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*Promotion valid in dining room only from February 10 to 14. Taxes not included. Valid only at Mikes Ste-Agathe. Toujours Mikes and Toujours Mikes logo are registered trademarks of Invescor Restaurant Group Inc., 2018. All rights reserved.

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What's On My Mind...

Coming up – exciting news!

Susan MacDonald, Editor

Anyone who lives in, or who has visited, our beautiful Laurentian region knows just how vibrant and active our communities are. No matter where your travels take you, any town or village will present you with a spectacular backdrop to a thriving neighbourhood, providing unique shopping and dining opportunities, blended with a multitude of community activities.



Sport enthusiasts can enjoy a myriad of seasonal activities year-round, and cultural fans have a vast selection of events, exhibits and musical entertainment to choose from. Fine-dining establishments offer selections to tantalize all palates, select boutiques provide exclusive choices for clothing, home décor and gift items, and home specialists offer products, ideas and advice on any home project you may have in mind. Real estate experts and professional services are at your disposal as well, as are most car dealers that you would find in any large city. In a nutshell, we have it all, in a beautiful setting, without the madness of life in the cities, and we bring it all to you, each month, through the pages of Main Street.

For the past seventeen years, Main Street has covered the entire Laurentian region, bringing you news and information, in English, about what's going on up here in our glorious mountains, and helping to keep us all connected. Being a monthly publication, this has been a challenge, and has prevented us from covering time-sensitive topics that happen between our editions. During our slow periods, when advertising is low, we are also obliged to limit our page count, cutting down on the space available for all our content. Well, I have exciting news for you!

Next month marks the **18th anniversary** of Main Street, and what a milestone it is!


To celebrate, we will be launching a new, online newsletter, which will surely excite our readers, advertisers, community groups and organizations. Each month, mid-way between our print editions, we will provide you with local news briefs and time-sensitive updates on current issues. In our business profile section, we will introduce you to our local advertisers and keep you up to date with their special promotions and community involvements. We will look forward to inviting you all to participate in our upcoming contests, with some great prizes and opportunities for readers and advertisers to win free subscriptions and publicity in our monthly print publications.

To receive the newsletter and join the fast-growing list of subscribers, all you need to do is visit our website, **themainstreet.org** and click on the 'sign up for our newsletter' tab. You will be added automatically to our mailing list and our first online newsletter will be sent directly to your email inbox. That's it!

Keeping our English communities united and up to date is important to us all, and we are excited to offer you this opportunity to stay abreast of what's happening in your communities and beyond. Let's do it together.

Enjoy the read...

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Observations

It's a mad, mad world

David MacFairlane - MainStreet

Anyone capable of looking beyond the "fake news" we are fed by the mainstream media, will surely get a sense that all is not well in the

world, and that turmoil is spreading rapidly. Political, financial, social, moral, cultural and traditional structures that previously held societies together are shredding rapidly, and dark clouds of an impending storm are gathering over our world like never before.

Unfortunately, this perception has become a reality already, but is still not severe enough to be felt universally. However, the fragmentation in many parts of the world is there to be seen, for example, in Venezuela, Guatemala, Mexico, Syria, Libya, Somalia, Yemen, Brazil, Italy, France, UK, most of Africa and, right next door, in the United States. According to Chris Martenson, PhD, economic researcher and futurist, collapse is a process, not an event. He says many people are expecting to recognise the danger signs in time, as if they will be completely obvious, like in a Hollywood blockbuster, but that's not how collapse works. It's already underway, all around us.

In the early stages, most people will cling tighter to the status quo, attempting to ignore the growing problems for as long as possible, remaining blind to evidence to the contrary, until it is too late to take steps to protect themselves and their families. If the "fake news" is trumpeting "everything is awesome," and is the only source of information, it can be a long time before a person discovers this to be untrue. In 1841, author Charles Mackay said that people go mad in herds, but recover their senses slowly, and only one by one. Such will be the case with this unfolding collapse and is a sad testament to human nature.

A perfect example of sudden collapse was the former Soviet Union. The systematic disintegration of the economy and social and political structures went unnoticed by outside observers and came as a total surprise to all, including the intelligence agencies of the US that were blindsided by this unforeseen catastrophe. The Soviet Union was dissolved in 1991 and independence granted to all the 15 republics in the federation. Russia emerged as a single republic and its recovery to its present financial, political and military strength was a long and perilous journey.

Venezuela's existential problems are all over the news circuits, and the question remains of whether the legitimately-elected President, Nicolas Maduro, will survive the sinister American coup attempt now underway to replace him with their stooge, Juan Guaido, who has been secretly groomed for this moment by the CIA for the past 10 years, and who has made several clandestine, extended visits to the US during that time.

Another major country now coming undone violently is France, where the "yellow vest" demonstrations against President Macron and the political and financial elites have been occurring every weekend since last October. This is a populist, grassroots political movement supported by over 60% of the population. Author, Eric Zemmour, stated that this "yellow vest" revolt is caused by the "despair of people who feel humiliated, forgotten, dispossessed of their own country by the decisions of a contemptuous upper class." In addition, France is reeling under the serious demographic impact of unchecked Muslim immigration during the past 20 years, resulting in an immigrant population that refuses to integrate, yet depends largely on the generous social services available, while engaged in a long war against the establishment and producing thousands of angry, young French Muslims who are being radicalised in vast numbers. There are over 600 "no-go" zones in French cities under the total control of imams and Muslim gangs, where the police cannot enter due to lack of resources and fear of violent reprisals. In a generation, France will have a Muslim population exceeding 20% of the total. The political and social ramifications are horrendous.

The end of the European Union is inevitable, although the globalists are scrambling to prevent this. However, now that the centre of the Union, Germany and France, has become ungovernable, (Merkel is a washed-up, lame duck, while Macron is a pretentious, vacuous popinjay, both unelectable next time) the peripheries are drifting away towards separation. Italy and Greece have already indicated their intentions, while Hungary and Poland insouciantly tread their own independent paths. A likely war between the Muslims and Christians in the Balkans will have repercussions in the suburbs of Paris, Berlin and Amsterdam, due to the large Muslim minorities there. The borders of multi-cultural and multi-religious Bosnia will need to be re-drawn again and, because of the EU's indifference to Balkan history, their solutions are only stoking the fires of violent rebellion. The new player in the region is China, busily offering generous trade deals and investments in infrastructure and communications, due to the forthcoming arrival of the new Silk Road project, with connections by sea, road and rail to the Far East markets.

Seeking a cause for all this turmoil, both politically and economically, one is confronted inevitably with the 800-pound gorilla in the room - the United States of

America. The US has become the biggest warmonger on the planet, but at the same time, also the biggest debtor and, therefore, the biggest danger to the safety and well-being of all the planet's inhabitants. In its relentless pursuit of universal hegemony, the US has reached the brink of insolvency. According to Robert Gore, financier, lawyer and author, this quest for empire has become America's noose, and hubris has become America's curse. He states that long ago, in the late 19th century, America minded its own business and avoided interference in the affairs of other countries. This policy led to America becoming the world's industrial, technological and commercial powerhouse, but it soon became a victim of its own success - a very human failing. For empires, while eventual failure is guaranteed, it is always preceded by that intoxicating feeling of being invincible.

The tone of American hubris today is unmistakably similar. The end of WW2 found America and its satrapies at the top of the global heap, but arrogance, petulance and total disregard for fiscal restraint has brought this once-great country to its knees, although it is in a total state of denial of its fading importance and approaching bankruptcy.

Today, Trump seems oblivious to the news that America has lost its pre-eminence. He talked about draining the swamp, but hesitated, and lost the initiative. Now, the Democrats will block every move he makes. His foreign policy has been strangely erratic and the neo-conservative fanatics who surround Trump seem to be leading him into very dark places. In addition, the

futile attempts to keep China and Russia contained and separated, have resulted in a very dangerous confrontation with these two powerful, nuclear-armed countries that have a mutual defence agreement.

The ideological hostilities between East and West must be resolved to avoid a nuclear Armageddon and requires the US to back down from its aggressive posture. The Doomsday Clock reads two minutes to midnight and carries the warning that the future of civilisation is in extraordinary danger.

Midnight would mark the certain end of humanity's brief sojourn on Earth.

"Yesterday's weirdness is tomorrow's reason why."
Hunter S. Thompson. 1937-2005 - Iconoclastic American author and founder of the New (Gonzo) Journalism movement.

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Simply Words on Paper

Anti-vaxxers, you endanger us all

Jim Warbanks - Main Street

There is no need to panic, but it is vital to understand what is at stake. Measles, a highly contagious disease, was eradicated in Canada in 1998. It was declared eliminated in the United States two years later. However, it does remain rampant in Europe, particularly in Italy, as well as in many other countries. Canada closely monitors any reported cases and issues a weekly report on this and other communicable diseases. For the week of January 6, there was only one active case of measles in Canada.

The successful effort to vaccinate Canadian children means that all new cases originate with international travelers who carry the virus. It can then spread in pockets where immunity is low, particularly among groups who oppose vaccination based on ignorance, erroneous information spread through social media, on certain religious teaching, or simply among parents who are lackadaisical about health care issues but also among those who seek to have their offspring live a 'natural' lifestyle and are skeptical of preventative care. They somehow justify exposing their cherished offspring to possible brain swelling, blindness, and even death.

Complications

The disease is not benign. If infected, high fever, a full body rash, stuffy nose and reddened eyes are symptomatic. It is highly contagious, spreading through the air via coughing and sneezing. According to the US Centre for Disease Control and Prevention, complications can cause the death of one or two children per thousand. A single dose of the MMR vaccine is 93% effective. Two doses (recommended) are 97% effective.

I have previously recounted how committed my parents were to have us receive the polio vaccine. The measles vaccine, now administered as a combined MMR (measles, mumps rubella) vaccine, was not available when I was in elementary school. Before the advent of helicopter parents, we had a certain degree of freedom to roam and visit friends. Robert, a good friend who lived a dozen blocks from our home, was away from school because of a measles attack. My teacher asked if I would bring him his homework assignments. I was pleased to do so. When I arrived at his house, his mother invited me in to play with the two brothers. I made my way home some time later and recounted my good deed to my mother.

Sullied reputation

She, a woman who held strong opinions and had a propensity toward unequivocal expression, was livid. She declared that it was criminal for Robert's mother to expose me to this disease and even questioned her sanity. Of course, I was infected and remained housebound for ten days or so. I recovered fully, but Robert's mother's reputation remained sullied at our house.

The State of Washington is currently experiencing an outbreak, (37+ confirmed cases) and has declared a public health emergency. The first case there has been traced to a single international traveler who was in contact with community groups known to have low vaccination rates. New York State is also experiencing a measles outbreak (209+ cases) centered within observant religious communities and related to international travel. More than 6000 unvaccinated children have been excluded from schools for over two months.

Contagion

Washington State Secretary of Health John Wiesman underscored how insidious this disease can be. "Measles can be infectious in a window of four days before and four days after rash appears for a total period of up to 21 days. Worse, the contagion can linger in a room for up to two hours after an infected person leaves, so someone unvaccinated can become infected."

An article, written thirty years ago by Roald Dahl, the author of Charlie and the Chocolate Factory and many other beloved children's books, recently re-surfaced. It remains a poignant rebuttal of the positions held by the resurgent anti-vaccination movement.

Author's lament

Olivia, his eldest daughter, caught measles at the age of seven. Well on the road to recovery, she exhibited motor control symptoms. "In an hour, she was unconscious. In twelve hours, she was dead." The measles had turned into encephalitis. There was nothing the doctors could do to help her (1962). "Today...they can insist that their child is immunized against measles...a good and safe vaccine is available." He continued "...parents who refuse to have their children immunized are putting those lives at risk." He then outlined the risks. "In a district of around 300,000 people, there will only be one child in 250 years who will develop serious side effects. I should think there would be more of a chance of your child choking to death on a chocolate bar." Dahl dedicated two of his books to his daughter Olivia.

Don't hesitate. Don't procrastinate. Vaccinate!



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I'm Just Saying

Long division

Ron Golfman - Main Street

Every New Year I exercise guarded optimism that we'll learn from our past mistakes and go forward with more integrity, inclusion and dignity. Barely three weeks into 2019, the signs are there to suggest we are doomed to repeat the same

poisonous acts once again. As a society, had Pavlov been conditioning humans to behave better, his bag of reward treats would remain untouched.

George Orwell would be having an "I-told-you-so" moment if he were watching the heralded progressiveness of legalization of pot in Canada go up in smoke. The Feds have used this moment in time to claim that drug and alcohol intoxication behind the wheel is such a serious issue, that the police are permitted to knock on your door, whether you've driven or not, and demand you take a breathalyzer test. Imagine a bitter ex-partner, or grumpy neighbor, calling the cops and fabricating a story about your erratic driving, even if you were home all day just having a few pops or puffs, and it being incumbent upon you to prove otherwise. Oh brother, Big Brother!

I used to ridicule the Green Onions, the Montreal parking police, for double-parking their little red cars everywhere in order to issue tickets. In a city paralyzed by roadwork, and a dire shortage of parking spaces, the exercise seemed to be overkill. Now, the OLF, or Office de la Langue Française, has reared its ugly and repressive head to take top honours from the Onions. The OLF, supported by the CAQ political party, has demanded that all English signs outside the hospital in Lachute be taken down as a breach of Bill 101. It was sad enough that the road safety of all is compromised by uni-lingual signage, but this disrespectful action, in a place where bilingual essential services are supposed to be available within the law, takes the gâteau. When someone goes to the hospital, it is easy to assume that an emergency is likely occurring, yet even the word itself is seen as non-essential. Both French and English citizens see this action as overkill, in a society that prides itself for its inclusiveness. I salute people like Scott Pearce, the mayor for the Township of Gore, for openly condemning this attempt to divide the otherwise relatively harmonious Lower Laurentians community.

If there is one good thing about Trump being President, it is the strength and mobilization of the Women's movement. His words and actions have fueled its growth and determination. Recently there has been discord and divisiveness due to anti-Semitic factions within the camp. How disheartening to note that some within the movement have corrupted its noble intentions by allowing the focus on what makes us different, rather than on what makes us alike, to permeate and discolor its canvas. Racism is a destructive cancer.

In all three scenarios listed, and I'm Just Saying, we not only don't know when to leave well enough alone, but we also seem to equate power with control, as opposed to power and social evolution. Let's do better in 2019.



David Graham
MP • Laurentides—Labelle

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About Sainte-Adèle

Chris Lance - Main Street

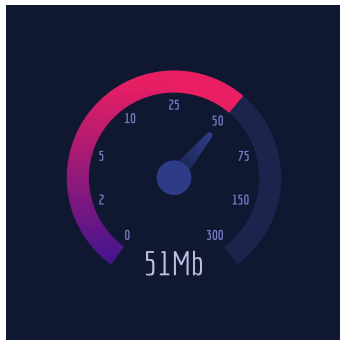
The Parc du Mont Loup-Garou project has come under some opposition from concerned citizens. The project involves an outright purchase of 200 hectares of land, situated between Chemin du Paysan and Chemin du Mont Loup-Garou. The cost is around \$3 million, an amount that must be borrowed. The project is backed by Mayor Briere, but the opposition thinks we should be reducing our overall debt, and that we, as citizens, should have access to different terrains for free.



The electronic portion of Theoret Inc. has moved near the Desjardins Marine outlet. The new address is 1987 boulevard Sainte-Adèle. This is a temporary move after the fire in the old Theoret hardware outlet. The phone number is 450.229.4722.



Chez Milot, one of my favorite haunts, has a table d'hote du midi, starting at \$15, from Monday to Friday, and for dinner for \$23, from Sunday through Thursday, from 5pm to 7pm. You can also have a table d'hote, between 5pm and 6pm, on Fridays and Saturdays. Service is superb, and the fireplace keeps you nice and warm. Great just before going to the movies. Call 450.229.2838 or go online at www.chezmilot.com to see the offerings.



Route 370, the highway between Sainte-Adèle (lights in center of town) and Sainte-Marguerite-du-Lac-Masson, has become a matter of concern to Mayor Briere. Recent car and truck crashes, including the death of resident of Ste-Marguerite, James Accurso, in October. Speed limits have varied from 30km to 90km on the highway. Discussions with Ste-Marguerite mayor, our mayor and the Ministry of Transport Quebec are ongoing, to get speed reductions introduced, with the objective of saving lives and traffic accidents.



January has turned out to be a very harsh month weather-wise, with snow, sleet, freezing rain and extreme cold. It gets to you after awhile – frequent snow removal, incessant cleaning of the steps, salting and sanding, electricity outages, Tempo snow removal, scraping the ice from car windows, not to mention brushing the snow off the car. The snow arrived early, and tough winter conditions are ongoing. Snow removal shovels and car scrapers are seeing double duty. It is cold out there – stay bundled up and checkout the Cuba specials.

Happy Valentine's Day and I hope you get a nice, blue ski jacket to keep you warm, or even better yet, a box of chocolates. See you nearer Spring 2019.



Village of Weir Newswire

Claudette Smith-Pilon

VALENTINE'S DAY IS CLOSE TO OUR HEART

COMMUNITY LUNCHEON:

The 1st Senior's Luncheon for 2019 was held on Friday, January 25, 2019. A delicious meal was

prepared by Mike and Denise, and served by a most pleasant group of people. The next luncheon will be held on March 29. Please take note there will not be a luncheon in February. Cost \$8; reservations required, please call 819-681-3383 ext. 5811.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Here are the results of our Raffle drawn at the Christmas luncheon.

First Prize: Quilt- Ms. Chris Harrison

Second Prize: Wall Hanging - R. Vauthier

Third Prize: Gift Certificate - Ms. Julie Takeda

We finished year 2018 with 154 quilts distributed.

We distribute to women, men, teenagers and children.

Our next workdays will be held on Friday, February 8 and Monday, February 18 at 9 am.

Dear Hearts! Do not forget your sweetheart on Valentine day. Love makes the world go round. Remember love goes a long way. To be loved, be loveable. The task ahead of you is never as great as the power behind you.

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



Let's Talk About It

Erin McCarthy - Main Street

Hi there! I would like to do a little follow-up on my article from last month, which focused on resolutions for a more, eco-friendly 2019. One of the points that I raised was the initiative to eat organically as much as possible, which also included eating locally. Actually, I try to eat local first, and then organic, if and when it is available. In the Laurentians, and the province of Quebec as a whole, we are lucky to have such a strong agricultural industry, and many local products available to us. However, with long winters and short summers, eating local can be a challenge during the offseason, especially when it comes to fresh produce.

I did a little research to find some tips on how to continue to eat local over the winter, and I came to the Aliments Québec website ... <https://www.alimentsduquebec.com/en/> . Most of the website is bilingual and, although there are a few sections where the English version is marked as "coming soon", I found the site to be well constructed and very informative. Aliments du Québec has 1,200 member companies in its registry, with over 22,000 certified local products. Within their database, there are 109 businesses registered within the Laurentians! You can find a list of them here -> <https://www.alimentsduquebec.com/en/certified-products/region/laurentides> , along with individual links to each business, as well as a list of the products offered. The website also includes a myriad of recipes for dishes made with local products, a blog that features seasonal highlights across the province, and even a site map so you can seek out and dine at eateries serving local produce. They even have a section that offers tips on how to eat local throughout the winter months - here are a few examples:

- 1- Quebec greenhouse vegetables are a practice that allows consumers to buy items such as tomatoes, lettuce, herbs, sprouts, and cucumbers year-round.
- 2- The Quebec agro-food industry is not limited to just fruits and vegetables – many Quebec agro-food companies are processors that use a majority of local ingredients in their products. When you are shopping, to support local products, search out items such as jams, salad dressings, preserves, juices, and desserts that carry the "Aliments Québec" logo on the packaging.
- 3- Quebec meats, cheeses, and eggs are readily available year-round!
- 4- Certain fruits and vegetables can be kept for longer periods of time than others. For instance, squash and potatoes can be stored for up to 6 months, if placed in a cool, dry and well-ventilated place.
- 5- Quebec apples, squash and onions are available in most grocery stores 12 months a year!

Lastly, to prepare better for next winter, consider a subscription to a weekly fruit and vegetable basket from one of the local farms in your area, and perhaps explore the practices of fermentation or canning to preserve and enjoy over the winter months.

Happy exploring



Arundel News

Janet Thomas

ARUNDEL ELEMENTARY SCHOOL: KINDERGARTEN REGISTRATION

Registration for the Kindergarten program for the 2019 - 2020 school year is open from February 4 to February 27. The Arundel Elementary School offers bilingual education for students in K to grade 6, with vibrant extracurricular programs in sports, arts, and cooking. To register your child or to arrange a visit, contact Jill Earle at 819-687- 9159 ext. 5115 or email jearle@swlauriersb.qc.ca

TIME TO RENEW YOUR LOISIRS MEMBERSHIP

Loisirs Arundel certainly keeps our community lively! This non-profit organization is run by a handful of volunteers who work diligently to bring us a host of community activities: Winter Carnival, Canada Day celebrations, the Craft Fair, the Arundel Art Show, the Concert Series, and Christmas Crafts for the whole family. They also groom the ski and snowshoe trails for our enjoyment. For the most part, these benefits to our community are made possible through our membership fees. Please support by renewing yours.

Individual membership with trail access is \$40, without trail access \$20. Family membership with trail access is \$60, without trail access \$30. Children under 18 and full time students are free. Membership also provides discounts at partner businesses. Forms available at Arundel Provisions.

For information and to volunteer, contact President Patti Flanagan at 819-425-0898, pattiflanagan@gmail.com or visit www.loisirsarundel.com

WINTER CARNIVAL

Saturday, Feb. 23: 1 pm

Flanagan's Hill

Join the fun for a day of sliding and tubing, followed by hot food and beverages, all free. Helmets for sliding and skating activities are mandatory.





Mont Tremblant commits to protect water resources

In order to protect the water resources of its territory, the City turned to one of Quebec's 40 watershed bodies (OBVs) recognized by the provincial government, namely the Rouge, Petite Nation and Salmon rivers, and by the same token, withdraws its funding from AGIR for la Diable.

This decision was made by Board members for several reasons. On the one hand, AGIR for la Diable, and the Rouge, Petite Nation and Salmon River Watershed Organization (OBVRPNS) covered the same territory. On the other hand, the OBV-RPNS is recognized as an official watershed organization by the Government of Quebec. The latter pays a substantial annual subsidy, which acts as an important financial leverage for the realization of various OBV projects. AGIR for la Diable was not a state-recognized organization and did not benefit from this grant.

Finally, other revenues of AGIR for la Diable have been gradually decreasing over the last ten years. Now, virtually the only funder, the City has decided to withdraw funding from this organization to focus its efforts to protect water resources through its internal resources in partnership with the OBV-RPNS.

The City intends to continue the recurring actions put in place by AGIR for la Diable and to continue relentlessly its efforts to ensure the health of our lakes and rivers. The creation of AGIR for la Diable is the result of the Environmental Master Plan adopted by the City of Mont-Tremblant in 2003, as well as the work of a provisional committee that, from September 2004 to April 2005, had more than thirty or so major municipal, economic and community stakeholders in the Mont-Tremblant region. The consensus reached in this committee formally established this organization on June 22, 2005.



TACL releases new video

Transport adapté des Laurentides has produced a short video, in order to make even more accessible the information on its door-to-door transportation service, which is intended for people who have a disability and who are living within the municipalities of the MRCs des Laurentides, Pays d'en Haut, and the municipalities of Rivière-Rouge, L'Ascension, La Macaza and Nominique. This video is part of a series of actions to reach customers, families and professionals effectively. The capsule is available online, on the website of the organization www.youtube.com/watch?v=zWM1VhqNWpo&feature=youtu.be.

For more information, visit www.transportlaurentides.ca and our Facebook page.



Mont-Tremblant – new appointment

Ms. Julie Godard was appointed Executive Director of the City of Mont-Tremblant on Monday, January 21, 2019 during the meeting of the Urban Agglomeration Council. Ms. Godard has a degree in Law and Business Administration (MBA). She has over ten years of experience in human resources management, businesses and public organizations. From 2012 to 2016, she was the Executive Director of the Municipality of Rivière-Rouge, followed by her hiring in 2016 at the City of Mont-Tremblant as Assistant Director General. She has been a member of the Quebec Bar since 1991 and is a certified mediator.



MP Agnès Grondin highlights two announcements for agricultural clientele

Agnes Grondin, member for Argenteuil, underlines the announcement made by the Minister of Agriculture, Fisheries and Food, Mr. André Lamontagne, on Thursday, January 17; the creation of the leveraged loan guarantee, a new financing product offered by La Financière agricole du Québec, and the renewal of the Farm Investment Fund (FIRA).

Thanks to the leveraged loan guarantee, a promoter will now be able to obtain a loan of up to \$100,000, without any movable or real estate security. If he does not have the financial guarantees normally required, his loan application can be analyzed from other angles. The decision whether to grant or not will be based on five categories of criteria: the grower's journey, his business plan, his business network, as well as the profitability and potential of his project. A new entrepreneur who presents a promising and viable project to La Financière agricole du Québec is therefore more likely than ever to obtain the funding he requires.



Congratulations to:

Marie-Isabelle Poupart, new Director General of the **Argenteuil Hospital Foundation**. This non-profit foundation raises funds to pay for much needed medical equipment and services for the Argenteuil community. Equipment purchased includes: a CT scanner, 2 ultrasound scanners and a radiofluoroscope for the imagery department; chairs, tablets and pressure devices for the oncology department and electric beds for their CHSLD. Many services such as breast surgery and orthopedic surgery have been enhanced to facilitate ease of community services, which alleviates driving to other hospitals. Donations helped to provide zootherapy for their CHSLD residents and better equipment / programs for youth mental health and child psychiatry, to name a few. If you would like to make a donation or volunteer, please contact Elise DeSève, Donations and Activities Coordinator: 450 562-3761 ext. 72100 / fha@ssss.gouv.qc.ca or go to www.fhargenteuil.com.



Brothers **Marc Desjardins** and **Richard Desjardins** who celebrate the 54th anniversary of **Desjardins Marine**. Their father, Rolland Desjardins, and brothers George and Ronald Desjardins, initiated this successful business that sold, and still sells recreational vehicles, boats, snowmobiles and all-terrain vehicles. Rental of snowmobiles began in the 1980's. They sell and rent snowmobiles, as well as repair them. Desjardins Marine is the official dealer of Yamaha products. Take note that there is a much larger selection of boats to choose from during winter months. Stop by and check it out. 1 888-818-7683 / www.desjardinsmarine.com

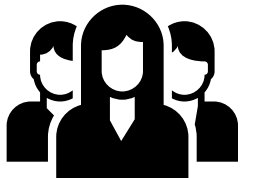


Did you know:

That you can take some amazing photography classes from professional photographer **Despina Ioanidis** to ward off those winter blues? Add an interesting dimension to your life. Despina can teach you all about your camera settings, how to develop your style, the art of taking photos and how to express creative awareness. Whether you wish to take private or group photo classes, Despina would be pleased to help you. She can also accompany you on nature photo shoots or be available for your special event. If you are looking to have a professional take photos of your furry friend, do a family portrait or sports shot, give her a call. 514 779-8074 / despinaphotos@gmail.com / www.despinaphotography.com.



That January 2019 marked the 4th year anniversary of the **Laurentian Business Women's Networking Group**? These diverse business women from across the Laurentians meet the third Thursday evening of each month at La Grange Restaurant, Morin Heights from 7 pm to 8:30 pm. They support each other, network and learn together. There is an interesting English presentation provided at each meeting. For more info, call Lori Leonard at 450 224-7472 / lori.leonard@sympatico.ca.



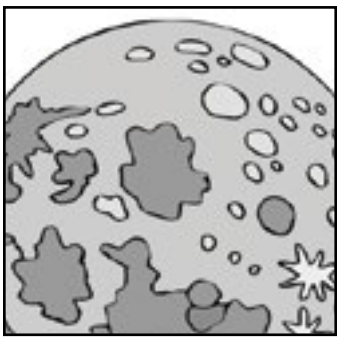
Morin Heights Legion Honors and Awards Night

The Royal Canadian Legion, Branch 171 in Morin Heights, held their Honors and Awards Dinner at the Legion Hall on Saturday, January 26, 2019. Legion members warmly welcomed visitors to the event and newly-elected President, Mr. David Pittman, gave an opening speech to outline the evening's agenda.

After a delicious meal, the awards ceremony got underway, commencing with Past-President, Mr. Eddy Black, presenting certificates of appreciation to two individuals whom Legion members wished to recognize for their contributions to the community. The recipients were, Susan MacDonald, for her work in supporting and informing the Laurentian English population, as editor and publisher of the Main Street newspaper, and Monique Belisle, for her involvement spearheading the annual Guignolee, as well as numerous other community endeavors. Several members of Branch 171 also received recognition for their years of involvement with the Legion.



Photos: Recipients Susan MacDonald and Monique Belisle being presented certificates of appreciation by Past-President, Mr. Eddy Black



Zach Factor The Miracle Doctor

Lys Chisholm & Marcus Nerenberg - Main Street

In 1949, Bruno Gröning was a dinner guest of an engineer named Helmut Hulsmann, in Herford, Germany. Hulsmann's ten-year-old son Dieter suffered from a debilitating form of MS and was

unable to walk. During the dinner, the boy's condition improved dramatically, so much so that the parents viewed Gröning's presence as a miracle. Bruno Gröning became an overnight sensation. Hulsmann began to bring other ill and suffering people to Gröning. As news spread across Germany, hundreds, then thousands, flocked to hear Gröning speak, and to be a part of the growing numbers of those healed.

Bruno Gröning was born on May 30, 1906 in Gdansk, Poland. His parents became aware early of his unique persona; wild animals would sit peacefully with him in the woods. Gröning took refuge in nature; as a child, he was regularly bullied and beaten. Said Gröning: "Here (in Nature) I experienced God, in every bush, in every tree, in every animal, yes even in the stones. I could stand and take it all in for hours – time seemed to have no meaning – and it seemed to me as if my inner being expanded into infinity." Early on, Gröning was aware of his healing gifts.

He was conscripted into the war where he refused to shoot. When he was almost court-martialled, a last-minute reprieve had him sent to the front, where he tended to casualties. Later, as a Russian POW, he worked as a healer and tried to obtain better living conditions for fellow POW's. He eventually trained as a carpenter, but also took on many other trades, all of which he excelled at. Ultimately, the call to use his energy to heal others took precedence in his life.

Manfred Lütgenhorst, from a daily newspaper, the Münchner Merkur, wrote on June 24, 1949, "When I arrived in Herford at about 10:30 am., there were almost one thousand people standing in front of the two-story house in Wilhelmplatz. It was an indescribable picture of suffering. Countless numbers of people in wheelchairs, others brought there by their relatives, blind, deaf and dumb, mothers with mentally and physically disabled children, old women and young men, were crowded together and groaning. Almost one hundred cars, trucks and buses were parked around the square, and all had come from far away." Mass healings would occur, even at a distance from Gröning's presence.

Gröning's success was attributed to his simple steps to regain full health. He taught others that no illness is incurable. The person first had to firmly believe that God was the source of all healing, all the time. He stated that spiritual forces around humans have a far greater impact than we realize, but that we must make ourselves receptive to these energies. Gröning described these forces as "Heilstrom" or the Healing Stream.

Professor Dr. H. G. Fischer, a psychologist from Marburg, held interviews with healed people and had to confirm, much to his own astonishment, that Gröning's "method" was truly a success. As a result, Fischer decided to help attain a scientific explanation for the "Gröning Phenomenon." The "healing method" of the "Miracle Doctor" was to be researched at the University Clinic of Heidelberg.

Gröning's fame came in a tense, post-Nazi time, with growing concern about the large crowds from foreign-controlled governing bodies. He faced trumped-up charges of practicing medicine without a licence -twice- and despite masses of people who benefited, in an appeal case in 1958, he was eventually prohibited from practicing any form of healing work.

In 1959, Gröning claimed he was burning inside because he was unable to share his gift. He retreated to Paris where he was diagnosed with terminal cancer. Despite the dire diagnosis, he continued to speak for months after and share his healing techniques. When he finally passed away, an autopsy revealed that his internal organs had literally burned up. Doctors could not understand how Gröning could have continued to live with his organs so badly damaged.

Today, modern medicine is revisiting the "Healing Stream" that Gröning taught. Our growing population with mental health disorders tells us, as a society, that we are missing something important in our approach to human wellness. Body, mind and spirit operate as a single unit, through which divine energy flows if only we open ourselves to the love that overcomes all doubt and lack of faith. Gröning embodied the truth that he taught and, unlike the medical industry that fancied the vast profits that accrue from selling fear, he was willing to share his gift for free.



Bruno Gröning in Rosenheim, Germany in September 1949. 30,000 people a day streamed to the "Traberhof" in Rosenheim to hear Gröning speak to the masses and radiate his healing energy. Photo credit: www.bruno-groening.org



The Story Behind Brownsburg

Joseph Graham - Main Street
joseph@ballyhoo.ca

When George Brown and his family arrived in St.



Andrews from England in the early 1800s, they had just enough money to buy a loaf of bread. Cyrus Thomas, in his History of Argenteuil, describes him as a man of enterprise and great influence, and it wasn't long before he was working at a mill in Lachute. In 1818, he obtained a land grant on the West River and over the next years he built both a sawmill and a gristmill. At the time all roads led up the concession lines. Even though there was a settlement also growing around neighbouring Dalesville, the accesses were parallel east-west roads that headed back towards the North River. Dalesville needed its own sawmill because it would not be until 1838 that the two mill towns would be directly linked by road.

It took a while in the growth of a homestead community for a miller to specialize, and George Brown was a farmer as well as a miller. In those early days, and on the family farms that the homesteads grew into, the idea was to be as self-sufficient as possible, and that meant diversifying, or keeping more than one iron in the fire. A miller who was also a farmer was more resilient. Archibald MacArthur, one of Brown's neighbours who had a homestead in the Brownsburg area as early as the 1820s, endured a major loss one winter night when wolves devoured his sheep. If he had been solely a sheep farmer, he would have been in serious trouble, but he was also a lumberjack and a woodlot owner.

Wolves were an ongoing aggravation, but there seems to have been little else to stop the homesteaders from settling. The ownership of the grants was not officially contested by the Algonquin or Mohawk, whose historic territory they were occupying.

The back story of the Algonquin, who were French allies, shows they were not protected under the French regime, and faced devastation with the advance of the Haudenosaunee Confederacy, including the Mohawk, armed by both the Dutch and the English, that invaded the Ottawa Valley in the mid-1600s. The Haudenosaunee Confederacy controlled the St. Lawrence River and had a long history there. In fairness to the French, they could barely protect themselves at that time, but when they finally understood the need to arm their own allies, it was too late for the Algonquin. The Haudenosaunee, however, only lightly occupied the territory, and Algonquin slowly filtered back. After the Grande Paix in 1701, the Algonquin continued to be neglected by their French, and later their British 'allies.'

While Brown was homesteading in what would become Brownsburg, the British acquired traditional Algonquin territory on the other side of the river. They signed an agreement with the Mississauga nation, not with the Algonquin, who were not even consulted. They never surrendered their historic territory on either side of the river, so Brown and others moved onto what we now refer to as unceded territory without concessions or acknowledgement. The land on the Quebec side of the Ottawa was simply assumed to have been surrendered by the French in 1763. The Algonquin and Mohawk were still present, moving over their large territory as they always had.

They had a much different concept of ownership of land and an unending faith in the goodwill of community. While looking for information about George Brown, I learned a story about another George Brown in the Chaudière Falls area. This man had married into an Algonquin family. When Philomen Wright began cutting down the forest there in the spring of 1800, the Algonquin, who were making maple products at the time, dropped by to introduce themselves to their new neighbour. They gave Wright maple sugar and tried to understand why he was cutting down the maple trees. Such action, aside from destroying the source of the sugar, would also ruin the habitat of the deer that they depended upon. They asked George Brown to come and interpret for them, and they received assurances that Mr. Wright's actions were condoned by Sir John Johnson, the Indian Agent, as well as the 'Great Father' King George III. Who were they to question such an authority? In their traditions, a leader would never act in a way that would prove detrimental to his people, and weren't they his people? It is possible that the remaining indigenous people in the Chatham area reacted similarly to the arrival of the homesteaders.

Even though there was a lot of lumbering before Brown's time, the mills flourished during the Napoleonic Wars. This was because of the British Navy's huge appetite for squared timber. Up until the defeat of Napoleon, the British navy, the largest navy under sail in the history of the world, was very dependant on its Canadian colonies for the white pine that the Algonquin had protected for centuries. It was a criminal offence to cut them, even on your own land, once the Royal Navy surveyors had marked them with the mark of the arrow.

At the end of the war, the demand for squared lumber dropped off, but Americans rapidly moved into the market for lumber from the Ottawa. They were not looking for the same squared logs but for boards, building material, stimulating the construction of mills. This factor, coupled with increased immigration from Europe as refugees began to flood in, initiated a period of growth.

George Brown's mills were not the only ones built in Brownsburg. In fact, the area became known for its mills. Even so, like so many mill towns, it did eventually acquire its name from him. At first it was also known as Brownsbury, and only became more regularly called Brownsburg when Brown's son-in-law and heir to the mills, Alexander McGibbon, became the postmaster in 1855.



Garden Talk

Pet safe houseplants

June Angus - Main Street



Houseplants may be good for the soul and a wonderful way to spruce up our indoor environments, but some can create tummy upsets, or be toxic, if ingested by pets. Fortunately, there are plenty of plants to choose from that are safe to have around cats and dogs.

Many of my favourite, indoor flowering plants are non-toxic to pets. A Christmas cactus will generally bloom at least a couple of times a year, including around the holiday season. It likes medium light, not too much water and is easy to propagate, so makes a better alternative gift than traditional poinsettias, which are irritating to a pet's digestive tract.

Other benign flowering plants include African violets. Easy to care for, they require moderate light and watering. Their fuzzy leaves generally don't appeal to most pets. Bromeliads are safe too and the spiky leaf edges can act as a deterrent to curious cats. A hardy orchid, such as Phalaenopsis, is another non-toxic alternative and does well with high temperatures, high humidity and indirect bright light.

Safe options among leafy, green tropical plants include parlor palms, spider plants and Swedish ivy (which isn't actually part of the ivy family). All prefer low to medium indirect light and a weekly watering.

Most true ferns are harmless, but beware of other plants, such as "asparagus fern", which are not actually ferns but are part of the toxic lily family. The following fern varieties are pet safe and do a good job of helping purify indoor air. The Boston fern has lush, full foliage that is easy to care for and looks at home in country or modern spaces. A staghorn fern is also harmless. The attractive fronds display well in wall-mounted pots that are difficult for pets to reach. While maidenhair fern is harmless too, its delicate foliage is tempting to nibble on and the plant will suffer if regularly chewed. In a pet-friendly home, it's best to display this one in a hanging basket.

Pots of scented herbs, such as lavender, oregano, rosemary, basil, sage and thyme tend to repel animals and, if ingested, cause no harm. Also, if eaten once, it's likely that the pet wouldn't like the taste and will avoid chowing down on the same kind of plant again.

For persistent cats try offering "catgrass" (not to be confused with catnip, which is part of the mint family). Catgrass is sold in small trays, or as seed mixes such as sweet oats, that are untreated with pesticides and fungicides keeping them safe for your kitty. Catgrass is easy to grow and may discourage your cat from picking on your other plants.



The English Link

Community resources for caregivers for the elderly

By: 4 Korner's Family Resource Center

You help your mother to run errands every week as she is gradually becoming uncomfortable driving herself around. You frequently pick up the mail for your neighbours as it is difficult for them to get to the mailbox in bad weather. You have a friend who broke his hip and so sometimes you drop by to help him with tidying or small tasks that have become difficult for him to manage. Someone asks if you are a caregiver, but you say 'no'; you are just helping your family and friends!

Often, we find ourselves in a caregiving role unexpectedly. Sometimes our loved one's health and mobility begins to decline gradually, and we assist by slowly taking on the tasks that they no longer can manage. It may feel like we are just helping out, driving our loved one to the doctor or picking up groceries. Often these small tasks begin to add up and before we realize it, it is taking up a significant amount of our time. Or we become caregivers quite rapidly, with an illness or injury causing us to take over duties like housekeeping almost overnight. Either way, we may not recognize ourselves as caregivers because this is not a role we planned on taking.

We are often quick to notice and show appreciation towards others that are helping, so why not do the same for ourselves? Caregiving can take a significant amount of our time and can greatly assist those we are helping. For our own good and the good of the person we are caring for, we must recognize ourselves as caregivers. It is important to give ourselves credit for the help we are providing to others. We also need to recognize when we have taken on too much and learn what our limits are. This is important to help prevent becoming overwhelmed with caregiving tasks.

Imagine a pitcher full of water. We can fill other cups from this pitcher, but at a certain point we will run out of water to offer if we do not replenish the pitcher. We need to refill our own energy and take care of personal needs in order to continue helping others, or we will quickly run out of steam! It can be hard to make time for yourself or to do this when your plate is already full.

There are resources in your community that can support you and the person you care for. Each MRC has a committee dedicated to support services for caregivers to the elderly. If you need respite, there are organizations that can help you. L'Appui Laurentides has a toll-free helpline and a plethora of resources: https://www.lappui.org/Organisations/content/download/11724/file/APPUI-depliant-national_an-1.pdf



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Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

Music: Premier Scene, 1829, chemin du Village (Facing Lac Mercier). 819-425-8614 ext. 2500 / villemont-tremblant.qc.ca.

Sat, Feb 16: 8 pm - A tribute to the Quebec pianist André Gagnon and Quebec composers of his time. Pianist Stéphane Aubin and his musicians, and singer-actress, Kathleen Fortin, will play music arranged by Stéphanie Aubin. \$38.

Sat, Mar 2: 8 pm - The songs of Joni Mitchell: Marianne Trudel (pianist, composer and arranger) and Karen Young (singer / songwriter). Not to be missed! \$34.

Sat, Mar 16: 8 pm - The Lost Fingers Quartet present their fifth album entitled "Wonders of the World." Their swingmanouche style of music is enhanced by singer Valerie Amyot, who sang on La Voix. \$34.



The Lost Fingers Quartet

ST FAUSTIN

Maison des Arts et de la Culture 1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm / <http://maisondesartsaint-fautin.ca>
Jan 19 to Mar 9: a collective exhibition of painters, sculptors, photographers and digital art creators.

STE-AGATHE

Théâtre Le Patriote 258, Rue Saint-Venant / 819 326-3655 / <http://theatrepatriote.com>
Salle Percival-Broomfield
The new concert season will start April 5, 2019

ST ADOLPHE D'HOWARD

Atelier Culturel 1920 Chemin du Village. 819 323-1878 / Open: Wed - Sun: 11 am - 5 pm
L'Ange Vagabond, 1818 Chemin du Village / 819 714-0213 / www.facebook.com/angevagabond

VAL DAVID

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

Open 11 am - 5 pm daily.

Until May 5: Continued exhibition by two artists: Hélène Brunet Neumann "Témoins(s)" and Carole Pilon "Altérations fécondes."

VAL MORIN

Théâtre du Marais, 1201 10^e Ave, 819-322-1414 / www.theatredumarais.com
Sat, Feb 16: 8 pm - Andrea Lindsay sings songs from her recent album "Entre le Jazz et la Java Jazz;" songs in French and English. Accompanied by three musicians, Andrea Lindsay went on tour in 2017.



Andrea Lindsay

Sat, Mar 2: 8 pm - Two shows featuring innovative jazz musicians. Trio MISC: Jérôme Beaulieu (piano), William Côte (contrabass). Trio Jérôme Beaulieu changed its name to MISC; the trio plays jazz with improvisations and adds a taste of pop and rock. Duo Jalbert Beaulieu has launched its first album entitled "This is a Real Place." François Jalbert (guitarist) with Jérôme Beaulieu (piano) make a fusion of jazz and folk music.



Trio MISC

Sat, Mar 9: 8 pm - Singer Bruno Pelletier gives an intimate concert singing favourites from Piaf to Metallica plus other pieces from his own repertoire. Julie Lamontagne, talented pianist, accompanies him. \$38.

Sat, Mar 16: 8 pm - Mike Goudreau & The Boppin' Blues Band perform music from Mike Goudreau's 18th album, Sweet Blues. This guitarist and his blues band play rock, soul, gospel and jazz. \$32.



Mike Goudreau & The Boppin' Blues Band

SAINTE ADÈLE

Place de citoyens, 999 boul. de Ste Adèle, 450-229-2921, ext. 300 / www.ville.sainte-adele.qc.ca

EXHIBITIONS

Feb 7 - Feb 24: an exhibition entitled Bavardage by Danielle Lauzon. This is a collection from a personal diary and recent paintings on paper and canvas.

Mar 7 to 24: Artist Karina Marquis presents a collection entitled "Blanc" using movement, and texture to add accents to the painting.



Karina Marquis

SAINT-SAUVEUR

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

Live music Mon, Wed, Thurs (Ladies' Nigh - half price), Fri & Sat - reservations required. For full program check the website www.lesaintsau.com.

PIEDMONT

Salle Polyvalente, 146, Chemin de la Gare
Sat & Sun, Mar 16 & 17: 2 pm - Christophe Perret is a flutist and a pianist performing classical music as well as his own compositions. Christophe Perret invented and built an Amerindian

flute, which he will also play at both concerts. These events were arranged by Francine Aylestock, the Artistic Director of Le Studio des Artistes, a non-profit organization providing cultural events to assist Laurentian artists of all disciplines. Free admission. 514-797-6469 / lestudiodesartistes@gmail.com.



Christophe Perret & Francine Aylestock, the Artistic Director of Le Studio des Artistes

MORIN HEIGHTS

Morin Heights Library 823, Village Rd. info@artsmorin-heights.com

ARTS Morin Heights - Until Mar 16, 2019 - a theme entitled "Winter" will be on display

Morin Heights Legion: 227 Watchorn, Morin Heights / 450 226-2213

For upcoming live music nights see legion events on page 16 or visit the website <https://www.facebook.com/pg/legion171/events>.

WENTWORTH NORTH

Galerie d'art du Pavillon Montfort, 160 Rte. Principale, Wentworth Nord / infoart@galeriedartmontfort.com
Sat, Jan 19 - Mar 17: Exhibition by Marina Dunn Dugas.



Marina Dunn Dugas

PRÉVOST

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

Sun, Feb 10: 2:30 pm - Deux Violoncelles. The duo, Caroline Goulet and Daniel Finzi are both cellists. In this concert, they will play the works of composers who wrote music for the cello, or rearranged for it.



Caroline Goulet and Daniel Finzi

Sun, Feb 24: 2:30 pm - Kongero. Swedish Folk'appella, one of Sweden's leading vocal groups consists of four skilled singers with beautiful voices: Anna Larsson, Lotta Andersson, Emma Björling and Anna Wikénus. They sing Scandinavian music combining the traditional and the innovative with beautiful harmonies. \$30.



Kongero

ST. JÉRÔME

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

Feb 13 - May 1: Carl Trahan's project, Des Gleitend III. Part I was exhibited at the MAC LAU in 2017 and Part II was exhibited at the Nicolas Robert Gallery in September 2018.

Feb 13 - May 1: Milutin Gubash - the artist deals with perception of identity, cultural, political and social, using black and white photography of communist monuments and sculptured lamps created in collaboration with family members in Serbia.

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

Wed, Feb 13: 7:30 pm - "Dieu ne t'a pas créé juste pour danser." (God did not create you just to dance). \$17.50
Fri, Mar 1: 8 pm - Guylaine Tanguay takes the audience into the world of Elvis Presley and that musical period with her show entitled 3764 Elvis Presley Blvd. You will hear music of the legendary musicians along with Elvis Presley, Patsy Cline, Johnny Cash, Jerry Lee Lewis and others performed in country style. She is accompanied by her musicians and dancers. \$50 (\$120 Loge)
Fri, Mar 8: 8 pm - Bears of Legend "A Million Lives." These seven musicians are back with a new show. They sing folk, classic and rock music using unique arrangements and harmonies. \$35.



Bears of Legend "A Million Lives."

Sat, Mar 9: 8 pm - Debbie Lynch-White is a successful actress on television, theatre and film. In this musical show, she presents "Elle était une fois." Accompanied by three musicians, she will perform pieces by other women singers. \$40.

Sat, Mar 16: 8 pm - The group Les Respectables have been on stage for twenty-five years playing Rock n' Roll. The musicians are: Sébastien Plante (vocals and guitar), Stéphane Dussault (bass, drums) Stéphane Beaudin (drums) and Jean-Sébastien Chouinard (guitar). They are known for their unique texts and high energy. \$36.

ST PLACID

Maison de la culture de Saint-Placide,

74 2^e Avenue / reservations: 514-462-1050 / www.artsetculturestplacide.com

Sat, Mar 16: 8 pm - Anthony Roussel is a songwriter and composer. He sings and plays folk music with the guitar. He presents "La Gymnastique de l'Amour." Doors open at 7 pm, giving the public time to talk and enjoy a cup of coffee or a glass from the bar. \$15.



Anthony Roussel

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.



Real Wine for Real People

What is the difference between Champagne, Cava and Prosecco?

April Sirois – Sommelier - ISG

It's almost Valentine's Day and, for most of us, that will mean popping a cork or two to enjoy some drinks with our favorite Valentine and maybe a little chocolate. Sparkling wine, technically, is any wine that contains carbon dioxide bubbles, which means Prosecco, Cava, and yes, Champagne. However, the differences in these types of sparkling wine is pretty much everything else.

*All Champagne is sparkling wine, but not all sparkling wine is Champagne
~ Veuve Clicquot*

The major differences between prosecco and champagne have to do with three factors: the grapes that are used, the wine-making processes and the regions where they're made.

Champagne, by definition (and European law), comes from the Champagne region in France, and is made with any combination of chardonnay, pinot noir, and pinot meunier grapes. It is usually more expensive than the other types of sparkling wine. This is because of its reputation as a luxury product, and the much more regulated and labor-intensive methods used to produce it. These extend from the vineyards, where the producer must follow very strict regulations on the types of grapes, how to prune the vines, and not being allowed to irrigate the vineyards, even on the hottest, driest summers, to allowable yields. Once the grapes are harvested, they must be vinified to strict standards, including how long the wine is aged, including a second fermentation that must be done inside the bottles it will be sold in. This is called the *Méthode Champenoise*, which produces a mousse of small, compact bubbles. Champagne tends to have flavours like green apple, pear, brioche and pineapple. Price starts at about \$40.

Cava is made from macabeo, parellada, and xarello grapes in the Catalonia region of Spain. It must also follow some very strict regulations to be called Cava and is made in the same *Méthode Champenoise* style as Champagne, giving it those fine, frothy bubbles. However, because of the different varieties of grapes used, it tends to be less acidic than Champagne, with flavors that are more citrus, baked apple, fennel, floral, even a little nutty. Price starts at about \$20.

Prosecco is an Italian sparkling wine that's made from Glera grapes in the Veneto region of Italy. Prosecco is made using the more affordable "tank" method where the bubbles are created in a large tank full of wine and then bottled. This method gives it bigger, coarser bubbles than Champagne or Cava and has a lot to do with its lower price. Of course, this also means that it has little to no aging capabilities, so it is meant to drink fresh. The flavor is bright and uncomplicated: peach, white cherry, and lemon. Prosecco works great in cocktails. Think Bellini. Price starts at about \$10.

Fun facts about sparkling wine:

*There are approximately 58 million bubbles in one bottle of Champagne or Cava.

*The pressure in a bottle of sparkling wine is 90 pounds per square inch, about three times that in your automobile tire.

*A flying cork can travel up to 50 MPH with enough force to cause permanent eye damage.

* According to new research, one to three glasses of champagne each week could counteract memory loss associated with aging.

* Dropping a raisin into champagne causes it to travel from the top of the glass to the bottom continuously

Happy Valentine's Day!

~Cheers!



Kafka's Ape comes to Morin Heights Feb 15, 16 & 17



Theatre Morin Heights in collaboration with Montreal's Infnitheatre will present 3 performances of "Kafka's Ape" at Chalet Bellevue in Morin Heights on Saturday, February 15 and 16 at 8 pm, and on Sunday, February 17 at 2 pm.

Based on Franz Kafka's short story "A Report To An Academy (first published in 1917), Guy Sprung's adaptation titled "Kafka's Ape" makes this classic tale of freedom, power and alienation an American story of our time. In this one-man show, Howard Rosenstein's performance as Redpeter elevates the story into a theatrical tour de force.

Captured on the Gold Coast and imprisoned in a cage, Redpeter's only escape route is to become a walking, talking, spitting, hard-drinking member of the Peace Industry, the entrepreneurial world of mercenary soldiers that is one of the biggest growth industries of the 21st century. Along the way Redpeter examines his enforced evolution from Apehood to Humanhood and discovers that he is more animal now than he ever was as an ape.

For more information or to purchase tickets (\$20) visit theatremorinheights.ca or call 579-765-3999.

MAIN STREET



Laurentian Personality

A labour of love

Autism and Arts in the Laurentians

Lori Leonard – Main Street

Autism & Arts in the Laurentians (AAL) is working hard to become an independent, non-profit organization with their own registered charity number. Their mission is to improve the lives of English-speaking individuals on the autism spectrum.

Autism Spectrum Disorder (ASD) is a life-long neurological condition that affects communication and social interaction. In Canada, 1 in 66 children is diagnosed with ASD; Quebec is 1 in 64 and affects boys 4 times more than girls.

There are 2 AAL sites; one in Lachute, at LRHS, and the other at Ste-Agathe Academy, with approximately 35 - 40 participants. Melanie Bujold, Community Development Agent in Lachute, and Chantal Paquin, in Ste-Agathe, are school employees who donate time to AAL. There are 8 volunteers, plus two from Odd Fellows, and student volunteers. This is truly a labour of love.

Julie Lachapelle-Chou, Co-Founder of the group and mother of an autistic teen, says "it's been relatively easy so far. It was just about providing an accessible space to have fun, stimulating activities. Bujold actively acquired facilities, volunteers and spread the word. It's been work, but we are supported by parents, siblings, school staff, students, residents and Main Street. We received a grant from Autism Speaks Canada and Unity for Autism and were adopted by the Independent Order of Odd Fellows, Beaver Lodge #6. We received financial support from Lainco and the Lachapelle family. Support has overshadowed any challenges."

Lachapelle-Chou added, "A common difficulty for parents is education because of communication and social challenges. A regular school environment may be tough for these kids. Art and creative expression can help autistic people reveal their rich inner world, to connect and build friendships. They are encouraged to step out of their comfort zones. The program includes painting, sculpting, animation, singing, band jamming, drum circles to action filming. Everyone has a chance to shine and it's wonderful to see the support for each other."

I attended a drum circle, taught by kind, attentive facilitators, Monica Piotrowski and William Laurin. The kids loved it. Solange Alain, yoga teacher, volunteer and parent of 15- year-old daughter Raven said, "the AAL provides a safe haven for kids to be themselves and to express themselves without judgement."

AAL needs volunteer artists, musicians, administrative and fundraising types.

Donations: to LRHS or Ste-Agathe Academy (for the AAL Program). Info: Melanie Bujold 450 562-8571 Ext. 8449, mbujold@swlauriersc.qc.ca, www.autism-arts-Laurentians.com.



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Protecting Our Natural Ecosystems?

By Mat Madison

In the January issue of Main Street, I shared ideas about assessing the value of forests. I'd like to stay in the forest ecosystem theme for this article as well and move towards conservation of natural ecosystems. Let's go through the Who, What, Where, When, Why and How together.



What is nature conservation? Protecting nature is anything we can do to ensure that natural resources are conserved with, or without, land uses that might be involved on a piece of land. In that sense, you can protect nature by putting a 'glass bell' on top of it, to stop any other access or uses on the land, but you can also allow other uses that are compatible with nature conservation, like tourism, trails, wildlife observation, camping, and even forestry activities. This is what we would consider as sustainable use of the land in a way that is compatible with conservation goals. These goals need to be set, and that brings us to the Why.

We could want to protect a piece of natural area for many reasons. Maybe there are forest resources, biodiversity and species at risk, or even rare medicinal plants that we are trying to protect. We could even be trying to protect landscape, mountains or rivers for their natural beauty. Whatever your conservation goals are, it is important to consider what actions are needed to reach them. For example, I was working on a conservation project in Sainte-Agathe. Our goals were to protect the water resources: the river, the wetlands and the biodiversity in these ecosystems. Our actions were to limit access and activities within these high interest areas. We also had to consider invasive species and that involved eradication efforts.

For the When, it starts with an opportunity, or an interest, within the community. Perhaps there is a new need for conservation in an area where a potential development could impact the conservation goals or a need to prepare in advance as an opportunity to protect nature. Conservation efforts need people. Without the hard work and determination of volunteers, collaborators and believers, no conservation project can begin. Next comes the Who.

In the Laurentians alone, there are many conservation initiatives going on. Nature Conservancy Canada is working on a network of protected land between Prévost and Mont-Tremblant. They are even working on the west side of the region on a huge conservation project at the Kenauk reserve. There are also smaller organizations such as Conservation Manitou, Comité régional pour la protection des falaises and the Fiducie foncière de Sainte-Adèle. New initiatives like Conservation Lakefield are booming all over the region. Even cities and towns have moved forward for conservation, such as Saint-Jérôme for the Lake Jérôme project and Sainte-Adèle for Mont-Loup-Garou. Each of these initiatives has set goals for conservations that determine Where they are involved.

The How is where things get even more diverse. There are many types of conservations options, from donation of land, to conservation easements, to private recognized conservation status. There are groups like Institut des territoires that are developing new and innovative ways of getting involved in conservation through special projects and special forestry conservation easements. All in all, there are two categories: public stewardship, when the government or the city owns and manages a conservation area, and private stewardship, when people or organizations handle the management.

If you're interested in knowing more about conservation in the Laurentians, I recommend you participate in the activities of Eco-corridors laurentiens, a non-profit group contributing in many ways within our region.



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Anyone or anything...



Upcoming services and activities

The New Year is upon us and 2019 is shaping up to be an exciting one for 4 Korner's Family Resource Center! 4 Korner's is growing and expanding to offer more to our communities throughout the Laurentians. With this growth and expansion comes strengthened and new partnerships with the communities we serve, the organizations that we work alongside and the people who call the Laurentians home. 4 Korner's strives to connect the community with health, social service and legal information and services in English. Our growth and new partnerships are allowing us to continue connecting you with important information and services that your community offers.

4 Korner's serves individuals, families, children, youth and seniors. If you are looking for a specific service but do not know where to begin, give us a call. We can assist you or refer you to an organization that can. If you are a caregiver, a parent or step-parent, a youth looking to speak to someone, reach out to us.

4 Korner's serves the whole Laurentians and we are very pleased to announce our new locations in Sainte Agathe and Saint Sauveur. In Sainte Agathe we are sharing space with Prévoyance envers des aînés and in Saint Sauveur with Parkinson's Quebec. We are grateful to share space with organizations that play such a vital role and are leaders in what they offer the community.

4 Korner's continues to partner with the Lachute United Church at Open Circle (Lachute) and St. Mungo's Church (Brownsburg-Chatham) for day centre programming every Monday, and in Harrington at Rouge Valley Days. Visit <https://4kornerscenter.org/programs.html#header1-bi> for information on upcoming activities.

4 Korner's will be coming back to Gore for monthly Seniors Wellness Lunch and Learns, starting in February and run by our new employee, Nancy Martin. Welcome Nancy! The first one kicks off on February 12 from 1 pm to 3 pm and Service Canada will be giving an information session on financial benefits and allowance for seniors.

The annual Health, Justice and Social Services Caravan in partnership with John Abbott College is returning again this March to Sainte Agathe and Lachute.

For some, the new year is a time of resolutions and getting things in order. Join us in the Arundel Community Center for the Women's Wellness Wednesday series that will run until the end of March. You can find the upcoming event schedule at www.4kornerscenter.org.

To keep in touch with the exciting new developments that are underway at 4 Korner's or to find out more about what is happening in your community you can register for our monthly newsletter at www.4kornerscenter.org, or if you have any information to pass on to the community or to register to receive the Laurentian Community Bulletin Board emails for more general events being held in English, please contact lucie@4kornerscenter.org.

Have an idea or something to say? We would love to hear from you! To speak with us or to register for an event please call 1-888-450-974-3940 or email info@4kornerscenter.org.



READERS VOICE

Road Safety Concern in Sainte-Adèle

I am writing this letter as a concerned resident who lives on Chemin Pierre-Péladeau. My family and neighbours are all frustrated by the excessive speed limit; it must be reduced for the safety of the community.

Currently, the speed limit is 90 km in my area and the statistics say that people on average drive 104 km an hour. I have two children, ages four and six, and we have to cross the road to catch the school bus. It is more than a challenge and extremely dangerous for us to cross the road. Last year there was an incident where the school bus was stopping on our side of the road to let my son off the bus. A truck travelling at excessive speed came around the corner, was not able to brake and stop, and had to veer into the opposite lane and passed the stopped bus! If the speed limits were lowered this sort of thing would not happen.

Exiting our driveway onto Chemin Pierre-Péladeau is the most dangerous part of our day. There is a bend to the left and to the right of us so there is no clear visual either way. Due to the excessive speed limit, and the extra speed at which people round both corners, it makes it extremely difficult to access the road safely.

I am appealing to you all to lower the speed limit!

Anna Samuelsen

Sainte-Adèle



Making it Work in the Laurentians How to answer the hardest interview question

Rachel Morgenstern-Clarren

Regardless of what job you're interviewing for, you can expect it to start with this seemingly innocuous request from your potential future employer; "Tell me about yourself". Why is this common question so difficult to answer? Most of us don't have a lot of practice talking about ourselves in a professional context. The best way to make a good first impression is to make sure you have a great answer prepared in advance, because your response will set the tone for the rest of the interview and may very well be the reason you get hired.

What to say

Structure your answer with a Present, Past, Future approach: explain what you're doing now, how you got here, and how these experiences will help you in your new role. Use keywords from the job posting to describe yourself and your achievements. Talk about how your values align with those of the company. Most importantly, try to evoke an emotional connection – your resume and cover letter helped you land the interview, but now you must show your personality and demonstrate that you would be a productive and engaging colleague.

What not to say

Don't just repeat what's on your resume; the hiring manager wants to get a bigger picture of who you are as a person, and what you bring to the team. This is a chance to hammer home how your previous experiences have led you to this opportunity, and to engage them with how passionate and knowledgeable you are about the company.

Body language

In addition to what you say, the way you say it is incredibly important. Use body language to convey your confidence; smile, make eye contact, shake hands, and sit straight. As much as possible, avoid fidgeting, excessive nodding, and crossing your arms.

Doing your research

Hiring managers are often looking for someone who can solve a specific problem at their company, so it's important to do your research before the interview to understand the company and the position. Create an easy narrative for the hiring manager to follow when describing yourself; include what drew you to this line of work, or industry, such as a big event in your personal or professional life, and why that experience will bring you success in this new role. Make sure to indicate that you are forward thinking and ready to hit the ground running. By the end of the interview, the employer should know why you applied, what you have to offer, what makes you different, why you're excited about it, and why they should hire you. Ask a friend or family member to give you feedback on your answer beforehand, so that you come off as competent, enthusiastic, and memorable at your big interview!

YES' Career Counsellors can help you nail your next interview! Find out how at yesmontreal.ca or call 1-888-614-9788.

The Success of Résid'Art

Over the past few weeks, the Résid'Art project continued with a second experience of weekly painting workshops offered to residents of the Centre d'hébergement de Mont-Tremblant.



Photo: Residents of the Centre d'hébergement de Mont-Tremblant proudly display the works produced during the Phase 2 workshops of the Résid'Art project.

This second phase of the Résid'Art project allowing 12 residents to express themselves through artistic creation was a great success.

This project was made possible thanks to the partnership between the Laurentian Integrated Health and Social Services Center (CISSS) and the MRC des Laurentides.

Viking Loppet in Morin Heights



The 47th edition of the Viking Loppet will be held Sunday February 24. Cross-country skiers are invited to join us as the Loppet returns to its historic roots.

Registrations are open for three classic-style events – the Jan-Nordström 5 km, the Jack Wahlberg 10 km and the Smith-Johannsen 20 km races. Participation will be limited to a total of 200 skiers.

The start and finish of all Loppet events will be at the newly renovated "Skip's Hut", with parking and waxing located at the Viking Ski Club's clubhouse on Jackson Road in Morin Heights.

"Our organizing committee is excited about this new format," said Viking Ski Club President Grant McKenna. "The layout for the Loppet will make it spectator-friendly and provide a competitive feel for participants."

All three classic style events and an awards ceremony will be held in the morning. Participants and spectators can then enjoy the afternoon with a snowshoe tour, a ski tour or by trying our popular Biathlon range.



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Essential Oils Show yourself some love

Sue Rich

This Valentine's Day,

why don't we practice a little self-love for a change? Sadly, our society makes us feel selfish and guilty for taking care of Number One, but it's important to take care of ourselves. As they say in airplanes, please place the oxygen mask on yourself first, before helping someone else.



Giving ourselves the gift of time to do things we love is a great place to start. Make time each day for reading or having a relaxing bath. Maybe it's meditation and self-reflection, perhaps journaling or making a vision board. Whatever it is, if it brings you joy, it is a great way to show love to yourself.

If baths are your thing, consider adding some essential oils to the experience. Don't just add some drops to the water, because essential oils and water don't mix. Combine them with some Epsom salts or bath oil first, and then add that mixture to the water. This will keep them evenly dispersed and not floating in big globs on the top. Some common ones to use are lavender and other flowers for calming our nervous system. Eucalyptus is wonderful for opening our respiratory systems, while citrus oils are very uplifting and tree oils, such as cedar wood and fir oils, are great for grounding.

If you like reading or meditating but can't slow down your mind to get into the moment, try using a diffuser to change the atmosphere to help you focus. If you don't have a diffuser, put a drop or two in your hands, rub them together and then cup your hands in front of your nose and breath deeply. Frankincense oil is wonderful for these moments as it literally slows down that 'monkey mind' and lets you focus and relax. Although frankincense is one of my personal favorites, there are others, such as lavender, sandalwood and the tree oils. It's really a matter of finding the ones you like the most.

Whatever you do, take some time this year to make yourself a priority and spoil yourself, even if it's only for 10 minutes. Loving yourself goes a long way towards being a loving person to others.

For more information on how to get 100% pure CPTG oils, please feel free to contact me at 819-421-2253 or join my public education page on Facebook at Living Essentials Public Education/ Essentiels de la vie education publique.

Laurentian Club Report

Your life, your legacy

Julia Stuart

Despite winter warnings and sub-zero weather, a relatively small but intimate group of people came to hear Lori Veins, a certified Reiki Master Practitioner and a Family Service Counsellor with Dignity Memorial, give her talk titled: "Your Life Your Legacy," at Holy Trinity Church. The talk focused on the advantages of being fully prepared for death, and the many ways to achieve this. In her gentle, caring manner, Lori emphasized the importance of family conversations on the subject of death and dying; of recognizing and expressing the uniqueness of lives lived, and the importance of making final decisions before death to spare those left behind.

Lori was accompanied by her professional partner, Notary Sarah Lacasse Dwyer, from 'Lacasse Dwyer Notaires' in Lachute, who contributed in great detail the legal aspects surrounding death, including land transfers; the importance of taking patrimonial inventory; the meaning behind Power of Attorney, Protective Mandate, Advanced Medical Directives etc.

The two women presented a broad, courageous and multi-faceted look at the path to dying and death. Their approach was sensitive and honest and they were sincerely appreciated.

Join us for 'Fit Over 50' by Karen Sampson on February 26.



Fit Tip #132

Are you getting enough magnesium?

Lisa McLellan - Main Street

Studies show that we don't get enough magnesium. A lack of magnesium underlies heart disease, high blood pressure, diabetes, and osteoporosis. Magnesium works with other minerals to aid in red blood cell formation, nerve signalling, blood pressure control and muscle health. We are highly complex mechanisms. Who would have thought that this mineral plays such an important role in our health?

Heart Disease

A shortage of magnesium can cause the heart to beat irregularly (arrhythmia) and the arteries to stiffen, constrict and clog. Blood pressure rises and blood tends to clot. A high level of magnesium in the blood cuts the odds of dying from blocked or narrowed arteries by one-third, helps to lower blood pressure, keeps arteries more elastic and helps prevent the heart from becoming enlarged.

Diabetes

Low magnesium increases the risk of developing type 2 diabetes. Insulin grows weaker and blood sugar jumps. Magnesium supplementation can improve insulin activity.

Bones

Magnesium builds bones and is critical for bone density. It activates vitamin D, which, in turn, supports calcium metabolism necessary for building bones. Strong bones are built on two key minerals: calcium and magnesium. The body needs a balance of 1:1 ratio of calcium to magnesium for best results. Excess calcium weakens the efficacy of magnesium in regulating 350 other bodily processes. Excess calcium is widespread. Not all bones are created equal. Hips require 100% more magnesium than other bones. Reducing the intake of animal-based foods and eliminating refined sugars is a first step towards optimal bone health.

Pain Relief

Adequate amounts of magnesium help to relieve pain from muscle and leg cramps. It may help prevent or relieve fibromyalgia, chronic lower back pain, restless leg syndrome and chronic fatigue. Half of migraine sufferers have low blood magnesium. Magnesium works in part by reducing a pain transmitter in the nervous system.

Sleep

Magnesium helps to promote sound sleep. A lack of magnesium can alter electrical activity in the brain causing agitated sleep and frequent awakenings.

Food Sources of Magnesium

High magnesium foods are anti-inflammatory. Low magnesium intake is often correlated with chronic inflammation, a driver of aging, obesity, and many chronic diseases. Magnesium-rich, leafy greens are spinach, kale, Swiss chard. The magnesium found in Swiss chard is responsible for its heart healthy status and helps muscle health by reducing cramping and pain. The magnesium in almonds has shown to regulate blood sugar in a way that reduces food cravings. Sesame seeds seem to normalize blood pressure levels. Cashews help improve bone health because the calcium, magnesium, and potassium together protect against bone demineralization. Flax seeds are very high in magnesium, which helps regulate blood sugar and blood pressure levels. Avocados and dark Chocolate (70%+) are also high in magnesium.

Knowledge is power my friends. Take care of yourselves, please. Small, consistent actions can make a huge difference in the quality of your every day life.

I'm off on an adventure to Costa Rica! Hugs and kisses.



Word Play

Raising the bar and changing the conversation - Part I

Louise Bloom
louisebloom@me.com

For the past few months I've been indulging myself on Wednesday mornings with a cup of hot water and lemon and a few too many black olives (my food passion) while listening to a couple of hours of Marianne Williamson live-streaming her Tuesday night public lectures, alternately in New York and Los Angeles.

Her work is inspired by a 1976 book containing a curriculum that claims to assist its readers in achieving spiritual transformation. The underlying premise of the work is the teaching that the greatest "miracle" that a person can achieve in life is the simple act of gaining a full "awareness of love's presence" in one's own life. The book was written, or "scribed," by Helen Schucman, (beginning 1965) who claimed that it had been dictated to her, word for word, via "inner dictation" which came from Jesus. In 1972, the dictation of the three main sections of the Course was completed.

Williamson has carried and disseminated these teachings for 30 years, distilled now to her core message that "humanitarian values should replace economic values as the ordering principle of our civilization."

While this space does not permit a true exposition of her work, I am inspired here to consecrate the idea of "raising the bar". Comfortable passivity is the default position of us all. Especially in the winter months, not only our bodies, but also our minds and our spirits, move easily towards the couch. To be proactive in a culture demanding change requires a bit of mental muscle, a willingness to entertain greater awareness of global circumstances, and a readiness to exchange our grievances for action. Grievances can be identified as those things that are most irritating to our sensibilities and entail inner conversations that above all express criticism and blame. Changing that inner conversation requires of us the will to think more deeply. To think deeply would mean to focus and study actual current circumstances. As a result, we might imagine how the circumstances of global poverty and suffering could be alleviated. Or, we might consider the suffering of our next-door neighbour. It means that we are motivated to move from our self-centered grievances to our concern for others, because we realize this changes the conversation.

The power of thought, of positive contemplation, as in the "sending of love", is not merely the dream-space of Fairy Stories, or some cheezie romanticism. Buddhist Tonglen meditation, or Ho'oponono, are well-known practices, which benefit us and those at a distance. Proven healing occurs with the ability to focus our minds towards the well-being of another.

The Powers of Thought, by Omraam Mikhael Aivanhov, treats this broad subject with the deep study it deserves. In the words of this spiritual master, "Man has tremendous possibilities for action on the physical level, but his possibilities on the psychic level are even greater." Aivanhov reveals that humans in the face of panic or despair do not consider the possibility that their thought, their spirit, might possess elements with which they could remedy the situation.

Raising the bar of our consciousness is the responsibility of all who are cognizant of the need. Williamson and Aivanhov are only two proponents of this work. More next time.



palliacco
support, accompaniment & respite care

All the services offered by Palliacco are free,
from L'Ascension to St-Sauveur

Upcoming Activities

PERSONAL SESSIONS TO RELIEVE STRESS

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

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea
Mon, Feb 11: 10:30 am - noon
(Mont-Tremblant)
Fri, Feb 22: 10:30 am - noon
(Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved
Tues, Feb 12: 7 pm - 8:30 pm -
by reservation (Mont Tremblant)
Thurs, Feb 21: 1:30 pm - 3:30 pm (Ste-Agathe)

Regenerating Yoga

Every Tues: 10:30 am - 11:45 am
(Mont Tremblant)
Every Thurs: 9:30 am - 11 am
(Ste-Agathe)

Accompanying services

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

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

Palliacco is looking for volunteers to help with palliative home care. To become a volunteer, you will receive training in palliative care support and support to caregivers to acquire skills, knowledge and personal skills to accompany home care.

RIVIERE ROUGE
March 6, 13, 19

PIEDMONT
March 19 & 26 and April 2

STE-AGATHE AND MONT TREMBLANT
April 10, 17, 24

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

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



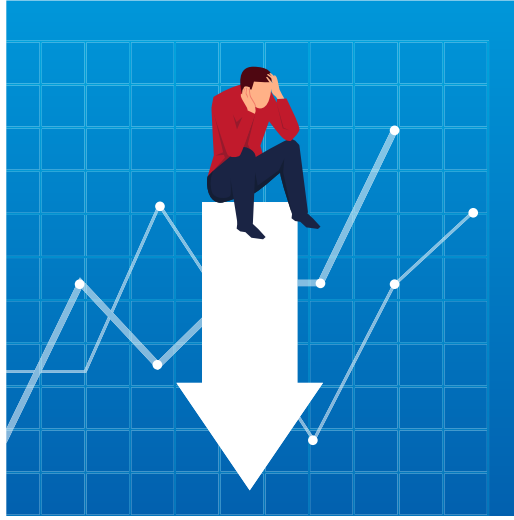
Main Street Money

Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

It was a challenging year for market returns and global economic growth.

2018 was the weakest year for global markets since the great financial crisis in 2008. Markets were dragged down substantially in the final three months of the year due to higher interest rates, a slowing global economy, U.S. government shutdown and continued trade tension between the United States and China. Equity markets can move up or down for many reasons but, over the long term, market valuations tend to return to their fundamentals. However, the fundamentals during the past year do not justify the sell-off that we've experienced, which suggests that the worst may be behind us.



Canada

The S&P/TSX Composite was down 11.6 percent in 2018, driven by lower energy prices and negative market sentiment. A resolution to the North American Free Trade Agreement (NAFTA) in November couldn't spare the Canadian index, as oil, measured by the West Texas Intermediate (WTI), fell nearly 25 percent due to increased supply driven by the United States. Although energy was the worst performing sector, the sell-off was widespread across the S&P/TSX. Eight out of ten sectors were negative for the year.

The United States

U.S. equity markets were down for 2018. The S&P 500, Dow Jones and Nasdaq were down 6.2, 5.6 and 3.9 percent respectively. One reason for the weak equity markets was a strong US economy that led to four interest rate increases of 25 basis points each. These interest rate hikes have caused concern that higher rates may dampen credit growth and company earnings in the future. Employment continued to improve in 2018 and the unemployment rate dropped from 4.1 percent to 3.9 percent.

Overseas

In overseas markets, international equities fell 16.1 percent in U.S. dollars as measured by the MSCI EAFE Index. Overseas markets were driven lower due to negative market sentiment, a slowing global economy and political risks surrounding Brexit. China's weakening economy, which was affected by tightening financial conditions and trade tensions, was a focus for investors.

Central Bank Policy

In 2018, the Bank of Canada increased its interest rate to 1.75 percent by announcing three rate increases of 25 basis points each. In 2019, it's expected rates will increase very gradually. The Bank of Canada will wait to see the effect on the economy of the previous hikes, high consumer debt levels and the impact of lower energy prices. Interest rates remain the highest since December 2008.

The U.S. Federal Reserve raised its overnight rate four times from 1.25 percent to 2.25 percent in 2018 and lowered their forecasts for interest rate hikes in 2019 amid recent market volatility and slowing global growth. A U.S. interest rate cycle that's likely near its end would be positive for global economies and markets since the cost of borrowing will grow more slowly.

Looking forward

Although the sell-off didn't quite meet the definition of a bear market, from an investment perspective it felt like it. Sell-offs of this magnitude are caused by re-

cessions or negative sentiment, with the latter usually resulting in a subsequent rebound in the near term. Yes, global economies have slowed, but none of the traditional elements of a recession (employment, housing, manufacturing) appear today, which indicates that the risk of a recession over the coming year has not increased materially. Long-term investors who stay the course will likely be rewarded in 2019.

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

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. – If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca

The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated or Manulife Securities Insurance Inc. 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 are offered through referral.

Save the slalom for the ski hill

The 2019 models have arrived

The all new 2019 Atlas
Trendline TSI 2.0L with automatic transmission
48-month lease starting at \$110 / WEEKLY with \$3000 DOWN PAYMENT | at a retail value* of \$38 725

The all new 2019 Tiguan
Trendline TSI 2.0L with four-wheel drive and automatic transmission
48-month lease starting at \$85 / WEEKLY with \$1200 DOWN PAYMENT | at a retail value* of \$31 210

The all new 2019 Jetta
Comfortline TSI 1.4L with manual transmission
48-month lease starting at \$58 / WEEKLY with \$800 DOWN PAYMENT | at a retail value* of \$22 780

These offers end February 28

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RELIGIOUS SERVICES



**ROYAL CANADIAN
LEGION**
**LA LÉGIION
ROYALE CANADIENNE**

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

Branch 171 Filiale Morin Heights

Sat, Feb 9: 6 pm - Valentine's Day Supper
Fri, Feb 15: 6 pm - TGIF Smoked Meat Dinner
Sat, Feb 23: 1 pm - Wacky & Crazy Annual Snowball Game
Fri, Mar 8: 9 am - 70th Edition Kids' Ski Races
Sat, Mar 16: 6 pm - St. Patrick's Day Supper
Fri, Mar 22: 6 pm - 7 pm - SPECIAL DATE - TGIF
Sat, Mar 23: 8 pm - Music Show with The Paolo Stante Band
General meetings: Last Sun of month at 2 pm
Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net/> / Facebook: legion 171

Branch 70 Filiale Lachute

Bus trips to Casino canceled until further notice.
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
634, rue Lafleur

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.
Contact Sheila: 450 562-8728 / 514 909-8885

Branch 192 Filiale Rouge River

Sat, Feb 9: 5:30 pm - 8 pm - Painting Social
Fri, Feb 15 - TGIF - Marguerita Night
Tues, Mar 5 - Shrove Tuesday - Pancakes
Fri, Mar 15: TGIF - St. Patrick's Day
Sat, Mar 30 - Snow Golf - details to follow
Tue & Fri: 9:30 am - Weekly Yoga
Tues: 7:30 pm - cribbage. Info Lloyd (819-687-3541)
Wed: 1 pm - Bridge. Info Connie (819-687-2403)
Everyone welcome
Bar open daily at 3 pm
For further info: 819 687-9143 / arundellegion@gmail.com

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

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
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514 918-9080 • rabbie@ste-agathe.net
Services every Sabbath,
weekend, holidays

**MARGARET RODGER
MEMORIAL PRESBYTERIAN CHURCH**
463 Principale, Lachute / www.pccweb.ca/mrpmcc
Rev. Dr. Douglas Robinson: 450 562-6797
Sunday service and Sunday school 10:30 am.

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

**ST. ANDREWS
EAST PRESBYTERIAN CHURCH**
5, John Abbot St., St. André d'Argenteuil
Interim Moderator: Rev. Linda Robinson
Info: Sharon McOuat: 450-566-4549
All services at 11:15 am

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Thurs: 4 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10:45 - Worship service

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

**TRINITY ANGLICAN CHURCH -
MORIN HEIGHTS**
757, Village, Morin Heights (450-226-3845)
Sundays 11 am: Worship service
We are a member of the Laurentian Regional Ministry.

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

**HOLY TRINITY
ANGLICAN CHURCH**
12, Préfontaine St. West, St. Agathe
The Rev Josée Lemoine
Sunday service: 9 am
Fellowship in the church hall afterwards.

**ANGLICAN PARISH OF ARUNDEL & WEIR
GRACE CHURCH**
Sunday services are held every
Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.
All are most welcome to attend.
Fri, Mar 1: World Day of Prayer
Members of the Anglican, Roman Catholic and
United Churches in Arundel, Huberdeau, Weir
and surrounding area will hold an ecumenical
& bilingual service of prayer.
The service has been prepared by the women
of Slovenia. Refreshments will follow.
All are most welcome to attend.

ST. SIMEON'S ANGLICAN CHURCH
445, Principale, Lachute
The Reverend Josée Lemoine -
Priest in Charge
The Reverend Nick Brotherhood -
Interim Priest
Tania Lesack - Curate
Services are held every Sunday at 9:15 am.
The second Sunday of each month is a
fun Family Service
Everyone is most welcome to join us.

**ANGLICAN CHURCHES
ALONG THE OTTAWA RIVER**
Holy Trinity, Calumet,
St. Matthew's, Grenville
Holy Trinity, Hawkesbury
Please call 613-632-9910 for
information about Sunday service times.

UNITED CHURCHES OF CANADA
450 562-6161 or 514 347-6250
KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

ST MUNGO'S UNITED CHURCH
661 Rte. Des Outaouais, Cushing
Contact: Sandra Goorbarry - 819-242-5523

LACHUTE UNITED CHURCH
Hamford Chapel, 232 Hamford Street, Lachute
Contact Pat Hodge 450-562-8365
Sundays: 11 am - Weekly Sunday Worship

HARRINGTON UNITED CHURCH
370 ch. Harrington, Harrington
Contact: Eleanor Morrison: 819-429-1925
Last Sunday of each month: 1 pm

ST ANDREWS CHURCH, AVOCA
150 Avoca Rd, Grenville-sur-la-Rouge
Contact: David Elo 819-242-6559
2nd Sunday: 1 pm - April - December

**SHAWBRIDGE
UNITED CHURCH**
1264 Principale, Prévost
(at de La Station)
Contact Sandra Trubiano - 450-224-5188
Sunday service time is 9:15 am.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Contact : Heather Hodge - 819-687-9230
Sundays: 10 am: Worship service.

MORIN HEIGHTS UNITED CHURCH
831, Village, Morin Heights
Contact Catherine Davis - 514-712-8863
Sundays: 10:30 am - Weekly services

STE-ADELE UNITED CHURCH
1300 ch. du Chantecler, Ste-Adèle
Contact: Jacques-Henri Honoré / 450-512-8007 /
eglise.ste.adele@gmail.com

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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
Feb 17: 11 am - Holy Communion followed
by annual meeting
Mar 17: 11 am - Morning Prayer

ST. PAUL'S - DUNANY
1127 Dunany Rd, Dunany

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Feb 24: 11 am - Morning Prayer
Mar 24: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Feb 10: 11 am - Holy Communion
Mar 10: 11 am - Holy Communion
Mar 31: 11 am - Morning Prayer

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

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



FAUBOURG SUICIDE PREVENTION CENTRE

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www.cps-le-faubourg.org



LAURENTIAN CLUB NOTICE

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

Guest speaker: **Guest Speaker: Karen Sampson**
Fit Over Fifty

Fitness is an essential key to healthy aging. Come and learn 5 simple exercises you can do daily to maintain muscle strength, flexibility and independence in the second half of life. Learn the benefits of staying active and best activity choices to stay fit. Karen Sampson is a group fitness instructor and personal trainer with over 25 years teaching experience

Tuesday, February 26: 1:30 pm - 3:30 pm

Refreshments following the discussion
Annual membership \$35
Guests \$10

Info: 819 326 4401
www.laurentianclub.ca
[facebook.com / LaurentianClubofCanada](https://www.facebook.com/LaurentianClubofCanada)

LAURENTIAN CLUB OF CANADA



**Laurentian Region
Cancer Support Group**
*Groupe de Soutien du Cancer
de la Région des Laurentides*



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
February 16, 2019 - 1 pm
Morin Heights Library,
823, ch du Village, Morin Heights
Group Discussion

Upcoming meeting: March 16
Cooking workshop with
Susan Campbell-Fournel

Meetings are conducted in English
ADMISSION IS FREE

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


REGISTERED CHARITY - DONATIONS APPRECIATED



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February 2019



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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

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(177 Rue Bethany, Lachute).
Used clothing, shoes, books and
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Tues - Thurs: 10 am - 3:30 pm
Fri: 10 am - 2:30 pm

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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
Sun, Feb 10: 9 am – noon:
Valentine's Breakfast
Basket draws will go to the Heart &
Stroke Foundation
Sun, Mar 3: 9 am - noon: March Breakfast.
Basket draws will go to the
Arundel Public School
Everyone is welcome.
Sun, Mar 17: St. Patrick's Day Corn
Beef Dinner.
Doors open at 5 pm - dinner served at 6 pm
Music, dancing, fun, singing - BYOB.
Adults \$17 / Children \$8.50 /
12 and under - FREE
See event details and photos on
Facebook at LRCC-Lost River
Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
**The facilities are now open
and we are ready to continue
our activities!**
Cook's Night Out: 1st Friday

of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the
month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Chalet Bellevue, 27 Bellevue, Morin Heights
Feb 15 & 16: 8 pm
Sun, Feb 17: 2 pm
TMH in collaboration with Montreal's
Infinithéâtre presents "Kafka's Ape"
by Franz Kafka (Adapted by Guy Sprung).
Tickets: \$20
Info: 579-765-3999 / www.theatremorin-
heights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

Recruitment currently underway!
Open to teenage girls and boys
between 12 and 19 years.
Leadership, music, map and compass,
marksmanship and Eco-Stewardship are
among the training that is offered.
Uniforms and training are free; all we
ask for is a commitment.
Info: Captain Dan Demers: 514-927-9260

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU GOLDEN AGE CLUB

Huberdeau Church Basement
Thursday evenings: 7:30 pm.
The Club Huberdois invites you for a
game of Pétanque Atout.
Info: Lionel Provost: 819-687-3720
Info: Gilles Goyer: 819-687-3498

SENIOR VOLUNTEERS READING PROGRAM

The Table des aînes of the Pays-d'en-Haut
MRC is looking for volunteer readers aged
50 and over to share the pleasure of reading
with children in schools.
As part of a movement to promote the
pleasure of reading with children in
the community, the Table des aînes
has implemented an intergenerational
reading program throughout the MRC.
For further information please contact
Violaine Guérin at 819-321-9404.

COOP SORE'S COMMUNITY LUNCH

Chalet Bellevue, Morin Heights
Community lunch prepared by Soupe &
Cie every Monday.
Voluntary donation of \$6 is suggested.
Meal includes soup, main dish, salad,
dessert, tea or coffee.
Advance reservatiopn required
on Fridays from 9 am – 4 pm
at 514-944-9335

JOYFUL NOISE CHOIR

Chalet Bellevue, 27 rue Bellevue,
Morin Heights
Tues, Jan 27: 7 pm
A new season is about to begin,
If you want to share your voice with us
and get ready for spring, now
is the time!
Joyful Noise Choir sings an eclectic
assortment of music in four-part
harmony. JNC will present a delightful
concert on **Sun, June 2** at The United
Church, Morin Heights
Cost is \$135 (Jan – May)
Choir Director: Mr. Ian Lebofsky
Info: Penny Rose: 450-226-2746/
pennyrose@jenanson.com

MORIN HEIGHTS UNITED CHURCH

831, ch du Village
Mar 5: noon to 1:30 pm: Shrove Tues-
day
Pancakes, maple syrup, sausages and
homemade beans with tea or coffee.
Cost: \$6
Everyone welcome

WINTER TRIATHLON FESTIVAL

Parc Adolphe-Jodin –
front of the Church
Sat & Sun, Feb 9 & 10
Groupe Propulsion d'Howard in collabo-
ration with the municipality of St-Adol-
phe-d'Howard is proud to organize the
5th edition of the winter triathlon.
In partnership with Triathlon Quebec,
the event will also serve as he Québec
Winter Triathlon Championship.
Info: 514-800-8287 /
triathlonstadolphe.com

CALL TO ARTISTS Deadline: Apr 15, 2019

The Culture Department of Val David
invites visual artists to submit an exhibi-
tion project to the selection committee of
the Galerie de la petite gare in Val David
for the summer season.
Materials should be sent to Daphnee
Cyr at culture@valdavid.com.
Details: valdavid.com/publications/
culture

ÉCOLE DE CIRQUE

New ballet program
Info: 450-512-8436 /
www.flipcirque.com

FUSION - WINTER AND ARTISTIC EVENT

Sat, Feb 16: 1 pm - 4 pm
Culture celebration with lots
of family activities
Info: www.lacentraledeartites.com

WINTER FESTIVITES AT STE-MARGUERITE-DU-LAC MASSON

Themed Saturdays: **Feb 9, 16 & 23**
Skating, live music, fireworks and more.
Info: 450-228-2543 / lacmasson.com

DANCE NIGHT

**Saint Jovite Church,
Mont-Tremblant**
Sat, Feb 16: 7 pm - 11 pm
Open to online and social dancers who
enjoy dancing and having fun.
Animated by Jocelyne Larocque and
Yves Botin
Light snack served .
Tickets: \$15 for Fadoq members / \$20
for non-members
\$1 extra at the door.
Available at Nicole St-Amour
managers: 819-425-8532
Jean-Paul Fleurant: 819-425-3226 /
Aline Robillard: 819-425-3885
Organized by the heads of
online dance classes -
Mt-Tremblant Living Club

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Unity For Autism Grants \$20,000 to Autism & Arts in the Laurentians.

Unity for Autism, a Toronto-based foundation that provides funding to non-profit organizations making a substantial difference in the lives of individuals with autism, has awarded a \$20,000 grant to the Autism & Arts in the Laurentians (AAL) program.



Amongst the 22 organizations, which received grants from Unity for Autism this year, AAL was noted for being the only English program for teens and young adults with autism in the Laurentians. While Anglophones represent 15-17% of MRC d'Argenteuil's population, there has been a service gap for English speaking families living with autism for decades. AAL is the first program of its kind offered to Anglophone families in the region and arose through a collaborative effort between the Community Learning Center, Sir Wilfrid Laurier School Board, local families living with autism and concerned citizens who recognized a need for socio-recreational services for individuals on the autism spectrum.

"The mission of Unity for Autism is to have a direct and profound impact on the organizations it funds, especially grass roots organizations like AAL." says Karen St-Denis, Executive Director of Unity For Autism.

AAL is a free arts program and friendship club that began at Laurentian Regional High School (Lachute) in 2017 and has since expanded to Ste-Agathe Academy. AAL's weekly arts program is diverse and includes activities ranging from visual arts to music. Group outings to museums & festivals are also part of AAL's program. Participants are encouraged to try new things and are supported by AAL's team of artists, contributors and volunteers as they step out of their comfort zones.

While AAL's goal is to provide a stimulating and nurturing environment for creative expression, art is also used as a vehicle for social engagement and inclusion. AAL participates in and organizes a number of local events that help increase awareness, knowledge and acceptance of individuals with autism in the Laurentians. The program aims to provide a safe and welcoming space for youths on the spectrum to develop friendships, showcase their many talents and be part of their communities.

The funding from Unity for Autism will allow AAL to continue providing its services well into the 2019-2020 school year.

For more information on AAL, please visit www.Autism-Arts-Laurentians.com, AAL's Facebook page, or contact Melanie Bujold at 450-562-8571 Ext.8449 / mbujold@swlauriersb.qc.ca.

Happy New Year to all from our home to yours



We wish everyone the best in 2019 - we are looking forward to the new adventure this New Year will bring, and would like to thank everyone who supported us and The Lost River General Store under our ownership! We look forward to seeing you all out of office!

Love Sharron and Robert + Family xoxo

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