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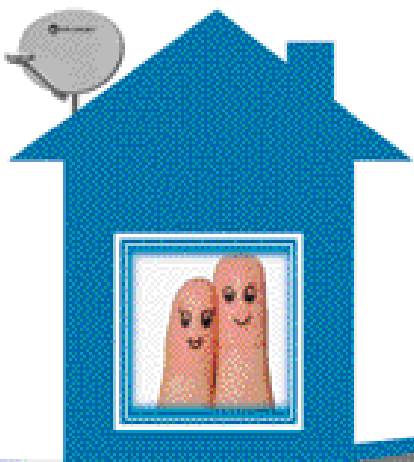



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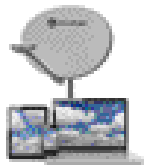


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# What's On My Mind... Laurentian Winter Fun

Susan MacDonald, Editor

This winter got off to a slow start and, with little snow to speak of throughout the month of December, most outdoor winter activities were put on hold. Fortunately, January blew in with frigid temperatures and enough snow to return our Laurentian region back into its picturesque winter paradise. Outdoor sports enthusiasts get ready, it's time to make up for lost time.

Snow conditions are in great shape and, once again, outdoor activities are back in full swing. On many mountain slopes, cold nights have the snowmaking equipment working at full speed, building up a nice, deep layer of snow that will take us well into spring. Cross-country ski and snowshoe trails are being groomed across countless kilometres along the Petit Train du nord, the Aerobic corridor and many transformed golf courses. Skating rinks, indoors and out, are in peak condition for hockey players and figure skaters and there are still plenty of other activities, such as ski-dooing, dog-sledding, snowboarding and snow parasailing to choose from. All these activities offer families and competitors the opportunities to take in the fresh mountain air and enjoy the utmost that winter has to offer.

For those of a more passive nature, pleasure walks with camera in hand, and visits to the art galleries and exhibits, are also wonderful ways to enjoy winter. There are special dates to look forward to as well such as Valentine's Day and St. Patrick's Day, plus all kinds of special deals to be had while out shopping or dining. The important thing is to get out and enjoy yourselves, and not lose a moment simply waiting for spring.

Today, in total disagreement with both Punxsutawney Phil (Pennsylvania) and Shubenacadia Sam (Nova Scotia), Ontario's Wiarton Willie predicted an early spring - this little rodent gave the only accurate forecast last year. Either way, spring is still a far way off and in the meantime, there is so much to do!

Next month we will be visiting the municipality of Gore and discovering this quaint, but highly community-orientated township. Until then, keep up-to-date on the news, local events and winter activities by visiting our website, [www.themainstreet.org](http://www.themainstreet.org) and our Facebook page, TheMainStreetNews.

Enjoy this month's read...



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# Observations A Banquet Of Consequences

David MacFairlane - Main Street

The 2002 movie, "Minority Report," by Stephen Spielberg, was based on a short story written in 1956 by the late Phillip K. Dick. It depicted a world dominated by a powerful government using the police to enforce total control over the population. Peoples' biometrics were constantly scanned, they were tracked and kept under permanent surveillance, driverless cars occupied the roads

and, by the process of precognition, criminals were apprehended before their crimes were committed. The film illustrated the role of "preventive government" as a means of "protecting" citizens and the use of the media as a total propaganda tool. The main theme of the story was an examination of whether free will could exist in a future that was set, predictable and controlled.

We have been approaching this dystopian future relentlessly and, much like the "Boiling Frog Theory," we have not noticed the steady encroachment of government into our lives because it has happened gradually, and we have been distracted by the cascade of events that has demanded our attention in the past many years, particularly since the tragedy of 9/11. Now, like that hapless frog, the temperature of our water has been rising, and getting hotter, but we assume that our condition is normal, regardless of how bad it has really become, and despite the fact that it is getting progressively worse.

### Consequence #1

Welcome to the world of the Internet of Things, one in which your entire life will be monitored by inter-connected devices. (see "Observations" of November 2013 - A Brave New World). Your home, car, health, pantry, utilities will be monitored and controlled, setting you "free" to live and work worry-free. According to John Whitehead, constitutional and human rights lawyer and founder of the Rutherford Institute, by 2020, there will be over 112 million wearable devices, such as smart-watches, in use, 152 million Internet-connected cars, and 100 million Internet-connected bulbs and lamps, and by 2022, 1.1 billion smart-meters reporting real-time consumption of energy and water to utility companies and "other interested parties." It will be a \$14 trillion "connected-industry," with as profound an impact on society as the Industrial Revolution of the early 1800s. Mr. Rutherford states, "make no mistake, the Internet of Things is just Big Brother in a more appealing disguise."

### Consequence #2

Since the tragedy of 9/11, nearly 14 years ago, and led by the hegemony-obsessed, maniacal US, the West has been at war continuously around the world. Also, we have had numerous political and financial crises (e.g. Lehman Bros, 2008 market crash, rise of ISIS, France's Charlie Hebdo insanity) and we have been rendered helpless and insecure, while our leaders have stumbled around blindly in a total fiction of "protecting" us. In Europe, where the ECB has imposed crippling austerity measures on countries needing bailouts, the pain has become unbearable. In Greece, Spain, Italy and Portugal, unemployment tops 25%, youth

unemployment exceeds 50%, deficits are soaring, medical services unavailable and the misery index is peaking. People have lost all faith in their political masters. Out of this hopelessness has grown new political movements, comprised of young, idealistic leaders who are determined to form governments that truly represent and support the majority. The election in Greece just brought to power a new left-wing party, Syriza, determined to end austerity and corruption and restore the country to its former dignity. It may also bring about the collapse of the EU. Time will tell. Spain will be next to have to digest the election of another new left-wing party, Podemos.

### Consequence #3

Similar to the outgrowth of political opposition to the status quo in Europe, and due to the obsession of the US with controlling the world, powerful opposition has appeared that defies those hegemonic aspirations. During the Cold War, the world was bi-polar. After the fall of the Soviet Union in 1991, it became uni-polar with the US as the sole remaining super-power. Today, with the decline of the relevance of the US and the growth of emerging markets, the world has become multi-polar, much to the dismay of the US. Russia and China have become immensely powerful, both militarily and economically, and the BRICS nations, along with the rest of South America, such as Ecuador, Uruguay, Venezuela and Argentina have broken away from decades of US influence. Now, the US has poked a stick into the hornets' nest of EU/Russian relationships. It has engineered a coup in Ukraine, installed a puppet fascist government there, and caused the breakaway of Eastern Ukraine and Crimea into independent regions, which has resulted in a bloody civil war. Without any evidence to support its accusations, the US blames Russia as the aggressor and seems intent on starting a new war, which will surely develop into WW3. Russia and China have made a self-defence pact against US aggression, and any resulting military conflict will be nuclear.

### Conclusion

Newton's Third Law of Motion states, "For every action there is an equal and opposite reaction." With this knowledge available

to our leaders, surely it should be possible to understand that we cannot push people around without them pushing back. In the past, the powerful succeeded by the "might is right" theory, and they had the guns and whips, but today it is anachronistic and was always a chimera anyway.

As Canadians, it behooves us to cease being American lackeys, and to understand that their path is self-destructive and self-serving. They have no friends, only vassals. They have no morals or scruples, otherwise they would not be destroying innocent people in the name of democracy. They would, instead, have kept their industries at home, their people employed, their debts manageable, their health services free and universal, and their hegemonic aspirations aborted.

No, I'm not anti-American people; I'm anti-American politicians, as much as I am equally anti-Canadian politicians, all those who espouse war and not peace, who seek domination, not cooperation, who cannot understand that, despite our differences in culture and language, we are all one people.

Peace can only come from peaceful people. Love from loving people. Care from caring people.

As in Greece, how much pain must we suffer before a new political movement is born that will inspire us to life-affirming action?

**"The trouble with the rat race is that even if you win, you're still a rat."  
- Lily Tomlin. b 1939. Actress, comedian, writer, producer. -**

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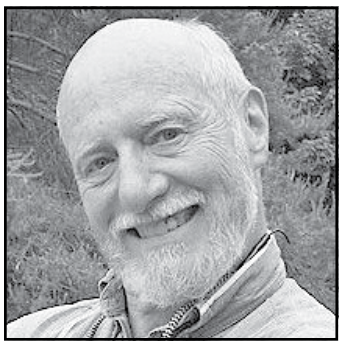
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# Simply Words on Paper Lost Opportunities For Youngsters Today

**Jim Warbanks - Main Street**

I was not a wild child. My parents were rather conventional. But, I had so many more opportunities to play on my own, with friends of various ages, to experiment, to gain experience, to explore new places than the vast majority of children / youngsters today. Despite the stunning advances made in the intervening years, I pity the narrow, shallow upbringing they suffer under the tutelage of helicopter / snowplow parents.



I could cite examples ad infinitum, but will limit this exposé to a few of the most obvious. A child today lives in a bubble-wrapped, over-protected environment. I can't even conceive what my mother's reaction might have been to a suggestion that she should organize play dates with her friends' children for me. I was expected, and did, find my own friends by ranging farther and farther from home each year. Spending the first eighteen years of life being ferried around in a soccer mom's van to tightly scheduled and scripted activities must be incredibly stifling.

### No helmets

Participation in some organized activities certainly benefited my development, but it was far more exciting to play pick-up hockey on an outdoor rink with older players choosing and adjusting teams that included their younger siblings and all neighborhood youngsters who hopped on the rink. No one owned, much less wore, a helmet, mouth guard or neck guard.

Many communities across North America have either imposed an outright ban or prescribed heavy fines for those who dare to enjoy the pleasure of sliding down a hill on a toboggan. Through elementary school years, we had access to a large park some distance from home. We walked there and back. A mountain in the centre (really only a hill, but let me enjoy the slightly-altered memory) had trails of various lengths and difficulty. Trees and rocks were obstacles to be evaluated in planning your route. Today, even the more open-minded, enlightened "free range" adults who advocate in favor of retaining tobogganing opportunities suggest that helmets should be mandatory.

### Wooden sleds

Fortunately, we had access to an even more exhilarating, and potentially dangerous, sledding facility. The father of an older classmate constructed a high wooden structure each winter with a long narrow slide and a smooth ice surface. We used hand-made small wooden sleds with metal runners that accelerated to astonishing speeds after a stiff push from friends waiting their turn. To make the ride more thrilling when boredom set in, we would tie a toboggan upside-down to the base of the slide, so that the sled would be airborne for some distance before a "crash and burn" landing on the ice.

Since the older participants were often held responsible for younger siblings, and by extension, their friends, a hierarchy developed which excluded the younger kids from the more dangerous activities until they had sufficiently matured. I do recall one friend being injured falling from the slide. But only one.

### Assess risks

As insane as it might seem by today's standards, my best friend's father (not a crazed natural risk-taker, I assure you) would occasionally take the two of us for a ride in our wagons, tied by ropes to the back bumper of his car (a Packard, no less) for an extended trip a couple of miles along a fairly busy road. I doubt whether we were visible to him in his rear-view mirror. We could achieve a decent speed, considering the small hard-rubber wheels on those wagons. Moreover, we each had steering control, since we held the wagon handles in our hands. We could challenge each other by drifting closer to each other. By then, it had to be assumed that we had learned, through experience, to assess danger levels and avoid potentially disastrous consequences.

Remarkably, my son growing up still had many of the same opportunities: street hockey and other games played with kids ranging considerably in age, a small, but well-used backyard rink, both organized and unstructured sports activities. He saw few limitations in ranging through the neighborhood. Everyone was a potential playmate. On one occasion, when he knocked on a neighbor's door to ask if one of the children could come out to join him, the mother indicated that he could not. Undaunted, he felt quite at ease to ask if the mother would come out to play instead.

### Real world

Today, youngsters, and their parents, could not possibly conceive of participating in such activities. The opportunities to develop self-confidence, assess risks, learn from mistakes, acquire skills, explore uncharted areas as well as to simply have fun are sorely lacking. No wonder the real world appears so threatening to so many.

## Coming Up On Facebook This Month

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## Palliaccio Receives Generous Donation

The Mont-Tremblant Club de Ski - One Hundred Years presents a \$3,000 cheque to Palliaccio in support of their annual fundraising event, A Trek Under the Stars. Palliaccio is a local organization offering accompaniment, respite and support services, free of charge, in French and in English, to persons affected by cancer or other illnesses, to palliative and end of life patients, to their caregivers, as well as those left behind.



Photo, left to right: Paul Dupré, Past President and Brian Murray, President of the Club de Ski One Hundred Years, Tim Pepper, Chair and Jean Desnoyers, Executive Director of Palliaccio. Photo: Courtesy of Marcel Dufort

The Club de Ski - One Hundred Years was established in 1967, Canada's Centennial year, by a group of Anglophone and Francophone skiers. In the early 1980s, club members began combining fun and fundraising for healthcare causes, such as the hospital in Sainte-Agathe-des-Monts and now PALLIACCO, among others.



## About Saint-Adèle

**Chris Lance - Main Street**

February can be a very cold month, but a wonderful time to exercise and to enjoy winter activities. Most of the outdoor town-sponsored events play out on Lac Rond below the Chantecler Hotel. The lake is finally frozen solid and you can sit and watch the skaters and walkers circumnavigate the ice.

The 25th edition of Plasirs d'hiver continues throughout the month on the weekends. These activities include

dog sledding, sleigh rides, disco on skates, kite flying, food and drink. You can check out the specifics and timing of these events at [www.ville.sainte-adele.qc.ca](http://www.ville.sainte-adele.qc.ca) or by phoning 450 229 2921 ext. 244.

If you want a map of local cross-country trails, you had better pick one up before next August 15 as the tourist info center is closing. It is located at 1490, rue Saint-Joseph in the Mt. Rolland sector of Sainte-Adèle. Call 450 229-3729 or visit [www.lespaysdenhaut.com](http://www.lespaysdenhaut.com).

Ski Chantecler has a Saturday night special for skiers on February 14 & 28. It includes a ticket, and rental equipment. The cost: Adults \$12, students \$10, and 6-12 year-olds \$8.

If you enjoy playing bridge, you might still be able to sign on with a local group in town. Call Nicole Monette-Tourangeau at 450 229-7087 to see where you can meet and play. It is probably more fun than the online version that many play during the winter months.

The complex Rolland has been sold for \$2 million to Groupe Maalouf International Inc. This new enterprise, headed by Antoine and Joseph Maalouf, plans to invest \$230 million into a family destination spot with indoor tropical weather activities and outdoor activities subject to weather. Keep an eye open for that change to our landscape.

Sainte-Adèle has 2 electric outlets to charge up electric cars; they are located in the parking lot at the Place des Citoyens. To find other electric outlets for your car, go to [www.lecircuitelectrique.com](http://www.lecircuitelectrique.com).

Singer sensation Lili-Anne De Francesco, a fifteen-year-old from Sainte-Adèle, has qualified on the French television show, La Voix. Interestingly, many contestants sing English songs. Bon chance Lili-Anne.

Sainte-Adèle's Metro owner, Joanne Gube, has confirmed her interest and support of the Octoberfest de Sainte-Adèle. The event is held in the parking area of the Metro and thousands attend this event every year.

The Jasmine family, owners of the local IGA, have purchased the BoniChoix in Sainte-Marguerite. It looks like the two Jasmine offspring will run the new food market.

Nickels Grill & Bar seems to have captured the breakfast crowd. This establishment, decorated with 60s banquettes and wall memorabilia, is run by Jimmy Lazaris and Richard Dugal. Celine Dion had originally invested in this franchise. This resto is located near Put Put St. Hubert, opposite the Metro.

Hats off to Tom, owner of the Pine Theatre. His English movie selection is always current, and now staff night includes both Monday and Tuesday. This change brings in the crowd at \$7.50 a pop, but the place is never overcrowded, just full enough to know you are not alone watching a thriller like The Sniper.

Enjoy the month .... spring is sure to arrive soon.



## Village Of Weir Newswire

**Claudette Smith-Pilon - Main Street**

*We never lose the ones we love, even to death. They continue to participate in every act, thought and decision we make. Their love leaves an indelible imprint in our memories. We find comfort in knowing that our lives have been enriched by having shared their love.*

*Our communities have lost a loved one, Mr Émile Pépin, a real "people person." He was a most generous person to all he met. He wanted people to be happy. He loved cards, children, music & dancing, seniors and sport enthusiasts, especially golfers. He was a volunteer and a donor to many non-profit organizations and all with that smile that we will remember and never let be forgotten.*

*Bon Voyage Émile!*

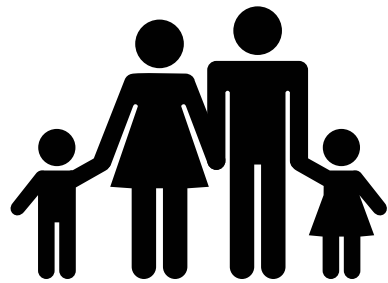
### PARENTAL AUTHORITY

Parental "authority" consists of the duties and rights that parents have toward their children from the time they are born until they reach the age of 18.

- care for them
- custody
- educate them
- feed and clothe them
- protect them, supervise them
- take care of their health and safety

Parents can also make these decisions:

- health care decisions
- choice of school
- pass on religious beliefs



For more information on the rights and duties of parents go to [educaloi.qc.ca](http://educaloi.qc.ca)

*Do not forget the Valentine for Lovers night at the Rouge River Legion Branch #192 – Feb 13: 6 pm (\$10).*

*Next Victoria's Quilts Laurentian Branch work day will be on Fri, Feb 26: 9 am. Hoping to see all you busy bees.*

*MY SINCERE GRATITUDE FOR ALL YOUR COMMENTS.*

*Please forward any comments, news or topic to: [mmcsp40@gmail.com](mailto:mmcsp40@gmail.com)*



## Nature's Gift Groundhogs

**Rose Labrie – Main Street**

The first Groundhog Day was celebrated on February 2, 1887 in Punxsutawney, Pennsylvania. A local newspaper editor, Clymer Freas, convinced his friends, known as the Punxsutawney Groundhog Club, due to their love of hunting groundhogs, to visit Gobbler's Knob. After

observing a groundhog emerge from his hole, they determined that seeing his shadow would be a bad omen, which would indicate there would be at least six more weeks of winter. However, if it was cloudy, and the animal did not see his shadow, spring was on its way much sooner.

Thus began an annual tradition that is celebrated each February 2, in several regions.

Most people, especially gardeners and farmers, find these critters to be nuisances, as they have been known to completely destroy vegetable gardens and farmland. Vegetables and vegetable roots are favoured treats. Burrows in fields also present a serious danger to livestock that may break a leg if they step into a hole. Personally, I enjoy observing these rodents that resemble teddy bears. However, I have also watched some adults pull down my most expensive flowers, and devour them within minutes.



### A FEW FACTS ABOUT GROUNDHOGS

Groundhogs, also known as woodchucks, are among the few animals that truly hibernate during winter. From early spring until late August, they spend most of their time eating and building up as much fat as possible, eating as much as one pound of vegetation at a time. This stored fat will act as their body's insulation and only food source during the 150 days of winter. To accommodate its voracious appetite, it is equipped with powerful upper and lower incisors that can withstand constant wear and tear. They grow continually, up to one sixteenth of an inch per week.

During hibernation, a woodchuck's body temperature will drop from about 99° to as low as 37° and its heart rate will slow from 80 beats per minute to 4 or 5. Breathing may slow from 16 breaths per minute to as few as two. Scientists still do not understand how the animals remain alive with such a low heart rate, and it is thought that they may store large amounts of ascorbic acid and other antioxidants, which would prevent brain damage when they awaken, and their blood flow increases. An alternative theory is that the rodents awaken briefly on occasion, increasing heart rate and respiration just enough to prevent permanent damage. Another mystery is how, when buried deep underground, away from any external exposure to increasing daylight or warmer temperatures, a groundhog's internal clock still triggers a hormonal change in the production of melatonin, a hormone related to sleep, and awakens the animal in spring.

Although groundhogs may not be the best weather predictors, males do, in fact, emerge from their dens in early February. Perhaps there is something to the folklore after all.

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## OUTSTANDING COMMUNITY ACHIEVEMENTS

### NEW MEMBER OF THE ORDER OF CANADA

On December 26, 2014, His Excellency, the Right Honourable David Johnston, Governor General of Canada, announced that Denis Brott has been appointed Member of the Order of Canada, recognized for his achievements as a cellist and pedagogue, and for his role in establishing the Canada Council of the Arts' Musical Instrument Bank. Established in 1967, by Her Majesty Queen Elizabeth II, the Order of Canada is the cornerstone of the Canadian Honours System and recognizes outstanding achievement, dedication to the community and service to the nation. Renowned internationally as one of Canada's finest performing musicians, Denis Brott is Founder, Executive and Artistic Director of the Montreal Chamber Music Festival, founded in 1995, and has been Professor at the Conservatoire de musique du Québec à Montréal since 1989.



"Being named to the Order of Canada is an honour, unlike any I have had in my life," says Denis Brott, "I am proudly Canadian, and to be recognized by my own country in this way is thrilling. Music surpasses all borders and prejudices; it speaks directly to the heart and soul of all human beings. To me, it quite literally reflects the identity of what our great country stands for in the world. My life's work has been a passion and this honour will serve to continue to motivate me to excel, with devotion, in speaking the language of music."

### NEW ARTISTIC DIRECTOR FOR REPERCUSSION THEATRE

Repercussion Theatre is pleased to announce that as of April 2015, Amanda Kellock will be the next Artistic Director. Current AD, Paul Hopkins, said, "We had eighteen extremely strong applicants from prestigious theatres and institutions across Canada, which was very encouraging and confirmed Repercussion's status on a national scale."



When Hopkins stepped into the position, Repercussion was recuperating from drastic post-9/11 financial losses when US presenters had to pull out of tour commitments. Thanks to a group of local patrons Repercussion was saved.

During his tenure, Hopkins oversaw a total of 159 presentations seen by over 70,000 people throughout Greater Montreal and the province, and he added 9 new regular presenters: 4 locally and 5 in various regions of Quebec.

Ms. Kellock directed Repercussion's 2007 production of *Les Fourberies de Scapin*, an English-French production. In 2009 she co-directed *Death by Chocolate*, a blend of scenes from *A Midsummer Night's Dream* and Purcell's opera *The Fairy Queen*, a co-production with the Montreal Baroque Music Festival (in which she played the Fairy Queen.)

In 2013, she directed the critically acclaimed and award-nominated 25th anniversary production of *A Midsummer Night's Dream*, a capstone production for Repercussion Theatre that showcased and celebrated the company's accomplishments since its creation.

Her reputation as an excellent communicator, as an inventive, inspiring director and team player will serve Repercussion well in coming years, as the company continues to strive to produce dynamic, engaging and entertaining outdoor park theatre.

### SPCA LAURENTIDES-LABELLE – CELEBRATES 30TH ANNIVERSARY

This year the SPCA-LL, a non-profit organization, is celebrating its 30th anniversary.

Founded by a dedicated team of volunteers in 1985, it is located in the former municipal water treatment plant in Ste. Agathe des Monts.

The adoption center has changed tremendously over the years: transformation into a no-kill shelter in 2004, implementation of the highest standards in terms of hygiene and animal health protocols, addition of outdoor enclosures for dogs, indoor and outdoor cat rooms, construction of a surgery room and, more recently, the addition of a low-cost sterilization clinic. Another impressive change: the SPCA LL is now proud to be self-financing.

"Over the past few years, through its participation in different committees, the SPCA Laurentides-Labelle also participated in the evolution of provincial laws in terms of animal welfare," says Corinne Gonzalez, executive director. "We now enforce the provincial law regarding the well-being of dogs and cats." Today, a growing number of municipalities have adopted by-laws, which promote animal well-being, ethical and humane management of pets, as well as the introduction of the Capture-Sterilization-Return (CSR) program for roaming cats. According to Ms. Gonzalez, "More importantly, the SPCA LL could not have saved 40,000 pets or evolve like it has in the past 30 years without the participation of a small team of dedicated employees and countless volunteers and donors. A sincere thanks to all!"

If you are interested in adopting or making a donation, the SPCA-LL is located at 355, Demontigny, Ste. Agathe, 819,326-4059, [www.spcall.ca](http://www.spcall.ca).



### ONE LAST TURN AROUND THE TRACK FOR THE LACHUTE MOTOR SPORT CLUB!

On December 14, 2014, the Argenteuil Hospital Foundation (AHF) received an amount of \$6,400 donated by Lachute Motor Sport Club, represented by Mr. Pierre Sabourin, owner of Pneus Sabourin in Lachute.

The Lachute Motor Sport Club was created several years ago to promote motorsports in Lachute and the surrounding area. Each year, several activities were organized and profits from these activities were then remitted to various organizations.

Today, although the Lachute Motor Sport Club no longer exists, it still continues to do excellent work to financially assist the community. "This final donation will represent the end of the Lachute Motor Sport Club adventure and close the books," confirmed Pierre Sabourin. He added: "We are quite pleased that this amount will help the hospital to continue to offer quality medical care in our region."



PHOTO left to right: M. Pierre Sabourin (left) Gil Ayers, president of the Board of the AHF

**OLIVIA BOUFFARD-NESBITT** from Morin Heights won first place in the senior women's category for her cross-country skiing sprint in December. At the World Junior Trials (Duntroon, Ontario) in January, Olivia finished second overall in three cross-country ski races, which earned her a spot on the Canadian Team for the U23 World Championships in 2015 in Almaty, Kazakhstan.



### LOWER TAXATION IN WENTWORTH

While the majority of municipalities in Quebec had to increase the tax accounts of their citizens, the Township of Wentworth has announced the tax account for the greater majority of its taxpayers will be lower in 2015.

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Learn about categories of allowable expenses and deductions, bookkeeping requirements and the process involved in filing your business taxes.
- ▶ **REGISTERING YOUR BUSINESS**  
Monday, March 16, 3:30 PM – 4:30 PM EST | Cost: **FREE**  
What are the benefits of registering your business? What is required to register in Quebec? In this workshop, a legal information officer will provide the legal framework and show you how to register your business with the Quebec government.

▶ **FREE ONLINE BUSINESS COACHING**  
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# Making It Work In The Laurentians How To Make your résumé and cover letter work for you



**Jaime-Lynn Robinson – Main Street**

We all know the value of a good first impression. Your résumé and cover letter are often your first contact with a new employer. If you are anything like me, you have spent countless hours trying to determine what to say to land that coveted interview. Here are a few simple tips that can help you make the best first impression possible.

First, read the job posting carefully, paying attention to key words, required qualifications and application procedures. The job posting should act as a guide to help you create a cover letter and résumé that will stand out from the pack.

Pay attention to details and use the key words provided. There are many different ways to say the same thing; one company's "customer service manager" is another's "manager of client relations." Make sure that your résumé and cover letter use the terminology that appears in the job posting. Don't expect employers to make the link. If you are applying to a larger company, including those words may be essential to ensuring your résumé gets read. Increasingly, large firms are using scanning software programs to filter documents for certain key words and only those that pass the scan will be considered for interviews.

These key words can also help guide you in creating your cover letter. A cover letter acts as a supporting document for your résumé. It should be three to four paragraphs in length, and never longer than one page. When choosing which skills and experiences to include, refer to the qualifications required for the job and, where applicable, use the key words provided. Using those terms on both your résumé and cover letter will create a clear link between your experience and the job you are applying for.

A good rule of thumb is to spend equal time on your résumé and cover letter. Many job seekers prepare a tailored cover letter for each application, but use a standard résumé. Adjust your résumé to include key words from the job posting and include only your most relevant experience. Your résumé should not be longer than two pages and the formatting should be organized and appropriate.

When it comes to submitting your application, be sure to read the posting carefully. Many employers ask that you submit your application online and they may provide an email address to reply to, but they may not include the name of the company. If they don't, a quick Google search can often provide you with the name and title of the person who will receive the application so that you can address your documents accordingly. When submitting an application via email, always use a PDF format which will retain your exact formatting and typeface, and will look cleaner and more professional than other word processor options.

As always, before you hit "Send" on that email, you should proof-read your documents thoroughly, and have someone else look them over for you. Here at YES (Youth Employment Services) you can take a workshop in résumé writing, or have your résumé reviewed by a skilled career counsellor, to make sure that you are making the best first impression possible.

What are your résumé tips and challenges? Join us on facebook to share or contact us with questions or comments at [info@yesmontreal.ca](mailto:info@yesmontreal.ca), by phone at 514 878-9788 / 1-888-614-9788. Visit us at [www.yesmontreal.ca](http://www.yesmontreal.ca)



## Developing a Critical Mind

**Meghan Leblanc – Special to Main Street**

A lot of teenagers hear of critical thinking and biases during their time in school but don't quite understand the importance of developing their own critical minds.

As much as some people might think critical thinking is giving advice or an opinion on something, it is totally different. Critical thinking is the act of analysing and questioning news we fall upon, and identifying the biases, in order to form our own judgements.

Tom Foreman, Contemporary World Professor at L.R.H.S, believes that our opinions are most important. He suggests that we should learn to think on our feet and recognize good information from the bad as soon as possible, especially when we stop being sheltered by our parents and begin to make decisions of our own.

In this young period of our lives, we tend to be more reckless, less pensive and more impressionable. We fall into patterns easily, where our everyday routines take over, and our need to gain more time for ourselves causes us to rush past information without forming any judgements.

This vicious, yet simple, circle causes us to lose an important ability, making us more vulnerable to becoming a pawn in a virtual game of knowledge. Critical thinking can be the difference between those who will search for the truth no matter what, and those who will use other people's thoughts, instead of building opinions of their own.

Your Critical Mind

Wondering how you could further develop your critical mind? All you have to do is keep an open mind, forming no early judgments, as you search for more information on various topics. You need to learn to distinguish the differences between facts and conjectures, and not to automatically accept information when it comes from higher authorities. Most importantly, you need to search for other sources of information, question their reliability, and determine if there are any affiliations between the sources and the topic.

You have to remember that critical thinking is not a curse; it is a gift. It is your responsibility to think critically, and to analyse what others are telling you, in order to come to your own conclusions, free from others' biases. An open and critical mind is a necessary component of peoples' lives, and will enable them to flourish within an honest society.



## A Library Addict's Choice...

**Grif Hodge - Main Street**

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

### FICTION

**Dashner, James – Rule of Thoughts**

The sequel to *The Eye of Minds*. The library also has two young adult novels in the *Maze Runner* series by the same author.

**Flanagan, Richard – The Narrow Road to the Deep North**

A haunting story of POWs working on the notorious Burma railway. Short-listed for the Man Booker prize.

**Girard, Pascal – Petty Theft**

If graphic novels are your cup of tea you may enjoy this semi-autobiographical book by Girard (Montreal), the award-winning author of *Nicolas*, *Bigfoot* and *Reunion*.

**Iggulden, Conn – Wars of the Roses: Stormbird**

Desiring only peace, gentle King Henry VI sues for a treaty with France. He is married to Margaret of Anjou of France, and with the sweep of a pen, all the land that England has won from France is returned to the French king.

**Iggulden, Conn – War of the Roses: Trinity**

Furious that rich lands of France have been wrestled from their grasp, a trinity of powerful English families plot to take control of the crown, convinced that Henry VI, in poor physical and mental health, is going to bring England to ruin.

**Itani, Frances – Tell a Novel**

"In 1919, only months after the signing of the Treaty of Versailles and the end of the Great War, the men and women of Deseronto struggle to recover from their wounds of the past. Kenan, a young soldier who has returned damaged and disfigured, confines himself to his small house, wandering outside only under the cover of night... others struggle with sorrows of their own." – dust jacket

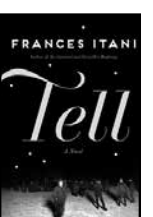
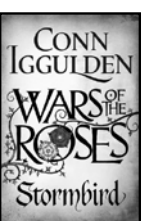
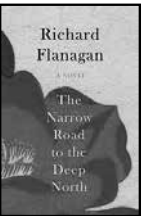
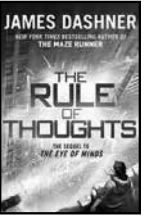
**Kolbert, Elizabeth – Sixth Extinction: An Unnatural History**

In her new book, Elizabeth Kolbert describes travelling the world to document the mass extinction of species that seems to be unfolding before our eyes. There have been five comparable crises in the history of life on Earth, she writes, but this one is different: we are causing it.

### NON-FICTION

**Dunham, Lena – Not That Kind of Girl**

This is a different sort of book. There are those who would mutter "too much information" as the creator of the acclaimed HBO series, *Girls*, reveals how growing up happened for her. There are some moving insights among the wry observations throughout the series of essays.



## HABITATIONS STEPHEN JAKE BEAVEN SENIORS RESIDENCE – WEIR, MONTCALM

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# STRICTLY BUSINESS

By Lori Leonard - Main Street



**Did you know:**

The new Dépanneur St-Sauveur Express opened right next door to Pizza St-Sauveur? It's very handy to pick up a bottle of wine or some beer to accompany your delicious pizza! One can eat pizza on site, or order it from the comfort of home. The dépanneur is located at 160, rue Principale (450 744-3335) and Pizza St-Sauveur is at 158, rue Principale (450 744-0799).



Tapis LGL, owned by Denis Monette, moved their carpeting and décor shop to 345, rue Principale in St-Sauveur? They are now called Décor Concept LGL. Best of luck in your new location! 450 227-4955, www.decorconcept191.com.



École Hôtelière, 150, rue Lesage in Ste. Adèle is offering wonderful restaurant service courses, which begin in February? They also offer courses on how to become a wine sommelier. For more information call 450 240-6222, ext. 3206 or check their website at www.ecolehotelierelaurentides.com



Owner of Club Foyer Décor, Yves Bénard and partners, are currently expanding the boutique to include 3000 sq. ft. of space to sell superb fireplaces and efficient NovoAir heating, air conditioning and ventilation products? They will also supply gas and chimney cleaning services and there will be a new showroom featuring beautiful kitchen cabinetry. Renovations should be completed sometime in February. Location: 11 Lanning Ave., St. Sauveur. 450 227-5557, www.clubfoyerdecor.com.



**Welcome to:**

Michel Watier, who recently opened his new electronic cigarette shop Vapeurs et Saveurs, 711 Village Rd., Morin Heights (450 644-0203). Michel also has another similar store at 122, rue Principale, Ste-Agathe (450-323-3244). Electronic cigarettes offer an alternative to smoking and are available in many flavors such as chocolate mint, blueberry, strawberry, etc. www.vapeursetsaveurs@gmail.com.



Bagel & Benedict, 249 rue Principale, St. Sauveur. Nicole Ricard manages this new restaurant. The speciality is breakfast, which is served Monday, Tuesday and Wednesday from 6:30 am to 4 pm, Thursday and Friday from 6:30 am to 9 pm and Sunday from 7 am to 5 pm. Breakfast, lunch and dinner are served daily. Delicious Eggs Benedict and a variety of bagel sandwiches and pasta are featured. The resto has two floors and there is enough room for a reception for 40 people upstairs. During the summer, there will be a lovely terrace outside. 450 227-7707.



Véronique Pierre, who recently opened her new studio, Yoga Laurentides, 53 rue Morin, Ste-Adèle. Véronique lived in California and has brought her new, unique ideas to the Laurentians. The studio offers interesting yoga courses and massotherapy. 514 803-8376, www.yogalaurentides.com.



**Congratulations to:**

Chantal Ouimet and Antonio La Palma, owners of the new La Grange by Chantal and Tony (2, Meadowbrook, Morin Heights). The restaurant opened on December 11 and the boutique opened on December 19. Chantal and Tony are also the owners of Bistro a Vino Chantal et Tony (50 de la Gare, St. Sauveur). La Grange by Chantal and Tony is open for dinner Tuesday - Sunday from 4:30 to 10 pm and offers comfort food such as their signature Mac and Cheese, Cassoulet, Short ribs and Cornish hen. The boutique offers fresh sandwiches, coffee and hot coco from Wednesday - Friday. Prime roast beef will be the specialty on Sunday evenings, and Fish'n chips on Thursday evenings, along with live music. 450 226-5005.



Simon Chaouch, the new Director of the Quality Inn and Suites, Le Versailles, located at 50, rue Principale, St. Sauveur. 450 240-0808, www.qualityinnstsauveur.ca.



Performance Boardshop, 333 rue Principale, St-Sauveur, that recently celebrated a 25th anniversary! It is difficult to believe that 25 years have passed since this shop opened. Congratulations to founder, Christian Verroneau, and to Alexandre Filion (Alex) and Jason Mclean (Jay). Quite a milestone! 450 227-2082, www.prfo.com.



Also celebrating a 25th anniversary is Sylvain Latreille, Tax service, 126, rue Principale, Ste-Agathe des Monts. Sylvain, and his team of 7 experts, specialize in financial expertise and income tax. Most declarations, transmitted electronically, are treated within the space of 2 weeks and reimbursements are then paid within approximately 2 weeks. Services include those for autonomous workers, special tax cases, accounting and bookkeeping. 819 326-2250, www.impotservice.com



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Karen Dixon  
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# Out & About

Ilania Aibileah - Main Street

## Legend of a People - Val Morin

The 2nd opening event at the new Théâtre Du Marais is "Légendes d'un Peuple." The group performs music with video screening and humour, describing historical events, important places and

people. This is the story of the first people who came to Quebec; the great explorers, such as Joseph Papineau, up to Félix Leclerc, from the Acadian exile to the struggles of the Métis people and Louis Riel. Six singers tell the story of the francophone people of North America. The singers are Alexandre Belliard, Jorane, Éric Goulet, Salomé Leclerc, Stéphane Archambault and Marie-Hélène Fortin. **Wed, Feb 25: 8 pm.** \$42. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca. http://www.theatredumarais.com.



Legend of a People

## Michel Rivard - St. Sauveur

Michel Rivard, singer, songwriter, guitarist and comedian presents a concert titled "Roy de rien," which includes new and old songs. Accompanied by musicians Rick Haworth (guitar), Mario Légaré (bass) and Sylvain Clavette (percussion) and the voices of Lana Carbonneau, and Audrey-Michèle Simard. Forty years of music to share with the audience. **Sat, Feb 28: 8 pm.** \$45. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

## Alexandre Poulin - Val Morin

This folk singer improvises and tells stories with humour. **Sat, Feb 28: 8 pm.** \$30. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca. http://www.theatredumarais.com

## Betty Bonifassi - Tribute to Slave Songs - Val Morin

After fifteen years of research, Betty Bonifassi presents a program of "Slave & Hope" songs. These are songs that were used, as cadence for forced labour, expressing the hopes of African slaves and workers on railways. Betty Bonifassi considers these songs the precursors of Blues and Jazz, and a tribute to black music of the 1920s. **Sat, Mar 7: 8 pm.** \$35. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca. http://www.theatredumarais.com.



Betty Bonifassi

## Amelie Veille - St. Jérôme

On stage with her guitar and her musicians, Amelie Veille performs a new program titled "Mon Cœur pour te garder." **Fri, Mar 13: 8 pm.** \$32. Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.

## Damien Robitaille - Val Morin

A solo show by Damien Robitaille. **Sat, Mar. 14: 8 pm.** \$30. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca.

## Trio Servantes - Prévost

Patrice Servant (guitar), Yves Lacoursière (saxophone) and René Fortier (percussion) make up this fabulous trio. After studying rhythm in Peru, and the Flamenco in

Spain, Patrice Servant created a unique Latin-Flamenco-Jazz style. **Sat, Mar 14: 8 pm.** \$31.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.

## Lovers' Repertoire - Val Morin

A lovers' repertoire of arias from operas by Mozart, Gounod, Bizet, Donizetti, Massenet and others, sang by the singers of the lyrical workshop of the Montreal Opera. **Sun, Mar 15: 2 pm.** \$40. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322-1414. theatredumarais@cgocable.ca. http://www.theatredumarais.com.



Lovers' Repertoire

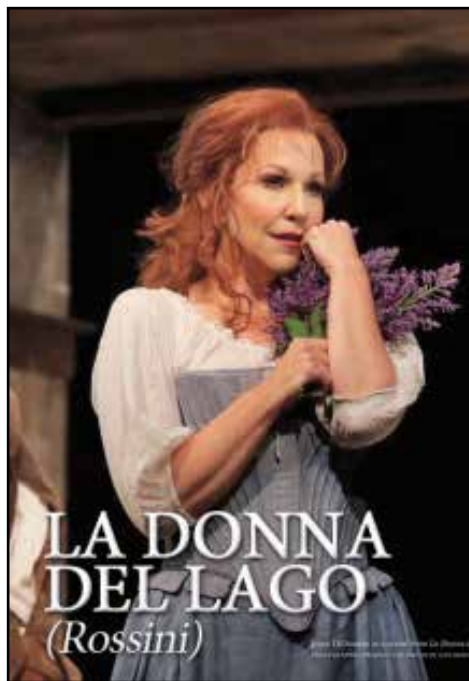
## On Screen - Live from the Metropolitan Opera

### Jolanta - Tchaikovsky / Duke Bluebeard's Castle - Bartók:

Soprano Anna Netrebko is the heroine in Tchaikovsky's Jolanta fairy tale. Also presented is Bartok's psychological thriller, "Bluebeard's Castle." Netrebko stars as the beautiful blind girl who experiences love for the first time in Jolanta. Nadja Michael is the victim of Bluebeard, played by Mikhail Petrenko. Valery Gergiev conducts both operas. **Sat, Feb 14: 12:30.** 219 min.

### La Donna Del Lago - Rossini -

New Production. The Lady of the Lake is based on Sir Walter Scott's romantic work. In 1530, Highland Scots revolted against Archibald Douglas, the count of Angus. He had to flee with his daughter Elena to the mountains, where Roderick Dhu, chief of the rebels, offered protection. In appreciation, the father offers the chief his daughter's hand in marriage but Elena falls in love with Malcolm Groem. Elena spends long hours meditating at Lake Katrina, thus she is called "Lady of the Lake." Bel-canto singers, Joyce DiDonato and Juan Diego Flórez, join for this Rossini showcase of vocal virtuosity, set in the medieval Scottish Highlands. DiDonato is the "Lady of the Lake" and Flórez is the king who relentlessly pursues her. This is a Met première production conducted by Michele Mariotti. **Sat, Mar 14: 12:55.** 210 min.



La Donna Del Lago - Rossini

**Pine Cinéma:** Phase 2, 1146, rue Valiquette, Ste. Adèle 855 739-7463; and Cinéma Carrefour du nord: 900 Boulevard Gringo, St. Jérôme. Adults \$27 & seniors \$25. 450 436-5944. http://www.cinemapine.com. http://www.cinemast-jerome.com/horaire.

## On Stage

### Sugar Sammy - En Français SVP! - St. Jérôme

This show sells out fast! Sugar Sammy won the Quebec "Comedian of the Year" award. After performing in Canada and abroad in English, he now tours Quebec with this show that makes audiences laugh throughout the evening. **Fri, Feb 20: 8 pm.** \$50. Salle André-Prévost, 535, rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

## Visual Art & Fine Crafts

### Michel Thomas Tremblay & Henri Venne - Val David

Henri Venne's landscape photography and digital prints by Michel Thomas Tremblay will be on display until **Feb 22.** **Open: Wed - Sun: 11 am - 5 pm.** Centre d'exposition de Val David, 2495, rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca.

### Lucien Lisabelle, Claude Dumas, Lise Tremblay Thaychi - Ste. Adèle

Lucien Lisabelle, photographer, exhibits his collection "Iceland - A Land of Contrasts" and Claude Dumas exhibits photographs from Utah, Nevada and Arizona - until **March 1.** On **March 6,** Lise Tremblay Thaychi presents her series of small painted drawings and sculptures, until April 3. **Open: Thurs & Fri: 1 to 4 pm, Sat: 10 am to 5 pm and Sun: noon to 5 pm.** Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. http://ville.sainte-adele.qc.ca.

### Parle-Moi d'Amour - L'Échelon - Piedmont & St. Sauveur

This annual event at Salle Polyvalente of the Piedmont Old Station continues to **Feb 15.** The annual auction will be held with all artists present on Thurs, Feb 19: 5 pm. Proceeds to benefit the art program of L'Échelon. This event is quite interesting and festive. Some of the best Laurentian artists participate, donating a painting done especially for this event. All works are 10x10 or 12x12 inches. Prices start at \$50. You can bid on your choice and see what transpires, and meet the artists and the people of L'Échelon. Everyone is welcome! Chalet Pauline-Vanier, 33, rue de l'Église, St. Sauveur. http://www.echelon-paysdenhaut.com/



### ARTS Morin Heights - Black & White + One Colour

Arts Morin Heights group show, Black & White + One Colour continues until March 28. Morin Heights Library: 823, Village Rd. **Open: Tue & Thurs: 1- 4 pm, Wed: 10 am to noon & 3 - 4 pm, Fri, 7 - 9 pm, Sat: 10 am - 2 pm and Sun: 11 am - 1 pm.** www.artsmorinheights.com.

### Winter Exhibition - Montfort

The Montfort Art Gallery exhibition by local artists continues to **Feb. 22, Sat & Sun from noon to 4 pm.** The Montfort Pavilion, 160 rue Principale, Wentworth-Nord (Montfort). All are welcome.

### Laurentian Museum of Contemporary Art - St. Jérôme

An exhibition by two artists: Benoit Ricard, winner of the 2014 Young Artists' competition, and Isabelle Demers. Exhibition continues to **Mar. 22.** **Open: Tue - Sun: noon to 5 pm.** Musée d'art contemporain des Laurentides, 101, place du Curé Labelle, St. Jérôme. Opening hours: **Tue to Sun: noon to 5 pm.** 450 432-7171. www.museelaurentides.ca.

**Due date for next edition: Feb. 18 -ilania@IlaniaAibileah.com 450 226-3889.**

Note: Please visit the websites of each venue provided below for complete listings. During the month other events may appear on our Facebook page.

## Music

### Marco Calliari - St. Jérôme

In "Mi Ricordo," Marco Calliari performs the songs of Offenbach, Faulkner, Charlebois, Desjardins and others, in Italian, along with classic Italian songs from his albums "Mia Dolce Vita" and "Che La Vita!" **Sat, Feb 14: 8 pm.** \$35. Salle Antony-Lessard, 101, place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca



Marco Calliari

### Bears of Legend - Val Morin

The seven musicians of Bears of Legend present folkloric instruments and voice harmonies. Inspired by First-Nation legends, the group blends human life and nature. They sing in English. **Fri, Feb 20: 8 pm.** \$20. Théâtre du Marais, 1201 10è Ave. Val Morin. 819 322- 1414. www.theatredumarais.com.

### Trio Iberia - Prévost

This trio is dedicated to Spanish classical music by Albeniz, Granados, Rodrigo, de Falla and others. Music written for orchestra or piano has been rearranged to suit the instruments played by Michel Beauchamp (guitar), Johanne Morin (violin) and Catherine Perron (cello). **Sat, Feb 21: 8 pm.** \$31.50. Salle Saint François Xavier, 994, rue Principale, Prévost. 450 436-3037. www.diffusionsamalgamme.com.



Trio Iberia

### Trio Brazil - Ste. Adèle

This trio plays bossa nova, samba, Latin jazz as well as some pop music by Henri Salvador, Luis Bonfá, Gilberto Gil, Stevie Wonder, the Beatles, Sting and others. The musicians are Raoul Cyr (guitar), Richard Leduc (flute, saxophone and piano) and Bernard Ouellette (percussion). **Sun, Feb 22: 1:30 pm.** Residents \$5 / general public \$10. Place des Citoyens, 999 boul. Ste. Adèle. 450 229-2921 #300. http://ville.sainte-adele.qc.ca.



## Lori's Lookout Laurentian Personalities **DAVID SHERMAN and NANCY LEE**

Lori Leonard - Main Street

David Sherman and Nancy Lee met at a little bistro, Le Coeur du Village, in St. Isidore, on February 9, 2012. It was "open mike night," with David as the featured artist, and Nancy, one of the other singers. David loved her unique voice, and Nancy was attracted to him immediately, and their relationship blossomed.

David is multi-talented; a journalist, an award-winning filmmaker, playwright and author. Big Fat Truck Records, Montreal, produced his first CD, "If I Could Run." He is a playwright in residence at Infinithéâtre, Montreal, and has had 2 hit plays: "Joe Louis: An American Romance" and "The Daily Miracle." His first play, "Have a Heart," was produced at Centaur Theatre.

Nancy Lee grew up surrounded by talented musical family members, and is a brilliant singer/songwriter with a powerful voice. She toured in a rock & roll band at the age of 17 and is extremely well known on the club/café circuit.

In their spare time, David loves to cook, but singing with Nancy is his passion. Together, they have 3 children; Nancy's daughter Katherine and son Gabriel, and David's son, Amédée. They also have an adorable 1 year-old granddaughter, Danika. They enjoy entertaining at their lakeside home, appreciate nature and are often seen hanging out with Jesse, their 7 year old chocolate lab.

When David and Nancy are together, on or off stage, their relationship is magical. Their first CD, "Lost and Found," is an eclectic mixture of blues, jazz and folk. It reveals stories of love, magic, broken dreams and loss. The melodies are often sweet, but the stories are rough.

From this idea, their play with the same title was born. The 90-minute musical also features Stephen Barry and Andrew Cowan of the famed Stephen Barry Blues Band and John McColgan, formerly of this band. Opening night is February 12 and the play will run until February 22, at The Rialto Theatre, Montreal. Tickets may be purchased on-line at [www.infinithéâtre.com](http://www.infinithéâtre.com), or at the box office, 514 987-1774, ext. 104. For more information, check out their website, [www.shermanandlee.com](http://www.shermanandlee.com).

When asked about their philosophy on life, David piped up saying, "To have fun, enjoy life and remember you are never too old to find a new love or to follow your dreams."



## Triathlon Winter Race a Huge Success

On January 31, athletes braved the -250 temperatures and set off on the endurance race of the season, the Quebec Triathlon Cup, which took place in Saint-Donat. The event included a 5 km snowshoe run, 12km skate and 6 km of cross-country racing. For the second consecutive year, Pierre-Olivier Boily of Sherbrooke won the men's event (1:02:55) and Annie Gervais came first in the women's division (1:12:01).





### Scouts of Morin-Heights Annual Spaghetti Dinner

**When:** Saturday, February 28 @ 6 pm  
**Where:** Morin-Heights Legion, 127 Watchorn

Tickets are \$15  
Supporting the Beavers, Cubs, Scouts & Venturers  
Includes spaghetti, salad, coffee or tea & dessert  
Live Entertainment



**Marché Vaillancourt**



**Tickets on sale at the Legion or by calling 450-229-1234**



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[factoreriestremblant.com](http://factoreriestremblant.com)

<b>la Vie en Rose</b>	<b>TOMMY HILFINGER</b>	<b>souris mini</b>
<b>JONES NEW YORK</b>		<b>stokes</b>
<b>Hours</b>		
<b>M-T-W:</b> 10 a.m. to 6 p.m.		
<b>T-F:</b> 10 a.m. to 9 p.m.	<b>LE CHÂTEAU</b>	<b>altitude sports</b>
<b>S-S:</b> 10 a.m. to 5 p.m.		
2450-2555, rue de l'Australie Mont-Tremblant Intersection Hwy 117 and rue Latrelle		<b>BCBGMAXAZRIA</b>



**TAMARACOUTA SCOUT RESERVE**  
Over 100 years of excellence

**OPEN TO ALL!**

- Residential Camp
- Boys and Girls Ages 8-16
- Special needs accommodated
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- ALL YEAR Programming Available
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Visit us at the **Montreal Families' Camp Fair**  
February 22, 2015  
[www.montrealfamilies.ca](http://www.montrealfamilies.ca)

[www.tamaracouta.com](http://www.tamaracouta.com)  
1.866.438.4096

**Spring Break Camp March 2nd - 6th**  
[reservations@tamaracouta.com](mailto:reservations@tamaracouta.com)

**RELIGIOUS SERVICES**



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 14: 6 pm - Valentine's Day Supper  
Fri, Feb 20: 6 pm - TGIF Smoked Meat Night  
Sat, Feb 21: 1 pm - Annual Legion snowball game  
Fri, Mar 6: 9 am - 66th Kids' Ski Races at Ski Morin Heights  
Sat, March 14: 6 pm - St. Patrick's Day Supper  
Fri, March 20: 6 pm - TGIF Smoked Meat Night  
**For information on any event call 450 226-2213 (after noon)**

**Branch 70 Filiale Lachute**

Euchre is back in play on Tuesdays at 1 pm cribbage & shuffleboard on alternating Thursdays.  
Sat afternoon: 1:30 pm - Darts  
Please check the legion for dates regarding bus trips to the Casino - next trip scheduled for Jan 19.  
**For information call: 450 562-2952 after 2 pm!**

**Branch 71 Filiale Brownsburg**

Bar/Lounge is open on Thursdays & Fridays from 3 pm - 9 pm.  
New members are always welcome. Please drop by on our Thursday or Friday nights if you are interested. Membership cards are available at a cost of \$45.  
**For information, please call Sheila or Trevor Holmes 450 562-8728.**

**Branch 192 Filiale Rouge River**

Feb 13: 5:30 pm - Valentine's Celebration - \$10.  
Feb 17: 5:30 pm - Shrove Tuesday Pancake Supper  
March 17: 5:30 pm - St. Patrick TGIF Irish Stew Supper  
Tuesdays: 7:30 pm - Cribbage  
Weds: 1 pm - Cards  
T.G.I.F. nights: 3:30 pm - Darts  
**For further details call 819 687-3148 / 819 687-9143 or email mmcsp40@gmail.com**

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

**GRACE CHURCH**  
7, Church Road, Arundel  
Feb 18: 11 am - Ash Wednesday joint service followed by a "Hunger Lunch." Collection to go to the Primate's Relief Fund.  
March 6: 2 pm - World of Prayer - Bilingual and Ecumenical service prepared by the Women of the Bahamas. Light refreshment to follow.  
Info: 819-687-8219

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

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

**HOUSE OF ISRAEL CONGREGATION**  
227 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  
Mar 5, 12, 19 & 26: Lenten Services & soup luncheons with the theme "Professions of Faith from the Bible."  
11:30 am - first sitting for lunch  
Noon: Church service followed by 2nd sitting for lunch.  
Everyone welcome.  
Sundays: 10:30 am: Regular worship service. Everyone welcome.

**DALESVILLE BAPTIST CHURCH**  
245 Dalesville Rd, Brownsburg-Chatham  
Pastor Eddie Buchanan - 450 533-6729  
Sunday School: 10 am  
Worship service: 10:45 am  
Hymn Sing: 4th Sunday each month - 7 pm

**BROOKDALE UNITED CHURCH, BOILEAU**  
Info: 819 687-2752

**TRINITY ANGLICAN CHURCH - MORIN HEIGHTS**  
757, Village, Morin Heights (450 226-5307)  
Sundays 11 am: Worship service  
Please join us - everyone is welcome

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

**ST. ANDREWS EAST PRESBYTERIAN CHURCH**  
5 John Abbot Street, St. André d'Argenteuil  
For info please contact Sharon McOuat 450 537-8560

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

**UNITED CHURCHES OF CANADA**  
Serving communities of the Lower Laurentians under the leadership of Rev. Cathy Hamilton  
450 562-6161 or 514 347-6250

**KNOX-WESLEY CHURCH**  
13 Queen Street, Grenville  
Sundays: 8:45 am  
Weekly Sunday Worship and Sunday School

**LACHUTE UNITED CHURCH**  
Hamford Chapel, 232 Hamford Street, Lachute  
Sundays: 10:30 am - Weekly Sunday Worship

**HARRINGTON UNITED CHURCH**  
ST. ANDREWS CHURCH, AVOCA  
Info: Rev. Cathy Hamilton: 450 562-6161 or 514 347-6250

**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.

**HOLY TRINITY ANGLICAN CHURCH**  
12, Préfontaine St. West, St. Agathe  
The Ven. Ralph Leavitt: 819 326-2146  
Sunday: 8 am - Sunday Worship (breakfast afterwards at a restaurant)  
Sunday: 10 am - music, children's corner, coffee afterwards.  
Christians of all denominations welcome.  
\*Parking and elevator for handicapped\*

**LACHUTE BAPTIST CHURCH**  
45 Ave. Argenteuil - 450 562 8352  
Pastor Régnald Leroux  
Sunday School - 9:45 am - Worship Service - 11 am

**ANGLICAN PARISH OF ARUNDEL & WEIR**  
Sunday services in Grace Church at 10 am every week followed by coffee & fellowship.

**CHRISTIAN FELLOWSHIP CENTRE OF THE LAURENTIANS (CFCL)**  
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  
Rev. Georgia Copland  
Sundays: 10 am: Worship service.  
All are welcome - bienvenue à tous & toutes!

**THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH**  
Huberdeau 10:30 am  
Laurel 9 am  
Morin Hts 10:30 am  
Montfort 9 am  
16 - Island Lake 10:30 am  
Weir 9 am  
You are welcome to join us after the service.

**LOST RIVER PRESBYTERIAN CHURCH**  
5152 Lost River Road, Lost River  
Please check with the church for times of worship.

**VICTORY HARVEST CHURCH**  
351 des Erables, Brownsburg-Chatham  
Pastor Steve Roach 450 533-9161  
Sunday: 10 am - Bilingual Service  
French and English  
Bienvenue à tous - All welcome

**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 15: 10 am - Morning Prayer  
Mar 15: 10 am - Morning Prayer  
Services with gospel/bluegrass music

**ST. PAUL'S - DUNANY**  
1127 Dunany Rd, Dunany  
April 5: 2 pm - Easter Service  
Services are bilingual

**HOLY TRINITY - LAKEFIELD**  
4, Cambria Rd, Gore  
Feb 22: 10 am - Holy Communion  
Mar 22: 10 am - Sunday Service  
Bilingual services with gospel/bluegrass music

\*Special services: Soaking Time \*  
7:30 - 8:30 pm: A time of quiet reflection with classical music. These special times of quietude are offered on Sundays in addition to regular services.

**CHRIST CHURCH - MILLE ISLES**  
1258, Mille Isles Rd - Mille Isles  
Mar 8: 10 am - Sunday Service

**ST. SIMEON'S ANGLICAN CHURCH**  
445, Principale, Lachute  
with Rev. Paul Tidman: 450 562-2917  
Feb 15: 10 am - Communion  
Feb 18: 5 pm - Communion  
Feb 22: 10 am - Communion  
Feb 25: 5 pm - Lenten Service  
March 1: 8:30 am - Communion  
10 am - Communion  
March 4: 5 pm - Lenten Service  
March 8: 9:30 am - Family Service  
March 11: 5 pm - Lenten Service  
March 15: 10 am - Communion  
Everyone welcome!

**ENGLISH COMMUNITY NEWS**

To find out what is going on in and for the English community in the Laurentians, go to: <http://thelaurentianclub.weebly.com/community-events.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

**Laurentian Club Notice**

**Feb 21: Special Event at St. Francis Xavier Hall in Prévost: Diffusion Amal'Gamme Partnership**  
Trio Iberia - Spain in Music

**Feb 23: Michelle Sullivan: "Show and Tell for Grown-Ups"**  
To participate, you need an object that is related to the history of the Laurentians.

To learn more, visit our web site [www.laurentianclub.ca](http://www.laurentianclub.ca) or contact us at TheLaurentianClub@gmail.com or 819-326-6872.

**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 21, 2015 - 1 pm**

**Speaker: Diane Ouellette**  
A Naturopath Approach to Nutrition  
St. Eugene Hall (rear entrance)  
148 Watchorn, Morin Heights

Upcoming meeting: **March 21**

Meetings are conducted in English **ADMISSION IS FREE**

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

Resource library available. Bring a friend or family member.

**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

**SOUPE POPULAIRE**

(205 rue Principale, St. Sauveur)  
Lunch schedule: **Mon, Tues & Thurs: 11:30 am - 12:45 pm.**  
Everyone is welcome!

We are seeking volunteers to help prepare meals. Info: 450-227-2423, ext. 26.

**SOUPE POPULAIRE  
SEEKING FORMER VOLUNTEERS,  
DIRECTORS AND EMPLOYEES!!**

We have some coordinates but others have changed – please share this information and our contact coordinates: 450 227-2423 ext 26 or 28.  
Thank you!

**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 LACHUTE**

Bazar MPDA Lachute (177 Rue Bethany, Lachute).  
Used clothing, shoes, books and more for the whole family. Open **Tues - Fri: 10 am - 3:30 pm.**

Mouvement Personne d'Abord de Lachute is a non-profit organization for people with intellectual disabilities. The Movement offers activities and friendly meetings 2 times a week for its 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 und der Pflege der Deutschen Sprache?  
Deutschsprachiger Klub sucht neue Mitglieder. Treffen einmal im Monat: Kontakt: Luise 613 678-6320.  
Eva: 450 451-0930.

**JOYFUL NOISE CHOIR**

St. Eugene's Church (148 Watchorn, Morin Heights)

A new session has begun.

If you want to share your voice with us, and get ready for spring, now is the time!! Starts **Jan 13: 7 pm** (\$125 from Jan to May)  
Joyful Noise Choir sings an eclectic assortment of music in four-part harmony. Our choir Director is Mr. Ian Lebofsky. JNC will present a delightful concert on **Sun, May 31.** Please contact Penny Rose: 450 226-2746 or email pennyrose@jenanson.com

**COMMUNITY EVENTS**

**THE LOST RIVER COMMUNITY CENTRE**

Info: Barrie Smith: 819 687-9498  
Norma Davis: 819 687-2255

**VALENTINE LUNCH**

Trinity Anglican Church, Morin Heights Church Hall, 831, du Village, Morin Heights **Sat, Feb 14: 2 pm**  
Homemade soup, sandwiches, squares, tea/coffee, Home-baked goods, gifts, draw tickets Adults: \$7 / children \$3  
A benefit for Trinity Church Altar Guild

**SHROVE TUESDAY – PANCAKE  
LUNCHEON**

Morin Heights Untied Church (831 du Village)  
**Feb 17: 11:30 am – 1:30 pm**  
Donation \$6 Everyone welcome

**FCMH -MORIN HEIGHTS SOCCER  
REGISTRATION IN PERSON**

Morin Heights Library  
**Sun, March 1: 11 am – 1 pm**  
**Sat, March 14: 11 am – 1 pm**  
Registration also available on the website: www.fcMorinheights.com as of Jan 15.

**PANCAKE SUPPER**

St. Simeon's Anglican Church  
**Tues, Feb 17: 5 pm – 7 pm**  
Donation \$7 / children under 12 years \$2.

**SOUP AND DESSERT LUNCHEON**

Grenville Community Centre  
Hosted by the Grenville United Church women. **Sat, Feb 28: 11:30 am – 1:30 pm**  
Adults: \$8 / children: \$5. Bake Table

**UPCOMING EVENTS AT HARRINGTON  
GOLDEN AGE CLUB**

(259 Harrington Rd)  
**Feb 26 & March 12: 2:30 pm –**  
Café Partage  
**Fri, March 6: Cook's Night Out**  
Bingo on the **1st & 3rd Sunday of each month: 1:30 pm**  
Info: Deedy: 819 242-8939

**THEATRE MORIN HEIGHTS**

Join in our "Reading Evening"  
**Thursday February 19: 7pm**

Mickey's Café  
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pennyrose@jenanson.com  
www.mickeyscafe.ca

**COMEDY NIGHT**

Laurentian Regional High School (448, Argenteuil Lachute)  
**Feb 21: 7:30 pm**  
Featuring Derek Seguin, Guido Cocomello & David Pryde  
Tickets \$25 - Adults only!  
Reservations: Robin Vero: rvero@swlauriersb.qc.ca  
Kathy Low: 450 562-8571

**LRCC Carnival**

The 2015 Lost River Community Center (LRCC) Winter Carnival held on January 17 was again a success and enjoyed by all ages.

Activities and events included a snowman building contest, snow slide, hockey, broomball, bucksaw and tug-of-war competitions, which were followed by a potluck dinner with live music performed by Carl Brabander from the Big City Outlaws and prize awards. Thanks to the many volunteers.

\* Our next monthly breakfast will be held on **March 1: 9 am – noon.**  
Basket draw donations will go to benefit the Arundel public school.

**Volunteers Making  
a Difference**

In order to help support the children in their community, volunteers generously donate time and their experience to the local scouting group. They often invest in personal training to bring diversity and improved security measures to some activities, many of which will remain etched in their minds, and those of the children, for a lifetime.



On the weekend of January 9 – 11, with the temperature down to -300 C, Veronique Cusson, Craig Thomas and Michel Denault attended a weekend at Camp Ville-Marie in Entrelacs to experience winter camping. The weekend provided these volunteers with a wonderful experience and the survival and security skills necessary to withstand and enjoy outdoor winter camping. They look forward to sharing this challenging adventure with Scouts aged 12 – 17 years.

A big thank you to the volunteers who take the time to experience a rewarding journey with, and for, the children in our community.

Scout on!  
Mathieu Trudel  
450 675-1003



**Cold Months Are Here, But Scouting In  
Morin-Heights Is Heating Up!**

Christine Laurent, M.A.

Through exciting outdoor adventures, new challenges and community service, Scouting in Morin-Heights is helping kids grow and reach new heights.

From the youngest Beavers to the young adult Venturers, an exciting winter/spring program is planned. In addition to skating and sledding, many Beavers and Cubs will experience their first winter camp at Tamaracouta Scout Reserve. After a full day of outdoor winter activities, this crew will spend the night in cosy cabins. With all the fun comes serious learning about preparation, prevention, and first aid for outdoor winter activities: how animals survive winter and the prevention/treatment of frostbite and hyperthermia to name a few.

With the twin goals of empowerment and competency in the outdoors, Scouts and Venturers will be learning to lay fires, cook in the winter and build their own shelters. Plenty of trips are planned to provide them with a wealth of experiences: the Aviation and War museums in Ottawa, outdoor survival training in the woods, a mini-jamboree and a canoe trip.

In the spirit of giving back to the community, the younger groups will participate in a spring clean up while the older groups helped with the Christmas baskets and will help with repairs at the cemetery in the spring.

To be able to deliver such high level programming to all children, Scouts Morin-Heights relies on volunteers and community sponsorship. This year, there is a large need for volunteers. To raise funds, there will be the Annual Spaghetti Dinner fundraiser, which will be held February 28 at the Morin-Heights Legion.

Interested in joining the fun? Call 450-229-1234 or Email (ScoutsMorinHeights@live.com). New members and volunteers are always welcome.

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4		1			8		9	
	2		4					3
		9		7	5			
6		8					4	
5								9
	9					3		8
			9	5		1		
7					2		3	
	4		6			8		7

Answers will be posted on our Facebook page (TheMainStreetNews) and published in our next month's issue



Answers for the January edition sudoku



4	1	7	2	3	5	9	6	8
5	9	8	6	7	4	3	1	2
2	3	6	8	9	1	4	5	7
9	6	4	7	1	2	8	3	5
1	8	2	3	5	6	7	4	9
3	7	5	9	4	8	1	2	6
7	5	9	4	6	3	2	8	1
6	2	3	1	8	7	5	9	4
8	4	1	5	2	9	6	7	3

**winter madness**

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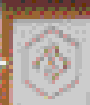
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6-12 years old (SURF OR SKI)

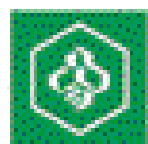
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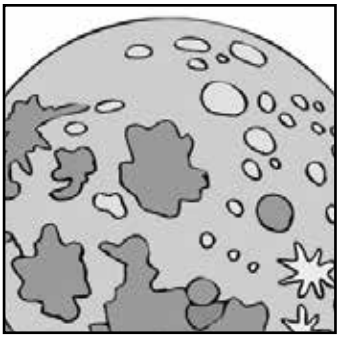
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## Zach Factor The Moon Base Deterrent

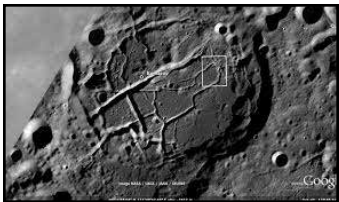
Lys Chisholm & Marcus Nerenberg - Main Street

In March of 1959, Lt. Gen. Arthur G. Trudeau, U.S. Army, assigned the Army's chief of ordinance to develop plans for a "manned lunar outpost" that would "protect potential United States' interests on the Moon." He wrote, "A lunar outpost is of critical importance to the U.S. Army of the future". The 110-page study named Project Horizon stated that it was technically feasible to establish a moon base by 1965. The secret base never saw the light of day and the proposal was declassified in July 2014, a week before the forty-fifth anniversary of the Apollo 11 landing on the moon on July 21, 1969. Since that historic landing, and 5 subsequent manned Lunar expeditions, ending with Apollo 17 in December 1972, no one has returned to the moon. Numerous serious researchers have been investigating the reasons for our retreat from the moon ever since.



Project Horizon plans for a Moon Base, 1959

many years, and grudgingly released to the public following numerous requests for access to information submitted by persistent investigators. On the far side of the moon, there are several photos showing structures that have geometric shapes, which are highly unlikely to occur in natural formations. A pyramidal-shaped ziggurat has buildings clearly defined atop its flat summit, as it sits in the middle of a crater. Another unusual object is a huge spaceship-like shape, which casts a shadow, illustrating its height above the lunar surface. Several other structures defy any natural explanation. Finally, as they left lunar orbit, the Apollo 8 capsule was tracked by a clearly visible craft, which prompted Lovell to radio a report stating, "Please be informed there is a Santa Claus."



Structures on the dark side of the Moon, dismissed by NASA as regular rock formations. Photo Credit: Google Maps

Apollo 8, launched on December 21, 1968 put humans in orbit around the moon for the first time. Many of us are old enough to remember the almost spiritual nature of Christmas day that year, knowing that astronauts Borman, Lovell and Anders were in lunar orbit having a heavenly holiday. What we did not know was that their high-resolution cameras were shooting images of objects on the lunar surface that should not have been there. The images that were released to the media were not nearly as clear as the originals that were kept secret for

Apollo 11 landed on the moon on July 20, 1969. They, too, reported that they were not alone. It must be noted that it was decided long before the Apollo missions began that any references to extra-terrestrials would not be made public. Several years before the moon landings, the government commissioned a report by the Brookings Institute which concluded that revelations of extra-terrestrials, and the presence of UFOs, would destabilize the general population, cause wide-spread panic and chaos, and a potential collapse of society as we know it.

Since then, all such information has been kept secret, or officially denied as being fanciful conspiracies. All the astronauts were sworn to secrecy. Ken Johnston, former NASA photo manager, who was in mission control at the time, stated that Neil Armstrong, at one point, switched to the Medical Emergency Channel to report, "They're here, they are parked around the rim of the crater and they are watching us."

UFOlogist, Richard C. Hoagland, who once worked with several government agencies, has spent the last three decades exposing what he believes to be the truth about ETs using the moon and Mars since prehistoric times. His team, using the latest photo enhancement software, are convinced that both planets are littered with evidence of past and present occupation by our cosmic neighbors.

The Soviet Union also had great plans for using the moon as a military base, from which they could hold the balance of earthly power. Although the Soviets did not land cosmonauts on the surface, they had elaborate plans to explore and establish a base for scientific and military purposes. Like the Americans, the Russians shelved their grandiose lunar plans, and no one has returned to the moon in the past forty-three years. Both super powers may have run out of money for lunar exploration by the mid-1970s. For the past fifty years we have been engaged in an arms and space race that has left us financially and morally bankrupt.

However, we feel that something else was at play in those decisions to abandon lunar exploration and colonization. Perhaps the unmentionable space aliens that our governments won't tell us about will not allow the militarization of space or other planets. Hopefully, our multi-national efforts to create the International Space Station, and work there harmoniously, will be our ticket back to the moon. After all, UFOs have been photographed many times, watching us from a distance.

## The Laurentian Club Learns Taekwon-do

Sheila Eskenazi - Main Street

We may think of this Korean martial art as an ancient practice but in fact in 1955 General Choi Hong Hi took inspiration from the existing Japanese, Chinese and Korean methods to differentiate the Koreans from their neighbours and to discipline an army composed largely of prisoners released under a post-war amnesty. Aside from the self-defence aspects of the physical discipline, he developed a whole philosophy to train the mind as well. All students learn the physical discipline as well as the Five Tenets of Taekwon-do - courtesy, integrity, perseverance, self-control and an indomitable spirit.

In the classes conducted by Charlebois, much emphasis is placed on those Five Tenets to build the understanding that it is not fighting, but respect, and self-respect that are the key to success. He described his own path to his high level of achieve-



## The Story Behind The Rolland Family

Joseph Graham - Main Street  
joseph@ballyhoo.ca

(Joseph is absent this month. This excerpt from his book Naming the Laurentians first appeared in Main Street in 2005 and was adapted for this month's column.)

Sergeant Jean-Pierre Rolland first saw the North American continent in June 1755 while he and his fellow soldiers were cod fishing to supplement their diet after a month at sea. Arriving at Quebec, his company was swiftly transferred to Montreal and west into Iroquois territory. They served first under Baron Jean-Armand Dieskau and then under Marquis Louis-Joseph de Montcalm, a larger-than-life figure who had won the respect of his troops and the fear of the British. Rolland and his men experienced only victory under his leadership until the decisive battle on the Plains of Abraham.

After that defeat and the subsequent loss of Montreal, the surrender agreement allowed the French soldiers to return to France, but five years in the New World, as well as Marie-Joseph Guertain, convinced Jean-Pierre Rolland that he did not wish to continue to serve his king. He stayed on as a civilian in Quebec, marrying Marie-Joseph and farming in Verchères. Their lives were difficult and only one son survived to adulthood. Eventually that son was forced to abandon their farm to mounting debts and moved his own young family, including Jean-Baptiste, to St. Hyacinthe.

Jean-Baptiste Rolland saw no prospects in the rough life of a farm worker in Ste. Hyacinthe, and in 1832, at 18 years of age, he left his family's home on foot. He set off for Montreal, a distance of three days' walk, with 30 cents in his pocket. He arrived in early April and set about finding himself a job. Montreal was a busy city with thousands of immigrants and other rural young people like Rolland. Cholera plagued the city and political strife was rising.

By 1834, Rolland was a printer's apprentice for the controversial publication La Minerve, the newspaper founded by A.-N. Morin. French-Canadian history dwells on this period and many of the most touted heroes are Patriots who took a stand for their principles, including Morin, Denis-Benjamin Viger and even Bishop Ignace Bourget, finished their lives with no material wealth, as though to justify the old idea that French-Canadians aspired to be priests or notaries, or that the current political-economic system disadvantaged them.

Rolland did not know he was handicapped. He believed in making a successful business, and, starting with 30 cents, built an empire. By 1840 he was a master printer and that year he and John Thompson opened a print shop. Two years later he set up on his own, opening a bookstore. He was 24 years old. Over the next years he sold books, paper and paper products, imported books in French, English and German, and published textbooks.

In 1859, his eldest son, Damien, joined him, and by 1872 his other sons had joined the growing family firm. He was a benefactor to his neighbourhood on St. Denis Street in Montreal, and between 1872 and 1879, was involved in the construction of many buildings in this sector. He was co-founder of the Hochelaga Bank, which became the Provincial Bank and subsequently merged with the National Bank (Banque Nationale). In 1879 his career came full circle with his acquisition of La Minerve, the newspaper where he had begun working 47 years earlier. As we shall see, this did not end his family's involvement in the undertakings of A.-N. Morin.

The real growth of his enterprises began in 1881. Curé Antoine Labelle learned that J.-B. Rolland wanted to manufacture his own paper. He encouraged the entrepreneur to examine a site in St. Jerome, where the train had recently arrived. Father and sons risked all to open their first paper mill in 1881-82. Jean-Baptiste by rights could have retired with great dignity and wealth, but instead, at the age of 67, he started over again with his sons. Under their guidance, La compagnie de papier Rolland grew into a great enterprise. In 1887, with the business well in the hands of his sons, Jean-Baptiste Rolland decided to move on. He was 72 years old. Sir John A. MacDonald named him to the Senate, where Senator Rolland felt he could continue to contribute to the country that he had helped to build. A year later he passed away.

In 1902, his son, Stanislas, already 51 years old and running the mill in St. Jérôme, proposed that the business would prosper with a new mill. His elder brother demurred, so Stanislaus, ever his father's son, started a new company and opened a mill on the North River. He chose to set it up in Ste. Adèle, that same town where Rolland's predecessor and the original owner of La Minerve, A.-N. Morin, had experimented with potato farming. Eventually this new mill would be merged with Rolland Paper.

In 1905, the government opened a post office called Mont Rolland to service the large population surrounding the mill, and in 1918, a new parish called St. Joseph de Mont Rolland was created, separating the region from Ste. Adèle. It wasn't until the 1960s that its name was shortened to Mont Rolland. It was amalgamated with Ste. Adèle in 1997 and the name survives today as a sector of the original town. His son, Octavien, was one of the first people to buy a vacation property, acquiring the largest peninsula on Lac des Sables in Sainte Agathe in 1891, the year before the train arrived. The family held onto a part of it for a hundred years and there are still Rollands living in the Laurentians today.

ment, from his childhood subjected to harassment by neighbourhood toughs, through his discovery of the discipline to his achievement of a black belt by the age of 18, before disillusionment with competition set in and kept him away from the practice for seven years. Once he returned, he devoted himself to the practice, reaching 5th degree black belt, and is an international instructor operating his own school in Mont-Tremblant.

His talk was followed by a display of his prowess, speed and agility as Charlebois performed a brief pattern, then demonstrated several self-defence moves and had the members of the audience try them out and learn how simple and effective they are. For more information, visit [www.tkd-tremblant.com](http://www.tkd-tremblant.com).



# Obituaries

**RONALDS, Barbara "Bobby" Adele**  
(nee Ford)

April 22, 1925 - Chatham, New Jersey  
December 11, 2014 - St-Sauveur, QC

On Thursday, December 11, Bobby passed away peacefully in St-Sauveur at the age of 89. Pre-deceased by her beloved husband Russell "Leigh" Ronalds (Feb. 1994). Dear mother of Patti (Craig), Beattie, Rusty (Catherine) Ronalds, Chad Ronalds and Irene (Kevin) Ronalds-Kriese. Much-loved "Gramma" of 10 grandchildren. The family expresses sincere appreciation for the loving care provided by the staff at Residences Desjardins. A memorial service will be held Sat. May 2, 2015 at 2 pm at St. Francis of the Birds Anglican Church, St-Sauveur. In lieu of flowers please consider an "in memoriam" donation to St. Francis of the Birds, 94 Ave St. Denis, St-Sauveur, QC J0R 1R3, 450-227-2180.

*Her song has ended but her melody lingers on in our hearts.*

**RONALDS, Rhoda (nee: Colquhoun)**

Suddenly at The Pavillon, Lachute, Quebec on Wednesday, January 14, 2015 at the age of eighty-three. Beloved wife of Elmer Ronalds. Loving aunt of Gary (Kathy), Brian, Debbie, Michael (Chantal), Sandy and great-aunt of Justin, Brandon and Jordan. Pre-deceased by her brother Lloyd and her sister Dorothy. A memorial service will be held at a later date. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.

**MARSHALL, George Reid**  
Aug. 17, 1923 - Feb. 1, 2015

In Lachine, in his ninety-second year, and after a brief illness, Reid passed away peacefully with his family at his side. He was born in Arundel, Quebec to the late George Marshall and Alice Champagne. He was pre-deceased by his sisters Rachel, Edna, Gladys, Amy, Wilda, Eileen and Kathleen, his brother Earl and, his first wife Eleanor Phoenix. He is survived by his wife Denise Seguin, his son Blair (Diane), his step-son Armand (Chantal), his grandchildren Alexander, Jennifer (Marco), Kimberley, Florence and his great grandson, Mason. He will be missed by sisters-in-law Doreen and Rolande, many nieces, nephews and friends. Reid ended his working career with over twenty-five years at the Imperial Tobacco Company of Montreal. Funeral service will be held at the Grace Anglican Church, 7 Church Road, Arundel, Qc. on Saturday, February 14, 2015 at 1 pm. Visitation in the church sanctuary from 11 am until time of service. The family wishes to express their great appreciation to St. Joseph Hospital (Lachine) for their care of Reid and especially to the palliative staff who made his last days so comfortable. In lieu of flowers a contribution to the Canadian Cancer Society or a foundation of your choice would be appreciated. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



## 4 Korers

# Jog Your Mind Workshops

By Kim Nymark - Main Street

A change in memory functioning is a significant source of worry for seniors, even for those experiencing normal cognitive aging. For seniors, intellectual functions are a crucial element for the maintenance of their autonomy and quality of life. Intellectual aging has been looked at with a fatalistic belief that the accompanying deficits are inevitable. However, research on brain aging has demonstrated that even at an advanced age, a brain that is regularly stimulated can maintain its ability to restructure itself in a positive way. Memory training programs, concentration, and other intellectual exercises may improve the cognitive performance of healthy seniors.

It is with this objective that the CSSS-CAU Cavendish prevention/promotion in health and aging (PPHA) team developed the Jog Your Mind program. The ten-session program is designed to be offered to small groups of seniors who are worried about cognitive changes related to normal aging. It is not meant for seniors with Alzheimer's disease or any other type of dementia. Participants will learn more about memory, learn tricks to help remember important things and experience fun activities that will challenge their brains.

4 Korers Family Resource Center will be offering Jog Your Mind Workshops at the Morin Heights Library, 823 chemin du Village, Morin Heights. There will be ten sessions on Thursdays, starting March 26, from 10 am until noon. The program will end on May 28. Space is limited to a maximum of 8 people.

For registration please call 4 Korers at 888-974-3940 or by email at [info@4kornerscenter.org](mailto:info@4kornerscenter.org).



## CHRISTIAN AND MISSIONARY ALLIANCE

21, rue St. Henri East, Ste. Agathe-des-Monts (behind L'École Fleur-des-Neiges)

Join me, Rollande Thibault, in warmly welcoming Missionary Pastor Désiré Mounanga who has recently arrived in Ste-Agathe. Come meet him on Sunday, February 22 from 10 am until noon and discover the new activities we have planned for the community. Over the next several Sundays, from 10 am - 3 pm, we will be offering the opportunity to join in social activities and spend a pleasant day meeting new people and building new relationships. Our goal is to encourage social interaction in a pleasant and safe environment free of alcohol and drugs. Full details and registration will be available on February 22.

Since 1995, I have been involved with several community projects including Ray of Hope (preparing dinner for people living alone) and a multi-cultural dining project. As a community, we can all enjoy a life journey full of joy and good friends.



### MEMORIAM

In memory of **George Crooks**  
(January 3, 1937 - February 8, 2014).  
It's been a year since you left us - our cherished husband, dad, & Grampy. Not a day passes that we don't think of you and what you mean to

each one of us. We miss you, we remember you, and we love you always and forever. Lovingly remembered by your family - Wendy, Georgie, Sue, Connie, Cathy, Mark, Krystal, Ashley and Jimmy xxxooo



# Alzheimer Society

## GROUP MEETING FOR INFORMATION AND SUPPORT

Group meetings, for those involved, with a counselor and without appointment in order to:

- Exchange experience with other people living the same circumstances;
- Get information on the evolution of the disease, touching on: memory, judgement, reasoning, insecurity, loss of skills...
- Find ways to understand beyond words and to be understood;
- Know more about the disease in order to develop new attitudes and new communication skills;
- Learn how to take care of oneself to prevent the inevitable exhaustion that affects our physical and mental health;
- Answer to other needs...

English group meeting with Patrick Lavigne  
Residence Lachute, 377, rue Principale, Lachute  
**Tuesday, February 17: 1 pm - 3 pm**  
These meetings are totally free for caregivers.

MEETINGS CAN ALSO BE ARRANGED AT YOUR HOME BY APPOINTMENT.

Société Alzheimer des Laurentides  
(819) 326-7136 or toll free 1-800-978-7881

Web site: [www.alzheimerlaurentides.com](http://www.alzheimerlaurentides.com) E-mail: [communications@salaurentides.ca](mailto:communications@salaurentides.ca)

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a goal without  
a plan is just  
a wish...



## Main Street Money: Ladies' Investment and Financial Education

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

### RETIREMENT PLANNING

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

If you've ever committed to a home improvement project or organized a large event, you understand preparation is the key to success. Setting a budget, allowing room for

adjustments, and planning for unknowns can help reduce the worry and frustration that come from being unprepared.

It's no different when preparing for retirement. Get started by considering the questions below.

#### Where will the money come from?

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

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

#### What's my budget?

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

Should I top up my investments?

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

#### Can I consolidate?

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

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

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

Sometimes previous choices need to be adjusted at retirement. Have your lawyer (notary) review your will. Your lawyer and advisor can work together to ensure that you, your requests and your beneficiaries are protected in accordance with your wishes.

#### Is my insurance coverage up to date?

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

#### Am I prepared for a rainy day?

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

### TRAVEL PLANNING

A lot of us see the snow, the cold, and want to get away to somewhere that is warm, if not hot. Often, it is as simple as a one or two week trip to Florida. You pick a spot, and then book a flight, a bus or a car trip. It all depends on what you can afford – so you plan a travel budget.

Roughly half of the people travelling outside Canada do not get travel insurance. Many travellers have no idea what Quebec (RAMQ) covers, if they do have a medical situation outside Quebec. You can check what is covered at [www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca) and how much they pay.

Here is one example: If you, or a fellow traveller, need 3 days of hospital care in Florida due to a heart attack: These figures are in CDN dollars and vary according to your location in the state, but they are realistic. Hospital services \$25,000, professional services \$1,000, totalling \$26,000. The amount reimbursed by RAMQ, after you pay the charges in the United States; hospital services (\$100 per day) \$300, professional services \$435, totalling \$735 – so you will get back \$735 against a bill of \$26,000. You will be responsible for \$25,265.00.

Just a one-time visit to a G.P. in Florida can be \$75, and the Regie will reimburse you \$16.60, therefore your out of pocket expense will be \$58.40.

Keep in mind that costs for a broken leg, or a cut that needs stitching, can really leave a dent in your savings, and is not part of your travel budget.

If you want to have a talk about Travel Insurance, and what it covers, give me a call at 514 788 4883, or my cell at 514 949 9058. I can get you covered after explaining all the options. Hopefully, you will not need to go to a doctor or a hospital while travelling, but it will pay to have travel insurance if you need medical help.

*The opinions expressed are those of the author and may not necessarily reflect those of Manulife Securities Incorporated and Manulife Securities Insurance Inc.*



## Royal Canadian Legion Branch #71 Says Thank You

The veterans and members of the Royal Canadian Legion, Brownsburg Branch #71, would like to extend a sincere Thank You to all those who supported our Poppy campaign. All donations were deeply appreciated. Our thanks go out to all those who attended our Remembrance Day services at Veterans' Park and to the Lachute Army Cadet Corps and the Royal 22nd Regiment for their active participation.

De la part de tous les veterans ainsi que les membres de La Légion Royale Canadienne Filiale #71 Brownsburg, nous disons merci a tous les citoyens qu'ils ont contribue a notre comagne du coquelicot cette année, et aussi pour votre presence au Parc des Vétérans.

A most sincere Thank You to all those who laid wreaths.



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## I'm Just Saying The Angel Takes Flight

Ron Golfman - Main Street

While we are in the midst of unimaginable sorrow and loss, only days after the devilish disease of Cystic Fibrosis finally overcame our beautiful Meghynn, an angel with a spirit and fight unmatched, we, Mame, Josh, Ali and I, feel it important to share some thoughts and memories with the community, which for years gave us that warm blanket of love and support that we shall always be so very grateful for, and we shall never forget.

In her 30 years with us, Meg was the epitome of what is unique; an example of strength, under constant fire, with a spirit that warmed us like the sun. To know her was to be intrigued, captivated and dazzled by her creativity and ability to be a child of the universe.

When we created Meg's 2nd Wind several years ago, we were striving to support her need to breathe with fresh lungs, and many kind souls jumped at the opportunity to do anything they could to support her quest for a better life. She would tell me that she couldn't wait to have her mom scold her for running with scissors, that she longed to join her friends on a bike ride, such simple activities that we take for granted, but were out of her reach. She never laid blame, even when feeling down about the routine of taking 40 pills a day, or having to listen with envy to others complaining about having too much weight, while she was always striving to find other ways to live her life to the fullest, in spite of the chains of struggling for sufficient air.

The three 2nd Wind events we held brought full houses of generous people from the community, close to 70 talented musicians, solo and bands alike, asking for nothing but the opportunity to be a part of her journey. Volunteers came from far and wide to shill hot dogs, participate in walk-a-thons, paint-offs, and so many more events intended to give Meg a chance.

Sadly, in, the early morning hours of January 17, Meghynn succumbed to her illness, taken by surprise only hours after talking with family at the I.C.U. at the Montreal Chest Institute, about optimistic plans she had for the coming months, including the real possibility of a double-lung transplant. While it feels like she was stolen from us, her 30 years were packed with adventures, true friendships all over the planet, enormous respect from animal shelters in Montreal for her work in finding homes for abandoned ones, and so much more.

Life made her work so hard for every day, yet she gave back continuously, making family and friends smile, when strong enough, displaying her skills in fashion, jewellery and makeup, she had all the tools, but was not provided with the air she needed.

Yes, our hearts are broken, leaving us praying that time and its healing powers will work for us. We also know she would never forgive us for not getting back on our feet, as she did so many times before, in her short life, and we will try to not let her down.

For all the outpouring of support and love, shown by our community in the Lower Laurentians to our beautiful Meghynn during her short lifetime, and for our shared sorrow in her untimely passing, our family will never forget and we thank you all from the bottom of our hearts, forever.



## The English Link The Living Will

By Kim Nymark - Main Street

During a recent visit with a financial advisor, I was asked whether I had a living will. I wasn't sure I knew what it was, never mind actually have one! Once the advisor briefly explained to me what it was and its importance, I started to investigate. I came upon a column that was written by

Sheila Eskenazi for Main Street that addressed this sensitive topic, as well as pertinent information available on the CSSS des Sommets' website. I would like to share the information from these sources since they are both relevant.

Discussing your wishes for end-of-life issues with your family and your doctor is a difficult subject to broach, but one that is very important to ensure that your wishes are respected and to ease the burden on those around you. While you are still generally healthy is the time to think about providing directives to those who will be responsible for your care if you become unable to do so yourself.

The CSSS des Sommets has addressed this difficult topic in English on its website: [www.tinyurl.com/qhoonc8](http://www.tinyurl.com/qhoonc8). Detailed healthcare objectives are discussed with concrete examples of various possible situations and steps that should be taken. At the bottom of this section, there is a link to a sample form that provides three healthcare objective choices; a no resuscitation section; space to indicate your care preferences and care which you refuse to receive. This sample form will guide your care and adapt it to your own preferences. You will have to ask your local doctor for the real form and take advantage of the time to discuss filling it out. Ask him/her lots of questions to ensure you understand what kinds of procedures are available for treatment or for palliative care and pain management. With that information you can make informed decisions based on your own moral and ethical values and can share them with those who you name to speak for you if you can no longer speak for yourself.

The Jewish General Hospital has also created a set of documents, one of which is a simple brochure that describes the purpose and process of creating an Advance Directive Living Will. It is available at [www.tinyurl.com/384262p](http://www.tinyurl.com/384262p) and explains the basic why and how of preparing the document. With the knowledge gained through the process of discussing and thinking through the options, the next step is actually filling out the Advance Directive form ([www.tinyurl.com/2bq4olq](http://www.tinyurl.com/2bq4olq)).

Keep in mind that all of these documents cover only health care issues and are not related to legal documents prepared by notaries or lawyers dealing with such things as property or financial management. It is important to update these documents every few years, as circumstances change. This is a difficult subject to think about, but you will rest easier if you know that your wishes will be respected even if you are no longer able to express them.

[kim@4kornerscenter.org](mailto:kim@4kornerscenter.org) for the English Communities Committee of the CSSS des Sommets and 4 Korners Family Resource Center: 1-888-974-3940 or 819-324-4000 ext. 4330.



## Healthy Channels Meniere's Disease and Acupuncture

Christopher Garbrecht, Ac. - Main Street

Meniere's disease is a disorder of the inner ear that can affect hearing and balance. It causes spontaneous episodes of vertigo - a sensation of a spinning motion - along with fluctuating hearing loss, ringing in the ears (tinnitus), and sometimes a feeling of fullness or pressure in the ear. In many cases, this disorder only affects one ear. People in their 40s and 50s are more likely than others to develop Meniere's disease, but it can occur in anyone, even children.

The cause of Meniere's disease is not well understood. It appears to be the result of the abnormal volume or composition of fluid in the inner ear. The inner ear is composed of connected passages and cavities called a labyrinth. The outside of the inner ear is made of bone and the inside is a soft structure of membrane that is slightly smaller, but similarly shaped version of the outside. The inside of the inner ear contains a fluid and is lined with hair-like sensors that respond to movement of the fluid. In order for all the sensors to function properly, the fluid needs to keep a certain volume, pressure and chemical composition.

Factors that alter the properties of the inner ear fluid may be a cause of this disease. Scientists have proposed a number of potential causes, or triggers, such as improper fluid drainage, an abnormal immune response, allergies, viral infection, genetic predisposition, head trauma (concussion), and migraines. However, because no single cause has been identified, it may be that Meniere's disease is caused by a combination of factors. Other factors to consider would be a high level of tension and anxiety, a high salt intake in the diet (this increases fluid retention), high cholesterol levels, and glandular and hormonal imbalances (including hypothyroidism).

In acupuncture, dizziness is usually attributed to obstruction of the orifices by phlegm and dampness. This can be a cause for the vertigo along with symptoms of nausea and vomiting. Often there is also a kidney yin deficiency which results in liver wind not being grounded and rising to the head, causing vertigo, dizziness, headache, blurred vision and tinnitus. The points used in acupuncture will be on the scalp and around the ears, but they can also be on the body. The main goal of acupuncture depends on the symptoms of each patient, but will mainly focus on helping to restore balance in the kidneys in order to better control the liver wind. Points around the ear will help to restore proper circulation of Qi to help with the dizziness, tinnitus and hearing difficulties. Other points may be used in order to resolve symptoms, such as nausea and vomiting.

A change in diet can also be of benefit to those who suffer with Meniere's disease. Suggestions would be to reduce cholesterol, reduce fluid intake, stop consuming alcohol, and eliminate added salt from the diet. The reduction of salt intake is very important, as salt increases fluid retention and pressure in the inner ear. Eliminating coffee and cigarettes is important as well, because they constrict blood vessels.

If you have any questions about acupuncture or would like to schedule an appointment in Val-David or St. Jovite, you can call me at: 819-322-3081. You can also check out my blog at: [acupuncturevaldavid.blogspot.ca](http://acupuncturevaldavid.blogspot.ca)

## Laurentian Artists Celebrate International Women's Day

Ilania Abileah - Main Street

A group of Laurentian women artists, "8 Women - 8 March," celebrates International Women's Day with their first art event of 2015.

The group invites the public to a participatory art workshop on March 7, at the United Church Hall, 831 Village Road Morin Heights, from 11:30 am to 4 pm. Everyone is welcome! Artwork will be auctioned off at very affordable prices at the end of the session. Proceeds will go to "Exit 76," a Laurentian women's group helping battered women. At 7 pm, the group will host an "Evening of Poetry" and a display of their artwork, at Mickey's Café, 832, Village Road, Morin Heights.

The artists: Ilania Abileah (paintings, prints, and ceramics inspired by her heritage, traditional symbols, dance movements, poetry, and flowers). Diane Desjardins (created a unique process requiring layering of materials and paint). Ève Duhaime (creative writer who does collage and ceramics. She is responsible for created this group of women artists). Loraine Galarneau (drawings and paintings, depicting the women's body in its progressive stages. She does performance art and writes poetry). Julie Larivière (creates jewellery from recycled material, in particular stainless steel). Lyne Pinard (draws inspiration from the forest where she collects pieces that she displays as minutely executed nature scene oil paintings). Sylvie Tisserand (uses metal wires to shape her sculptures and incorporates objects she finds in the woods and along riverbanks). <http://8femmes8mars.org>.



Photo: Top left to right, Eve Duhaime, Loraine Galarneau, Sylvie Tisserand, Lyne Pinard; Bottom: Diane Desjardins & Julie Larivière. Missing from photo - Ilania Abileah who took the photo.

## Latest 8th Generation Member to the Beaven Lake Clan

Proud grandparents Ralph (6th G) and Kathy Beaven are pleased to announce the birth of another grandchild, born January 17, 2015. Photo: Emma Audrey Beaven (8th G at 7 days old), being held by her big sister Cassie (2 1/2 yrs. old). Proud parents Gordon (7th G) and Kim very happy! Baby is well, mom is doing fine now.





## Garden Talk Sprouting into Action

June Angus - Main Street

Years ago, I grew sprouts regularly, but as they became more readily available at the grocery store, I stopped. However, I always found that keeping pricey store-bought sprouts fresh long enough to be used up was a challenge. That's why I took up sprouting again this winter.

Growing sprouts right in your kitchen is an easy and rewarding way to add crunch and flavour to a sandwich or salad while boosting the nutrition content of your diet. You also get to enjoy watching something grow – especially at this time of year. And, once you get the hang of sprouting, you can easily do it all year long. Most important, it gives you control over quantity, freshness and cost.

Lots of seed varieties are available for sprouting. The most popular include: alfalfa, fenugreek, lentils, peas, radish, broccoli, watercress, adzuki beans, mung beans, as well as mixes of several kinds together. Some health food stores sell the seeds in small quantities. Many reputable seed companies sell organic sprouting seeds online too. Avoid most seeds sold in garden centres that are destined to grow outdoors. They are generally pre-treated with pesticides or fungicides, which is not something you want to end up with in your salad.

There are three basic ways to grow sprouts: in a glass jar, in a mesh sprouting-bag or in a multi-tray sprouter. I used to like my old sprouter trays, but the little drainage grooves in the bottom really were a nuisance to keep clean. And a clean, sterile growing environment is absolutely essential for successful sprouting.

By far the easiest method is to use a simple, wide-mouthed mason jar. Instead of the two-piece closed lid, use just the sealing ring (or an elastic band) to attach a piece of cheesecloth or other mesh (preferably not metal as this will rust) for drainage. The goal is to keep the seeds moist in the jar, while allowing excess water to drain out and air to get in.

### Growing in a jar

While these tips are for growing sprouts in a jar, the same principles apply if using trays or a mesh bag.

1) First, place one to two tablespoons of seeds in the jar, and cover with approximately two inches of warm water. Let this sit overnight. 2) Drain the water, using a fine sieve or cheesecloth. 3) Rinse the seeds by adding water to the jar, swishing the seeds around, and draining. 4) Repeat the rinsing process twice a day, every day until the sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprout you're growing. 5) Between rinsing and draining cycles, invert the jar on an angle to allow drainage to continue between rinses. Seeds or sprouts will rot if left to sit in puddle of water in the bottom of the jar. 6) Sprouts are ready to start eating when they're still fairly small and just starting to turn green. Store sprouts in a covered bowl, container or food storage bag in the fridge with a paper towel inside to absorb excess moisture. It's best to use the sprouts within a week.

Watch next month for tips on growing micro-greens. Meanwhile, happy sprouting.

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