territory of the Weskarinis. Here, their closest neighbours were their closest kin and their enemies were on distant rivers, days of paddling downstream. The clay was used in body painting ceremonies and it is possible that the dye that Champlain saw on the bodies of the Algonquin actually came from the Lac Nomingue area.

There is a legend that may have been inspired by the lake, called The Colours of Sunset. This is the story of a boy who cries each evening as the sun goes down, and his family cannot console him. Kisisokôe, the Sun Woman, explains to his family that the boy is saddened to see the colours go out of the sky at the end of the day. She tells them that they must retrieve the colours of the sunset from a certain lake where the colours can be found on the lake bottom. The legend does not name Lac Nomingue, but it could have been the lake imagined, given its vermilion clay. In the story, the father sets off to the lake and finds it heavily guarded. One of the guards is a pollywog named Podonch, and he manages to catch it and glue its lips together so that it cannot warn the other guards. Then he dives into the lake and retrieves the powdered colours of the sunset for his son. The story goes on to explain that Podonch was punished by having to breathe through gills after that, and concludes that since that time, pollywogs have been born with gills and small, puckered mouths.

Whatever lake inspired the story, Lac Nomingue figured in the life of the people who lived here before us who were tucked securely into the furthest, safest reaches of their world, until 1651, when Iroquois, using Dutch guns, attacked them on the shores of Petit Lac Nomingue, massacring and dispersing the Weskarinis.

When I first published this story, I had tried but failed to get the Algonquin version of this battle, and the French one said that the Weskarinis were pushed into extinction. Quoting the French history, I received vehement denials from Weskarinis descendants. They are still here, although we persist on denying their existence unless they do things like close Route 117 north of Mont Laurier to try to let us know.

Obituaries

KELLY, Irene (nee: Leger)

August 28, 1935 - July 21, 2017

It is with profound sadness that we announce the passing of Irene on July 21, 2017 at the West Island Palliative Care Residence after a courageous and dignified battle with cancer. She will be lovingly remembered by her devoted husband Larry, her daughter Yvonne, her son-in-law Marcel Delhommeau, and her adoring granddaughters, Elise, Brielle and Chloe. She is also survived by her brother, Paul Leger (Monique). Predeceased by her sister Louyse Keating (Bob). She will also be dearly missed by her brothers and sisters-in-law, nieces, nephews and many close friends. Irene dedicated herself to a career at CIBC and later retired to her little piece of paradise in Gore. She was an avid quilter and leaves behind many hand quilted masterpieces. She was brilliant, kind and thoughtful and could talk for hours with anyone she met. Special thanks to the staff at the West Island Palliative Care Residence for their amazing care and support during her final days and to her soul mate, Lise Taylor MacAdam, for being there for her everyday. In lieu of flowers, the family would appreciate donations to the West Island Palliative

Care Residence: PalliativeCareResidence.com

A Memorial Service was held on Saturday, July 29, 2017 at 10:30 am at Ste. Anastasie Catholic Church, Lachute, Qc. Arrangements entrusted to J.P.MacKimmie Funeral Home, 660, rue Principale, Lachute.

KNOX JOAN, (BOOMHAUER)

With loved ones by her side, Joan Knox of Morin Heights, Quebec, passed away peacefully on July 24, 2017.

Survived by her daughter Heather (Richard) and son David (April). Predeceased by her daughter Dianne (Barry).

Dear sister of Sharon (Jack) and brother Cleve (Mable), and aunt of Cindy. Grandmother to Rebecca, Alexandra, Dylan and Maggie.

A Memorial service will follow at a later date.



The English Link Caregiving and Palliaccio

By Caitlin Sigouin

This month I had the pleasure of speaking with Grant MacKenzie, a board member with Palliaccio. Palliaccio provides services free of charge to caregivers, people with terminal illnesses and those who have lost loved ones. Grant spoke about the fantastic programming that Palliaccio offers for caregivers in the Laurentian region; including respite, accompaniment and support groups. All Palliaccio's services are free and are offered in English and French.

Respite provides caregivers with an opportunity to focus on other tasks or have a break, while trained volunteers care for their loved one in 3 to 5-hour periods, for free. Volunteers are available to accompany an individual to the hospital or their residence. Caregivers are also invited to join one of Palliaccio's support groups. These groups offer support, the chance to build connections with others in similar situations, and they assist caregivers with everything from relaxation to experiencing a loss.

Being a caregiver is very rewarding, but it can also be very demanding and take a significant amount of time. As Grant mentioned, accessing services through Palliaccio really "gives [caregivers] a chance to recharge their batteries... have a break and maybe talk to other people that are going through the same thing." He encouraged caregivers to call, even if their loved one was not accessing Palliaccio's services. Grant also spoke about those who may be struggling with a death of their wife or husband. They are mourning and they just need somebody to talk to and Palliaccio is there for you."

Grant spoke about one of Palliaccio's "big challenge[s]: to try and get the word out," so that caregivers know what Palliaccio offers and that they can call any time for assistance. Grant encouraged anyone caring for a loved one to call Palliaccio to find out more. He stated that "anybody [at Palliaccio] would be more than happy to talk to them, family members and caregivers alike."

Palliaccio has created a series of video capsules that are available online. Grant suggested that caregivers interested in Palliaccio could watch these "interviews with people who have received services and people that have given services" to hear first-person testimonials about the services available from Palliaccio. To watch these videos, please visit <https://vimeo.com/user7734747/videos> and select the Palliaccio video links (pages 1 to 3 for the French capsules and pages 4 & 5 for the English ones).

Grant highlighted the "fantastic job" that Palliaccio is doing in serving the community. He attributed this to the team at Palliaccio, who are "incredible and totally devoted." If you are interested in becoming involved with Palliaccio, there are many volunteer opportunities as well. The Trek Under the Stars is a fundraising event that provides an opportunity for individuals to become involved with and support the wonderful work Palliaccio is doing in the community.

To read the full interview, please visit <http://www.4kornerscenter.org/> and to find out more about Palliaccio and how to get involved, they can be reached at 819-717-9646 / <http://www.palliaccio.org/en/>.



Top 5 benefits of aging at home

(NC) Whether you are approaching your golden years or are caring for a parent or other family member who is aging, begin considering your options early. This way, when extra care becomes necessary a plan is already in place.

Aging at home is a viable option for many seniors. According to a recent survey, nearly 90 per cent of seniors want to "age in place." Here are some reasons why the choice has many psychological and health advantages for seniors and any loved ones who care for them.

1. Keep up a normal routine. Living at home allows the freedom to maintain independence longer and stay engaged with normal daily activities, including regular interaction and companionship with family and community.
2. Receive individualized care. Making adjustments to one's daily life can be very stressful and upsetting for seniors. But those who choose to age in place often just need to put supports in place, such as home modifications and personalized home care with customized services based on preferences and needs.
3. Family members aren't overwhelmed. Home care is usually provided by home health aides, licensed caregivers, nurses, or friends and family. Sharing the caregiver responsibility is integral in preventing caregiver fatigue and offers your loved one companionship when you are not able to be there.
4. Lower risk of illness. In addition to improving quality of life, home care often helps extend life by eliminating stressors associated with aging in a senior care facility. In-home care can reduce the risk of catching illnesses, such as colds and flus, which spread quickly in a seniors' facility. Home care can also speed up recovery, as a familiar environment is best for healing both mind and body.
5. Balancing everyone's needs. With care and support in their own home, seniors can maintain their independence and lifestyle, while the family has peace of mind, knowing they are safe and being well cared for.

Find more information at www.bayshore.ca.



Every exit is an entry
somewhere else



J.P. MacKimmie Funeral Home

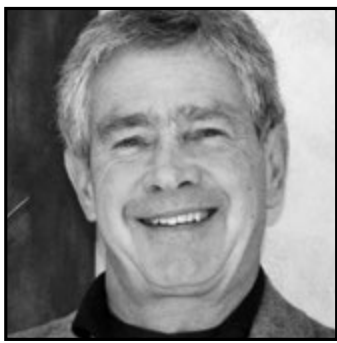


Established in 1860, the MacKimmie family has been providing quality funeral arrangements with care, compassion and dignity to families in the Lower Laurentians and surrounding area.

We invite your inquiries.

FUNERALS • CREMATION • PRE-ARRANGEMENTS
CEMETERY MONUMENTS

660 MAIN STREET, LACHUTE • 450-562-2421



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.

RETIREMENT PLANNING

Take the mystery out of planning for your retirement with this helpful checklist.

If you've ever committed to a home improvement project, or organized a large event, you understand that preparation is the key to success. Setting a budget, allowing room for adjustments, and planning for unknowns, can help reduce the worry and frustration that come from being unprepared.

It's no different when preparing for retirement. Get started by considering the questions below. When you are ready, contact your advisor to discuss your questions, concerns or discoveries — she, or he, can recommend strategies to help achieve your goals.

1. Where will the money come from?

Figure out how much money you'll have in retirement and where it will come from. Possible sources include:

- Government: Canada or Quebec Pension Plan (CPP/QPP) and Old Age Security (OAS)
- Workplace pension plans
- Personal savings: Registered Retirement Savings Plans (RRSPs), Tax-Free Savings Accounts (TFSA), Registered Retirement Income Funds (RRIFs) and non-registered accounts
- Other: rental income, part-time employment, etc.

2. What's my budget?

Estimate your monthly expenses by including all of your possible commitments, including property taxes, medical costs, club memberships, travel expenses, etc. This will help you identify any shortfall between your estimated income and your expenses.

3. Should I top up my investments?

Now's the time to ensure you're contributing the most you can to your RRSPs and TFSAs, since these tools can provide the opportunities to grow your savings on a tax-advantaged basis.

4. Can I consolidate?

Paying off significant debts now can provide you with greater financial freedom in retirement, and the flexibility to handle emergencies if they arise. Consider consolidating all of your debts into one account that charges a low rate of interest.

Consolidating all of your investments with one advisor can help provide a simplified picture of your financial health. You could even save money by eliminating duplicate fees.

5. Have I reviewed my will, powers of attorney and beneficiary designations?

Sometimes, previous choices need to be adjusted at retirement. Have

your lawyer (notary) review your will. Your lawyer and advisor can work together to ensure that you, your bequests, and your beneficiaries are protected in accordance with your wishes.

6. Is my insurance coverage up to date?

Be sure to review the insurance coverage on your home, life and car, to ensure they remain up to date, and in line with your needs while retired.

7. Am I prepared for a rainy day?

No matter how well you budget, unexpected expenses can arise and undermine the best-laid plans. That's why experts suggest setting aside three to six months' worth of living expenses. This will help prevent you from dipping into your regular retirement income during emergencies.

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc., (514)-788-4883 or my cell at (514)-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca- This content is provided courtesy of Solutions from Manulife.

Stocks, bonds, and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services through referral.

© 2015 Manulife. The persons and situations depicted are fictional and their resemblance to anyone living or dead is purely coincidental. This media is for information purposes only and is not intended to provide specific financial, tax, legal, accounting or other advice and should not be relied upon in that regard. Many of the issues discussed will vary by province. Individuals should seek the advice of professionals to ensure that any action taken with respect to this information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contract holder and may increase or decrease in value. Manulife, the Block Design, the Four Cubes Design, and Strong Reliable Trustworthy Forward-thinking are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license. 2015

Lachute Chapter #56

It gives Lachute Chapter # 56 Order of the Eastern Star the great honour to make a donation to the 4-H group of Lachute. This dynamic group of young people and their Leaders have brought a large amount of training and entertainment to many people in the area, including seniors and youth.



Pictured above are Bailey Clark, Linda Rodger, Thomas Sasson, Elaine Wilson and Sydney Clark.

La BOÎTE à SURPRISES de Nicolas

- Toys
- Helium Balloons
- Games
- Kids Clothing

75, ave. de la gare, bloc D-2
St-Sauveur 450-240-0007
www.laboiteasurprises.ca

Soins Dentaires Prévost
2990, boul. du Curé-Labelle
Prévost

Healthy teeth and gums
for a healthy life!

Call us today!
450.335.2990
www.dentisteprevost.com

Dre Tawni Bailey, BHSc, DDS
Dr Guillaume Côté, DMD
General Dentists

dōTERRA
Wellness Advocate

SUE RICH LIVING
Sue Rich
Wellness Advocate

Phone: 819-421-2253

E-mail: suerichliving@gmail.com
www.facebook.com/suerichliving
www.instagram.com/suerichliving www.mydoterra.com/suerichliving

Ongles Chantilly

Paraffin Wax - Manicures - Pedicures - Nail Tips
Acrylic and Gel - Hairdressing - Massotherapy

868 ch du Village, Morin Heights
450 927-0161

Visit web site for special "promo codes" for promotional offers
www.ongleschantilly.vpweb.ca

M inc.

Construction Mc Veigh inc.
Craig Mc Veigh

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

Le Pied D'Estale

Soins spécialisés pour les pieds
Specialized foot care

Rolande Morlon podologue

36A, avenue Filion, Saint-Sauveur
514-910-3046 rmorlon@soindespieds.ca
www.soindespieds.ca

LES BONS PIEDS POUR ALLER PLUS LOIN | GOOD FEET TO GO FURTHER

yoga tout

Promoting self-care
Group, semi-private and private sessions

aroma yoga

Josephine Piazza
514-349-0775
jojopiazza22@gmail.com

ENTREPÔTS MORIN-HEIGHTS

Indoor Storage Space Rental

24 hours/ 7 days **(450) 226-1313**

- Individual alarms
- 50 square feet and up

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

CONFECTIONS desserts

Custom Cakes • Sweet Tables • Seasonal Flavours

21, ave de l'Église, Saint-Sauveur 450.227.0505
www.confectionsdesserts.com



I'm Just Saying To your health

Ron Golfman - Main Street

I wonder if Tommy Douglass, the father of Canadian universal health care, would have



gone a few rounds with Gaetan Barrette, Quebec's Minister of Health, had he witnessed my experience at the Ste Agathe Hospital, on the June 24, Fete Nationale weekend. While I admit that the likelihood of more people traffic on the National holiday weekend was predictable, the series of events was way beyond even my vivid imagination.

I'd done damage to my heel and knee in the previous week, by overextending myself, and at my age, by playing softball, and causing painful trauma. After five days of agony, I caved, and agreed with my wife that a trip to the emergency ward was indicated. We arrived at the hospital at 12:00 noon on Sunday, the 25th, took a number along with about 30 others, and began our long journey into the night.

By 5:30 pm, I was now sitting in triage, explaining my injuries to a pleasant, but obviously exhausted, nurse who took my information, gave me two Tylenols, and then asked me to go back into the emergency waiting room. I was naively optimistic at that moment, so we sat down with the rest of the lemmings awaiting the next step.

The system in place rates your urgency by gravity scores of 1-4, and there is a big electronic board, akin to the "odds marquee" you would refer to at a horse-racing track, which tells you where you are in the queue. I was number 21. While hurting, I tried to be patient after seeing others on stretchers, some people with blood-stained gauze, and a few who were already asleep on the benches in anticipation of a long day.

When the clock struck 8 pm, I went to ask a nurse how long I might be sitting, as I had climbed to number 11, and then dipped back to 16 several times. There was no clear answer forthcoming. My wife and I went to get some food at the cafeteria, which had, however, closed an hour earlier. Vending machine choices of chocolate bars, or an egg sandwich with an expiry date marked "best before Expo 67," did not appeal to us. Bottled water would have to suffice. My patient wife suggested that they could hire an ice-cream cart, similar to the ones we see at parks and festivals, to roll through the emergency section, and provide some temporary relief. I agreed!

I spent the overnight hours staring at the board, watching my number go up and down, and finally, at 5:10 am, Monday morning, my number was up. The doctor finally came in, looking haggard, but was pleasant. He explained that there's only one doctor overnight, and each time an ambulance comes in, he must go to the other side, and they'd had 6 ambulances. My knee was drained of water and I was given a follow up appointment for the next week. We left the hospital at 6:30 am Monday.

With a balanced budget, and a long weekend of revelry, Mr. Barrette, and I'm just

saying, that over-worked doctor, and the nurses, along with those in need of medical attention, deserve better.

SIMPLEMENT
VRAC
Apportez vos contenants

A selection of dried organic goods
Bring your own containers

27 Ave de l'Église, St-Sauveur
450-744-1777
www.simplementvrac.com



Making it Work in the Laurentians

How to write a cover letter like a pro!

Rachel Morgenstern-Clarren

So, you found the job listing of your dreams, and now you have to figure out how to get the hiring manager's attention: let's talk cover letters. A cover letter is your chance to introduce yourself to your future employer, and to suggest why you're the perfect candidate for the position. It's an opportunity to highlight the parts of your professional background that would make you a great fit for the company. Here are our tips for writing a cover letter that will set you apart from the pack, and help you land that interview!



The Basics

A cover letter should be short and sweet - no more than a page - with just enough information to pique the hiring manager's interest. If you can, it's important to find out the hiring manager's name and begin your letter by addressing him or her directly. Make sure that your spelling and grammar are correct, and pay attention to the sentence structure, so that you don't start too many sentences or paragraphs with "I" statements. Have a few people read it to ensure there are no mistakes. Close the letter by reiterating how excited you would be about the possibility of joining the company in this capacity, and that you look forward to discussing the job further, in person.

Show That You're Ready to Hit the Ground Running

While your education and job history can simply be listed on a CV, a cover letter is your chance to create a concise, compelling narrative about who you are and what you bring to the table. A hiring manager wants to see evidence that you're not only uniquely qualified for the position, but passionate about the work. Make sure to mention the company by name, include key words from the job posting, and show your familiarity with that industry terminology in your letter. Demonstrate that you're knowledgeable about what the company does, by referring to their programs and projects, as well as the types of clients they work with.

Your application will be one of many, so make it easy for the hiring manager, by selecting your most pertinent work experience, and explaining how it prepared you for what the job entails. Expand on the basic information in your CV, just don't repeat it! The more specific you can be about why you have the right qualifications and attitude for this particular job, and what you hope to be able to contribute to the company, the better.

Hitting the Right Tone

Remember that, no matter how impressive your CV is, your cover letter has to be engaging, original, and to-the-point, for the hiring manager to take you seriously. The trick to a successful application is striking the right balance, between talking yourself up as a candidate, and showing your excitement about, and familiarity with, the job and the industry. In the final analysis, the hiring manager isn't necessarily looking for the most accomplished person, but the person whose accomplishments could contribute the most to the company.



Need more help with your job search and career planning? YES offers a variety of free online workshops, a paid internship program, French courses, and career counselling services for job seekers. Find out more by visiting us at www.yesmontreal.ca.



Spotlight Mont-Tremblant

Erin McCarthy - Main Street

Let's have a show of hands for all in favour of another month of dog days of summer, ice cream, swimming, hazy sunsets, sangria, barbecues, bonfires (maybe some more sangria), starry nights, and a lullaby of crickets, as you drift off

to dreamland... Yes, please! Now, if you're feeling a little adventurous during the month of August, and want to take your summer state of mind on a day trip, or a weekend getaway, Mont-Tremblant is brimming with events! Check these out ...

Friday, August 11: 8:30 pm - Pedestrian Village | Motel 72 (Motel 72 is a band playing a blend of Americana-style music, inspired by classic 70s rock)

Saturday, August 12: 7 pm - Pedestrian Village | Elliot Maginot (pop-alternative style songs, with folk and melancholic accents): 9 pm | David Usher (front man of the internationally acclaimed rock band Moist, and a solo artist. David has sold more than 1.4 million albums, won countless awards - including five Junos - and performed at sold-out venues around the world)

Sunday, August 13: 3 pm - Pedestrian Village | Throw2catch (A circus show, featuring a blend of circus arts, acrobatic performances, dance, and digital arts)

Also on **August 13**: The 8th edition of The Mont-Tremblant Half Marathon takes place. This is a series of races suitable for seasoned marathon runners and the less-experienced joggers, alike. There are various routes, with splendid views (5

km, 10 km and 21.1 km), as well as a 1 km route for the kids!

New for 2017: The 21.1km race will be departing from Place Saint-Bernard.

Friday, August 18 -20 - The IRONMAN triathlon - renowned as one of the most prestigious racing events in the world. On August 20, participants from all corners of the globe will compete in this true test of strength, endurance and will, challenged by a 3.8 km swim, followed by a 180 km cycle race, and then a 42.2 km run (a full marathon!) Throughout the weekend, spectators can enjoy free outdoor entertainment, fireworks and an expo village, plus the whole family can take part in the Subaru IRONKIDS race on the Friday morning (August 18).

August 24 - 27 - Wanderlust. This one-of-a-kind festival brings together the world's best yoga and wellness teachers, with top musicians and DJs, all in the fresh, mountain air and natural beauty of Mont-Tremblant. Take part in some mountaintop yoga, treat yourself to healthy local food, try boundary-pushing outdoor activities, like slack-lining, or sitting in on an insightful seminar, or chill out and listen to some music - there's something for all!

AND, just because Main Street comes out the second weekend of the month, I want to mention an event that will be happening at the very beginning of September that is not to be missed...

September 1-4 - La fête de la musique de Tremblant. Under the artistic direction of Angèle Dubeau, this event will take you on a musical getaway. The diverse program will range from classical to jazz, to world music, and include a roster of renowned artists. More than 30 free concerts will be held in the Tremblant pedestrian village, as well as in the Old Village, and even St-Jovite. For show schedules goolge fetedelamusiquetremblant.com



Le
SAINT-SAU
PUB GOURMAND



AT THE LOW PRICE
\$12.99
MONDAY TO WEDNESDAY

THE BEST
Fish 'n' Chips
AND
THE MOST DELICIOUS AAA BURGERS
IN THE LAURENTIANS AT THE LOW PRICE
OF **\$12.99**
MONDAY TO WEDNESDAY

DISCOVER OUR NEW TERRACE



SUNDAY BLUES
CARL TREMBLAY



4@7
MONDAY TO THURSDAY



THURSDAYS
LADIES NIGHT 50%
ON FOOD FOR LADIES
STARTING AT 5 PM

LeSaintSau.com



236, rue Principale | 450-227-0218
St-Sauveur QC J0R 1R0




FREE MARKET EVALUATION
514.774.8019
 lyndsaywood.com
 lyndsay_m_wood@hotmail.com

NEW! LAKE GUSTAVE
 Adorable seasonal cottage on the reputable Lake Gustave! 1 bedroom + other room for guests, 2 balconies facing the lake, 2 patio doors in the living room, wood stove. Located in total tranquility surrounded by nature and a real haven of peace, a great place to spend your summers! MLS 9974577


NEW! LAKE GRACE
 Very spacious open concept home with 3 bedrooms & 2 baths. Boasts cathedral ceiling, wood stove, sky lights, thermo-pump, 4-season solarium, finished basement & carport for 2 vehicles, large shed, paved driveway. The flat, landscaped lot is complimented by a sandy beach & over-looking gazebo. Truly turn-key! MLS 22036344

NEW! LAKE ECHO
 Splendid wood home on the waterfront of the reputable Lake Echo! Located in Domain Lakefield between Morin Heights & Lachute. 3 bedrooms with possibility of a 4th, office, 2 bathrooms, modern kitchen with island, separate dining room with abundant windows, finished basement, wood fireplace, detached garage, ample storage, private land, & much more. MLS 10290015

LAKE LOUISA
 Quaint log home with breathtaking views of Lake Louisa! Notarized lake access & clubhouse conveniently located across the street! Ideal for family cottage or as principal residence! 3 bedrooms, private lot, large gallery, attached workshop great for motor bikes, etc! Great opportunity! The next best thing to being waterfront without the big price! MLS 9069830



PIEDMONT VETERINARY HOSPITAL
 750, RUE PRINCIPALE, PIEDMONT, QC, J0R 1K0



Dr. David Mance
Dr. Lyne Farmer
Dr. Madeleine Tremblay
Dr. Lisiane Rivest
Dr. Kim Kachanoff

450 227-7888

Celebrating creativity with a Ste. Adèle Festival of Arts

There is something for the whole family in the upcoming September 10 Arts Festival, hosted by the Chapelle sur le Lac, in Ste. Adèle. Sponsored by the Laurentian Area Ministry of the United Church of Canada, free admission provides an afternoon of music, with two composers and songwriters: Lambert and Victor Courte, as well as the dance troupe, Les Muses en Danse.

Lambert will be performing on the chapel's baby grand piano, serenading visitors with his wonderful voice. Victor Courte will entertain music lovers with his original ballads, performed in his usual style. Under the direction of Hélène Sanschagrín, dancers will perform ancient dance elements from the nomadic people of the Middle East and Eastern Europe.

On display will be textile art, paintings and sculpture. Corn on the cob will be offered, along with a corn-husking competition. Meditative activities and a kids centre allow participants to join in the celebration of the spirit of creativity.



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

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

38 YEARS EXPERIENCE BUYING COLLECTABLES
 Coins, stamps, war medals, old paper money, sterling silver, cutlery & tea sets, watches, cufflinks, jewelry, Judaica, vases, figurines.
OLYMPIC ITEMS & ESTATE LIQUIDATIONS
 Call Ron: 514 996-6798.

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



FOR RENT
 Apartments for rent in Lachute:
 3/2 - 4/2 - 5/2
 One month free with a 12-month lease!
 Call: 450-612-0267 or 450-562-7833

Inauguration of the last treatment chair in the Hemato-oncology department

In March 2017, the Hemato-Oncology Department of the Argenteuil CMSSS of the CISSS des Laurentides received its last treatment chair for the Hemato-Oncology Department, thanks to the generosity of Terry Washer, his family and friends.

Mr. Washer's family initially came to Lake MacDonald in 1944, and settled in their cottage a few years later. After several summers, the family had made some wonderful friendships and decided to retire in this area. Terry Washer became a very active member in his community by organizing different activities. Upon his retirement, he purchased the Pub 327 in Lost River, in the Township of Harrington, and owned it for over 10 years.

After receiving his cancer diagnosis, he fought bravely, while running his Pub and organized several events, including one he held very dear to his heart: the fundraiser held at Pub 327, to benefit the Hemato-Oncology Department of the Lachute Hospital. Nearly 150 people attended the BBQ. There were no paid staff that evening; everyone volunteered, and all tips were donated to the cause.

Mr. Washer's desire was to raise enough funds to enable the purchase of the missing treatment chair in the Hemato-Oncology Department. With the support and great collaboration of Mrs. Chantal Molloy, and many other generous members of his family, friends and volunteers, his dream came true: a total of \$7,500 was raised during the event. Terry appreciated the wonderful care that he received and his friendship with the nursing staff. He left us at the end of 2015, after a long battle with cancer.

The Argenteuil Hospital Foundation would like to thank Mr. Washer, his family and friends for their generosity. A plaque commemorating Mr. Washer will be installed as a tribute to his valuable support.

About the CMSSS Hemato-Oncology Service in Argenteuil

The Argenteuil CMSSS of the CISSS des Laurentides welcomes users requiring services in Hemato-Oncology. The treatment room is an important sub-service of the out-patient clinic. In oncology, chemotherapy treatments are offered to people with cancer. The room is predisposed to allow patients to not only receive their treatments, but also receive soothing comfort provided by the dedicated staff. The entire team looks after these patients, as they are truly concerned about their well-being, and offer them the best care and services possible. The team is comprised of a number of professionals: an oncologist, nurses, family physicians, pharmacists, nutritionists, home-care staff and a palliative care nurse.

The new treatment chairs in Oncology are more suited to the comfort of patients, who spend an average of 4 to 8 hours seated in them during their treatments. In this way, the caregivers know that the patients are well cared for, and will be more comfortable throughout the treatment periods.

Exchange between the 4-H Clubs of Lachute and Kerrobert!

The 4-H Club is a non-profit organization that is concerned about the environment. Its main mission is to develop young people's interest in nature and the forest through various educational activities. Its motto: "Honor in deeds, Honesty in means, Skill in work and Humanity in leadership."



Each year, exchanges between these clubs take place across the country. After having expressed a desire to participate in the exchange program, the Lachute 4-H Club was paired with the Club from Kerrobert. While the Saskatchewan youth was in Lachute from July 24 to 31, the Lachute youth left for Saskatchewan on August 10.

For your kids, it's back to school. For you, it's playtime!



AWD Limited Model Shown

2017 RAV4 FWD LE

From

\$69 / week*
60-month lease

\$0 down payment



GET **5,000 AEROPLAN® MILES**
WHEN YOU PURCHASE A TOYOTA.†

UNTIL SEPTEMBER 8, 2017 ONLY AT YOUR QUEBEC TOYOTA DEALERS

*Total of 260 weekly payments of \$69.49 or 60 monthly payments of \$300.95, according to conditions. The 20,000 km per year restriction and \$0.10 per additional kilometre apply. Offers apply to new, in-stock 2017 RAV4 FWD LE (ZFREV B) base model. Asking price of \$29,729 before taxes, dealer fees of \$399 before taxes (applicable at some dealers), transportation and preparation charges, and air conditioner tax (if applicable) included. The total monthly payment is subject to a 1.49% annual lease rate and takes into account dealer fees, a lease assist of \$1,350, transport and preparation charges, a dealer contribution of \$263, and air conditioner tax (where applicable). The amount required at delivery is \$300.95 or \$69.49 before taxes (equivalent to the first monthly or weekly payment), plus duties on new tires as well as applicable taxes. The asking price of the 2017 RAV4 AWD Limited (DFREV A) model illustrated is \$40,489. Lease and purchase financing provided through Toyota Canada Inc. upon credit approval by Toyota Financial Services. Registration, insurance, taxes and duties on new tires are extra. Subject to applicable conditions, the offers apply to individuals who lease or buy a vehicle until September 8, 2017 at a participating Quebec dealer, where you can obtain all of the terms and conditions. The dealer may lease or sell for less. Offers may change without prior notice. †Get 5,000 Aeroplan Miles with the purchase or lease of a new Toyota. Visit toyota.ca for details of this offer. ©Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc.



TOYOTA



275, Av Bethany, LACHUTE

1 877-588-7955 - 450-562-5235

www.toyotalachute.com

OPEN Mon to Fri 9 am - 8 pm

 **Exit 260 West off
Autoroute 50**

SERVING OUR CUSTOMERS FOR OVER 40 YEARS



Get **\$10** discount
or
2 for 1
on a
60-minute
massage



Promo code:
GAZEBO

Valid until September 30, 2017

Come and enjoy our
beautiful terrace
and the lake!



HÔTEL LAC CARLING GOLF • SPA

Bistro Menu 11 am to 3 pm
Table d'hôte 5 pm – 9:30 pm

Get **25%** off
a meal
at Hotel du Lac Carling
on presentation of this coupon
(discount applicable on food only)

This coupon gives you access to the lake: 1-hour free boat rental (pedal boat, canoe, kayak).
A coupon for access to the lake will be given to you in the restaurant.

*Reservation required in the evening.
Valid until September 30, 2017



Hôtel & Villégiature du Lac Carling
T : 450-533-5468 | Sans-frais : 1-844-922-7546
www.hotellaccarling.com