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What's On My Mind... Please don't hang up!

Susan MacDonald, Editor



After months of solicitation from the Top Gun of Internet search engines, this is the opening line of the telephone call I now receive from them on a weekly basis. The calls come from an automated customer service centre on one of two different telephone numbers. That's right, not one, but two, and the calls come minimally once per week from each number. I guess they are not as good at 'getting' the message as they are at contriving one, although I dare say, this message does seem to portray a hint of annoyance at my continued non-response.

There is no doubt that the Internet has developed into a global lifeline, one we all use daily for its convenience. However, I do not rely on it as my sole source of finding information, and I rarely follow or respond to mass posts on social media. Radio and television are still valuable sources of news, but nothing feels better than sitting down with the local newspapers and catching up on what's going on in the community. The Internet is great, but statistics reveal that 83% of Canadians across the country also value their local read.

Tragically, over the past year, we have watched many community newspapers fail due to the competitive pressure of the Internet, and it is not unreasonable to assume that if current trends continue, several others will suffer similar fates in the months ahead. Somewhere in the middle is the key to survival, and rather than fight the inevitable, those community newspapers still publishing have found ways to use the Internet to their advantage by strengthening their online presence, not to replace their print publications, but instead to complement them. In this way, it becomes possible to continue offering their readers and advertisers the advantages of both means of local communication, and it's working!

I take this opportunity to introduce you to two new, dynamic members of our sales team, Lori Leonard and Chantal Derome. Both ladies are active members in the community and are entrepreneurs themselves who understand the increased potential of reaching target markets through combined advertising. Their enthusiasm, experience and individual expertise adds new strength to our current sales team and will bring more visibility to Main Street as they introduce us to new clients across the Laurentians. As the wheel turns, we expect to see an increase in our advertising ratio, which, of course, translates into a higher page count, and provides more room for community content. Welcome aboard, Lori and Chantal, and we wish you great success in this new team venture!

Every challenge presents an opportunity, so here's looking to the future and discovering new means to better serve the Laurentian community.

Just in case you're curious to know, if you call I promise not to hang up.

Enjoy the read...

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Observations The Feminine Awakening

David MacFairlane - MainStreet

The past year has seen an epiphany in male/female relationships that has brought to light the perennial perversion of male dominance

in the workplace, and the cost to women who seek to advance their careers in an environment demanding their submission to sexual contact in return for promotion or employment. This has been a time of revelation of the horrors of male aggression and the profound damage done to ambitious women as the cost for seeking success in a male-dominated environment.

No more. Following the revelations of the predations upon women in the movie industry by powerful producers and executives, and knowledge that these acts of violence are not confined to just showbusiness, but are prevalent throughout the work environment, women have realised, finally, that the indignities they have had to suffer in the past, simply for the sake of advancing in their careers, are not acceptable in our 21st century society. Scores of women have outed these predators for their countless acts of sexual misconduct in the past, and these revelations have shocked our society to the core. Many careers, both male and female, have suffered as a result, but the spotlight has been on male deviant behaviour at the highest levels of business and politics, where legal consequences will likely be brought against dozens of high-ranking individuals for previously hidden sexual predation. Sadly, for many women, the psychological damage done to them by exposure to this perverted behaviour continues to affect their well-being profoundly.

However, as was pointed out in a recent article in the New York Post, reformers should be aware of the likelihood of unintended consequences from this campaign against male sexual transgression, because the inescapable truth is that we are all in this mess together, men and women. The Post asks how that will work out for women in the technology industry, for example, where they already face substantial challenges. Several major companies are already severely limiting travel between the genders, and already politicians are requiring staffers to be present when meeting privately with female reporters. When asked why, a US Senator is reported to have said, "well, anyone can say anything, when the door is shut." A UCLA psychologist warns that if men back away from women in professional settings, it would be difficult to see how that could aid the feminist cause. The Post article concludes with the observation that while changes in male attitudes and behaviour towards women will be profoundly good, turning men and women into opposing, hostile camps will not benefit either gender. The danger is that women's iconoclastic outrage at male sexual predation could retard the process of healing and reconciliation that is needed desperately, to enable us to continue advancing towards our ultimate human potential of an enlightened, peaceful and loving society.

Readers might be interested to know that, on the other side of the world, in rigidly conservative India, where women have been exploited and abused for hundreds of years, the winds of change have begun to blow. Legislation enacted in 1992 involved the devolution, or decentralisation, of government down to the village level, making each village responsible for its own affairs. This involved the establishment of local councils to control village administrations. Later, in 2009, the government decreed that 50% of council members must be women. This was a revolutionary act because it began to free women from previously sheltered lives and from their subjugation to men generally. Once the sole preserve of men, these local councils now have women members and leaders who are challenging feudal traditions and redefining the way village affairs are conducted. Along the way, women are also learning important political skills.

These laws were the fruition of Mahatma Gandhi's dream to have localised governance and gender equality administered by village-republics that would enable people to develop responsibility for their own affairs and preclude external interference by higher-level government officials. This new female participation in local councils has had a profound, salutary effect on families and young women. These women leaders are concentrating on women-centric issues that had been ignored previously. Their focus is on clean water supplies, sanitation and education. Their major concerns involve the construction of toilets, the cleanliness and hygiene of their villages, education for women and the perennial problems of alcoholism. A larger share of resources is being allocated to public services that benefit women, as people have recognised that the well-being of women enhances the well-being of all others, including the children.

However, this devolution of power has been slow to spread because the required cultural changes are akin to fighting for a revolution, but this resistance to change is fading rapidly as time passes. Rural India is the most diverse region in the world. It involves over 835 million people who speak more than 700 languages and have many different and unique priorities. Also, India must struggle with a

rigid caste system, feudalism, bonded labour, gender oppression, and exploitation of the poor. These are attitudes and behaviour that must be mitigated or eliminated for women to live in equality and peace, but much progress is being made. Women also continue to face the challenges of inadequate education, their reproductive roles, and a culture that sees them as inferior to men. However, their active participation in local governments has shown that putting women in leadership positions can accelerate the process of change. Although this first generation of women councillors has had to cope with resistance to change, their active participation in village affairs has convinced the Indian masses of women's abilities and potential to be leaders. The presence of women leaders in villages significantly raises the aspirations of families for their daughters and improves the educational outcomes for young girls. In the longer term, this will be profoundly beneficial for Indian society.

"Of all the evils for which man has made himself responsible, none is so degrading, so shocking or so brutal as his abuse of the better half of humanity; the noblest of God's creation, women."

Mahatma Gandhi - 1869-1948. Lawyer and political activist who led India to independence. Regarded as the Father of The Nation.

Now, here in Canada, since these acts of sexual violence against women seem to be the result of male cultural attitudes and a belief in male superiority, how can we bring about change so that our women can go about their daily lives safely and peacefully? If our government was to legislate that all public companies, councils, committees, juries, courts and other organisations, had to have 50% women board members, would that help to change our society? Frankly, I don't know. However, our Prime Minister, Justin Trudeau, has 50% women participation in his young and ethnically diverse cabinet, for the first time in Canadian history. Also, he has shown zero tolerance for sexual misconduct by government members. Surely, if this participation of women in public affairs could be extended within our entire society, perhaps the consequences would be beneficial to all Canadians?

One thing is for sure, this violence against women must stop, or we all go down the drain together.

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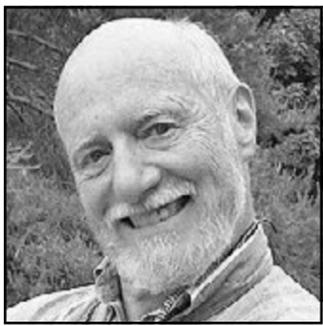
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Simply Words on Paper Remembering the treasured playlist of your life

Jim Warbanks - Main Street

You hear the lyrics of an old familiar song, then can't seem to get the tune out of your head for hours. You complain of having an ear worm. I might counter that the reason you can't recall the name of a recently-introduced person is precisely because of the accumulated brain clutter, which includes the complete lyrics of all the songs that you grew up with and enjoyed.

After remaining in storage in a hassock for many, many years, we retrieved a long-neglected vinyl record collection, relegated there as cassette tapes, compact discs and now digital media superseded this earlier technology. Playing selected albums on a turntable recently added to our sound system was a delightful experience. We were surprised by the quality of these vintage recordings, expecting to hear snaps, crackles and pops as well as disastrous skips across the record surface. Not only were the lyrics instantly familiar, even those not heard in years, memories also flooded in about concerts, venues, solo performances and trips to enjoy favoured artists.

Brain cramps

In blaming stored lyrics for other brain cramps, I was not making proper distinction between short-term and long-term memory and not accounting for other elements specific to music, such as emotion and repetition. Listening to a short NPR segment while driving recently clarified these issues and made me aware of the wondrous capacity your brain has to store, classify and retrieve certain information.

How many songs can our brains actually remember? "Your brain has almost an unlimited capacity for memory," said Dr. Emily Mason, who studies memory and cognition at the University of Louisville. "It can actually store about 2.5 petabytes of memory." A petabyte is a million gigabytes, quite large, even in comparison to the greatly expanded computer capacity now commonly available. To put that in terms of digital memory, Mason said, if your brain was a smartphone on which you downloaded TV shows, it could record 300 years of continuous TV before starting to run out of space.

Repetition

There are a few reasons why we remember music so well. Our brains are hard-wired to latch onto key elements found in most songs, like repetition and rhyme. "In elementary school, that's why things are put to song," Mason said.

Now, I can still quote a relevant Peter, Paul and Mary song lyric that I recall:

I had a dog and his name was Blue
I had a dog and his name was Blue
I had a dog and his name was Blue
I betcha five dollars he's a good dog, too
Singin' "here, ol' Blue, you're a good dog, you!"

In introducing this song, Peter Yarrow noted, with his tongue firmly ensconced in his cheek, that: "We'd like to sing a children's song for you now, that's unique. It's the only children's song that we've ever encountered that contains all three of the basic elements of every single children's song. The first element is simplicity, so that the child can understand the song. The second element is pathos, to prepare the child for later traumatic experiences. And the third element is repetition, to give the child a false sense of security."

Emotions

Dr. Mason would likely only somewhat concur, but then adds: There's something about music that hits us on an emotional level, "Your brain loves emotions," she said. "That really helps you remember things." This could happen with songs that you associate with being happy or in love. The same is true for songs that make you feel really sad. Our brain recognizes these very human emotions and helps us remember what prompted them. Thanks to these emotional bonds, often when we hear music, even music from years ago, it can take us back to a specific point in time. Mason said that's why current research into Alzheimer's and dementia is taking a closer look at how music can provide a gateway into seemingly inaccessible treasured memories.

So, whenever you have the opportunity, sit back and enjoy those old, familiar songs, even if they cause the annoying invasion of an ear worm, because the playlist of your life helps define who you were and who you have become. As far as your short-term memory lapses go, Dr. Mason also has some thoughts and tips to assist you, which I may share at a later date.





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Upcoming Activities

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

Comforting Tea
Mon, Feb 12: 10 am - 11:30 am (Mont-Tremblant)
Mon, March 12: 10 am - 11:30 am (Mont-Tremblant)
Fri, Feb 23: 10:30 am - noon (Ste-Agathe)

Coffee Meeting for the Bereaved
Tue, Feb 13: 7 pm - 8:30 pm (Mont-Tremblant)
Tues, Mar. 13: 7 pm - 8:30 pm (Mont Tremblant)
Thurs, Feb 15: 1:30 pm - 3 pm (Ste-Agathe)
Thurs, Mar. 13: 1:30 pm - 3 pm (Ste-Agathe)

Relaxation Group
Exercises to relax, promote calm and serenity. Available to caregivers, cancer patients and the bereaved. Fridays, Feb 9, & 16: 10:30 am - 11:30 am (Ste-Agathe)

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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

Village Church, 1829, chemin du Village / 819 425-8614 ext. 2500 / villede-monttreblant.qc.ca

Sat, Feb 17: 8 pm - Roxane Del & Guy St. Onge "Love, Love, Love the Beatles." Roxane Del (violin - solo), accompanied by the Fab Four string quartet with Pierre Bégin (first violin), Denis Létourneau (2nd violin), Frank Perron (viola), Jean-Christophe Guelpa (cello) and Guy St-Onge (piano and musical arrangements). They will play Dubussy and jazz by Bill Evans, and the most beautiful melodies of the Beatles. \$34
Sat, Mar 3: 8 pm - France d'Amour presents the second volume of "Bubble Bath & Champagne" following the success of her first tour. Opening act: Manon Brunet, singer and vocal teacher of Mont Tremblant will present Quebec songs from the 60s and 70s. \$34



France d'Amour

ST FAUSTIN

Maison des Arts et de la Culture
1171, rue de la Pisciculture, 819 688-2676. Open Wed - Sun: 11 am - 5 pm
Until Mar 24: Digital Art Exhibition - Digital art began in the 1960s and has evolved into an art form for creative expression.



Digital Art Exhibition

STE-AGATHE

Théâtre Le Patriote
258, Rue Saint-Venant / 819 326-3655 / http://theatrepatriote.com
The theatre will reopen for shows on April 6.

VAL DAVID

Val David Exhibition Centre
(2495, rue de l'Église. 819 322-7474 / www.culture.val-david.qc.ca
Until May 6: Chloé Beaulac presents "La Dérive." She captures traces made by time, on camera. Caroline Gagnon presents "Instabilité" vibrating whites and blacks with images passing from the abstract to the figurative.

VAL MORIN

Theatre du Marais, 1201 10è Ave, 819-322-1414 / www.theatredumarais.com
Sat, Feb 24: 8 pm - Philippe B - singer / songwriter performs pieces from his fifth album, "Ornithologie, la nuit." His voice is warm and the style is all his own, perhaps with a hint of folk. He was chosen as singer / songwriter of the year at the ADISQ gala in 2014. \$30.
Fri, Mar 2: 8 pm - Philippe Brach presents "Le Silence des Troupeaux" - winner of a Felix award in 2015. Philippe Brach

6 main.street@xplornet.ca

returns with his third recording. \$32.
Sat, Mar 3: 8 pm - Kawandak - The Kawandak Quartet (white-spruce Algonquin) was founded in 2008 by Norman Guilbeault, contrabassist and composer. Norman Guilbeault was well-known with his jazz trio. He became interested in finding his roots and created a meeting of traditional indigenous music with North American music. \$38.

Fri, Mar 9: 8 pm - Lydia Kepinski and Cédrik Saint-Onge... Lydia Kepinski plays the guitar and keyboard and sings original songs in French. She possesses a voice with which she expresses intimate emotions. Cédrik Saint-Onge sings about the beauty of nature's seasons in the Gaspé region. \$25.

Sat, Mar 10: 8 pm - Karen Young and Coral Egan - Two acclaimed performers and songwriters, Karen Young and her daughter, Coral Egan, sing and harmonize together covering the different types of music they sing. \$35.



Karen Young and Coral Egan

ST. ADOLPHE D'HOWARD

L'Ange Vagabond:
1818 Chemin du Village. Reservations: 819 714-0213 / www.facebook.com/langevagabond
Sat, Feb 17: 8 pm - Cabaret, Vagabond and invited guests. Contribution appreciated.
Fri, Feb 23: 8 pm - Beach Party - Contribution appreciated.

STE. ADÈLE

Place des Citoyens (999, boul. Ste-Adèle / 450 229-2921, ext. 300 / www.ville.sainte-adele.qc.ca)
Exhibition
Until Feb 18: Thurs & Fri: 5 pm - 9 pm and Sat & Sun: 1 pm - 5 pm. An exhibition entitled "Infrarouge" by Nathalie Morel. This is a series of large-sized portraits, merging the figurative and the abstract.
Mar 1 - Mar 11: Marc Lemieux "Un vie humaine." Spontaneous, abstract compositions creating a lien of colours and poetry with emotion and intimacy.

Music
Sun, Feb 11: 10:30 am (75 mins). Perséides - two musicians (Félix Mailloux (contrabass) and Amir Amiri (santour) create a unique fusion of traditional Persian music with Jazz and western classical music. \$15.

Wed, Feb 14: 8 pm - Passione: un hymne à l'amour - Pianist Enzo De Rosa and soprano Isabelle Metwalli will perform melodies from Italy, Spain, England and France, including songs by Piaf, Aznavour, Michel Legrand and many others. \$15.
Sun, Mar 4: 10:30 am. 75 minutes. Canto Tango - Del Sur. This trio invites Latin music lovers to a show of songs that are like post cards of South America. The musicians are: Gabriela Moulouhi (main vocals), Christine Tassan (guitar and vocals) and Daniel Emden (percussion). They play traditional rhythms with a pinch of jazz influence. \$15



Canto Tango - Del Sur

Opera direct from the Metropolitan Pine Cinema: Phase 2, 1146, rue Valiquette, Ste-Adèle / 855-739-7463 / http://www.cinemapine.com.

Sat, Feb 24: 12:30 pm - La Bohème, by Puccini

Sat, Mar 10: 12:55 pm - Semiramide, by Rossini. Maurizio Benini conducts. Cast features Angela Meade in the title role of the murderous Queen of Babylon and Elizabeth DeShong, Javier Camerena, Ildar Abdrazakov and Ryan Speedo Green.



Semiramide

SAINT-SAUVEUR

Saint-SAU Pub 236, rue Principale, St-Sauveur / 450 227-0218 / www.lesaintsau.com
Live music Thurs, Fri & Sat - reservations required

Fri, Feb 9: Valérie Jalbert

Sat, Feb 10: Flying Joes

Mon, Feb 12: Seb & Martin

Thurs, Feb 15: 7:30: Mylestone

Fri, Feb 16: Valectra

Sat, Feb 17: Stevey G's

Mon, Feb 19: Good Hearted Women

Thurs, Feb 22: Valectra

Fri, Feb 23: Triple Rock

Sat, Feb 24: Stephan McNicoll & GCR

Thurs, Mar 1: Valectra

Fri, Mar 2: Hugo Laliberté

Sat, Mar 3: Flying Joes - Canadian

power rock trio inspired by the 70s bands, Led Zeppelin and Rival Sons.



Flying Joes

Mon, Mar 5: Good Hearted Women

Wed, Mar 7: Pascal Dufour & les Hauts Parleurs plus invited artists.

Thurs, Mar 8: Mylestone

Fri, Mar 8: Trio Mecs Do

Sat, Mar 9: Jim Zeller

Mon, Mar 12: Good Hearted Women

For full program check the website www.lesaintsau.com

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823, Village Rd. info@artsmorinheights.com
ARTS Morin Heights -
Until Mar 24: Members of ARTS Morin Heights present "Botanicals."

BROWNSBURG-CHATHAM

Restaurant Le Faim-Fino
338 Maple Street / 450 495-8022 / branche-culturelle@outlook.com
Until Feb 25: Raymond Charette - an exhibition of photographs

PRÉVOST

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

This season's program includes Sunday Matinee concerts making it easier to enjoy live classical music during the winter! These are greatly appreciated by music lovers.

Sun, Feb 11: 2:30 pm - Jérôme Ducharme, Classical Guitar. Following his studies at the Montreal Music Conservatory, he received the conservatory award in 2000. He also obtained a doctorate in performance from the University of Montreal. In 2005, he won the prestigious 1st prize at the Guitar Foundation of America competition. He will play music by L. Rodrigo, M. Falla, A. Ginastera, J. Nanan, and others. \$31.50

Sun, Feb 25: 2:30 pm - Despax Quartet. This quartet has participated in numerous music festivals and now are in residence at the Notre-Dame-de-la-Guadeloupe Church of Gatineau, where they perform a series of concerts. The musicians are Cendrine Despax (violin), Jean Despax (violin), Maxime Despax (viola) and Valérie Despax (cello). These musicians make music with harmony and instrumental prowess and will play music by Mozart, Tchaikovsky, Schubert and Haydn... Not to be missed! \$36.50



Despax Quartet

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle) 450 432-7171 / www.museelaurentides.ca. Open Tues - Sun: noon - 5 pm
Until Apr 1 - Marie-Claude Boutillier exhibition entitled "Cartes sur table." Vernissage: Wed, Feb 7: 6 pm - 9 pm.

THE NEW THEATRE OF ST. JÉRÔME IS OPEN!

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

The new Gilles Vigneault theatre is now officially open. The inauguration event was magnificent and Gilles Vigneault himself was present at this event. For the first time, a full Symphonic Orchestra was on stage in St. Jérôme, in a new hall with spectacular acoustics! The Symphonic Orchestra of Laval, with the charismatic conductor Alain Trudel at the podium, played a well-performed, interesting and enjoyable program. Gilles Vigneault's well-known song, "Les amours, les travaux" for which a choir of fifty students from Académie Lafontaine joined the orchestra concluded the event. Well done! Bravo!



Symphonic Orchestra

Sun, Feb 11: 3 pm - Fabiola Piaf & Brel - Fabiola Toupin, on piano, pays tribute to the acclaimed singers Piaf and Jacques Brel. \$35.



Fabiola Piaf & Brel

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.



NEWS BITS FOR FEBRUARY

Financial assistance of \$600,000 for Le P'tit Train du Nord Linear Park!

With great enthusiasm, the Desjardins Groupe recently announced its involvement as a major partner of Le P'tit Train du Nord Linear Park, through its Fonds de \$100 million to support the socio-economic development of the regions. As such, Desjardins will allocate \$600,000 over 3 years to the organization. It is also the largest financial partnership with a sponsor by Le P'tit Train du Nord, since its creation.

This is great news for the users of this magnificent trail, since this investment will allow P'tit Train du Nord to continue the work begun to improve overall safety throughout the network. More concretely, this will result in increased signage, the addition of self-service repair stations and the enhancement of the patrol service, to name just a few. These improvements will increase ridership while maintaining high standards of quality and safety. In addition to contributing positively to the economic benefits for the communities and the greater Laurentian region, Desjardins' major investment in the project will give all users access to high-quality recreation and transportation activities, while ensuring the maintenance of this internationally renowned regional infrastructure.

Marina Expansion

The governments of Canada and Quebec recognize the key role that tourism infrastructure plays in the development of vibrant and prosperous communities, as well as in the protection of Canada's diverse heritage.

Argenteuil-La Petite-Nation Member of Parliament, Stéphane Lauzon, and Argenteuil MNA, Yves St-Denis, announced today that the governments of Canada and Quebec will each invest \$110,000 for the expansion of the Brownsburg-Chatham Municipal Marina. The financial assistance comes from the New Building Canada Fund, and the Quebec Provincial-Territorial Infrastructure Component - Small Communities Fund. The City of Brownsburg-Chatham will also contribute \$110,000 for a government-municipal investment totaling \$330,000.

The project involves expanding the municipal marina, located on the edge of the Ottawa River, to meet the growing demand for wharf rentals. More than 100 new locations will be created, 20 of which will be exclusively for visitors. The financial assistance will be used to install these 20 new sites.



Government Advertising in Canadian Community Newspapers

The Government of Canada has a duty to inform all Canadians about its programs, services, policies and decisions

In 2015/16 the government's total media spend was \$30.2 million.¹

Every week in Canada, over 1,000 community newspapers circulate almost 19 million copies in key metropolitan areas, rural and remote regions, and all areas in between.²

- 83% of Canadians are local community newspaper readers.³
- 72% of Canadians want to see government advertising in newspapers.⁴
- Canadians trust advertising in newspapers more than any other media.⁵

Less than 2% of the government's total media spend was in community newspapers.¹

If there is a genuine will to reach ALL Canadians then there must be an investment in meaningful communication with citizens through community newspapers.

Sources:

1. GOVERNMENT OF CANADA PUBLIC SERVICES AND PROCUREMENT
2. NEWS MEDIA CANADA SNAPSHOT REPORT 2017
3. VIVIDATA 2016 Q2 READER 4P DATABASE
4. TOTUM RESEARCH 2016
5. COMMUNITY NEWSPAPERS DRIVE RESULTS 2017

STRICTLY BUSINESS

By Lori Leonard - Main Street

A Sad Farewell to:

Arthur Raymond, an exceptional entrepreneur from the lower Laurentians, who passed away on December 28 at 92 years old. Sadly, his wife **Martine** also passed away on August 28, 2017. Arthur and Martine were the founders of **Glissades Pays d'en Haut** in Piedmont. Today, this center has 61 trails and 150 employees. Arthur Raymond, his wife Martine, and their extended family are also well-known for their Cabane à Sucre, Arthur Raymond, located in Piedmont. Our sympathies to the family.

Congratulations to:

Claude Lévesque who opened a new branch of **évoilà5**, 1245 Jean Baptiste Rolland West in St. Jérôme. They offer healthy, ready-to-go, fresh ingredients all in a bag that you pick up, then go home and cook into a healthy meal (bag includes the recipes). This concept is great for those who are tired of making the same meals. There is no waste, as everything is pre-measured. You can order 5 meals for 3 people for \$90 or 5 meals for 5 people at \$129. Open Monday to Friday, from 10 am - 6 pm, Saturday from 12 pm - 4 pm and Sunday, 12 pm - 6 pm. Call to reserve meals at 450 504-6555 / www.evoila5.com.

Did you know that:

St. Hubert Restaurant, located at 725 Ch. Jean Adam in Piedmont, recently underwent a makeover? The entire restaurant has been completely redecorated, including the bar. They now feature brunches on Saturday and Sunday from 10 am - 3 pm. They will also feature new items on the weekly menu. Live entertainment with Gilles Caplan, and other great performers, will take place. 450 227-4664 / www.st-hubert.com/piedmont.

Live music will take place at 7 pm on Saturdays for Après-Ski at **Sommet Saint-Sauveur**? On Saturdays, from January 13 to March 17, a variety of musical artists will perform indoors and outdoors. Ski, eat and dance. For more info 450 227-4671 / www.sommets.com.

Boutique L'aire du Temps will move to a new location at 261, local 1, rue Principale, St. Sauveur as of February 28? They have marvelous gift ideas, home décor items, bedding, lovely tablecloths, an amazing array of teapots and lots more. Best of luck to owner Pierre Cyr at their new location. 450 227-1447.

If you wish to buy insurance for your business, home, car, recreational vehicles, etc., you can contact **Cindy Pelletier**? Her office, **Assurances Cindy Pelletier**, is located at 349 Ch. du Lac Millette (corner of Lanning), St. Sauveur. 514 231-7911 / cpelletier@assurancescp.com.

If you are looking for a personal chef to serve you and your guests home-cooked pasta and sauces in your home, look no further... Call **Marco Pasta Bar** at 450 516-3458? Marco brings the food, pots and pans, the dishes and the utensils to your home. He also brings music, by entertaining you with his live guitar or karaoke! Minimum is 15 people. Please reserve 1 to 2 weeks in advance. Check out his Facebook page at Marco Pasta Bar.

SAY YES TO LAUNCHING OR GROWING YOUR BUSINESS

JUMP-START YOUR BUSINESS AND FINANCING OPTIONS

FREE | Wednesdays: 2:00 PM – 3:30 PM

Get the basic information needed to get your business off the ground and learn about funding options available through YES and other community programs.

BUSINESS BOOTCAMP: 4-PART SERIES

FREE* | Sessions Start February 1, 12, 22

This four-week intensive training will motivate your entrepreneurial spirit and show you how to build a strong and resilient business based on a solid foundation.

THE INS AND OUTS OF TRADEMARK REGISTRATION AND WHY IT MATTERS

\$20 | February 20: 6:30 AM – 8:30 AM

Our guest speakers will highlight the rules, advantages, challenges, rights conferred and procedures for obtaining a trademark registration so you'll be able to decide the best route for you and your business.

PLUS, ACCESS ONE-ON-ONE BUSINESS COACHING ONLINE

Our professional coaches can provide private business coaching via phone or web camera to help you start, grow or expand your business.

Free* business support: www.yesmontreal.ca | 1-888-614-9788

*For a one-time \$20 entrepreneurship file activation fee, you will have access to specialized services including coaching, business bootcamp, legal information and accounting clinics.

Program Funded by: Canada Economic Development for Quebec Regions / Développement économique Canada pour les régions du Québec





About Sainte-Adèle

Chris Lance - Main Street

Mayor Mme. Briere is now knee-deep in the ongoing judicial battle over a \$6.4 million lawsuit involving the mountain beacon

cross and Mr. Lupien. The battle seems to never end. Even the local parish priest has voiced his opinion in the 1st town council meeting of the year. It seems that the independent councillor, Pierre Lafond, is bucking the Briere faction. It is probably healthy to have some sensible discussions about every political decision. But, it creates tension with both the councillors and those attending the open Monday monthly town meetings. Such is the life of being elected.

This very harsh, cold winter season seems to be playing on everyone's nerves. Cleaning roofs, keeping the stoop free of ice and snow, fighting the flu and cold symptoms, going to the ski hills to pick up the kids, paying the heating bills – ugh – the endless cold winter is rattling down on us. It is time to take a week off in Cuba. Municipal taxes are going up for 2018 – maybe the councillors should not get a raise. With all the snow out there accumulating at the bottom of your driveway due to the municipal plows, don't get caught heaving it back on to the road because, apart from the potential heart attack, you can be fined \$200 for your first infraction. I'm exhausted just thinking about February and March snow falls.

If you want a break in the weather, step into the Breadshop in Sainte-Adèle. It is the second retail outlet for Dominique who works endless hours. He opened his first shop in Morin Heights, near the IGA and liquor store. Following success there, he has now opened in Sainte-Adèle. You can come in and smell the bread and pastries baking and the coffee brewing. Dominique explained, he started as a supplier of bread to Bourassa. He also said he sees our restaurant STARCA truck on the road – both owners work long hours to create value for their customers.

If you are inclined to enjoy winter sports, the skiing and skating has been pretty good. Sainte-Adèle boasts a few hills to ski and endless cross-country trails. Lac Rond – Les Plaisirs d'hiver 2018 becomes a weekend focus with events: Sunday, February 11, La Course des flocons, a 3, 5 or 10k walk. You can join up at www.inscriptionenligne.ca. Sunday, February 18 – A la ferme – animals and pony rides. Sunday, February 25; On bouge – animation fun, etc. All the information for these February events can be found at www.ville.sainte-adele.qc.ca

Valentine's Day is upon us. It's time to wine, dine and enjoy yourself with the love of your life. You might want to take your other half to Un Hymne a l'Amour on February 14, at 8 pm, at the Place de Citoyens. With your citizen card it costs \$10, without it's \$15 per person. If you buy online, you might also win 2 nights for 2 at the Hotel & Spa Mont Gabriel. The draw is May 2.

Oh well, that's it for this month. Enjoy your shovels and get out and enjoy a winter walk, ski or skate. Try to avoid the flu, but get the flu shot if you haven't already.



Let's Talk About It

Erin McCarthy - Main Street

Last February, I was contacted by CBC Radio to take part in a remote broadcast segment discussing certain issues that Laurentian citizens face living in a remote area. I raised the topic of our unreliable Internet connection. At the time, I had

said that it was not such an issue for me, personally, because although I do live in an area that city-slickers would consider remote, Mont-Tremblant / St-Jovite is a town with a population of close to 10,000 people (and growing), and is a year-round tourist attraction for people from all over the world. I said that an area with such a dependency on the Internet and wireless connection for its economy, and with a high school, multiple elementary schools, daycares, permanent residences, etc., would be considered by the government and Internet providers to be a priority over, for instance, smaller communities, such as Harrington or Montcalm. I continued to say that this prioritizing falls short, because most individuals living in these smaller communities still rely quite heavily on the Internet, which puts them at an incredible disadvantage.

Furthermore, with Mont-Tremblant's growing population of permanent residents, newcomers who are looking for more buyer-friendly pricing on homes, or those who want a little more land, will look to these surrounding communities, such as Arundel, Huberdeau, Weir, and Brébeuf, that are all within 15-20 minutes driving of central Mont-Tremblant. So, now you have these communities, which have become veritable 'suburbs' of Mont-Tremblant, with growing populations and a lot of young families, raising kids and trying to navigate life in 2018, with either dial-up Internet, or paying for "high-speed" with a mediocre-at-best connection that gets dropped when the wind blows the wrong way.

In November of this year, I was again contacted by the CBC to do a follow-up interview, following the announcement that the Quebec government was allocating approximately 18 million dollars to expand Internet coverage across rural communities in the province, but that the Laurentians was NOT one of the areas designated to benefit from the program.

Once again, I said my piece, adding that since I had originally taken part in the broadcast, I had been paying closer attention to the quality of the wireless connections in different areas around town, and the truth is, the wireless in Mont-Tremblant sucks. Half of the old village gets almost no signal, in my own house (middle of St-Jovite) service is sporadic at best, and as I sit here writing at Starbucks (a coffee chain that promotes their free wifi), I've had to turn on my own personal connection on my phone because their signal is too weak.

This spring, I will be teaching an art history class at the science centre in Mont-Tremblant, and I was told I had to conduct my presentations completely offline, because their signal, at the science centre, is too weak!

What can we do about this?! eamccarthy81@gmail.com



Village of Weir Newswire

Claudette Smith-Pilon

VALENTINE IS SHOWING ITS HEART

To all you 'romantic young at hearts,' fairy tales can come true. Have a nice day enjoying what comes your way. Loving songs, flowers, chocolates, cookies and all of what you heart desires. Be happy...



NEWS FROM CITY HALL

ACTIVITY: Line dancing accompanied by a live band every Friday evening from 7 pm – 11 pm at the Community Hall in Weir. All dancers are welcome to come enjoy the music, singing and meeting of new friends Info: Paul Brunelle: 819-430-3930.

ACTIVITY: ART Get-together every Monday at 1 pm at the Community Hall in Weir. You are your own inspiration: any medium, any size, under the supervision of Maida Rivest. Come socialize with friends and neighbours. Info: 819-687-9938.

Library Hours: Wed: noon - 5 pm / Thurs: 5 pm - 8 pm / Sat: 9 am - noon

If you are interested in volunteering "time" in order to offer more opening hours, please come to the library on Saturday morning and speak to Pierre Nadeau.

LUNCHEON: The January luncheon was well attended and appreciated by all. Please note there will be no luncheon in February and the next lunch date will be on March 30. Call Jolaine Craig at 819-687-9508 to reserve.

NOTICE: If you are looking for a family doctor call 1-844-834-4263 or visit www.wvcliniquegrandtremblant.com.

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next sessions will be on Friday, February 19 and Friday, March 9 at 9 am.

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



Arundel News

Janet Thomas

Arundel Elementary School: Kindergarten registration

Registration is from February 5 to February 28 for the Kindergarten program for the 2018-2019 school year. Contact Jill Earle: 819 687- 9159 ext. 5115 / email jearle@swlaurierschoolboard.ca The Arundel Elementary School offers bilingual education for students in K to grade 6, with a vibrant extracurricular program in sports, arts, and drama.

Time to renew your Loisirs membership

For a small group of volunteers, Loisirs Arundel sure keeps our community lively! Think of all the activities they provide for us: community celebrations such as Winter Carnival and Canada Day; cultural events such as the Lakehouse Concert Series, the Arundel Art Show, and the Craft Fair; winter fun on groomed ski and snowshoe trails; monthly Bingos; and more! Support the non-profit group that contributes so vastly to the spirit of Arundel.

Membership with free access to cross-country/snowshoe trails is only \$40/individual; \$60/family OR \$20/ individual; \$30/family without trail pass. 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

Family fun broomball

Every Sunday at 1 pm at the Arundel rink, followed by hot beverages and snacks at Loisirs Cafe in the United Church hall

Sunday, Feb 25: 2 pm LOISIRS BINGO AT THE LEGION
Cards: \$10; Grand Prize: \$100

Saturday, Mar 3 Join the fun for a day of sliding, ice bowling, hot food and beverages, FREE! Times to be determined.





Garden Talk

Houseplants create breathing spaces

June Angus - Main Street

In recent decades, houseplants were much less popular than during their last heyday of the 1970s. But thanks to a new-found interest by Millennials, houseplants are making a comeback.

A growing number of adults in their late 20s and early 30s are filling their homes with plants in all shapes and sizes as an antidote to their hectic lifestyles. Some shout their passion for plants to the world by blogging; others do a lot of photo sharing on Facebook, Instagram and Pinterest. Ironically, this renewed interest in plants has a lot to do with taking a break from being connected 24/7 by reconnecting with nature.

Meanwhile, retiring baby boomers, who may still remember the 1970s, are jumping back on the houseplant bandwagon too; and plant producers are paying attention. More varieties are now available to suit just about any growing conditions we have in our homes. From orchids, violets and succulents, to potted trees, terrariums and hanging plants, anything goes. We can now find indoor plants available year-round in garden centres, big box stores, florist shops, and even by ordering online. Starting plants from seed is also on the upswing.

As part of this renewed interest in houseplants, people are now taking their indoor plant passion a step further by making "breathing rooms," according to the Garden Media Group (GMG) 2018 trends report, which monitors overall trends in society and relates these to their impact on gardening.

Breathing rooms are filled with plants that help to clear the air and clear our minds. GMG notes this trend is part of an overall movement focused on making our physical health and mental well-being a priority.

While this sounds like a new idea, it's more like history repeating itself, if we look back to Victorian times when houseplants first became popular. Sun porches, bay windows and even glass rooms, called conservatories, created havens for plants and people alike, by bringing nature indoors. Fast-forward a hundred plus years and we're inviting nature indoors once again. But this time science confirms that it's a good idea.

Studies show that indoor plants go a long way towards perking up our sense of physical and mental well being by clearing the air literally of toxins regularly found indoors, including carbon monoxide, benzene, formaldehyde and mold. Other studies show that the proximity to natural settings elicits a sense of calm to reduce stress.

To get growing with your own breathing room, start with peace lilies and spider plants, two of the hardest working toxin removers you can bring into your home. Other great options include English ivy, bromeliads, aloe vera, golden pothos, rubber plants and Chinese evergreens. Boston ferns and bamboo palms not only remove toxins but are also natural humidifiers.

Arrange plants in pots that will rest on the floor or a table. Use hanging baskets and flowerpot pendants to green-up overhead. Most of the plants mentioned thrive with bright indirect light. Some, such as philodendron, will even do well in a dark corner.

Add a comfortable chair, yoga mat or meditation cushion to the setting and your breathing room will become a veritable oasis.



Five athletes and four Laurentian coaches head to the Olympics



The Laurentian region will be well represented at the PyeongChang Olympic Games in South Korea, with five Laurentian athletes who will live their Olympic dreams from February 9 to 25.

The Canadian Olympic Committee has announced the final composition of the Canadian team that will take part in these games. 225 Canadian athletes, including 50 from Quebec, will be in PyeongChang.

From the Laurentians: veteran Jasey-Jay Anderson from Lac-Supérieur (snowboarding); Elizabeth Hosking from Mille-Isles (half-pipe), Brittany Phelan of Sainte-Agathe-des-Monts (ladies ski cross); Mikael Kingsbury from Deux-Montagnes (freestyle skiing) and Cendrine Browne of Prévost (cross-country skiing) On the coaching side, Michel Hamelin (Sainte-Agathe-des-Monts), Jean-Francois Cusson (Mont-Tremblant) and Vincent Sigouin (Sainte-Agathe-des-Monts) are part of the Canadian Freestyle Ski Team.

Brian Smith (Saint-Jérôme) was also selected on the snowboard team for the half-pipe discipline. He is the coach of Elizabeth Hosking.

Best of luck to our Canadian athletes - follow their exploits on <https://www.facebook.com/loisirs.laurentides.page/>.



Terryble Tymes

How to identify and avoid online scams - part 2

Terry Cutler

Since the start of the Internet, Cyber criminals have done everything and anything to scam a buck out of you, and they're extremely good at it today. With tools and technology now, it's almost impossible for regular consumers to know they're in a scam because it's set up so well.



As I mentioned in the previous article, I'm going to dissect some of the top Internet scams that many of us fall for. In this issue, I'll review a scam that angers a lot of people because forceful telemarketers, pretending to represent the Canada Revenue Agency (CRA), are using aggressive and threatening tactics to scare taxpayers into paying fictitious debts, claimed to be unpaid taxes.

You're told that you must make payment immediately by credit card, or face court charges, jail time, or even deportation. If you start arguing with them, to frighten you even more, they would tell you that they've dispatched the cops to your house. Here's a consumer tip that comes from the Canada Revenue Agency, which says:

CONSUMER TIP: Know that the CRA will never request payment for taxes by a prepaid credit card, nor will they ask you for private information that you would not already have included on your tax return such as your passport, health card or driver's license numbers.

CRA will never leave personal information in a message, nor ask you to leave a message containing personal information. If you have an outstanding balance with CRA, you will likely receive written notification well in advance of receiving any phone contact. If you receive a suspicious call, hang up. If you have any concerns about your taxes, contact CRA directly at 1-800-959-5525.

We'll discuss another popular scam next month, so stay tuned and don't forget to subscribe to my free Internet Safety University newsletter at www.InternetSafetyUniversity.com

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

Valentine's Day Contest

A romantic getaway

TO WIN



Information and details



factoreries tremblant



factoreriestremblant.ca

TREMBLANT
FACTORERIES





**ROYAL CANADIAN
LEGION**
LA LÉGION
ROYALE CANADIENNE

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

**Branch 171 Filiale
Morin Heights**

Sat, Feb 10: 6 pm - Valentine's Day Supper
Fri, Feb 16: 6 pm - TGIF Smoked Meat Night
Sat, Feb 17: 7 pm - Open Mic
Sat, Feb 24: 1 pm - Annual Legion Snowball Game
Thursdays: 3 pm - Darts - new players welcome!
Military Whist: 1st & 3rd Monday of the month at 1pm.
Info: 450 226-2213
Info: <https://www.legion171.com>

**Branch 70 Filiale
Lachute**

Bus trip to Carleton Raceway Casino every six weeks - check for dates at the legion
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 3 pm

**Branch 71 Filiale
Brownsburg**

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

**Branch 192 Filiale
Rouge River**

Feb 13: 5:30 pm - Mardi Gras Dinner
Feb 23: 6 pm - TGIF Dinner
Feb 24: TBD - Snow Golf
Feb 25: 2 pm - Loisir Bingo
March Bowling - date to be determined
Tuesdays: 7:30 pm - cribbage:
Wednesdays: 1 pm - Bridge
For further info: 819 687-9143 / arundellegion@gmail.com

RELIGIOUS SERVICES

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

MORIN HEIGHTS HILLSIDE CHAPEL
755 du Village, Morin Heights

THE CATHOLIC CHURCHES
NOTRE DAME DES MONTS PARISH
887, Chemin du Village, Morin Heights
Huberdeau 10:30 am • Laurel closed until Mar 18 • Montfort 9:30 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
Spiritual Leader:
Rabbi Emanuel Carlebach
514 918-9080 • rabbi@ste-agathe.net
Services every Sabbath,
weekend, holidays

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

DALESVILLE BAPTIST CHURCH
245 Dalesville Rd, Brownsburg-Chatham
Pastor Eddie Buchanan - 450 533-6729
Wed: 7 pm - Prayer Meeting
Sun: 10 am - Sunday School
Sun: 10: 45 am - Worship Service
4th Sun of every month:
7 pm - Hymn Sing

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

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

**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
Christians of all denominations welcome.
Parking and elevator for handicapped

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

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

ST. MUNGO'S CHURCH, CUSHING

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

HARRINGTON UNITED CHURCH

Last Sunday of each month: 1 pm
ST ANDREWS CHURCH, AVOCA
Please call Rev. Cathy Hamilton for dates

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

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

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

**ANGLICAN PARISH OF
ARUNDEL & WEIR**
Grace Church
Fri, Mar 2: 2 pm - Members of the Anglican,
Roman Catholic and United churches in Arundel,
Huberdeau Weir and the surrounding area will
hold an ecumenical and bilingual service of
prayer for the World day of Prayer. This service
has been prepared by the women of Surinam.
Refreshments will be served after the service.
Wed, Feb 14: 11 am - Ash Wednesday Service.
The leader will be Reverend Josée Lemoine.
All are welcome to begin their
Lenten journey with us
Services are held at 11 am every Sunday,
followed by refreshments served
in the Parish Hall. Everyone is welcome.

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

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

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819-687-3331
Fri, Feb 9: 2 pm - An ecumenical and bilingual
service marking the Week of Prayer for
Christian Unity. Members of the Anglican,
Roman Catholic and United churches in Arundel,
Huberdeau Weir and the surrounding area will
take part in this service
Rev. Georgia Copland
Sundays: 10 am: Worship service.
All are welcome -
bienvenue à tous & toutes!

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

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Feb 14: Ash Wednesday
Feb 18: 11 am - Holy Communion
Mar 18: 11 am - Morning Prayer
Services with gospel/bluegrass music

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

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Feb 25: 11 am - Morning Prayer
Feb 25: 4 pm - Music by the Lake
Mar 25: 11 am - Palm Sunday
Bilingual services with gospel/
bluegrass music

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

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



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LAURENTIAN CLUB NOTICE

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

Guest speaker: Paul Bertum
Paul has been a palliative care
volunteer for over 20 years and
shares his experiences

Tuesday, February 27:
1:30 pm - 3:30 pm
Cost: Annual membership \$25
Guests: \$10 per event

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



LAURENTIAN CLUB OF CANADA

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



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
February 17, 2018 - 1 pm

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

Group Discussion

Upcoming meeting: March 17

Meetings are conducted in English
ADMISSION IS FREE

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

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COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA LACHUTMOUVEMENT PERSONNE D'ABORD LACHUTE

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

BADMINTON – WHO'S UP NEXT?

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

WILLKOMMEN

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

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE. 327
Sun, Mar 4: 9 am - noon:
March Breakfast.
Basket draw will go to the Arundel Public School
Sat, Mar 17: St. Patrick's Day
Corn Beef Dinner
Doors open at 5 pm / dinner at 6 pm
Music / dancing / fun / singing / BYOB
Adults: \$15 / children \$7 / 12 and under free

Internet Café: Daily access from 7 am - 10 pm.

Residents can pick up their key (\$5) at administration desk.
Computer Support
Tues: 9:30 am - 11:30 am at the Internet café.
Info: Brigitte Dubuc: 819-687-2122 ext. 3203
Like LRCC on Facebook at LRCC-Lost River Community Centre
See event details and photos on Facebook

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
The facilities are now open and we are ready to continue our activities!
Cook's Night Out: 1st Friday of the month at 5:30 pm
Bingo: 1st & 3rd Sunday of the month at 1:30 pm
Quilting: Mondays at 10 am
Knitting: Mondays at 1 pm
Line dancing: Tuesdays at 7 pm
Welcome back to all

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org / mhha98@hotmail.com

THEATRE MORIN HEIGHTS SAVE THE DATES

Mar 15: 7:30 pm - Play reading
Join in to read or just relax and listen
Venue: Morin Heights Legion (127 Watchorn) FREE!
SPRING PRODUCTION
Apr 13, 14, 15 & 21, 22, 23
Chalet Bellevue
Visit our brand new website:
www.theatremorinheights.ca
theatremorinheights@gmail.com

ALCOHOLICS ANONYMOUS MEETINGS

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

COMMUNITY FACEBOOK GROUPS

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

SEEKING VOLUNTEERS

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

COMMUNITY KITCHEN

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

SHROVE TUESDAY PANCAKE LUNCHEON

Morin Heights United Church
Feb 13: noon - 1:30 pm
Menu is pancakes, homemade baked beans, sausages, tea or coffee.
Donation: \$6

ARUNDEL TRAILS!

Memberships available at Arundel Provisions 819-687-3251

SEEKING ACTORS FOR PLAY

The translation of the play Les Anges Gardiens sont fatigués is nearly done and we hope to have the play ready to perform in May 2018.
We are looking for actors, especially men, who could play characters between the age of 60 and 75 years old. The play is about caregivers and follows the story of a couple, from the day the husband is diagnosed with Alzheimer's to his death. It is a serious subject portrayed in a light, humorous manner. If interested contact Marie-Claude Hé-nault: 514-705-5440 / mchenault76@hotmail.com

SEEKING VOLUNTEERS MORIN HEIGHTS LIBRARY

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

DANCE NIGHTS

Saint-Jovite Church, Mt-Tremblant
Entrance to the basement is through the side door
Feb 10: 7 pm - 11 pm
Open to all line and social dancers who are looking for an entertaining evening. Animated by teachers Jocelyne Larocque and Yves Boutin. Light snack will be served at the end of the evening.
Cost: FADOQ members \$15 / non-members \$20
Additional \$1 for tickets purchased at the door.
Tickets available from Nicole St-Amour: 819-425-8532 / Jean Paul Fleurant: 819-425-3226 / Aline Robillard: 819-425-3885.
Also available on regular Tuesday dance night at the same location.

SAVE THE DATE!

LACHUTE 4-H FUNDRAISER DANCE
Grenville Community Centre
Mar 24: 8 pm
Live band and lots of family fun.
Tickets: \$10 / person and kids under 8 yrs. FREE!

PRÉMATERNELLE LA ROCHELLE PRESCHOOL

Morin Heights Elementary School
647, Chemin du Village, Morin Heights
450-821-2566
OPEN HOUSE
Fri, Feb 23: 10 am - 2 pm
Visit the preschool and meet the teachers for information about the only bilingual preschool in the Laurentians

SPAGHETTI SUPPER FAMILY FUND RAISER

Sat, March 24: 6 pm - 10 pm
Come join us for a fun evening of good food and live music
Tickets: Adult \$15 / children \$8

LRHS COMEDY NIGHT

Featuring Gino Durante / Neil Janna / Tony Riccio
Fundraiser for the Fact and Fiction Europe Trip
Laurentian Regional High School
Sat, Feb 24: 7 pm
Tickets \$25 p/p – available at the door or from a Fact and Fiction student
Info / reservations: 450-562-8571

ADVANCE NOTICES

ARGENTEUIL PASTORAL CHARGE BBQ CHICKEN DINNER

Grenville Community Centre (21 Tri-Jean, Grenville)
Fri, Apr 6: 5 pm - 7 pm

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Laurentian Personality

Mark Labow - a "Diamond" ski patroller

Lori Leonard - Main Street

Mark Labow was raised in NDG. He skied down Cote St. Luc Road at the age of three. On Sundays, in his youth, he skied from Westmount to Mont-Royal, to St. Joseph Blvd. and over to Park, where his grandmother lived.

Mark joined the Canadian Ski Patrol at 16. Patrollers had to be 18, but Mark passed the St. John's Ambulance course in High School, so they bent the rules a little. Mark took the "ski train" at 4:20 pm from Westmount Station and arrived in Ste. Agathe at 8:20 pm. He patrolled Mont Ste. Agathe and Hill 65. Back then, he patrolled on wooden skis, with bamboo poles and bear-trap bindings with leather straps, which were dangerous. Canadian Ski Patrols always stood out on the hills with their Rainier red jackets with the yellow cross.

Mark experienced many adventures during his years as a patroller. One humorous moment was when a lady, who broke her leg, asked him to wait for her husband who was a doctor. As it turned out, he was an obstetrician! Since his medical background couldn't help in this situation, her hubby turned to Mark and said, "I'm taking another run, see you at the bottom!"

Mark met 90% of his best friends who were/are currently patrollers. A particularly close buddy was Ross Cole, a well-loved ski instructor, who passed away recently.

During his tenure with CSP, Mark held positions as Director, District Supervisor, Training Officer, President of the Laurentian Zone, and later National President. He founded and was President of FIPS (Fédération Internationales des Patrouilles de ski), which had benefits. He met his future wife, Claudine, a delegate from France at a FIPS meeting in 1993 and they wed in 1995.

In 2006, Mark was inducted into the Laurentian Ski Hall of Fame and in 2011, into the Canadian Ski Hall of Fame. Recently, Mark won a special "Diamond Award" for his longevity of 70 years as a dedicated member of the Canadian Ski Patrol. Mark skied to age 82 and is now 85.

Mark also enjoyed another life in Montreal as a pharmacist for 63 years. He owned Mark Labow, Pharmacien, on Cote St. Luc Road, NDG.



Super legal information, and the return of a favorite program!

4K - By Jill Grumbache-Boileau

KIDS, LET'S TALK

A popular 4 Korner's Family Resource Center program, KIDS, LET'S TALK, is back! In partnership with Cal en bourg, we're excited to once again offer this eight-week program for parents and their children aged two to five.

KIDS, LET'S TALK encourages children to communicate. Parents and children practice techniques that stimulate language and communication through play. Each of the eight workshops has a different theme and includes singing, rhyming, game playing, and a story. At the end of each workshop, children are given a toy to take home so games can continue to be played.

Sign up now for the Spring session which begins March 20. The location will be determined by the number and location of families registered and will take place either in Arundel or Ste-Agathe. Places are limited, so register now! E-mail laura.young@cgocable.ca or joanne.lamarre@cgocble.ca or call 819-323-1355.

ÉDUCALOI

Éducaloi is an invaluable resource for our Quebec English-speaking population. If you have legal questions on just about anything, this is where to turn for answers.

A registered charity founded in 2000, Éducaloi is a wonderful partner of 4 Korner's and a leader in the movement to improve access to justice in Quebec. Their mission is to help citizens understand their legal rights and responsibilities by explaining the law in everyday language.

Éducaloi provides legal information on many topics for men, women, youth, seniors, families, teachers, and students. Their activities focus on: providing legal information in plain language; creating legal education tools for teachers; helping people develop skills to help them exercise their rights; raising awareness about how the law is part of everyday life; and helping organizations communicate in plain language.

Éducaloi has become a recognized leader in delivering legal information to the general public and particular clientele. You can count on their information and their team. Get to know them and discover an absolute plethora of information at <https://www.educaloi.qc.ca/en>. Their website is also available in French.



Imagine Premiere Productions

English theatre company, Imagine Premiere Productions, received rave reviews for its recent SOLD OUT performances of Beauty and the Beast on December 27, 28 and 29 at l'Église du Village playhouse in Mont-Tremblant Village





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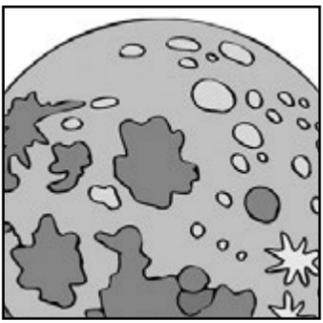
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February 2018

MAIN STREET



Zach Factor Beyond Panacea

Lys Chisholm & Marcus Nerenberg - Main Street

Meet the 2012 Nobel Prize winner in Physiology, Dr. Shinya Yamanaka of Kyoto University, Japan, and the father of modern stem cell medicine. Prior to 2006, scientists, biologists and physiologists

understood that we began life in a rigid series of steps. We observed that once an egg and sperm unite, the subsequent cell divisions initially create a harmonic division of identical cells and that each of these “stem” cells became more specialized and varied as the living being grew and the number of cells multiplied.

We believed that once a cell took on an identity and a function, this mature cell could not become anything else. Like a blank sheet of paper that had been typed on, a cell had its genetic code and it was destined to be a blood cell, heart cell, skin cell or kidney cell forever. We were wrong.

Dr. Yamanaka was able to identify genes in the DNA of mice that, when activated, could be reprogrammed to their original blank primitive stem cell state, officially called pluripotent cells. As simple as erasing a word processing computer document from your “paper” screen, he was then able to redirect or induce the growth of these stem cells into other types of cells within the body. For this immense leap into the understanding of the flexibility of biological processes and the potential for future cures, Dr. Yamanaka and his team in Kyoto were honored.

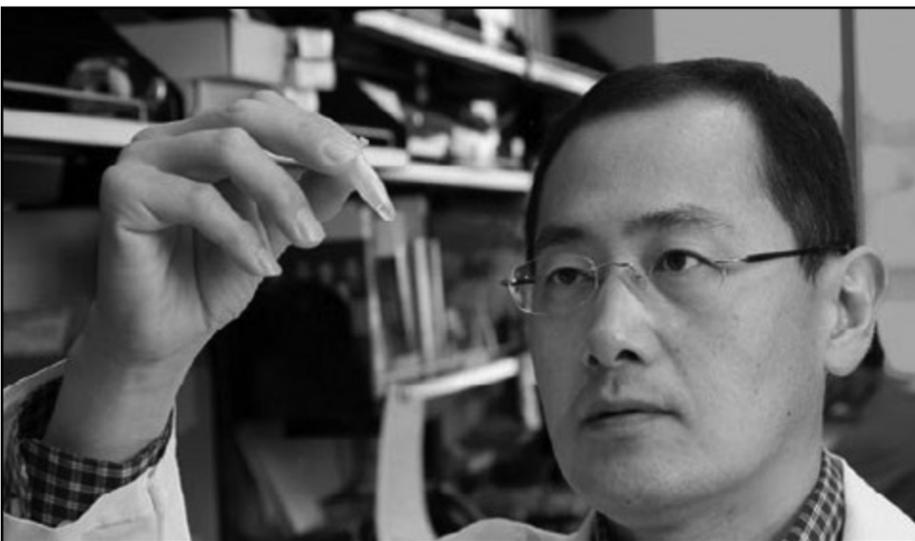
By 2014, the world of stem cell research had blossomed into a worldwide quest in numerous university laboratories and private corporations. Funding towards band-aid treatments of chronic disease was being rechanneled and, with the imminent potential of genuine cures, many pharma research centers were left short-changed as investors altered portfolios. Our understanding of how stem cells operate has developed even further. Now splinter groups, mainly privately funded, can reprogram harvested stem cells in a mere three weeks. This process, called induced pluripotent stem cells, and the related treatments that are evolving for each condition and disease, is known by its acronym, IPS Therapy.

Competing interests are at present lobbying governments around the world to slow this medical revolution. The stakeholders stand to lose trillions of dollars selling pharmaceutical drugs. In the USA, treating diabetes is now a \$400 billion a year industry. Big Agra, the prepared food industry, and Big Pharma are factory-farming the diabetic epidemic. Under pressure, the American FDA has been dragging its heels in approving and developing legislation to cover necessary stem cell clinical trials.

Frustrated investors have gone to other areas of the world where doors are open to furthering stem cell research and clinical testing in human populations. China leads the world, but Canada ranks third in its development of Stem Cell research programs, thanks to a hefty boost from the Liberal Government of Justin Trudeau, which can see the potential for huge savings in our very expensive Medicare system. Readers can review more specific information at the Canadian Stem Cell Institute, which hosted the largest conference on Stem Cell research in the world, this past October, in our own backyard, at Mt. Tremblant.

A panel of International doctors have banded together in a nine-part, on-line documentary, called The Healing Miracle. Over ninety professionals and patients have been interviewed, along with testimonials from patients who have had successful knee and shoulder stem cell therapy instead of costly joint replacement surgery. The series opens with the story of Texas House Republican State Rep. Drew Springer whose wife, wheelchair bound for 14 years, was able to walk again after spinal-cord stem cell treatments. He saw to the creation of House Bill 810 and its passing into law on June of 2017, which legalized stem cell treatments and bypassed the FDA prohibitions.

In Canada, stem cell therapies are available only under research studies. Many Canadian clinical studies are only now being launched and our readers who are interested can speak to their specialist physicians and voice any interest in being part of these trials. From ALS to Cerebral Palsy, from Lupus to Spinal Injuries, cures are no longer dreams but will soon be realities. The next hurdle for the researchers is to prevent stem cells from sometimes getting rewritten incorrectly. We need to be cautious still, despite the wave of enthusiasm, and take the time to ensure the IPS therapies are accurate and precise. Foremost that all ethical concerns, particularly those related to reproduction, are examined and addressed by the wisest of our society. Just because we can, does not mean we should.



Shinya Yamanaka, MD, PhD, and his team successfully reprogrammed human adult cells to function like pluripotent embryonic stem (ES) cells ending the need to use embryonic cells and opening the door to a vast array of therapeutic cures. Photo Credit: UCSF



The Story Behind The Precambrian Shield

Joseph Graham - Main Street
joseph@ballyhoo.ca

Some years ago, looking for a physical representation of the past, I took a 20-foot-long roll from an adding machine – just a few inches wide. Unrolling it along the floor across the kitchen and living room, I used it to create a scale of time since the Earth began four and a half billion years ago. It was 228 inches long, so each inch had to represent twenty million years. When geologists say that we live on the oldest rock formation in the world, I wanted to know what that means. The Precambrian Shield – most of Canada – also called the Canadian Shield and the Laurentian Plateau, existed at the beginning of the Cambrian period, about 550 million years – or twenty-seven and a half inches – ago. That was a busy, exciting time on our world. It was the time of the Cambrian Explosion when life began to innovate. Cells got together and built things like skeletons and shells while consuming the new fuel, oxygen, and over a period of only ten million years – a half an inch on my roll of paper – the world became something we might recognize.

From the time life actually began until the end of the Precambrian period, the creatures who inhabited the earth were technically immortal. They did not grow up, have children and die; instead each one of them reproduced by dividing in two. They did that for around 3 billion years, or 147 inches on my paper roll. During that time, some learned to use sunlight as a means of acquiring carbon, and they excreted oxygen, a highly toxic gas that did not exist on its own. In fact, after all those years, they had excreted so much oxygen that they had soiled their own nest, making the world uninhabitable to huge numbers of their sister creatures. Being threatened with extinction, different groups of individuals bonded together making little symbiotic communities that we have come to know as multi-cellular organisms, and they lived inside, shielded from that awful pollutant, oxygen. They could no longer simply divide to reproduce, and the new multi-cellular organisms were therefore not immortal. They had to develop a different means of reproduction, and so they invented motherhood and sexual reproduction. It was a way to maintain some small part of their essence and make new, modified versions of the particular type of organism they had become members of.



Eventually some of the organisms began using oxygen as a fuel, building larger, more intricate bodies with shells and skeletons, and so began the Cambrian Explosion. If you find some exposed bedrock in the Laurentians, you might be lucky enough to see a little pattern on it of one of the earliest creatures that got caught in the rock and left an image. I used to be confused by these patterns because I thought Precambrian meant before the Cambrian Explosion, and it does, but geological time moves slowly. Our arbitrary divisions sort of fit, but the dividing lines between these ancient eras would be pretty thick on the roll, maybe not an inch thick, but thicker than a pencil line.

Even the great extinctions would be thicker than a pencil line – at least until now. There have been six great extinctions since the Cambrian Explosion began, punctuated through time every few hundred million years (about 10 inches) and each one eliminated between 60 and 95% of species. They lasted anywhere from 10,000 to a million years, or .0005 of an inch to one hundredth of an inch. Cooling, volcanic eruptions, parasitic infections and even a meteorite hitting the world caused them. Each time, life recovered, changing like a kaleidoscope does as you turn it. After, the world was different – not better, not worse, but radically changed.

The sixth extinction is happening now. We have come to call it the Anthropocene but it has taken the form of a parasitic infection, progressing rapidly. In the past 50 years (that's .0000025 of an inch – way too thin a line to draw on my paper roll), somewhere close to half of the world's species have succumbed and the extinctions are continuing. People who are aware that this is happening also know that the world has recovered every other time, and it will this time too. They know that, when parasites invade a species, sometimes they kill it and sometimes they adapt to the rhythm of their host and become symbiotic partners, actually strengthening the host. They acknowledge it is unpleasant to accept that humanity is a parasite, but it is also unpleasant to contemplate that humans may not be adaptable enough to become symbiotic partners in the web of life – to survive as an integrated part of the host. They are aware of the Precambrian world, a time of single-cellular life when the world became polluted with oxygen. They know the survivors solved the problem, and the survivors will again. They just don't know who the survivors will be.

When we walk across the hard, grey igneous rock of the Laurentians, a part of the Precambrian Shield, we can recall that we live on a stony surface that has changed little since life faced its greatest, dirtiest disaster and turned a toxic waste into the very oxygen that we breathe. Facing this new disaster, we can hope, too, that our descendants will be a part of the solution life will find to stay the damage of this parasitic infection.



I'm Just Saying It's not easy being green

Ron Golfman - Main Street

Having grown up at the tail-end of the baby-boomers era, I feel

completely comfortable writing about the imminent legalization of pot on July 1, 2018. However, if this is going to happen, why on July 1, when millions, young and old, will be celebrating Canada Day? Could the government not have picked July 2 or 3 for the start, so as not to subject both vulnerable children and non-smoking adults to the anticipated explosion of aroma, which will surely envelop all festivities?



I am reluctant to admit that, despite all the health warnings, I still smoke cigarettes, an addiction which has no redeeming qualities. Smokers are obliged not to smoke within 9 meters of everything public, cannot smoke on terraces, which I accept, although I begrudge not being able to have a puff and an ale on a deck at times as the two literally go hand in hand. The aroma of weed is more pungent, and remains on one's clothes as well, but there is one distinction worth noting, that marijuana, mild or not, is mind and body altering.



One can smoke a cigarette and drive without distortion, operate machinery or perform many tasks without the consequences of being stoned on pot. I cannot fathom a high-crane operator, or a buzzed taxi driver navigating through Montreal traffic with potholes and road cones, as being safe. If I smoked a pack of butts, either 2 hours or 10 hours before work, the effect on me, and others, would be minimal, except for the tobacco smell, but a pot smoker, in the same circumstances, leaves an employer in an impossible situation when trying to ascertain when the employee last lit up a joint and how this could affect everyone else's well being. The issue of smell for landlords reeks of problems too.



I am for decriminalization of pot, as our jails and courts are filled with non-aggressive folks who have been penalized as if they had committed heinous offences when that is not the case. Legalization has not been well thought-out and we, as a society, are clearly not prepared for how to measure it, cope with it, or understand how it will impact our daily lives. Trudeau can keep his promise when police, employers and the public are prepared for it, but I dare say we are moving too fast. While the tax base may benefit us all by legalization, we will surely incur other devastating repercussions by this premature action.



Aside from those of us adults, who may have a puff in the privacy of our own homes, the majority of the population, chomping at the bit for legalization, are between 16 and 25 years of age. Their brains may have not fully developed yet, and we could be sanctioning harm to them in the name of freedom.

I'm just saying.



Making it Work in the Laurentians So, you're about to graduate... what's next?

Rachel Morgenstern-Clarre

You've finished all your coursework and you've got your cap and gown, but have you started planning for what comes after graduation? Whether you're nearing the end of high school, CEGEP, or even university, you don't want to wait until the last moment to decide what your next step will be. Start planning now so that when you walk across that stage, and receive your diploma, you already know which direction you are headed in!



Don't wait too long to start the job search

It's important to have a plan and it's important to be in the know. Why is it important to not wait too long? Robust competition for jobs. The job market for young people is extremely competitive right now. In addition, if you're an anglophone living outside Montreal, you will be facing the usual challenges of someone looking for work in a small town or rural area, but also amplified by the fact that you're a language minority. However, don't let the fear of getting lost in the shuffle hold you back, just start thinking now about what qualities you have that will make you stand out from the crowd.

Gain real-world experience while you are still a student

If you have some idea already of what career you want to pursue, get real-world experience in that intended field. Pick up an internship, or spend your time volunteering for an organization and/or cause you're passionate about. This will give you a chance to find out whether you really see yourself pursuing that career long-term. It can also help you make important contacts with people who can give you professional advice, and serve as future references. It can also be worthwhile to conduct informational interviews to get first-hand feedback from people in that field. These invaluable early experiences and connections will be sure to give you a competitive edge.

Take a minute to reflect and find out what's best for you

In the fall, many of your friends may be leaving for school, and you'll need to have a plan for what your next chapter holds too. Talk to your guidance counselor about where your interests lie, and what your options are. Get proactive about employment, by creating a checklist of things you will need to find work, such as a résumé, cover letter, and references, and then start by looking at job listings online and networking.

You don't have to find the job of your dreams right away; instead, you might be more interested in just working at a job that lets you save up money so that you can travel, start your own business, or even consider going back to school in a year or two. No matter what, don't wait until graduation or until the fall to decide. Instead, ask yourself the hard questions now about what you want to do, and who you want to be, to make life easier later.



Looking for work and could use a little help to increase your chance of success? Visit www.yesmontreal.ca or call 1-888-614-9788.



Real Wine for Real People Navigating a wine list

April Sirois - Sommelier - ISG

Hello, and welcome to February's wine column. This month, we are going to demystify that intimidating wine list.

We have all been there, out at a nice restaurant, sitting at a table, looking forward to a nice meal and bottle of wine. The only catch is that the wine list has nothing familiar on it, and worse, the bottles within your price range have names impossible to pronounce. Relax, you can do this and look like a pro. Let me help...

#1. Unless you are at a wine bar that sells a lot of different wines by the glass, stay away from single servings. These are usually underwhelming, over-priced wines that are more about profit than quality. If you are not interested in a full bottle, ask if they have any demi-bottles, instead of ordering by the glass.

#2. Try to avoid the "heavily marketed" wines. Most likely, they will have the biggest markups, because people do recognise them, and customers will be more likely to order them. Look for the same grape and region, by a known producer, but not one of the more commercial wines. You already know what that Yellow Kangaroo wine tastes like. Why not try an Australian Shiraz by Yalumba or Rosemont? You will save a few bucks, and may find a new favorite.

#3. Go for the low-price range. Many sommeliers will go to a lot of trouble to find great bottles of wine at reasonable prices for their wine lists. Just like everyone else, we like to find well-priced little gems too.

#4. Ask the sommelier for advice. A sommelier is just a paid wine geek and, trust me, they love nothing more than talking about wine with interested people. They want you to enjoy your wine and your dining experience. That is their job, so don't be shy.

#5. If you are really lost on how to pronounce the name of a wine, don't be afraid to point at the bottle that you want on the wine list. Just be very sure that your waiter understands what you are pointing at, and make sure it is the one that comes to the table. Not the \$200 bottle just above or below it!

#6. Lastly, if you are a group of people sharing wine, you may want to ask if they have enough bottles of the wine you order in stock, to be able to order more bottles should the need arise.

Cheers!





Welcoming the New Year Reflections on the concept of retreat

Louise Bloom

Retreat is not retirement. Nor is it a posture of defeat, understood as the traditional reference to war and battles where the troops retreat having been overcome by the enemy. But yes, the current need for a new and honorable definition of retreat is brought on by a cultural reality that is a threat to our survival.

“There is a pervasive form of contemporary violence to which the idealist most easily succumbs: activism and overwork. The rush and pressures of modern life are forms, perhaps the most common forms, of their innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.” Thomas Merton - 1966

This wise and still-timely analysis has been working on, and in me, for many weeks. It has led me to observe myself and my values. I witness the generation that follows me, my children and their associates, in their efforts to do and have it all. This tendency is a complex knot in the tangle of the current social reality. It is continually being re-tied by the promises of Paradise, as advertised. Its tightness leaves humankind parched and strangled as we strive to live up to the dream. It is a rope so twisted in upon itself that it is as violent as that of a hangman. We are killing ourselves with ambition.

Further, this anxious, speedy breathless life, has been glorified by the constant seduction of the web and social media.

How do we begin to turn the course of events? How do we shift from putting an ultimate value on accomplishment and acquisition to assigning primary importance to cultivating a peaceful relationship with ourselves?

Adopting the idea of retreat, as a consistent and frequent act of personal withdrawal on a daily basis, allows me to refurbish and evaluate all my activities. I become aware of the movement from out to in. I measure my own reserves of energy, returning to the hallowed halls of ‘self’ for a drink of ‘breath’.

Standing at a bus stop, or in a shopping mall or a public washroom, eyes closed and breathing with awareness is a conscious act interrupting the treadmill of our day.

Choosing to check in with ourselves, and to take charge of our energetic health, ensures that we are able, and available, to care for others adequately. This is active, consistent retreat, the practice of presence.

“Retreat” is not only a luxurious sojourn at an Ashram or Zen Centre.

“All of humanity’s problems stem from man’s inability to sit quietly in a room alone,” wrote the French philosopher Blaise Pascal. I would add, “without his smartphone.”

Something to contemplate, while sitting quietly in a room alone.



Essential Oils Top 5 essential oils for Valen- tine’s Day

Susan Rich

February is the month of romance, filling our spirits with love and kindness.

The signs are everywhere. Stores are decorated with red hearts, chocolates line the shelves. Restaurants are gearing up for one of their biggest days, and plans are being made for special surprises.

Valentine’s Day is a reminder that love is special, and we need to take the time to nurture it. We should set aside some special time to celebrate the love and commitment to one another and, hopefully, renew that special spark. Essential oils can go a long way to setting a mood and lifting our emotions. These are just a few of the amazing fragrances that will enhance the experience of love.

Geranium - has a sweet floral scent. It is wonderful for the skin, so you can add it to your skin-care routine. Using it as a perfume will inspire a sense of peace and calmness.

Neroli - comes from the orange blossom, so it has a fragrant citrus scent. Often used in wedding ceremonies because it is known to increase romantic feelings. So, diffusing it in the bedroom, or misting it on the sheets, can set the stage for a very romantic and playful evening.

Jasmine - is one of my all-time favorites. It has a very exotic floral aroma that arouses feelings of passion and desire. For years it’s been used for its aphrodisiac properties, and isn’t that what Valentine’s Day is about? Rub a few diluted drops over your heart and watch your mood shift to one of love.

Sandalwood - is a very woody and exotic scent that men tend to love. It’s grounding and balancing and, when inhaled, will let the tensions melt away, allowing you to focus on your loved one on this special day.

Ylang ylang - is another one of my favorites. I just love the floral aroma of this one. It is a known aphrodisiac, and definitely will warm things up for a night of romance. It balances the emotions and boosts the mood. Add 2 drops of ylang ylang and 2 drops sandalwood and create a massage oil your partner will likely be asking for in the future.

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



Fit Tip #122 Call 9-1-1

Lisa McLellan - Main Street

February is Heart Awareness Month. Your heart beats about 87,000 times a day, or 31,755,000 times in a year ... need I go on? Have some respect for it, my friends. Your ticker is your lifeline. Heart attacks are primarily caused by blockages in the arteries due to poor lifestyle habits and genetics. Poor lifestyle habits cause a build up of plaque in the arteries, which narrows the space the blood must flow through. A blood clot can block an artery completely, cutting off the supply of oxygen to the heart. When heart muscles lack oxygen they die. They can’t be regenerated. The degree and the duration of the blockage determine the severity of the damage to the heart. That is why it is so important to act quickly. Heart attacks are a primary cause of death in North America.

PREVENTION - an overview

Keeping your heart healthy is not difficult. The recipe is simple: stop smoking, exercise daily for 30 minutes, eat whole foods, cut down on saturated fats, lower your sodium intake, get checked for high blood pressure, know your family history, practice good oral hygiene, and keep your waist-line down to avoid dangerous visceral fat. Small changes in your habits can make a real difference. Daily action is the key.

Reality check: Changing your lifestyle is less painful than suffering the debilitating effects of strokes, heart attacks or the loss of your life - not to mention the pain caused to your loved ones. Please, do it because they love you.

SYMPTOMS - not everyone gets all of the symptoms. If you have one or more of these signs, call 911 immediately.

1. Chest pain or discomfort for more than 15 minutes.
2. Pain in your arm(s), back, neck, or jaw. Women are more likely than men to have additional issues, like neck, shoulder, upper back, or abdominal pain.
3. Stomach pain - symptoms often begin days earlier.
4. Shortness of breath, nausea or light-headedness.
5. Sweating and fatigue.

ACTIONS TO TAKE

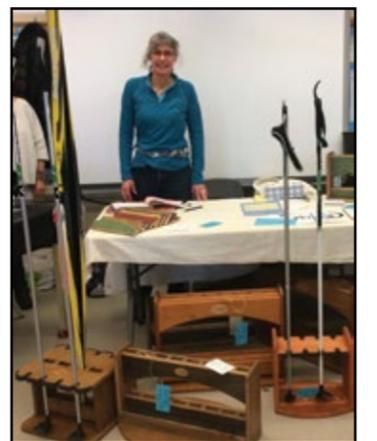
- Memorize the list of heart attack symptoms and warning signs.
- Remember that you need to call 911. Don’t wait. Heart attacks are unforgiving.
- Have baby aspirin on hand. 300 mgs of aspirin chewed at the time of a heart attack can reduce mortality by 15 to 20 per cent.
- Don’t drive yourself. Take an ambulance. They can administer life-saving treatment.
- Talk to family and friends about the warning signs and the importance of calling 911 immediately.
- Know your risk factors (check ups) and what you can do to reduce them.
- Create a heart attack survival plan that includes information about medicines you’re taking, allergies, doctor’s number, and people to contact in case you go to the hospital. Keep this information in your wallet.

Commit 100% today to making the changes that will help prevent this tragedy and the devastation that accompanies it. As a reminder, put this up on your fridge!

For more information please call 450 560-2803 or visit www.agesmartfitness.com

Skifuté etc., – a new concept for cross-country ski equipment

In 2003, Geneviève L’Abbé moved permanently to Morin Heights where she had spent the summers and weekends of her youth. It is also when she developed a passion for cross-country skiing and enthusiastically took up the sport. This little hamlet is well-known for its amazing network of trails, offering many kilometers of nature’s best for cross-country skiing, within close proximity to the village.



Cross-country skiing does not require a lot of equipment, but the skis and poles can present a storage problem, in season or out, particularly if the entire family participates in the sport, leaving you with several pairs to deal with. Short of leaving them stuck in a snow bank, where they can become iced-up, or run over by the snowplow, the only option is to bring them indoors. So, out of sheer necessity, this is how Geneviève came up with the idea of building her first cross-country ski rack in 2016. What a difference it made to the mayhem of skis and mis-matched poles, previously scattered everywhere! With the rack now in play, all equipment was neatly and conveniently stored, saving space and protecting the gear from damage.

From that first, basic design, Geneviève developed a new business called Skifuté etc., and went on to produce other designs. She has four models currently for skis, two models for poles, and a combined model, “the Compact”, that holds 4 pairs of skis and 4 pairs of poles.

Each model has been designed personally, and crafted by Geneviève herself, from the original wood - work, right down to the elegant finishing. The racks are efficient storage units, yet with such an elegant and beautifully finished design, you’ll want to place them right by your entrance door for the season, before moving them easily down to the basement until next year.

For further information contact Geneviève: 450-821-2048 / Info@skifuteetc.ca / Skifuté etc

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The English Link Eye-opening facts and where to find help



By Jill Grumbache-Boileau
Community Development Coordinator, 4 Korner
Family Resource Center

The Laurentians are 22,000 square kilometers of "...rich territory that has always been coveted... A wealthy land of a thousand different aspects..." as its website describes, but it's also the home of eye-opening statistics and phenomenal services for its inhabitants.

First, many people aren't aware that English is the first language of almost ten percent of our Laurentian population and chances are, the percentage of English-speaking people here is even higher if you include immigrants whose second primary language is English rather than French.



Related to this fact is, according to a recent CBC article (Quebec allophones, anglophones more likely than francophones to live below the poverty line, by Claire Lowen, January 2, 2018) is information from an analysis of 2016 census data by demographer Jack Jedwab, president of the Association for Canadian Studies. This study states that statistics fly in the face of a perception that Quebec anglophones are generally better off than francophones. In fact, a higher percentage of Quebec's anglophones live in poverty.

"No matter how one slices this...anglophones still fall below the lower income lines more often than francophones do in Quebec*," says Jedwab.

According to Statistics Canada's latest census, Quebec households continue to have some of the lowest incomes in the country. Although working hard to change this, two Laurentian communities, Grenville and Lachute, currently sit at the unenviable top of the list of Canadian cities where people are the poorest.

Another fact to consider is, in the Laurentians, we are seeing an increasingly aging population. The 2016 StatCan report tells us that a larger proportion of Canadians 65 years and over were low income in 2015, compared with 2005. While the increase was particularly great for senior men, overall, senior women were still more likely to have low income in 2015. For persons aged 45 to 53, the incidence of low income increased marginally, but for persons aged 66 to 87, the incidence of low income increased sharply.

While the Quebec government has announced a \$3-billion anti-poverty plan, which aims to lift 100,000 Quebecers out of poverty by 2023, all of these facts and statistics prove that there are still socio-economic needs to be addressed everywhere, including in our breathtakingly beautiful Laurentians.

There are a tremendous number of resources available across the Laurentians that help with food security, shelter, affordable housing, and various other health and social services designed to support the population's needs. A good place to start is a check of the following websites: www.4kornerscenter.org and <http://www.santelaurentides.gouv.qc.ca/> or just give us a call: 1-800-974-3940

*Although the mean income of Quebec anglophones is greater than either francophones or allophones due to the minority high wage earners, the unemployment rate is higher in Quebec anglophones than francophones. https://www.inspq.qc.ca/pdf/publications/1494_SituationSocioEconoAngloQc_VA.pdf

Financial Assistance Program for Local and Regional Initiatives for Physical Activity and Outdoor Activities

Twenty-two regional projects share \$30,164
The management and coordination of the Program of financial assistance to local and regional initiatives for physical and outdoor activities (PAFILR) were entrusted to Loisirs Laurentides by the Department of Education and Higher Education.

ORGANIZATION	CITY	PROJECT	SUM AWARDED
Recreational ass. Ste-Lucie-des Laurentides	Ste-Lucie-des Laurentides	Outdoor family day	\$600
Regional leisure ass. for the disabled in the Laurentians	St-Jérôme	Festi-neige	\$1083
Centre Christ-Roi	Mont Laurier	Equip for physical activity & outdoor classes	\$3000
Broomball Club of Lac-Saguay	Lac Saguy	2018 Carnival	\$375
Weighlifting club	St-Jérôme	Club star-up	\$1000
Hubert-Maisonneuve High School	Rosemère	More cardio for students	\$296
La Colombe	Ste-Agathe-des-Monts	Hockey for girls	\$3000
Le Coffret	St-Jérôme	Spring break	\$1500
Inter-municipal hockey league	Piedmont	End of season tournaments	\$1000
Maison de la famille – Chute-St Philippe	Chute St-Philippe	Hockey workshops	\$600
Maison de la famille – Pays-d'en-Haut	Ste-Adèle	Family excursions	\$300
Mun. Arundel	Arundel	Winter carnival	\$680
Mun. Lanthier	Lanthier	Outdoors is fun – bring your parents	\$1430
Mun. St. André d'Argenteuil	St. André d'Argenteuil	Outdoor sports library	\$1500
Mun. St. Placide	St. Placide	Nordic Follies	\$500
Mun. Val David	Val David	Winter magic	\$500
Regional park of Montagne du Diable	Ferme Neuve	Purchase of equipment	\$3000
Regional park – Rivière-du-Nord	St-Jérôme	Spring break	\$1000
Plein air Haute-Rouge	Rivière-Rouge	Outdoor skating	\$3000
Regroupement de ski de fond Laurentides	St-Jérôme	Ski initiation – purchase of ski and equipment	\$3000
Ville Sainte-Adèle	Ste-Adèle	Treasure Hunt	\$2000
Ville de Ste-Anne-des-Plaines	Ste-Annes-des-Plaines	Kite-surfing initiations	\$800
Total			\$30,164

New modern buses for Inter des Laurentides

As of January 13, Inter des Laurentides has upgraded their passenger vehicles with a new fleet of modern buses, boasting 41 comfortable seats, equipped with free WI-FI and accessible to people with reduced mobility. Inter des Laurentides travels between the cities of Saint-Jérôme and Rivière-Rouge, travelling more than 150 kilometers. As of August 2017, Inter also services the city of Prévost as a pilot project confirmed for the year 2018.

The MRC de Pays-d'en-Haut and the MRC des Laurentides are consolidating their actions to encourage residents' mobility, economic development and access to a public transit solution that better meets the needs of the population.

For more information visit www.linter.ca (notices) or www.facebook.com/linterdeslaurentides





Main Street Money: Ladies' Investment and Financial Education

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

SHOULD I CONTRIBUTE TO A TFSA, AN RRSP, OR BOTH? Determining the best approach.

THE DEBATE OVER WHETHER TO INVEST in a Registered Retirement Saving Plan (RRSP) or a Tax-Free Savings Account (TFSA) comes up every year. Both are excellent tools that allow you to shelter investments from taxes, and both have their place. Here are some factors to consider as you decide which type of account to save in.

Registered Retirement Saving Plan

RRSPs are generally used for saving for retirement. Contributions are tax-deductible and investments grow tax-free within the account. Both the contributions and investment earnings are taxable upon withdrawal, but the idea is that these withdrawals will happen after retirement, when your income and tax rate are expected to be lower than when you contributed. Withdrawals are included in income and affect eligibility for federal income tested benefits and tax credits, such as child tax benefits and Old Age Security. Once you withdraw funds from your RRSP, the contribution room is gone for good, unless you do so through a program such as the Home Buyers' Plan or Lifelong Learning Plan.

Tax-Free Savings Account

TFSA's can be used to save for both retirement and shorter-term needs. Contributions are not tax-deductible, but investments grow tax-free inside the account. Amounts withdrawn from a TFSA are not subject to tax and will not affect eligibility for federal income-tested benefits and tax credits. Withdrawals are added back to your available TFSA contribution room in the following calendar year, so there is very little downside to using TFSA savings for mid-sized to large purchases.

Which is right for you?

Lower income

If you are in a low income tax bracket (for example, if you are a student or are on maternity leave), saving in a TFSA may be more advantageous than saving in an RRSP. The RRSP tax savings are less significant, and you may be in a higher tax bracket when you make withdrawals.

Middle income

If you are in a middle income tax bracket, there may not be a clear advantage to using one plan over the other. One strategy would be to contribute to your TFSA now and accumulate RRSP room to be used later, when you're in a higher tax bracket and can optimize the advantage of the tax benefits.

Higher income

If you are in a high tax bracket, you may want to consider using both types of plans. An RRSP may be a better option if your current tax rate is higher than you expect it to be when you withdraw your savings. You'll benefit from a tax deduction when you make your contribution, and withdrawals will be taxed at your lower future rate. You can also use the refund from your RRSP contribution to fund your TFSA.

Talk to your advisor

Whether to save in a TFSA, an RRSP or both may depend on your savings needs, your eligibility for income-tested benefits, and your current and expected future financial situation and income level. Your advisor can help determine the best tax-advantaged investment strategy to help you achieve your goals.

BUYING A HOME?

Both TFSA's and RRSPs can be ideal vehicles to save for a home. If you are a first-time homebuyer, you can withdraw up to \$25,000 tax-free from your RRSP under the Home Buyers' Plan. If your spouse is also a first-time homebuyer, they can also withdraw up to \$25,000 tax-free from their RRSP under this program. Money withdrawn under the Home Buyers' Plan must be paid back within 15 years, however. Any amount that you do not repay as scheduled is included in your income, and the room to recontribute to the RRSP is gone. There are no conditions on withdrawals from a TFSA to purchase a home, and you don't need to be a first-time home buyer. The withdrawal is tax-free and is added back to your contribution room in the following calendar year.

	Registered Retirement Saving Plan	Tax-Free Savings Account
Minimum age to own	No	Yes - age 18
Maximum age to own	Yes - end of year you turn age 71	No
Annual contribution limit	18% of your earned income from the previous year, up to a maximum amount (adjusted for certain pension amounts)	Dollar amount per year, indexed to inflation
Carry-forward of unused contribution room	Yes	Yes
Tax-deductible contribution	Yes	No
Monthly penalty on excess contributions	Yes - on excess at month-end. If excess is removed by the end of the month, penalty will not apply for that month	Yes - on the highest amount of excess at any time during the month
Investment options	A variety of investments, such as stocks, bonds, GICs, mutual funds, segregated fund contracts, cash	A variety of investments, such as stocks, bonds, GICs, mutual funds, segregated fund contracts, cash
Tax-deferred/tax-free investment growth	Yes - tax-deferred	Yes - tax-free
Taxable on withdrawal	Yes - fully taxable	No - tax-free, except for growth after death if no successor holder
Withdrawals added to contribution room	No	Yes - but not until the following calendar year
Withdrawals affect federal income-tested benefits and tax credits	Yes	No
Tax-deferred/tax-free transfer to spouse on death	Yes	No
Tax-deferred/tax-free transfer to second generation on death	No - fully taxable unless financially dependent	Yes - only investment income after date of death is taxable

Christopher Collyer, BA, CFP, Investment Advisor, Manulife Securities Incorporated, Financial Security Advisor, Manulife Securities Insurance Inc. - This content is provided courtesy of Solutions from Manulife. If you would like to discuss the aforementioned subject, I can be reached at 514-788-4883 or my cell at 514-949-9058 or by email at Christopher.Collyer@manulifesecurities.ca. Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through Manulife Securities Insurance Inc. Banking products and services through referral.

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Bungalow with finished basement on 13,842 sf of land. Lake Solar with beach a short walk away. Several renos done since 2014. 2 bedrooms & wood stove. Easy access to Rte 329. 15 min. from Ski Morin Heights or Lachute & 30 min from St-Jérôme. MLS 18672617

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Charming, well-maintained cottage with 81 feet on Lake Barron (motorboats) and access to Lake Bird (no motors). Living room & kitchen with view of the lake, renovated bathroom, open concept, privacy on dead-end road. Cozy & ideal as cottage or year-round home for nature lovers! MLS 8228401

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LAKE DAWSON WATERFRONT
Spacious, furnished open concept home w/ 4 bedrooms on Lake Dawson! 2 bathrooms and attached garage. Balcony facing the lake, land of 22014 sf & paved driveway. Easy access to Mtl at less than 1 hr and only 10 min. from the ski hill, 18 min. from St-Sauveur. Ideal as principale residence or a cottage for a large family. MLS 18761779

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

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- have a diagnosis of type 2 diabetes for 12 weeks or longer
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The 46th edition of the Morin-Heights Viking Loppet is coming soon!

The Municipality of Morin-Heights and the Viking Ski Club are finalizing the last details of the 46th edition of the Morin-Heights Viking Loppet, which will take place on February 25, 2018.

Whether it's to compete in your age group, just for fun, to challenge yourself or to share a family activity, our classic cross-country trails offer all that through different courses (10, 20 or 33 km).

The cross-country ski capital is expecting around 500 participants and a fantastic team of 140 volunteers will once again be ready to assist and cheer everyone on. Come enjoy this great winterfest! Registration includes start/finish bus shuttle, on-trail snack/drinks, post-race meal, and much more!

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Notaries Paul Hénault, Yves Sabourin, Carl Couture and Catherine Lemay are pleased to announce that they have joined their notarial firms under the name "Hénault Sabourin Couture Lemay, notaires Inc." The new firm will conduct business at 514 Principale Street, Suite 1, Lachute, in the offices of Mtre Hénault and Mtre Sabourin.

Mtre Hénault commenced his practice in Lachute in 1969 and opened his office in 1975. Mtre Sabourin joined Mtre Hénault in 1978 and Mtre Gérald Bédard was an associate of the firm Hénault Sabourin & Associés from 1986 to 2008.

Mtre Couture, received as a notary in 2011, and Mtre Lemay, received as a notary in 2012, were associates in their firm Couture Lemay, notaires Inc. in Lachute since 2014.

The new firm "Hénault Sabourin Couture Lemay, notaires Inc." is offering a variety of professional services including, among others, real estate law (sales and hypothecs), personal rights law (wills, powers of attorney, protective mandates, homologation of protective mandates, celebrations of marriage, settlements of estates), business law and agricultural law.



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YOUR LIFE STORY... AN INVALUABLE LEGACY

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At school, we learned the history of the early settlers who built the forts, houses and castles and those who established schools, convents and hospitals. But what about the lineage of the men and women who shaped our own family histories? We hardly know the true story of our antecedents. We live in an age of communication with the desire to express oneself, to open up to others, to connect. I can help you make that connection.

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