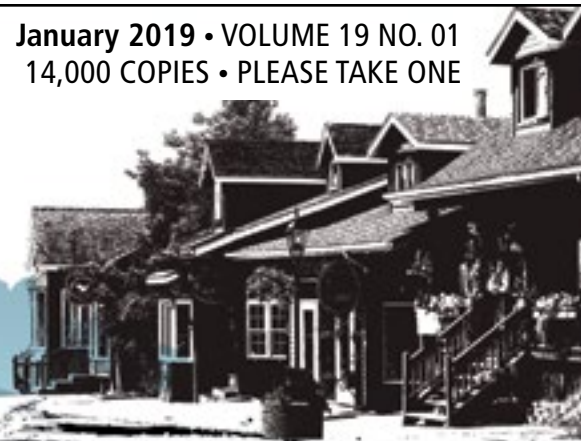


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What's On My Mind...

New goals and expectations

Susan MacDonald, Editor

Hello everyone, and welcome to the New Year! Hope your holidays were marvelous and you enjoyed a wonderful season filled with joy and laughter with your loved ones. Mother Nature was good to us this year; no snowstorms or power outages, so planned meals should have succeeded without a hitch and our faithful snow-cleaning crews able to join in the festivities for a change.



Now, we look forward to another new year, hopefully filled with great rewards and achievements. However, that means choosing our future goals prudently, and planning ahead discerningly, to be able to meet our expectations. What's on your list for 2019? Not sure? Here are a few ideas to get you started.

Health and lifestyle improvements always top the priority list, and so they should, as even small changes to lifestyles will provide huge positive impacts on your health. Quitting smoking, improving diets, increasing exercise or following a wellness program are all steps in the right direction. You can follow your own game plan, or join one of the many gyms or support programs available. The main key to success is to set realistic goals and stick with the plan.

Have you ever wanted to explore something new but always found an excuse not to try? From arts and music to sports and hobbies, trying something new is a great way to discover new opportunities and hidden talents. It also is a great way to learn, and help you to appreciate better, the work and dedication of others.

Becoming active in your community is a wonderful way to help your neighbours while adding a sense of purpose to your life. The need for volunteers far surpasses the availability of helping hands and you can use your talents to add great value to the lives of others. It is a worthwhile endeavor that will be appreciated sincerely.

Everyone can contribute to the environment by simply changing a few old habits. Choosing to implement just one factor from each of the three Rs of Reduce, Reuse and Recycle will have a strong impact on your individual environmental footprint. Avoid plastic water bottles and other products using plastic whenever possible, follow the rules for recycling in your municipality, compost your kitchen leftovers and shop locally. These are just a few suggestions to get you started.

Also important are the four-legged members of our communities. Be part of the solution of the battle against pet over-population by neutering or spaying your pet. Be a responsible pet owner and care for your companions with compassion. If you are considering welcoming a new pet into your home in 2019, then think to 'adopt not shop.' There are countless animals of all sizes and breeds just waiting for a forever home.

Wishing you all a happy, healthy and exciting New Year and encouragement to stick with your resolutions, whatever they may be. Happy New Year!

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Observations The Search for Serenity – Part 2

David MacFairlane - MainStreet

Normally, I do not write about the same subject two months in a row, but since we are

living in a very dangerous time right now, with the West on the brink of war with Russia and China, the financial markets in turmoil, populism rising, and rampant political corruption, the only real armour we can wear for protection is a resolute knowledge of who we are, why we are here, and how to survive this transition from what is now, to what might be. Einstein also added that he did not know how WW3 will be fought, but WW4 would be fought with sticks and stones. A Russian general commented recently that WW3, if it comes, would last between 30 minutes and 3 hours.

You see, because we live in such an inter-connected world, even though we might be free of illusions, others around us struggle with their own addled perceptions of the world we share, and react according to their personal perceived threats, anxieties and distortions – a reason why, sometimes, things happen to unsuspecting people, and why it is imperative that all of us, at least, attempt to open our minds to the infinity that exists within us, without succumbing to the outwardly gross and physical chimeras that seduce us, but cannot comfort us.

Professor Michio Kaku (b.1947), is another world-famous theoretical physicist and futurist, unafraid to speak his mind. He is the Chair of Theoretical Physics at the City College of New York, and author of many books and papers, including “The Future of the Mind”. He said recently, “I have concluded that we live in a world made by rules created by an intelligence. To me, it is clear, we exist in a plan ... governed by rules ... shaped by a universal intelligence and not by chance.” Basically, Professor Kaku says the universe is far too complex to have been created randomly, by chance, as evolutionists would have us believe.

Another scientist, Dr. Rupert Sheldrake (b.1942), biochemist and cell biologist at Cambridge University, is also a researcher in the field of parapsychology. He developed the concept of “morphic resonance”, a conjecture that posits that memory is inherent in nature. This is the idea that insects, birds, plants, even molecules, inherit a collective memory from previous existences of their own kind. He postulates that telepathic connections exist between organisms, suggesting that intelligence is inherent in everything in our world, from a rock to the highest manifestation of life. Every organism is alive and conscious as to the purpose of its function in the web of life. Humans go one step further, being conscious of consciousness, and that opens the door to knowledge of higher dimensions of life. Dr. Sheldrake stated that, “Since the beginning of the 21st century, it has become apparent that known types of matter and energy make up only about 4% of the universe. The rest consists of ‘dark matter’ and ‘dark energy’. Thus, the nature of 96% of physical reality is, literally, obscure.”

In the pursuit of self-awareness and emancipation, there are other channels of teaching available to those whose minds are open. Back in the late 1960s, the Seth Teachings became a cornerstone of New Age philosophy – the time when young people rejected the traditions of earlier generations and searched for new ways to live. It has been described as a time of “sex, drugs and rock and roll” but was also accompanied by a passionate search for identity, peace and spiritual growth. The Seth Material was among the first to introduce “channelled” teachings to a human from a higher, intelligent source. In this case, Seth was a discarnate entity who spoke non-verbally to author, Jane Roberts, while in a trance, and who then dictated the words to her husband for transcribing. This continued regularly for many years until her death in 1984. The teachings comprise at least 8 books, the most significant of which is “The Nature of Personal Reality” considered to be the best guide to understanding how consciousness creates reality. Some of Seth’s words ... “You are (your soul’s) materialization in space and time ... there is no division between your entity and what you are ... time, as you think of it, does not exist ... if you do not like your experience, then you must change the nature of your conscious thoughts and expectations ... events are not things that happen to you. They are materialized experiences formed by you, according to your expectations and beliefs ... change your beliefs and your life changes.” The Seth Material has had a profound effect on millions of people around the world, with many study groups formed, and has been translated into over 8 languages.

Around the same time period, another deeply profound spiritual message was being channelled to Dr. Helen Schucman, a Professor of Medical Psychology at Columbia University’s College of Physicians and Surgeons in New York. She was anything but spiritual – in fact she described herself as atheistic, and, at the time, was involved in a personal struggle with her Department head over administrative issues. During a difficult impasse, she was asked to find “another way” and agreed to help find it. Soon after, a series of symbolic dreams and strange images began

occurring, and she was told clearly, again non-verbally, “This is a Course in Miracles, please take notes”. Without hearing an audible sound, she was asked to take dictation of what followed, which she did in shorthand. Fearing for her sanity, she confided in her boss, Dr. William Thetford, who, shockingly, asked her to continue and offered to help in transcribing her dictation. Over the next 7 years, this book was born, containing, word for word, the entire transcript of what Dr. Schucman’s inner voice told her to write. It is a 3-part book; 669-page Text, 488-page Workbook for Students and a 92-page Manual for Teachers. Their names don’t appear on the cover, because The Course is intended to stand on its own. It was not intended to become the basis for a cult. Its only purpose is to provide a way for some people to find their own Internal Teacher. It emphasises application rather than theory,

and experience rather than theology. Although it becomes obvious who the author is, the reader is left to make that decision individually. Any reader interested to purchase a copy, please ensure it is the original version (last printing in 1992). Since the deaths of Helen and Bill, the Foundation that inherited the copyright has changed the original text extensively and it no longer resembles the original. The book sold steadily throughout the years, but grew extensively after Marianne Williamson discussed the book, in 1992, on the Oprah Winfrey Show. To this day, Marianne continues to promote the book through her eponymous website, and offers courses based on its teachings since they are timeless, and obviously profoundly important in helping people advance spiritually.

I close with a quote from The Course, which amply illustrates the direction it takes in its teachings ... “If you can understand this simple idea that only Light is real, then it is a short way to understand why only Love is real, and that all the rest is as unreal as darkness, where Love is not.”

God bless you all, and a very Happy New Year.

**“The distinction between past, present and future is only an illusion, however persistent. There is nothing outside you. That is what you must ultimately learn ...”
Albert Einstein 1879-1955.
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Simply Words on Paper Recipes in a Jar - a gift that keeps on giving

Jim Warbanks - Main Street

Fear not, the above title evokes a marketing slogan used for a wide array of products since early in the last century (Victor Radio, Hot-point Appliances, RCA Victor, Kodak Camera) and not the parody reference now used in a certain current context.

A very socially conscious younger relative consistently finds clever, useful Christmas gifts that also contribute to a worthy cause. This year, she managed to outdo even her previous much appreciated efforts by distributing Recipes in a Jar products that serve admirably in several ways.

Collective philanthropy

Recipes in a Jar is an organization specialized in collective philanthropy. Founded by social entrepreneurs and fueled by a team of passionate experts, it offers unique products that help in conducting successful and exciting fundraising campaigns, in the most socially responsible manner possible.

Based on the principles supporting a circular economy, the product choices offered in fundraising campaigns generate multiple positive benefits in the community. They are sold exclusively in support of causes. They are ecological. They create sorely needed employment in the social economy and they even generate a second level of food donations.

Meal preparation time

Many of us lead rather hectic lives, so food preparation time often becomes a concern. Menu choices therefore may not always reflect the soundest nutritional choices. However, if you have a selection of these products on hand, whether received as gifts or purchased to support a fundraising campaign,, your options improve significantly.

The products are mainly presented in Mason jars, with the visible ingredients layered by color and texture. The simple recipes are printed on attached tags. Choices include: Energy Bites, Chips & Chunks Cookies, Double Chocolate Cookies, Paella (Spanish Saffron Rice), Pea Soup, Oatmeal Raisin Breakfast Bread, Apple & Raisin Muffins, Apple Pancakes, Classic Brownies, Minestrone Soup, Vegetarian Chili, Curry Lentil Soup, Dark Chocolate Coconut Cookies, Dark Chocolate Cranberry Cookies, Oatmeal Raisin Cookies, and even Dog Treats, as well as multiple jar packs and very presentable Gift Baskets.

Profitable fundraiser

Fundraising campaigns are profitable for the organizers, since half of the sales revenue goes directly to the campaign. But there is also a multiplier effect that makes this endeavor unique. The company makes a firm commitment to offer a meal to a food bank for every bottled recipe sold. Last year, 863,492 people received food from a food bank in Canada. That's 28% more than in 2008. An astonishing 36% of recipients are children and young people. This will help feed them!

You can also take pride as a donor or as a recipient, because all of the provided products are produced manually by craftspeople who are part of the social economy, in partnership with non-profit organizations whose mission is the creation of suitable jobs for workers with limitations.

No waste

The options presented will help you to avoid over-consumption, over-packaging, food waste and also of inestimable value, waste of your precious time. With desserts at less than \$0.55 a serving and meals at less than \$1, Recipes in a Jar are a very economical choice. Add your favorite ingredients or what's leftover in the fridge to create your own unique treat.

Another bonus is that the offered products are respectful of the environment. Zero waste, zero pollution! Of course, the signature Mason glass container that Recipes in a Jar packs is completely reusable and recyclable. Recipes in a Jar avoid food waste with their perfectly measured ingredients, be it a cup of flour, a pinch of salt or a clever mix of spices. No need to buy the ingredients in large quantities to let them expire. Were you aware that the average consumer throws away up to 30% of the food purchased?

Current campaigns

Campaigns are currently underway to benefit groups both large and small, from elementary, high school, CEGEP and University student groups, to sports teams, registered charities and foundations, Cadet and Scout Troops, as well as day care centres, and seniors' groups.

You can reach Recipes in a Jar by phone: (1-844-RECETTE or 732-3883), by mail: 3981 blvd. Saint-Laurent # 210, Montreal QC, H2W 1Y5, or visit their website: <https://recettesenpot.com/>.





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The Government of Canada is now partnering with 9 winter tourism projects

Nine projects in the riding of Laurentides-Labelle have received support from the Government of Canada for the purchase of maintenance equipment for both snowmobile clubs and cross-country ski and snowshoe clubs and centres in the area. David Graham, Member of Parliament for Laurentides-Labelle, recently made five announcements on behalf of the Honorable Navdeep Bains, Minister of Industry, Science and Economic Development.



"December 15, at the Montagne du Diable Regional Park in Ferme-Neuve, we announced financial support of \$94,454 to improve the maintenance of the park's cross-country ski trails. That afternoon, in Chute-Saint-Philippe, I had the pleasure of publicly confirming non-refundable contributions to four snowmobile clubs for the purchase of snow grooming and leveling equipment for their hundreds of kilometres of trails, including the L'Aiglon club in Chute-Saint-Philippe (\$174,261); the Piteman Club of Sainte-Anne-du-Lac (\$156,103); the Sultans club in Mont-Laurier-St-Jean-Val-Limoges (\$171,566) and the sports club Les Franc-Nord Macaziens in Rivière-Rouge (\$175,755),"said Graham.



"The announcements continued on December 18, in Brébeuf, as the Diable et Rouge snowmobile club received \$210,945. Then, on December 19, the Auto-neige Blizzard club in Sainte-Marguerite-du-Lac-Masson received \$150,975. The day ended in Val-Morin, where the two sectors of Val-David - Val-Morin Regional Park received a grant for the purchase of maintenance equipment for their cross-country ski and snowshoe trails. In the Far Hills sector in Val-Morin, \$13,115 was awarded, and the municipality of Val-David received \$14,220 for the Dufresne sector," the member continues.

These grants come from the Development and Promotion of Assets and Regions program - Winter Tourism Initiative component, led by Economic Development Canada for the Regions of Quebec (DEC). Most notably, since this component had a total budget of \$ 10 million for the entire province, Laurentides-Labelle will benefit from over 11% of the total amount allocated under the Winter Tourism Initiative for all of Quebec.

"I am very proud that the federal government is a partner in our winter tourism industry, which has long been a source of Canadian pride. To all organisers and volunteers: congratulations, and thank you, and to all users, I wish you a great season!" concludes the MP.



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About Sainte-Adèle

Chris Lance - Main Street

The town of Sainte-Adèle has asked for help from the Minister of Affaires municipales et de l'Habitation to resolve certain

situations during Monday town council meetings. The issues concern one councillor particularly, Pierre Lafond from District 1, which leads to procedural issues and frustrations with citizens, Mayor Briere and the other councillors.

In another event at last December 17 council meeting, it was adapted that the town would purchase 200 hectares around Mont Loup-Garou for around \$3 million, which they plan to borrow. There are also plans to start a campaign to raise cash to reduce the financial burden on Sainte-Adèle citizens.

Seems we have a new singer/songwriter living in Sainte-Adèle, Bobby Bazini. You might catch a glimpse of our new citizen shopping or walking around the center of town. Welcome to Sainte-Adèle Bobby, welcome to both you and your partner.

On December 13, Le Café l'Entre-Gens on Valiquette Street celebrated its 25th year of existence. Its mission has been to help vulnerable families and individuals and to offer a \$5 meal (\$4 for members) on Tuesdays and Thursdays, from 11:45 am to 1 pm, along with other activities and services - Chapeau to all those that help. You can check it out on their Facebook page, at Café l'Entre-Gens.

Now that we have felt January's freezing presence, it's time to watch how we keep warm. Layered clothing outside for you and your kids. Inside, log fires are great, but check to make sure you are following a safe routine during and after your fireplace use. Those hot embers and charcoal-like pieces can stay lit and glowing for days, so dispose of them in a proper metal container, and wait 7 days before putting into the 'bac brun'. They are also great to use on your icy driveway.

By the way, you can drop off your natural Christmas tree January 5 to 12, between 8 am and 4 pm, Monday through Saturday, at the EcoCenter.

La Place des Citoyens, in the town center, has lots of events. You can go online at ville.sainte-adèle.qc.ca/achatenligneplacedescitoyens to see what is coming up and you can buy your tickets online also. There are art expositions for free on Thursday, 4 pm to 7 pm, Friday, 5 pm to 8 pm, Saturday, 1 pm to 5 pm, and Sunday, 9 am to noon. Presently showing is "Le Gout du Bleu" by artist Maryse Guyot, January 10 to the 27.

Also, over at Salle A.N. Morin, there are often special evening concerts, which you can check out at www.salleanm.com

The Camp d'Hiver for 5 to 12 years old, from March 4 to 8, is taking registrations from January 12 to 27. If you want more information you can call 450 229 2921 ext. 7244.

Les Plaisirs d'Hiver, at Park Claude Henri-Grignon, gets underway on February 2 to the 24th - you can obtain information at www.ville.SAINTE-ADELE.qc.ca. Ice skating is available from January 26 to March 2.

Lac Rond walking is open also. Call 450 229 2921 ext. 5221. There is a walking club and a snowshoe club - more information also available at the town's website.

Get out there, dress for the weather, put on the 'spikes' for your boots and enjoy winter in Sainte-Adèle



Let's Talk About It

Erin McCarthy - Main Street

Happy New Year, everyone!! I hope you all had a lovely holiday and rang in 2019 with a bang! Now that the holidays are behind us, and a new year is ahead, a lot of us find ourselves in a frame of mind where we are searching for ways and resolu-

tions to improve ourselves, and our way of life. But what if we turned the focus outwards, and concentrated less on how many carbs we consume, and more on how our consumption habits affect the world we live in? Here are some New Year resolutions for an eco-friendly 2019.

1. Bring your own shopping bags

Shopping with reusable bags is a simple way to reduce pollution and consumption, prevent deforestation, and lessen our dependence on fossil fuels. Plastic bags are the second most prevalent form of litter, after cigarette butts, and every year, over 4 billion bags get blown by the wind and end up clogging storm drains, and littering our forests, rivers, lakes, beaches and oceans. Plastic bags are also known to kill over a million birds and countless marine animals every year.



2. Eat organic as much as possible

Yes, organic food costs a bit more up front, but this is money well spent because your food will be more nutritious, and you won't have to worry about the health effects of consuming GMOs (Genetically Modified Organisms) and toxic pesticides. Plus, you can be sure that your food was grown in a way that helped to protect and enhance the ecosystem it was grown in. Also, if your food is locally grown (which is easily accessible in the Laurentians), then you can be sure that it is supporting your local economy as well. Furthermore, cooking from scratch, batch cooking, and meal planning, can help to reduce your overall food cost, and maximize the value of your organically spent dollars.



3. Bring your own water bottle

Anything we can do to phase out disposable plastic bottles, quickly and permanently, would protect ecosystems, save resources, reduce waste and deadly pollution, and save money. Get into the habit of treating your reusable water bottle like your keys or your wallet. Make sure it goes with you, to work, school, and around town.



4. Ditch harmful cleaning products

Household cleaning products rank among the most toxic substances to which people are exposed daily. Most chemical brands are not safe and contain ingredients that have never been tested for safety. Furthermore, to protect "trade secrets," manufacturers are not even required to disclose all the ingredients in their cleaning products. Some especially toxic household cleaners include ammonia, chlorine bleach, aerosol propellants, detergents, petroleum distillates, drain cleaners, and toluene. In contrast, "green" cleaning products are typically made with common kitchen ingredients like white vinegar, baking soda, and castile soap. Some also include essential oils, and other powerful plant-derived ingredients. Plus, making your own safe cleaners, disinfectants and laundry detergents is easy, and significantly cheaper than buying them at the store!

One last idea I'd like to leave you with is not necessarily a resolution, but more of a practice. I saw the idea on social media, and thought it was amazing... "This January, start the year with an empty jar. Add a note each week with a good thing that happened. On New Year's Eve, empty the jar, and read about the amazing year that you had."

Here's to a happy, healthy, and mindful 2019 - cheers!



Village of Weir Newswire

Claudette Smith-Pilon

THE NEW YEAR IS UPON US
Auld Lang Syne - Old Long Since - "Days gone by"

Scottish song first heard around 1588 but it was Robbie Burns that put words to it in 1788. Robert Burns sent a copy of the original song to the Scots Musical Museum with the

remark, "The following song, an old song, of the olden times, and which has never been in print, nor even in manuscript until I took it down from an old man." (WikipediA)

VOLUNTEER OF THE YEAR

CONGRATULATIONS to **Gaston Rivest** for having been selected as Volunteer of the Year. Gaston has worked forever for the Municipality of Weir. Long time resident, vocal for all causes, he was always available to help for anything going on in our Village be it for the Fireman's Corn Roast, the North East Fishing Club (Children Fishing derby), and also for our Centennial. Avid card player, he loves to tell jokes and stories, is generous and kind. Gaston deserves this honour, long overdue. Félicitations, mon cher Gaston.

COMMUNITY LUNCHEON:

The 1st Senior's luncheon for 2019 will be held on **Friday, January 25**. Cost \$8 reservations required, please call 819-681-3383 local 5811

VICTORIA'S QUILTS CANADA LAURENTIAN BRANCH

Our next workday will be held on **Monday, January 21** at 9 am. To all readers of Main Street, I would like to wish you all health, love, laughter and contentment.

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



Arundel News

Janet Thomas

ARUNDEL HISTORY IN PICTURES

Do you remember when Arundel had a Bank of Montreal? Do you remember when it was robbed - more than once? And, do you remember that the robbers would shoot out the windows of Gordon's Garage, seemingly for the pleasure of it? (Do you remember Gordon's Garage?) Come and read the whole story of how one robber was killed by the bank manager and how his family was taken into protective custody until the other thieves were apprehended.

Gavin Graham has foraged through community and family archives to create a mini museum of photos and articles from days gone by. These are now framed on the walls of the Community Hall in the United Church. A big thanks to Janet Young and Julia Stuart for their help with the display.

Check out Percy Staniforth with his ski-adapted Ford truck. Read Melvin Graham's account of the flu epidemic of 1918. How many faces can you identify in class photos? Can you find yourself?

CROSS-COUNTRY SKI MARATHON STARTS IN ARUNDEL

Arundel United Church

Feb. 9 - 10

The two-day Marathon now starts in Arundel and covers 160 km of wonderful trails to Lachute. Skiers of all ages and abilities are welcome to try whatever amount of the run they can manage. To register go to www.skimarathon.ca

VOLUNTEERS NEEDED

Volunteers are needed on the morning of **Feb. 9, from 6 am to 8 am** to shovel snow onto the road for the start of the Marathon. If you can help, please contact annpoirier@yahoo.ca.





The MRC d'Argenteuil expresses deep disappointment

The members of the MRC d'Argenteuil council were informed, on December 18, 2018, in a letter addressed to them by the President and Chief Executive Officer of the Integrated Health and Social Services Center (CISSS). Laurentides, that the entire interior and exterior display of the Argenteuil Health and Social Services Multiservice Center will be reviewed. This implies that the new display will eliminate any information in English.

For several decades, Argenteuil's economic, social, community and philanthropic action has benefited from a significant contribution from the Anglo community, a contribution that often goes far beyond the demographic weight of these citizens. Argenteuil's face has been, for a very long time, positively influenced by French-English coexistence, and in many respects.

The MRC d'Argenteuil is bitterly disappointed with the decision to change the display in place because, although it has a portion in English, this display does not constitute, in any way, a threat to the quality or recovery of the French language. On the contrary, the exclusion of posting in English in hospitals and health care, can be perceived as a lack of respect towards members of a community that is very important to Argenteuil, composed of English-speaking citizens who have chosen to live in Argenteuil.

The MRC d'Argenteuil regrets and misunderstands the lack of flexibility shown by the Office québécois de la langue française (OQLF) and the Quebec government in this matter. For example, the Lachute Residence, residential and long-term care (nursing homes) located in downtown Lachute, near Argenteuil Hospital, holds the English Eldercare status recognized by the Charter of the French language and by law 10. This CHSLD welcomes seniors who receive services from the Argenteuil Health and Social Services Multiservice Center (Argenteuil Hospital). The MRC d'Argenteuil fears that the changes to the display will particularly hurt this vulnerable clientele.

The elected officials of the MRC d'Argenteuil fully understand and fully subscribe to the objective of protecting, enhancing and strengthening the French language in Quebec. However, one can ask the question if the withdrawal of information in the display, intended for English-speaking people in hospitals, is the measure that will achieve the objectives of the OQLF. Such a measure is more likely to generate uncertainty and concerns with vulnerable clients, rather than properly promote the enhancement of the French language in Quebec's population, especially now that the display projects the predominant standard of French over English in the display.

The elected officials of the MRC d'Argenteuil work daily to defend the common good and are concerned about the well-being of their fellow citizens. Therefore, they ask the competent authorities to quickly investigate a solution that will respect the rights of Anglophones. The MRC d'Argenteuil, as a local government, indicates its willingness to be consulted in the context of such an approach.

Investors interested in the enhancement of Wentworth territory

On December 13, the Wentworth Municipal Council met with Australian investors whom have, without a doubt, fallen in love with the environment and landscapes of the municipality. The promoter and his team of professionals briefly presented their vision and the outline of a recreational tourism development project on the territory of the Township of Wentworth.

In the fall of 2018, the Township of Wentworth guided the promoter to understand the various values of the municipality, emphasizing the importance of environmental protection and the needs of the community. This discussion was received openly with a willingness to adapt to the municipal requests.

The enhancement and protection of its natural environment is a priority for the municipality. A recreational tourism development project, such as the one presented by investors, fits well with the sustainable development objectives of the municipality and the MRC of Argenteuil. However, the project also faces some challenges, particularly with respect to the orderly management of urbanization, environmental protection, access, and road traffic, which is why the Township of Wentworth and the MRC of Argenteuil are committed to work closely with the promoter and his group to ensure that the project meets the concerns and requirements of the area.

For 2019, additional studies will be requested from the promoter and presentations will be made to the Urbanism Consulting Committee and the Environment Consulting Committee. Information sessions and public consultations will be organized.

The Township of Wentworth wishes, in the coming months, to solve the outstanding issues and provide the promoter with additional guidance from committees and public consultations. This project aims to establish collaboration between the promoter and the municipality in order to provide new services to the citizens and additional revenues to the municipality while limiting the impact on the community. The Township of Wentworth will make every effort to ensure a quality living environment, worthy of the expectations of its population. The Wentworth Municipal Council commits to informing the public in a transparent manner as new information becomes available.

Congratulations to:

Stéphanie Boulay, who now promotes her skin care products at Uniprix, St. Sauveur. Stéphanie opened **Boutique Stéphanie Beauté**, 434 ch. Avila, Piedmont in 2013. In 2018, she promoted her products at the Montreal Yacht Club. Stéphanie's high-end products are 100% natural and manufactured in Québec. She sought advice for her products from chemists and skin care specialists in the Laurentians. Her product line includes cleansing foam and cleansing cream, blueberry, lavender and rose water, beard balm, clay facial masks and an exfoliant. Serums, eyelash extension cleaner and green tea candles are also available. To make an appointment/info 450 224-3000 / stephaniebeaute.com / Facebook: Stéphanie Beauté.



Marc Desjardins, owner of **Desjardins Marine**, 1961 boul. Ste. Adèle, Ste. Adèle, who is celebrating the 54th anniversary of Desjardins Marine. Quite a landmark! Desjardins Marine is a Yamaha dealer and they sell brand new and used snowmobiles, as well as doing repairs to these machines. Snowmobiles are also available for rental. An amazing array of boats, including high-end recreational boats, personal watercraft, pontoon boats, and other types of boats are available for sale. In the winter months, there is a wider choice of boats from which to choose. For more info: 450 229-2946 / desjardinsmarine.com.



Yves David, Simon David and Maxime David, who moved recently to their beautiful new premises at **Le Faubourg**, 230 rue Principale, St. Sauveur. This allows them to have a much larger space to display a wider variety of eyeglasses, and to have offices for 5 opticians, 2 optometrists and assistants. There will also be a lab and 2 exam rooms. There is an elevator at the back of the building with handicap access. Yves' two sons, Simon and Maxime, are officially partners in the business, now called **Yves David, Opticiens**. Eyeglass frames are 50% off, during January and February 2019. They have an array of more than 3000 eyeglass frames. Info: 450 227-1470 / zyves.com.



Did you know that:

There were more than 60 talented artisans present at the **MHES Bazaar** that took place Saturday, December 1, at the Morin Heights Elementary School? The artisans rented tables to display their items for sale. This money was contributed to the MHES PPO who organized the event. A phenomenal amount of approximately \$10,000 was raised. The artisanal items sold included homemade baked goods, jewelry, knitted items, Christmas decorations, stained glass, carved wood items and many more handcrafted products. The funds were raised to finance student activities and projects not covered by the school, or the school board. As well, the money will help pay for some school outings, supplies and for cultural and sports activities. Bravo to all the amazing individuals who organized and participated at the Bazaar!



If you are an entrepreneur who is interested in purchasing healthcare insurance to protect yourself, your family, or your company against accidents, illness, long-term disability or cancer, you can contact **Gina Globensky** at 514 512-0135? Healthcare insurance is very important for everyone, but especially for entrepreneurs who may think, "illness or an accident won't happen to them". Not having insurance could result in a personal or business financial catastrophe. Gina knows from personal experience how important it is to be covered for these contingencies.

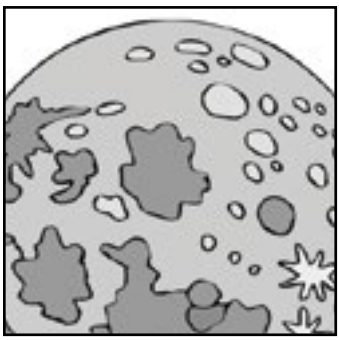


Baton Rouge St-Sauveur

By Lori Leonard

Erratum... last month we published a celebratory photo congratulating the owners of Baton Rouge on their 10th anniversary. Please note the correct order of names. **In the photo L-R: José-Luis Dominguez, Vince d'Archi and Lawrence Burt**





Zach Factor Predictions 2019

Lys Chisholm & Marcus Nerenberg - Main Street

We live on it, work on it, terra form it, play on it and we create on

it. Just as we are conscious of putting one foot in front of the other on an icy pathway, Mother Earth is equally conscious of just who we are. We are piggy-backing on this breathtakingly beautiful planet, traveling from somewhere in this galaxy and going to somewhere else, unaware that we are not in the driver's seat. We spin through the universe in this beautiful laboratory of amazing ecosystems that, even though less-so, are still teeming with varieties of plants, flowers and animals, as travelers with an entity that has a consciousness and purpose all her own. This year look forward to mushrooming collections of Earth awareness YouTube videos, and documentaries revealing unique healing locations, exposing more mysteries from the natural world. Our insane lust for materialism and ownership is about to wane, while sharing the love of nature and knowledge is on the rise.

Skies and Drones: In a developmental frenzy, planes have evolved into drones. They do not need humans to drive them. Using Nano technology, they are as tiny as your fingernail or as big as one of Elon Musk's Space X rockets. They spy on us, can fly under radar detection and can carry nuclear weapons and satellite payloads. Drones, using easily acquired permits, are gainfully employed for domestic surveillance from the skies or, perhaps, from next door by a look-alike, biometrically designed sparrow drone. Privacy infringement is the new early century legal battleground. Drones are now used commercially in real estate promotion, wild animal species protection, and urban package delivery.

Clouds and Cryptocurrency: Of course, we must pay for all the subterfuge when drones and our computers get extorted by counter-culture groups, and ransom is demanded in Bitcoin to the tune of \$10 billion, as paid out last year, to unencrypt corporate data. Cryptocurrencies, like Bitcoin, still in their wild-west phase with about 200 varieties, will soon get a lot less risky. Big businesses and banks are making strategic changes and investing millions to incorporate the cryptocurrency block chain. Block chain technology is transparent, and we cannot print more Bitcoins. Expect Bitcoin to return to former glory, and then some.

Water, water everywhere: Entire coastal communities in New Jersey are no longer able to drain water from their streets. Inevitable drought will occur in South Asia with incoming El Nina effects, and we can expect another wet and humid summer on this side of Earth. Ocean temperatures in the Pacific are at the highest ever, and the Planet is looking for ways to cool down from man-made pollutants, and solar and galactic effects that we still do not understand. Scientists agree that we are now well into a 6th mass-extinction period, except for the one remaining consultant to the White House who is duct-taped into a chair in the basement. The Earth is rebalancing, using increasingly violent ways to cool down, such as hurricanes and by raising the pressure under some of the Super-Volcanoes in Indonesia, Italy and, yes, the United States. The way an elephant will scratch off its fleas, the Earth, too, has its own ways. Ash from highly destructive volcanoes has been found in core ice samples in Greenland going back 100,000 years, clearly demonstrating their correlation to extinction events. Expect the development of underwater habitats, using 3D printers, to expand exponentially.

Flora and Fauna: Alarms have gone out all over the world as flying insects, including entire butterfly species in South America, have disappeared. In Germany, entomologists calculate they have lost 75% of their insect species since the 1990's. Loss of pollinators symbolize the "canary in the coal mine", with neonicotinoids replacing methane. Look for low-carbon emission inventions using animal by-products, like shells and sea plants, to replace short-use plastics, like straws and coffee cups; water bottles will soon be edible. The greatest plastic pollution is in Indonesia, which is also home for the hugely undervalued seaweed industry.

Each day rapidly brings new opportunities for us to become part of a collective global healing. Swedish citizen, Greta Thunberg, at age 15, is on strike at a system that is failing her generation. We can help her. Start by listening to the voice that inspired Greta, and which speaks to us all during a simple, silent walk in the woods. See Greta Thunberg's UN speech: <https://www.youtube.com/watch?v=VFkQS GyeCWg>.



Photo Caption: Greta Thunberg, (15 years old) from Sweden is calling out all world leaders for inaction on climate change. Photo credit: Greta Thunberg Facebook

You are not mature enough to tell it like it is, even that burden you leave to your children. 15-year-old Greta Thunberg speaking to U.N. Climate Change Conference, Katowice, Poland, 2018



The Story Behind Commemorating Liberator Harry – Part 2

Joseph Graham - Main Street
joseph@ballyhoo.ca

Black Mountain is close to the road between Ste. Agathe and St. Donat, and while a pilot flying into Grand-Mère, 150 km from Dorval airport, picked up an SOS signal during the night of October 19, 1943, the ground crew were faced with a challenge interpreting what the SOS could refer to. First, they would have to wait until morning to see what plane did not complete its flight plan, and then they would have to examine that flight plan. Once they had figured out that a member of Squadron 10, Liberator Harry, along with 24 military personnel, was missing, they would have to try to estimate where it would have been when the SOS was sent out. Having been redirected from its flight from Gander to Mont Joli, the new flight plan to Dorval was made, literally, on the fly.



Mont Joli is east of Quebec City and the additional flying time that Liberator Harry would have been forced to make almost doubled the length of their trip. Grand-Mère is between Quebec City and Montreal, therefore the SOS likely came from somewhere in between those two cities. That narrowed it down a bit. The western half of the straight-line distance between Grand-Mère and Dorval runs right along the St. Lawrence River. Hypotheses about its disappearance included that it could have crashed and sunk to the bottom of the St. Lawrence. Rumours circulated that the plane and its crew had simply flown away somewhere; that they had disappeared off the map. The search was not successful.

During the search for another plane that went missing on June 20, 1946, two and a half years later and after the end of the war, Liberator Harry was finally found on Black Mountain in the Laurentians. The searchers discovered a wreck that had been left scattered through the trees. Their reports were a horror story. Only three bodies were positively identified.

The charts have been blamed. Black Mountain has three peaks and is officially 875 metres above sea level. That is almost twice as high as the consistent, rolling hills of the Laurentians. The weather could have been a factor. October 19, 1943 was a dreary day in the region. There was a trace of snow in the light rain. Visibility would have been poor, and the crew had little of the equipment we take for granted today. They would not necessarily have been monitoring the equipment they had. Their altimeter could have been poorly calibrated for an atmosphere that was different from the Maritime theatre of operations, and the smallest error in their flight plan made upon leaving Mont Joli could have sent them way off course over the distance, but there are questions, because these were war-hardened, experienced men.

The charts apparently underestimated the height of Black Mountain, but even so, they may not have had a concise enough idea of where they were to have been able to identify this stubborn old hill. They could have sent out an SOS because of engine trouble, or survivors on the ground may have sent it out, but the evidence suggests there were no survivors of the crash. The late Art Bruneau, whom I consulted in his retirement in Ste. Agathe, told me he had piloted these planes for the RAF. He explained that because the wings of the Liberator were on the top, they afforded little protection to the fuselage upon impact. He said that landing on the sea, the crew would have had little time to get out. Carried below the huge wings, the fuselage would have been cut to pieces by the trees, an unimaginably short window for sending signals.

The crew may have spotted the lights of St. Donat, or they may have descended below the clouds at just the wrong moment. Some say that it is possible that they never saw the mountain.

The Wikipedia page on Liberator Harry mentions that they were redirected to Dorval or to RCAF Station Rockcliffe near Ottawa. My son David, a pilot himself, who questioned the size of the flight path error, brought to my attention that a flight plan from Mont Joli to Rockcliffe would have put them very close to the course they actually flew, meaning that they may have changed their flight plan. That would mean the search party had the wrong flight plan, that no subsequent flight plan was filed as they left Mont Joli air space, that Dorval was simply assumed to be the destination, or that, while the tower at Mont Joli suggested two alternate destinations, the wrong one was recorded. The RCAF summary of the search shows it was concentrated closer to Mont Joli and does not mention an SOS. Nor does it mention any discussion of Rockcliffe. These were the war years. There were two Liberators lost on the 19th and three on the 20th of October. A lost military aircraft was not unusual, but this one was not engaging the enemy and was also deemed the worst accident in Canadian military aviation history.

Two thousand people a year climbed up the long trail near Lac Archambault to visit the site before it was made more accessible for a commemoration in 2013, on the 70th anniversary of the crash. A parking lot was built, and the path was rebuilt to reduce the climb to less than three hours. Thanks to the efforts of various residents of St. Donat, a memorial was unveiled in 2000 with Governor General Adrienne Clarkson and Brigadier General Marc Caron in attendance, and a subsequent military memorial service was held this September, marking 75 years, both on the mountain and at the St. Donat cemetery where the human remains have been interred.

If you make the climb, the view from the top, the monument, the rows of crosses and the debris will leave a moving and lasting impression.



Garden Talk

Under the Umbrella Tree

June Angus - Main Street

I got a big surprise recently when I noticed a cluster of nubby protrusions sprouting from the top of my Schefflera, also known as an Umbrella Tree because of the way its leaves droop gracefully from a central stalk, like an umbrella. At first, I thought the plant was growing a new leaf stalk, but after a few weeks realized something else was happening. A search on the Internet led me to discover my plant was producing flowers!



Despite having cultivated several specimens over the last 40 years, I never realized they could bloom. Apparently, this is a rare event for an Umbrella Tree – especially for one growing indoors. So, I will simply appreciate my good fortune and enjoy watching as the buds continue to develop and then flower.

While obviously not grown for their flowers, Scheffleras are very popular tropical, ever-green, houseplants because they are easy to grow. They are also high on the list of excellent plants for cleansing indoor air.

There are several varieties readily available on the market. The Dwarf Abricola is the most popular, and features either shiny, oval green leaves, or variegated green with white or yellow streaks. The leaves on these dwarf varieties are about 4 to 6 inches in length, and a mature plant will easily reach two to three feet in height. The Schefflera Amate has longer green leaves and the plant may reach 5 or 6 feet tall indoors. As an Amate grows taller it also grows wider taking up a fair bit of space compared to the dwarf versions.

Whatever type you have, care is pretty much the same. Scheffleras prefer bright, indirect light. They thrive with high humidity, along with soil that is moist but never soaking wet. They can be moved outside for the summer but should be protected by a shady overhang.

Whether growing indoors or out, a Schefflera is quick to let you know it's unhappy by dropping leaves. If the problem is too much direct sun, the leaves yellow and burn first. When ambient temperatures stay below 15°C or if the plant is under-watered or gets too wet, leaves will also yellow and start dropping. If this happens it's wise to pay attention and act quickly.

A Schefflera should be transplanted every year or two. Simply lift the plant from its old container, shake off some of the old soil and loosen some of the roots around the edge of the root-ball. Place it in a new container that's a few inches larger and fill in with fresh potting soil. Almost anything that drains well will do.

My current Schefflera is the Amate variety. I owned the mother plant for more than 20 years before finally giving it away because it took up too much space. It was close to 5 feet tall and almost as wide. Fortunately, I had rooted a cutting in water. That was more than 10 years ago, and this is the plant I currently have that is now blooming spontaneously. A cutting can also be rooted directly in soil but will need to be dipped in a rooting hormone gel or powder. The stalk can be quite woody and may need a little encouragement to produce new roots.

A word of caution if you have pets; Schefflera can be toxic to cats or dogs causing mouth or digestive irritation when chewed or ingested. However, my cats never bothered with these plants.

One interesting fact is that a Schefflera can grow air roots that resemble the leg-like roots of a Banyan tree. While this occurs rarely when grown indoors, you never know; they're not supposed to flower indoors either.

Happy house-planting!



Word Play

Bringers of Light

Louise Bloom
louisebloom@me.com

On December 21, 2018, on this Winter Solstice afternoon, the consistently somber daylight darkens the room further, fading towards full darkness at 4:30 pm. I remember with some joy that at 5:23 pm today the pendulum will begin to swing in the other direction and the days will begin to lengthen, incrementally.

The exploration of light and dark is one of the constant pre-occupations of the visual artist, most specifically when one is using natural objects as a reference, as in still life studies. Observing the way in which the light falls upon the object is the phenomenon that allows us to see form as volume. As an object falls into shadow, its form disappears. It is the sharp contrast of light and dark on any surface that gives us the most visual information about our surroundings. It is the increase in light that describes our everyday world. Here begins the notion that light brings consciousness.



I am reminded that light is the subject of the scriptural portrayal of our origins. In Genesis 1:3 "And God said – Let there be light: and there was light." This event brought about the miraculous ability to see illuminated, that which was to become all of creation. The stage was lit.

In the Jewish tradition, the Midrash (ancient commentary on the scriptures) asks the question: From what was light created? The answer is whispered: "God cloaked Himself in a white shawl, and the light of its splendor shone from one end of the world to the other" (Genesis Rabba 3:4) It is concluded that God is light, that which gives us life, making the two synonymous.


Light is primordial, whether illuminating what is concrete and actual, or symbolizing that which is realized or revealed as a metaphysical or spiritual truth. While its source on earth is the sun, as a thing it has no substance. It is the magical aspect of existence, without which we could not survive. Just watching a plant turn towards the sun throughout the day, reminds us of our love of and dependence on light.

The Winter Solstice serves as a symbol and a reminder of the "bringing of light". I discovered today that "Light Bringers" is a thing. The allusion refers to those humans on the planet who are dedicated to bringing light to the darkened corners of our ego consciousness, the part of us that sleeps in self-absorption, ignorant of the crying needs of other beings and the planet herself. As spring follows winter, each year we are given anew an opportunity to bring light to our less enlightened habits. The expression "bringing to light", infers bringing something to our understanding.

Daylight seems elemental in the raising of our spirits. As we cross next week into January 2019, we still face the bulk of our Northern winter season, and its dark and frozen aspects. But, someday soon, when the sun glints off the snow, perhaps we will have a conscious moment of gratitude for the turnaround of the light at this Solstice, and the miracle of light in general.

Louise Bloom is a Visual Artist interested in the power of narrative through image or written word, to transform consciousness and awaken us to the source of well-being.

FEBRUARY
15 & 16 / 8PM



THEATRE MORIN HEIGHTS

presents in collaboration with

Montreal's

infini[∞]**theatre**

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27 Bellevue, Morin Heights

KAFKA'S APE

WRITTEN BY FRANZ KAFKA
ADAPTED AND DIRECTED BY GUY SPRUNG

In this satirical romp, Redpeter examines his enforced evolution from Apehood to Humanhood and discovers that he is more animal now than he ever was as an ape.

For tickets and information
theatremorinheights.ca
or call 579-765-3999



Out & About

Ilania Abileah - Main Street



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

MONT TREMBLANT

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

Sat, Feb 9: 8 pm - "Harry Zone." He plays an array of instruments such as sitar, banjo, harmonica, guitar and lap steel, and sings as well. \$38.

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

Sat, Mar 2: 8 pm - The songs of Joni Mitchell: Marianne Trudel (pianist, composer and arranger) and Karen Young (singer / songwriter). This is a concert of touching songs sung by a very talented duo. Not to be missed! \$34.



Marianne Trudel and Karen Young

ST FAUSTIN

Maison des Arts et de la Culture

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

Jan 19 to Mar 9: a collective exhibition of painters, sculptors, photographers and digital art creators.

STE-AGATHE

Théâtre Le Patriote

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

Salle Percival-Broomfield

The new concert season will start April 5, 2019

ST ADOLPHE D'HOWARD

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

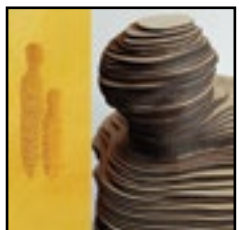
L'Ange Vagabond, 1818 Chemin du Village / 819 714-0213 / www.facebook.com/langevagabond

VAL DAVID

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

Open 11 am - 5 pm daily.

at, Jan 19: 2 pm - Vernissage of exhibition by two artists: Hélène Brunet Neumann presents "Témoins(s) and Carole Pilon presents "Altérations fécondes."



Hélène Brunet Neumann



Carole Pilon

VAL MORIN

Théâtre du Marais, 1201 10è Ave,

819-322-1414 / www.theatredumarais.com

During the month of January the theatre presents Theatre cinema nights and comedians (in French). These are all shown on the website.

Fri, Feb 8: 8 pm - Debbie Lynch-White: "elle était une fois" is a show of songs by La Bolduc who is known as the queen of Quebec folklore songs from the 1930s. Debbie Lynch-White is in a soon to be released film about La Bolduc. She is accompanied by three musicians and will sing well-known pieces written by women. \$38.

SAINTE ADÈLE

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

MUSIC

Sun, Jan 13: 1:30 pm - La Verdine - La belle époque: a jazz manouche quartet of French and Quebecois musicians. They play the music of guitarist Django Reinhardt and modern jazz. Residents \$10 / non-residents \$15.

Sun, Feb 10: 1:30 pm - Buzz Cuivres (bass): a quintet of musicians who play music of the 20th century. They are inspired by folklore, literature and nature. They play music written for piano, organ, strings and orchestra, arranged for bass. They play trumpets, French Horn, trombone, trombone bass and the music of Ravel, Debussy, Brahms, Liszt, Dvorak and others. The music is pleasing to everyone even those unfamiliar with classical music



Buzz Cuivres

EXHIBITIONS

Feb 7 - Feb 24: an exhibition entitled Bavardage by Danielle Lauzon. It is a collection from a personal diary, inspired by the poetry of Remé Lapierre. Also: recent paintings on paper and on canvas. The body of work deals with a dialogue between writing and painting as well as the figurative and the abstract.

SAINT-SAUVEUR

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

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

MORIN HEIGHTS

Morin Heights Library

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

ARTS Morin Heights -

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

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

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

WENTWORTH NORTH

Galerie d'art du Pavillon Montfort, 160 Rte. Principale, Wentworth Nord / infoart@galeriedartmontfort.com

Until Jan 13 - Denise & Pieter Mayer - a retrospective exhibition of photography art displayed on both floors of the pavilion. 450-226-1944

Sat, Jan 19 - Mar 17: Exhibition by Marina Dunn Dugas. Vernissage: Sat, Jan 19: 2 pm - 4 pm.



Marina Dunn Dugas

PRÉVOST

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

Sun, Jan 13: 2:30 pm - Ensemble La Cigale; music from the Renaissance and Baroque eras. Musicians are: Madeleine Owen (lutes), Sara Lackie (baroque harp), Marie-Laurence Primeau (violin and recorders), Vincent Lauzer (recorders). Other musicians join the group. \$35.

Sun, Jan 27: 2:30 pm - Pianist Maxim Bernard presents "Horowitz à Moscou." In 1986, at the Moscow Conservatory, the pianist Vladimir Horowitz played a recital including Scarlatti, Schumann, Liszt and Rachmaninov. In this concert, Maxim Bernard will play music by the same great composers. \$30

Sun, Feb 10: 2:30 pm - Deux Violoncelles. The duo, Caroline Goulet and Daniel Finzi are both cellists who obtained a masters degree in performance from the Laval University. In this concert, they will play the works of composers who wrote music for the cello, or rearranged for it. Their mission is to make the cello known to a wide audience.



The duo, Caroline Goulet and Daniel Finzi

ST. JÉRÔME

Laurentian Museum of Contemporary Art (101, place du Curé Labelle)

450 432-7171 / www.museelaurentides.ca. Open **Tues - Sun: noon - 5 pm**

Until Jan 27 - "Bonnie Baxter - Present - Past - Future." To mark the 40th anniversary of the Laurentian Museum of Contemporary Art, the museum presents an exhibition of Bonnie Baxter's work created over the past ten years: Jane's Journey (2008); The Tragic and Premature Death of Jane (2016) and RatKind (2018). The two Jane's collections will be displayed together for the first time. The series RatKind will be displayed in the centre of St. Jerome, in a closed insurance office at 330, rue Saint-George.



Bonnie Baxter

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

exhibited at the Nicolas Robert Gallery in September 2018.

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

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

Tues, Jan 22: 7:30 pm - Musical Theatre SLAV - musician and singer Betty Bonifassi made two albums with songs of a hundred years of slavery. In 2018, she created a theatrical version of the life and songs of American slaves "from dawn to dusk," with six singers, and directed by Robert Lepage. The story of slaves working the railroad lines and the codes embroidered on quilts to guide slaves to freedom! \$68.

Sat, Jan 26: 8 pm - Orbis - Valérie Milot: the artist adds multi-dimensional colourful screenings to her music. \$40.



Valérie Milot

Sun, Jan 27: 3 pm - Les Mains Tendres. The show takes place on the mezzanine of the theatre. These three musicians present a repertoire of traditional music from Central Europe. They play violin, accordion and contrabass and sing songs in French, Occitan, Italian and Bosnian. \$25.



Les Mains Tendres

Sat, Feb 9: 8 pm - Michel Fugain: Causerie Musicale. A French singer and composer who talks, sings and is quite entertaining. \$59.

Wed, Feb 13: 7:30 pm - "Dieu ne t'a pas créé juste pour danser." (God did not create you just to dance). In 2018, this troupe celebrated its 10th anniversary. To mark this occasion, the group had nine-week re-creation residencies in Montreal's Maisons de la culture network, followed by a spring tour in 2018. Marie Béland, dancer and co-creator, with performers and creative collaborators, Dany Desjardins, Zoey Gaule, Simon-Xavier Lefebvre and Anne Thériault; DJ and music selection by MC Gilles. \$17.50

ST PLACID

The Société Arts et Culture of Saint Placid has an interesting program for 2019 starting in April.

PLEASE NOTE: All materials for this column must be received six weeks prior to publishing. Please send to ilania@ilaniaabileah.com 450 226-3889 or 450 602-4073.



Real Wine for Real People 12 great wines for under \$20

April Sirois – Sommelier - ISG

Well, it's January again and happily we have made it through another holiday season and into the New Year. However, the old bank account may not be as well fed and padded as the mid-section right now, so it's time for the annual "Great Wines for under \$20" article to get us through the next few months of cold winter weather, with a decent glass of wine in our hands, and without doing more damage to our bank accounts.

Sparkling:

La Marca Prosecco - \$16.70

This is a bright, off-dry Prosecco with apple forefront on the palette, followed by pear and lemon, with an interesting almond finish. This is a nice sparkling to just sip.

Segura Viudas Cava Reserva Brut - \$14.95

A great sparkling wine at a great price.

Wolfberger Crémant d'Alsace - \$19.95

Dry and acidic yet fruity, a great aperitif.

Hungaria Grande Cuvée Brut - \$12.60

Easy drinking, uncomplicated and refreshing.

White:

Jean Bouchard Bourgogne Chardonnay 2016 - \$19.90

Fresh and fruity, smooth, and balanced.

Dr. Loosen Riesling 2017 - \$15.90

This is a nice example of Riesling at a very reasonable price. Light, fruity and medium-sweet, with a perfect acidic backbone to balance.

Cono Sur Bicicleta Viognier - \$11

Medium bodied, with great acidity.

Santa Margherita Pinot Grigio 2016 - \$11.05

Lean, light-bodied wine, approachable with food or without.

Red:

Carnivor Cabernet-Sauvignon - \$16.95

A medium and complex wine with light acidity. Big enough to be interesting but not overpowering.

Alamos Malbec 2016 - \$16.40

Dry and spicy, medium-bodied wine, fleshy tannins and a medium finish. A great wine with beef.

Cline Zinfandel 2016 - \$16.80

Beautifully dry wine. Spicy and earthy, with some definite weight and length on the finish.

Tenuta Novare Valpolicella Ripasso \$18.95

Big, rich, full wine with lots of dense fruit and soft tannins. This is a great cheese wine.

All these wines are available at the SAQ and the prices are as listed at the time of writing.

I would like to wish all you readers a very happy New Year with good wine in 2019.

Cheers!



Laurentian Personality

Yves David

"More than what the eyes can see"

Lori Leonard – Main Street



Well-known optician, Yves David, has run his business in St. Sauveur for many years. Initially, Yves' uncle was an optometrist and Yves had an eye test at his office. Yves became interested in the optometry business and took a course. He opened his first store in the West Island with only \$5,000, which his cousin loaned him. He sold this business in 1986 and worked with Lens Crafters, Carrefour Laval, for a few years.

In 1976, Yves married Chantal Magnan, who was always involved in the business from the start. Yves claims that Chantal did every job possible in their business. Today, Chantal still works at home, but her role as grandmother takes up some time now.

Yves really enjoyed visiting the Laurentians and moved to Val David in 1995. In 1997 Yves worked for Ziggy at the Faubourg Building, 200 rue Principale, St. Sauveur. Yves bought the store in 2005, which was called Zyves. In January 2019, Yves moved back to the newly renovated Faubourg, which will provide more space (2500 sf.). It will be called Yves David, Opticiens. Yves' two sons, Simon and Maxime, who are opticians, have joined him as partners and will now run the business. Yves is pleased, as he will be able to spend a bit more time on golf therapy in Florida, knowing his sons are at the helm.

Yves has always been strongly committed to his community. He was Honorary President of La Fabrique Church, St. Sauveur, and promoted a golf tournament to raise money for them. Yves' two sons are now involved with La Fabrique Golf Tournament.

As well, Yves has supported Soupe et Cie., a non-profit organization that provides food to the needy in our region. Yves brought in well-known TV artists and personalities to help raise funds for the campaign. Yves raised approximately \$8,000 - \$10,000 per year and was Director on the Board for two years.

Yves was nominated for the Quebec Bénévolat de l'année for being so implicated in his community.

Yves donates eyeglasses, frames and lenses on a regular basis to those who cannot afford to purchase them. He replaces nose pads on glasses and asks patrons to make a small donation of their choice. This endeavour raises \$150 to \$175 per month which is donated to Soupe et Cie.

In summary, Yves says "I love St. Sauveur. I will never return to Montreal, except to take a plane for travel. St. Sauveur is the best place to live!" Yves, thank you for being so involved in the community. We wish you much luck in your new premises, and on the golf course as well!

Québec government offers congratulations

François Bonnardel, Minister of Transport and Minister responsible for the Estrie region, and Sylvie D'Amours, Minister responsible for Aboriginal Affairs and Minister responsible for the Laurentides Region, warmly congratulate Laurentian winners Benoît Piché (snowmobiling) and Lysanne Lauzon (VTT) for their important contribution to the practice of off-road vehicles (OHV) in Quebec. Ms. Lysanne Lauzon has also been named Winner for Excellence in the ATV category.



Baton Rouge Lachenaie fundraiser a huge success

By Lori Leonard

Co-Owners Nick Desanctis, Lawrence Burt and Ian Graham would like to extend a huge thank you to supporters for making their fundraiser on December 3rd a huge success. A total of \$11,000 was raised in order to purchase much needed equipment for the pediatric department at l'Hôpital le Gardeur. A heartfelt thank you also to everyone who donated items for the fundraiser auction.



Photo: left to right: Katherine Ross, Nick Desanctis (co-owner of Baton Rouge Lachenaie and St. Sauveur), Martine Cormier (Head of the Pediatric Nursing Unit), Dr. Jérôme Ouellette, Julie Pitre, Alexandre Lebel. (missing from photo: co-owners of Baton Rouge Lachenaie and St. Sauveur, Lawrence Burt and Ian Graham).



Assessing the Value of our Forests:

A simple idea

By Mat Madison

In the December edition of Main Street, I shared ideas about forest management issues. I'd like to stay with the forest ecosystem theme for this article as well.

My students at Rosemont College asked me how I would evaluate the ecological value of a forest. You see, my class this fall was all about acquiring knowledge and data about the territory, as part of my students' technical program in land-use planning. We were preparing a field trip to Mount Royal to study the forest there and determine potentials and issues regarding proper forest management. We were discussing methods, tools and data collection for our fieldwork when my student Alex asked: "will this work be enough to establish the value of the forest at Mount Royal?"

On that aspect, there are several scientific data you might want to consider. You could start with identifying the forest type, the tree species, their age, their size and the overall health of the forest. On Mount Royal, we found a diverse oak and maple forest, with many other species. Overall, the forest was healthy and quite old. We did find that many ash trees were affected by the *Agrilus planipennis*, what we call the Emerald Ash Borer.

Then, you could look at overall biodiversity within the forest. What plants are growing in the understory? What species of animals use this forest for food, for social life, for shelter? Are there any fauna or flora species at risk in this forest?

Let's move away from Mount Royal and back to our Laurentian forests. Typically, we tend to find deciduous forests in our region, from the northern temperate forest biome. In our area, we are within the Maple and Yellow Birch domain, which means that standard soil and humidity conditions will be found in this type of forest stand. However, we do have quite a range of forest stands. Although Maple forests do take up a large portion of our landscape, there are many other forest types. Driving on Highway 50, and looking at the Canadian Shield escarpment, you'll see some impressive Eastern White Pine forests. In valleys and near streams, you'll find coniferous forests, dominated by Eastern White Cedar, sitting on deep, mossy soils. On north-facing slopes, you'll find beautiful Eastern Hemlock forests, where the ambiance and even the climate seem very different.

Now, imagine all the diversity of plants, birds, mammals, reptiles and amphibians that you'll find on your quest through these different forest types. Many species are typical to specific ecosystems, meaning you might need to find the right forest to find that elusive bird you've been searching for.

To all students, forest property owners and curious Laurentian hikers, next time you find yourself outside, take the time to assess the forest around you. Try to identify the various tree species, noting their size, their shapes and their overall health. Observe the different characteristics of the forest, the slope, the humidity level, the soil type, the vegetation growth and the fauna.

And to address Alex's question, I would respond that the value of a forest is relative to the person who shares special considerations with it. You see, the value of the forest might have nothing to do with scientific data at all. To Alex, and to all of you, I answer, "Get to know the forest around you. Be part of it with all the other creatures. Observe it, as it changes with the seasons. Watch it grow over the years. Share the experience with others. You'll find that the more you understand it, the more you'll value the forest, and the more you'll be willing to take part in protecting it".

Protecting it: the subject of a future article indeed.

Happy winter hiking to all!



4 Korner's launches a Women's Wellness speaker series in Arundel

By Jill Grumbache

The ground-breaking Fourth Women's World Conference held in Beijing back in 1995 stated, "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Women's health involves their emotional, social, and physical well-being and is determined by the social, political, and economic context of their lives, as well as by biology."

The focus on women's health has increased many-fold in the decades since, and rightly so. Women's overall wellness deserves all the awareness it gets and more. From childhood through puberty, teenage years, marriage, pregnancy, and menopause, a woman's body and mind undergo innumerable transitions that affect them both physiologically and psychologically.

Canada is in sync. Health Canada's Women's Health Strategy recognizes the distinct nature of women's health issues. It underscores that, in questions of health, it matters whether you are a woman or a man regarding "differences in areas such as: patterns of illness, disease and mortality; the way women experience illness; their interactions with the health system; the effects of risk factors on women's and men's well-being and the social, cultural, economic and personal determinants of health, which are significantly affected by gender differences."

In 2017, Everyday Health conducted a study involving 3,000 women to understand the factors that influence women's personal wellness today. The top 5 women's wellness definers, in order of importance, were: stress, sleep, exercise, eating healthy, and anxiety. The top 6 women's wellness influences that "matter most to my overall wellness goals" were: financial security, being as healthy as possible, feeling supported/loved, having confidence in myself, the ability to feel energized and passionate, optimism, and balance.

In support of these facts and findings, 4 Korner's Family Resource Center is proud to address many of these key women's wellness issues with the launch of the Women's Wellness Wednesday Series in Arundel. The series has already been a success in Deux Montagnes.

The Arundel Women's Wellness Wednesday speaker series is free. It will be held at the Arundel Community Centre from 10 am to noon, and includes these dates, topics, and speakers: Is Your Wealth Healthy? presented by BMO Financial and Investment planner Karine Besner (January 23); Essential Oils and Women's Health by essential oil educator Sue Rich (February 6); a review and discussion of the book Finding Meaning in the Second Half of Your Life by James Hollis, presented by Jill Grumbache (February 20); Women: Menopause & Aging and Sexuality presented by Leslie Wartman (February 27); The Powers of Mindfulness for Women presented by Marco Vinicio Castillo (March 13); and Natural Wellness Therapies & Help for Chronic Pain presented by Jodi Duplisea (March 20).

For more information, contact the Arundel Women's Wellness Wednesday series coordinator, Jill Grumbache, at 514-574-8030.

Thank you to Shoppers Drug Mart for partially funding this series.

4 Korner's Family Resource Center: A cornerstone of the Laurentian community. Serving families, youth, and seniors since 2005. info@4kornerscenter.org / Deux-Montagnes and Sainte-Agathe: 450-974-3940, Lachute: 450-562-3553.

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LAURENTIAN CLUB NOTICE

Holy Trinity Church

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

Guest Speaker: Lori Veins

Your Life Your Legacy

Learn about the benefits of funeral and estate planning

Tuesday, January 22: 1:30 pm

Annual membership \$35 per person -

Guests \$10 per event

Info: 819 326-6872 /
www.laurentianclub.ca /
facebook.com / LaurentianClubofCanada

LAURENTIAN CLUB OF CANADA



Morin Heights Legion elects new executive

Royal Canadian Legion Branch 171 was full on December 9 as the Morin Heights group installed their new executive for 2019. District Commander Trevor Holmes presided as outgoing president Eddy Black passed the reins, after more than five years as president, to Dave Pittman.

Also elected were Jo-Anne Elliott (first vice-president), Andrea Basler (2nd vice-president), Pierre Rawicz (secretary), Michel Drouin (treasurer), Jan van der Hoeven (sergeant-at-arms), Charlotte Drouin (service officer), and four executive officers: Luc Riopel, Darlene Pratt, Jaime Dubman, and Terry Gibbons. Kim Thomas was elected as trustee, joining Barry Baumel and Audrey McDonough.





I'm Just Saying Holiday blame and reflection

Ron Golfman - Main Street

By the time this edition of Main Street comes out in mid-January, many of us will have mastered writing a nine at the end of the date on cheques, and reminiscing while looking one last time at that 2018 wall calendar inscribed with all that we did from day to day last year, before tossing it into the recycling bin. January is also the month we dread receiving our mail, as we discover how far over budget and extravagant we had become in our spending during Christmas. Did the cats really need Santa hats for \$32, only to immediately swipe them off their heads and claw the life out of them? Whatever happened to that giant inflatable Santa we got at Canadian Tire on sale for \$79, the very one that blew away in the windstorm a few days before Christmas? Well at least I won't have to find a place to store that sucker for the next 335 days.

I don't know why I even bother to feign surprise at the overspending aspect of this holiday. The government reports that Canada is doing well fiscally, which gives us more purchasing power to reinvest into the economy by spending. I have done so according to that rationale, but this is where the theory goes south. Having done my consumer duty, the government then raises interest rates, and credit card companies do likewise despite their massive earnings, and thus my costs have inflated threefold while spiralling me deeper into debt. Thank goodness the cost of Extra-Strength Advil hasn't risen yet.

I try to look back and see where my errors in judgement regarding overspending began, hoping to find blame outside myself for at least some of it. I have always had a mild suspicion why Costco shopping carts are so massive. I know it's a bulk store, thus the need for space for 300 cans of artichoke hearts in one's cart, but my suspicious mind tells me there is more to it. The walk through the store, with a cart the size of a Buick, subliminally induces purchasing more than just the few items you'd planned to pick up. How often does anyone shop at Costco without a cart? That would be tantamount to walking into the store naked and feeling insecure. Holding two items at the cashier line is a perfect example of time wasted, resembling any Canada/USA border crossing, given there are no express lanes on purpose.

Eventually it becomes clear that crying over spilled milk is not going to make anything better. I'm Just Saying, by now you might have blown your resolutions on diet, quitting smoking, or your planned exercise regimen, but you remain focussed on economizing in 2019. Then it hits you, Valentine's Day is less than a month away; what'll that cost?



Making it Work in the Laurentians Pricing your art for profit

Rachel Morgenstern-Clarren

Artists and craftspeople often struggle with how to price their work. And while it may be tempting to sell your work at bargain prices, just to see it move, this strategy can backfire. People believe they get what they pay for. And what does that say about a \$5 hand-knitted hat? But, try selling that hat for \$100, and you'll likely end up with a basement full of unsold hats. So how do you pick that ideal price point?

Key pricing questions

Before printing those price stickers, you need to figure out two things: How much does it cost to produce your work, and what is the price range your market will likely pay for it?

To find out what the market will bear, you'll need to do some basic research. Look at what your competitors are charging for similar products or services. Contact the professional organisations representing your art form or craft. Speak to other more-established artists for advice on pricing.

Next, you'll have to calculate what it costs to produce your art. This is a somewhat trickier process, with two types of costs you'll have to consider. Start by calculating your "fixed costs." These are costs that stay the same regardless of how much work you produce (i.e., studio rent, hydro, advertising, professional membership fees, etc.). Then calculate your "variable costs." These costs go up and down, depending on how much work you produce (i.e. paint, fabric, paper, etc.). And, as a self-employed artist, your principal variable cost will likely be your own labour. Yes, you must include your own labour in your calculation!

Time is money – or it should be

Even if making your art is a sheer joy, you shouldn't be working for free. The amount you add in for your own labour should be, at least, what you'd have to pay someone else to do the same work for you. And, certainly at or above the minimum wage.

Many artists stick their heads firmly in the sand regarding their own labour costs, but if you don't know how long it takes to produce your work, you're not doing yourself any favours. Time yourself while producing your next project. Will you be in for a rude surprise? Maybe, but by doing so, you can adjust the way you work, or you could discontinue some items that are too time-consuming.

Once you know how much it costs to produce your work, and what the market will potentially pay for it, you're ready to set your prices. You can nudge your prices up or down, within a range of what's acceptable in your industry, but if you're too much of an outlier, your art will either collect dust on the shelf or be quickly under-valued and discarded.

Where to get more info?

You can get a wealth of information on all aspects of artistic entrepreneurship at YES, including one-on-one coaching, workshops and a business skills handbook for creative souls. Art can be a profitable business if you have the right tools. Check YES out, at www.yesmontreal.ca, to find out more.

What to Do When Winter Has You in its Icy Grip

Excerpt from the National Safety Council

Cold weather can be dangerous for anyone who enjoys outdoor winter sports, and people who work outdoors during winter must be particularly mindful of the risks. Before venturing outside in winter, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves
- Cover your ears with a warm hat
- Wear socks that will keep your feet warm and dry

Frostbite

Even skin that is protected can be subject to frostbite. It's the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks and chin. If caught early, it is possible to prevent permanent damage. If not, frostbite can lead to amputation.

Superficial frostbite affects the skin surface, while the underlying tissue remains soft. The skin appears white, waxy or grayish-yellow and is cold and numb.

If the condition is allowed to progress to deep frostbite, all layers of the skin are affected and the outcome likely will be more serious. The skin will become completely numb, blisters may form and eventually the skin tissue dies and turns black.

If you suspect frostbite:

- Get indoors immediately
- Seek medical attention
- Remove constrictive clothing and jewelry that could impair circulation
- Place dry, sterile gauze between toes and fingers to absorb moisture and keep them from sticking together
- Elevate the affected area to reduce pain and swelling
- For superficial frostbite, you may also place the affected area in water that is 100 to 105 degrees until the tissue softens

Hypothermia

Hypothermia occurs when the body's temperature drops below 95 degrees. Severe shivering, one of the first signs of hypothermia, is beneficial in keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of coordination and, eventually, unconsciousness and even death.

In one of the most bizarre symptoms of hypothermia, paradoxical undressing," a person actually undresses instead of bundling up. Researchers believe that in the final throes of hypothermia, a person may feel like he or she is overheating due to a rush of warm blood to the extremities.

So what should you do if you encounter someone suffering from hypothermia?

- Move the victim inside and remove any wet clothing
- Call for medical attention
- Add blankets, pillows, towels or newspapers beneath and around the victim
- Cover the victim's head
- Handle the victim gently to avoid cardiac arrest
- Keep the victim in a horizontal position
- If necessary, give CPR

* None of these steps are a substitute for proper medical care. Be sure to seek medical attention for frostbite and hypothermia as soon as possible.

For more safety tips visit nsc.org



Essential Oils Setting up for success

Sue Rich

Happy New Year everyone! As we slip into 2019, many of us have resolutions. We see the New Year as a new beginning. One of the main goals people have is to lose weight and/or get in shape. We start with a bang and do all kinds of things, like drink green smoothies. We get a gym membership and have great intentions. However, a few weeks in, things start to fall apart. Why? We didn't set ourselves up for success.

We need to prepare and have a solid plan that takes precedence. We must really want it badly. So, how do we do that? We must schedule it and write it down to make it a priority.

Getting up early for that morning workout makes our resolution hard to stick to. We hear that alarm and are tempted to push the snooze button. Have a bottle of Peppermint oil beside the bed. Instead of hitting snooze, grab that bottle and put one drop in your hand, rub your hands together, and cup them over your nose. Take a deep breath and you'll be wide awake instantly. Now you'll be ready to tackle that workout.

After exercising, you'll probably feel muscle fatigue and soreness. That ache is caused by a build-up of lactic acid that makes us stiff and sore. Lemongrass is a powerful essential oil to get rid of the lactic acid. Mixing a few drops with some coconut oil and rubbing it on the sore spots will help take the discomfort away. Another useful oil is peppermint, which helps increase circulation. Also, Wintergreen, Camphor, Blue Tansy, German Chamomile and Osmanthus are all anti-inflammatories and great for all kinds of joint and muscle discomforts.

The oils don't just make us feel better, they get into our tissues and aid in the healing process, just as our bodies must do naturally. However, they speed up the process. Now, it must be noted that these oils are not magic and require reapplication. It's through repetition, not quantity, that allows the oils to work best. It's better to use a drop or two every hour than 20 drops in one application.

So, get out there and move your body. Whether it's an intense gym work out or a 20-minute brisk walk, engaging in daily activities will help you reach your health goals much faster.

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

Obituaries

POLLOCK Kenneth 1937-2018

It is with great sadness to announce the passing of Kenneth Pollock, December 3th, 2018, in his 82nd year. Beloved husband of Louise Porter. He will be missed by all his family and friends.



A funeral service was held on Friday, December 7th, at 2 pm at the Margaret Rodger Memorial Presbyterian Church, 463 Main Street, Lachute, Que. Funeral arrangements entrusted to Salon Roland Menard, 395 rue Grace Lachute, Que.

by family, friends, colleagues, competitors and the Armenian community. A real showman has left this stage on earth to continue in the heavens above.



On behalf of those that knew you Peter thank you for your time with us.

GOD SPEED
Ron & Friends

IN MEMORIAM

Peter Malcolm Victor Gregory - 1943-2018.

Peter Gregory, an icon in the world of antique and vintage carpets, passed away in November 2018 at the age of 75. Peter was larger than life, a man well-known in the Montreal community but also known throughout the Laurentians from St-Sauveur to Mont Tremblant. Those who knew Peter will miss his sense of humour, those lively lunch and dinner get-togethers, his opinions on topics of the day and his compassion and heart for his loved ones. He will be deeply missed



IN LOVING MEMORY



ROSA VIGORITA
June 3, 1963 - January 20, 2012

Your spirit still lives on in all of us.
You are forever in my heart
Ron

Protecting your Social Insurance Number

(NC) Your Social Insurance Number is a confidential number used for income reporting purposes. However, some organizations ask for the number for other reasons.



Whether you're being asked for your SIN for a new job or some other reason, remember that it can open the door to your personal information, exposing you to the risk of fraud and identity theft.

Some key steps you can take to protect yourself include:

- Storing any documents containing your SIN in a safe place (don't keep them in your wallet).
- Shredding documents that contain your SIN.
- Providing your SIN only when it's legally required.

Find more tips on protecting your SIN and other privacy-related advice at priv.gc.ca/SIN.

Participants and donors wanted for Palliaccio's Trek Under The Stars

Having collected nearly \$42,000 so far, and with only a short time remaining before the first evening's Trek Under the Stars, the organizers are aiming for a goal of \$100,000.

On the ground, canvassing is intensifying, encouraging people to mobilize a team or to make a donation. Please note that participants have the choice between 7 km of cross-country skiing, 2 km of snowshoeing or just a fun walk by torchlight. The event takes place on Saturday, January 26 at Domaine Saint-Bernard in Mont-Tremblant, from 5 pm to 9 pm, or again on Saturday, February 2 at the Camping Sainte-Agathe's outdoor center, from 5 pm to 9 pm as well.

There are stops on all the trails for consommé or mulled wine. A wine and cheese will be served at the end of the trek, generously sponsored by our local merchants.

A team of 10 people is required to contribute a minimum of \$100 per person, i.e. \$1,000 in total. If you want to participate alone, you may join the La Camaraderie team. If you cannot participate but want to do your part, simply make a donation. Palliaccio issues tax receipts for any donation of \$20 or more.

Registration and donations can be made online at www.palliaccio.org or by contacting PALLIACCO at 819-717-9646 or 1-855-717-9646.



The English Link

English health & social services, your rights, and the complaint system



By Jill Grumbache

The Educalo website states, "English-speaking Quebecers have a legal right to receive health and social services in English. But this right is not absolute: there are limits." The site then goes on to explain that there are two categories of health and social services institutions that must provide services in English.

First, there are 'designated institutions.' Institutions can be 'designated' by the Quebec government when a majority of the people they serve speak a language other than French.

The second category is services listed under an "Access Program." Your regional CISSS and CIUSSS (integrated health and social services centres or integrated university health and social services centres) must create these. The access programs must list all the services in your region that will be available in English. The agencies have some freedom to decide how to ensure services in English. They can make an agreement with another region to send patients to that other region, use technology or interpreters to provide services in English, or have specific time-slots for providing services in English. (<http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/documentation/programme-dacces-aux-services-de-sante-et-aux-services-sociaux-en-langue-anglaise/>)

The complaint system

If you have a complaint about a lack of services in English that should be provided by a designated institution or under an access program, or if you feel that an institution, staff member, or health professional working in a public institution did not provide good service, or, did not respect your overall rights, there is a complaint procedure.

A complaint can be filed by the person using the services, or by someone acting for that person.

First, try speaking to the people in charge of the institution where you received the services. If things aren't resolved, you can file a complaint with the complaints commissioner. Part of the commissioner's role is helping people express their complaints. Your complaint can be verbal or written. Soon after you file, the commissioner will confirm in writing that your complaint was received. The commissioner will then examine the file and send you conclusions. This must be done within 45 days after the commissioner received your complaint.

If you aren't satisfied with the response of the complaints commissioner, or you didn't get an answer within 45 days, you can ask the Quebec Ombudsman to review your complaint (1-800-463-5070).

The complaints assistance and support centre (CAAP) in your region can also help provide information about the complaint process, help you write your complaint or write it for you, accompany you throughout the complaint process, and encourage conversations with the institution involved to help find a solution. Call 1-877-767-2227.

As well, there is a users' committee in many health and social services institutions. The committee can tell you how to file a complaint and help you through the complaint process. Telephone: 514-436-3744 or visit <http://www.santelaurentides.gouv.qc.ca/a-propos-de-nous/comites-des-usagers/>.

To contact the office of the Service Quality and Complaints Commissioner telephone 450-432-8708 or 1-866-822-0549; or email infoplaintes@ssss.gouv.qc.ca.



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

Upcoming Activities

PERSONAL SESSIONS TO RELIEVE STRESS

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

FOR PEOPLE WITH CANCER OR WHO ARE IN REMISSION

Comforting Tea
Mon, Jan 14: 10 am - noon (Mont-Tremblant)
Fri, Jan 25: 10:30 am - noon (Ste-Agathe)

FOR PEOPLE IN MOURNING

Coffee Meeting for the Bereaved
Thurs, Jan 17: 1:30 pm - 3:30 pm (Ste-Agathe)

Accompanying services

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

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

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

MRC Antoine-Labelle south:
March 6, 13, 19

MRC des Pays-d'en-Haut:
March 19 & 27 and April 2

MRC des Laurentides:
April 10, 17, 24

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

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



Main Street Money Ladies' Investment and Financial Education

Developed by Christopher Collyer, BA, CFP

Back to basics

Focus on the fundamentals for an investment strategy that's right for you. Invest your money: three short, simple words. Or are they?

With such a large array of investment choices, from stocks and bonds to closed-end funds and exchange-traded funds, it can be difficult to decide where to put your money. To complicate matters further, there's always something new being hyped in the marketplace. Current buzz is focused on cryptocurrencies and emerging technologies, like artificial intelligence and self-driving vehicles. You might be eager to invest early and capitalize on potential growth, but are these sound opportunities?

Moreover, it seems as if everyone has advice for you. Unfortunately, platitudes like "buy low and sell high" aren't very helpful, and those stock tips from your friend's brother, or your uncle's golf buddy, rarely pan out. So how can you cut through all the noise and figure out what's right for you?

Consider these three words instead: back to basics. The best investment strategy is one that's focused on the long term, on tried and true strategies that have stood the test of time.

Define your goals

First and foremost, think about why you are investing. Whether it's for your retirement, education savings for your kids or a dream vacation, figure out how much money you'll need and the time you need to get there.

Weigh the risks versus the rewards

Higher risk can equal higher potential reward, but the amount of risk in your investment portfolio should correspond to the time horizon of the investment. For example, if you're investing for retirement 30 years in the future, your portfolio can tolerate greater risk because it has more time to ride out any market downturns. It's also important to consider your personal tolerance level for risk – how well you can handle a loss in the value of your investments if there is a market downturn. Make sure you are invested appropriately for both your risk tolerance and your time horizon.

Invest early and often

The sooner you start, the more time your investments will have to grow, even if you can only afford a modest amount. Someone who starts investing in their 40s will have to invest a lot more than someone in their 20s in order to reach the same value. Give compounding returns as much time as possible to work their magic.

Pay yourself first

A relatively painless way to save is through a pre-authorized deposit. Set one up on your payday, or through your company's payroll, if available, so that money is deposited into your investments before you have a chance to spend it. You'll be surprised at how fast your savings will accumulate without you even noticing. It's also a good idea to set up a separate emergency fund in an easily accessible account, such as a high-interest savings account. If the need arises, you'll have access to money without having to dip into your investments.

Diversify

Don't put all your eggs in one basket. It's important to spread your investments across asset classes (stocks, bonds, etc.), industries and geographical locations. If you put all your money in one stock and its value plummets, you significantly reduce your investment. The same would hold true if you were to invest in one industry. For example, if you invest only in energy and the price of oil declines, so may the value of your investment. Diversification helps to balance individual investment risks across an entire portfolio, lowering your overall risk.

Have a plan and stick to it

Regardless of new investment opportunities that promise high returns, it's important to have a plan and stick with it. Markets may fluctuate, but a well-thought-out investment plan is designed to ride out those fluctuations.

And if you still want to invest in the latest and greatest growth opportunity, consider setting up a "core and explore" portfolio. This means the bulk of your portfolio (the "core") is designed to meet your goals and overall risk tolerance, while a small portion of your portfolio can be used to explore riskier, more speculative investments.

The best course of action? Speak with your advisor. He or she can help you cut through the market noise to determine the best investment strategy to help you meet your goals.

APPROACH WITH CAUTION

New, trendy investment opportunities can seem exciting. However, there are some risks to consider before putting your money into the next big thing.

Lack of regulation. Traditional investments are highly regulated to help protect investors, but new investments like cryptocurrencies may still raise investor protection concerns.

Inflated share prices. Some new investments are highly speculative, with prices based on expectations of future success rather than current performance.

Dilution. If a company expands rapidly, it can raise money by issuing additional shares. This lowers the value of existing shareholders' investment, along with their percentage of ownership.

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

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Cardiac defibrillators for Mont-Tremblant police officers

On December 19, the Laurentians Integrated Health and Social Services Center (CISSS) was pleased to present eleven automated cardiac defibrillators (AEDs) to the Mont-Tremblant Police Department.

Patrol cars are now equipped with AEDs and police officers trained in defibrillation will be able to respond quickly when a cardiorespiratory arrest is reported. Rapid access to defibrillation greatly increases the chances of survival and recovery during a cardiopulmonary arrest, so it is imperative victims receive intervention within the least possible delay. Trained police officers will now be able to offer that service until ambulance technicians arrive on site to take over.

The 11 AEDs represent an investment of nearly \$40,000 and was made possible due to funding provided by the Quebec Ministry of Health and Social Services.

The eight-hour initial training of police first responders was provided by ambulance paramedic technicians from the CISSS des Laurentides pre-hospital emergency services coordination. This team will also ensure the continuous improvement of the quality of interventions and periodic training follow-up.

"This is great news for the safety of all our citizens. City Council is very happy to have completed this partnership project with CISSS des Laurentides," said Luc Brisebois, Mayor of Mont-Tremblant.



Photo: M. Éric Cadotte (community relations agent), M. Jean Desjardins (Director of police services), M. Luc Brisebois (mayor of Ville de Mont-Tremblant), Ms. Isabelle Robert (representative of the coordination of pre-hospital emergency services), M. Louis-Philippe Baillargeon (paramedic, responsible for first responders and DEA), Benoit Rudolphe (chief of operations Paraxion).

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AFFILIATED TO: **Famiprix**

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450.562.0522
Toll Free: 1.866.362.0522

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

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Sue Rich
Wellness Advocate

Phone: 819-421-2253

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

RELIGIOUS SERVICES



**ROYAL CANADIAN
LEGION**
**LA LÉGION
ROYALE CANADIENNE**

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

**Branch 171 Filiale
Morin Heights**

Fri, Jan 19: 6 pm - TGIF Smoked Meat Dinner
Sat, Jan 26: 6 pm - Honours & Awards Supper
Sun, Feb 3: Super Bowl Party (Hamburgers & goodies)
Sat, Feb 9: 6 pm - Valentine's Day Supper
Fri, Feb 15: 6 pm - TGIF Smoked Meat Dinner
General meetings: Last Sun of month at 2 pm
Darts: Thurs: 3 pm - new players welcome
Military Whist: 1 & 3 Mon at 1:30 pm
Check with the legion for daily bar hours
Hall rental available at competitive prices
Info: 450 226-2213
<http://www.legion171.net> / Facebook: legion 171

**Branch 70 Filiale
Lachute**

Bus trips to Casino canceled until further notice.
Tues: 1 pm: Euchre
Every second Wed: 1 pm - shuffleboard games
Thurs: 1 pm - Cribbage
Saturdays: 2:30 pm - Darts
For information call: 450 562-2952 after 3 pm
634, rue Lafleur

**Branch 71 Filiale
Brownsburg**

1st Tues of each month - Soup luncheon
4th Thurs of each month - Military Whist
Bar open Wed - Fri 3 pm - closing
Everyone welcome.
Contact Sheila: 450 562-8728 / 514 909-8885

**Branch 192 Filiale
Rouge River**

Contact Marlene: 819 687-8566
Jan 13: 1 pm - Yoga
Bar open daily at 3 pm
Tuesdays: 7:30 pm - cribbage:
For further info: 819 687-9143 / arundellegion@gmail.com

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

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

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

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

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

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

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

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

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

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

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

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church
Sunday services are held every
Sunday at 11 am,
followed by tea / coffee, refreshments &
fellowship in the Church Hall.
All are most welcome to attend.
Jan 23: 2 pm - An ecumenical &
bilingual service marking the Week of
Prayer for Christian Unity.

Members of the Anglican, Roman Catholic
and United Churches in Arundel, Huberdeau,
Weir and the surrounding area will take part
in this service. Refreshments will be served
after the service.

Fri, Mar 1: World Day of Prayer
Members of the same churches will hold
an ecumenical & bilingual service of
prayer. The service has been prepared by
the women of Slovenia. Refreshments
will follow.

More details next month.
All are most welcome to attend either
or both of these services.

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

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

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

KNOX-WESLEY CHURCH
13 Queen Street, Grenville
Contact: James Hocquard - 819-242-4722
Sundays: 9:15 am - Weekly Sunday Worship
and Sunday School

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

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

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

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

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

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

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

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

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

ST. AIDAN'S WENTWORTH
86, Louisa Rd - Louisa
Jan 20: 11 am - Holy Communion
Feb 17: 11 am - Holy Communion followed
by annual meeting
Mar 17: 11 am - Morning Prayer

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

HOLY TRINITY - LAKEFIELD
4, Cambria Rd, Gore
Jan 27: 11 am - Holy Communion
Feb 24: 11 am - Morning Prayer
Mar 24: 11 am - Holy Communion
Bilingual services with gospel/
bluegrass music

CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Jan 13: 11 am - Holy Communion
Feb 10: 11 am - Holy Communion
Mar 10: 11 am - Holy Communion
Mar 31: 11 am - Morning Prayer

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

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

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24 / 7 HOTLINE
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For info and full services visit
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**Laurentian Region
Cancer Support Group**
*Groupe de Soutien du Cancer
de la Région des Laurentides*



Next meeting for cancer patients,
families and caregivers is
SATURDAY AFTERNOON
January 19, 2019 - 1 pm

Chalet Bellevue (main entrance)
27 Bellevue, Morin Heights

Speaker: Ilona Fritsch
Managing Stress & Anxiety

Upcoming meeting: February 16

Meetings are conducted in English
ADMISSION IS FREE

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

REGISTERED CHARITY - DONATIONS APPRECIATED

Joyful Noise Choir
Ilania Abileah



On December 22, The Joyful Noise Choir in Morin Heights presented a lovely concert at the local IGA. They also sang at two other locations enchanting the public with their festive voices. Thank you to all the singers for sharing this wonderful tradition of holiday caroling.



JESSICA MILLION
Chartered Real Estate Broker

COMMUNITY BULLETIN BOARD

January 2019



JESSICA MILLION
Chartered real estate broker
819-323-6581 Mobile
819-326-4963 Office
realtormillion@gmail.com

COMMUNITY NEWS

AMI-QUEBEC PROGRAMS ACROSS QUEBEC

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

VICTORY SOUP KITCHEN / SOUPE POPULAIRE DE LA VICTOIRE

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

BAZAAR MPDA

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

WILLKOMMEN

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Monat: Kontakt: Luise 613 678-6320.
Eva: 450 451-0930.

COMMUNITY EVENTS

LOST RIVER COMMUNITY CENTRE

2811 RTE 327
Sat, Jan 19, 2019: 24th Annual Curling
Funspiel
At the Brownsburg Curling Club
Contact Ruth to register: 819-687-3733
Sat, Feb 2, 2019: Winter Carnival,
Snowman Contest and Potluck Supper
See the Facebook page for Snowman
contest deadlines and details.
Like LRCC on Facebook at LRCC-Lost
River Community Centre

Sun, Feb 10: 9 am – noon:

Valentine's Breakfast
Basket draws will go to the Heart &
Stroke Foundation
See event details and photos on
Facebook at LRCC-Lost River
Community Center

HARRINGTON GOLDEN AGE CLUB

(259 Harrington Rd)
**The facilities are now open
and we are ready to continue
our activities!**

Cook's Night Out: 1st Friday
of the month at 5:30 pm

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

HARRINGTON VALLEY COMMUNITY CENTRE

420, chemin de Harrington

SCOUTS MORIN HEIGHTS

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

ARGENTEUIL GIRL GUIDES

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

MORIN HEIGHTS HISTORICAL ASSOCIATION

www.morinheightshistory.org /
mhha98@hotmail.com

THEATRE MORIN HEIGHTS

Chalet Bellevue, 27 Bellevue, Morin Heights
Feb 15 & 16
TMH in collaboration with Montreal's
Infini theatre presents "Kafka's Ape"
by Franz Kafka (Adapted by Guy Sprung).
Info: 579-765-3999 / www.theatremorin-
heights.ca

ALCOHOLICS ANONYMOUS MEETINGS

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

LACHUTE ARMY CADET CORPS

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

ESSENTIAL OILS

Info: Sue Rich: 819-421-2253

HUBERDEAU GOLDEN AGE CLUB

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

ADVANCE NOTICE

LACHUTE LADIES' CURLING CLUB

100th Anniversary invitation 1919 – 2019
Lachute Curling Club
Sat, Jan 26, 2019: 9 am - 4 pm
We are one of the longest and
continuously running Ladies' Club in
Quebec! We would like to invite any
and all, past and present, women
members to join us to celebrate
Info: Diane Hislop 450 232-1221

SHRINERS OF MORIN HEIGHTS PRESENTS

Music & Bites & Other Delights
Valentine's Edition
Chalet Bellevue, 27 rue Bellevue
Morin Heights
Sat, Feb 9: 6 pm - 11 pm
7:30 pm: Buffet Dinner
Featuring Timmy Jingle & the 444s...
and guests Laurent Arsenault, Shawna
and Jim
Jacket and Tie for the gentlemen
Donation: \$45
Reservations required: Carl: 514-771-
8866 / Mike: 450-712-1463
For the benefit of Shriners Hospital for
Children Canada
Follow us at [https://www.facebook.com/
morinheights.shriners](https://www.facebook.com/morinheights.shriners)

SENIOR VOLUNTEERS READING PROGRAM

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

COOP SORE'S COMMUNITY LUNCH

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

JOYFUL NOISE CHOIR

Chalet Bellevue, 27 rue Bellevue,
Morin Heights
Tues, Jan 27: 7 pm

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

SÉPAQ WINTER DAY

4456, chemin du Lac-Supérieur,
Lac Supérieur
Sat, Jan 26

As part of Sépaq's winter open day.
Mont-Tremblant National Park will open
its doors to the public and offer all sorts
of outdoor activities - FREE of charge.
Info: 819-688-2281 / sepaq.com/pg/mot

NOMINEIGE

2110, chemin du Tour-du-Lac,
Nominigüe

Jan 26 & Jan 27: 11:30 am - 4 pm

Various activites (skating, snowshoeing,
inflatable games, ski with 3 persons and
snow sculpture.
FREE ENTRY

FREE ACCESS TO FCMQ'S SNOWMOBILE TRAILS

MRC des Laurentides sector
Sat, Jan 19 & Sun, Jan 20

The FCMQ and the thousands of volun-
teers from its 200 member snowmobile
clubs invite you to discover the world's
foremost snowmobile trail system free of
charge for an entire weekend. You only
need to get a FREE temporary
trail permit.
Info: 514-252-3076 / fcmq.qc.ca

LA RANDONNÉE DES PROS

1117, boul. Albiny-Paquette,
Mont-Laurier

Sat, Jan 12: 8 am - Registration

Snowmobile ride to benefit the Oncolo-
gy department of Mont-Laurier Hospital
Dinner to follow at 6 pm
Entry: \$150 for the day (rental not
included)
Dinner only: \$125.
Info: Mélanie Lacelle:
1 800-567-4574 ex. 230
Fconstantineau.com

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HIGHLY DESIRED LOCATION: LAKE BARRON: South facing 4-season cottage on Lake Barron! 2 bedrooms, spacious rooms, gazebo, large shed. Nice location on the lake with dock. Privacy from neighbours. View from the home. Located 10 min. from the ski hills and less than 1 hr from Montreal. Seize your opportunity now! **Centris # 11470958.**



LAKE LOUISA & STREAM: Rustic, charming property, well maintained offering notarized access to Lake Louisa with dock, sandy beach & a place to leave your boat! Additional waterfront on a lovely stream. Property offers a triple garage, privacy from neighbours, 3 bedrooms, full basement, heated floors and so much more! A must see! **Centris # 16415284**



NEW CONSTRUCTION: LAKE BARRON Splendid home with exceptional layout and divisions. View of Lake Barron directly in front with notarized lake access! 4 bedrooms, 2 bathrooms, 1 powder room, plenty of light & windows, private land, attached garage, open concept, spacious, south facing. Only 50 min from Montreal, 15 min from St-Sauveur & 10 min from ski hills! **Centris #10156230**




LAKE SOLAR, IMPECCABLE WATERFRONT Exceptional waterfront property offering you everything you could want: privacy, large lakefront in a quiet bay, 3 bathrooms, full basement, master w/ private deck, views from almost every room & a naturally kept lot w/ several possibilities. Well maintained & ready to move in 10 min. from the ski hills & less than 1 hr from Montreal! **Centris #27674658**



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Virtual Reality in the Laurentians

Beginning in 2019, participants of the Autism & Arts in the Laurentians (AAL) program will be able to swim with an 80 foot whale, walk through the Great Pyramids in Giza, explore castles and monuments around the world and even go on a dinosaur safari. These and many more amazing experiences will be made possible through Virtual Reality (VR) thanks to the program's association with the Independent Order of Odd Fellows (I.O.O.F.) Beaver Lodge #6.



Odd Fellows Israel Boas and Anisha Patel wanted to provide this immersive technology as part of Beaver Lodge #6's continuous support of AAL and have donated and set up a complete HTC Vive VR system (headset, controllers, earphones, room sensors) and high powered computer in AAL's clubroom at Laurentian Regional High School (Lachute). Along with the VR games already downloaded in AAL's library, which have been carefully selected by AAL organizers to ensure their appropriateness and educational value, Boas and Patel are also providing a monthly Viveport/SteamVR subscription so the organization can download new VR experiences each month. Of particular interest to AAL are the variety of games dedicated to the creation and appreciation of the arts. For example, "Tilt Brush" is a game that turns a room into an empty canvas and lets players paint in 3D while "VR Museum of Fine Arts" allows player to explore an art gallery where you are allowed to touch the exhibits.

"This technology is a tremendous educational tool and will inspire creativity," says AAL volunteer Kathy Low. "Our participants will benefit greatly from this donation, as will our community." Eventually, AAL plans to share their good fortune with the community by making the VR system and these informative experiences available to classes at LRHS.

Since adopting the AAL program in 2018, I.O.O.F. Beaver Lodge # 6 has provided invaluable support to the community based organization. A further donation of \$1,000 was made by the order at the end of 2018 and this funding will be used for AAL's new program at Ste-Agathe Academy.

AAL is a non-profit which provides a free weekly arts program and friendship club to English speaking autistic teens and young adults in the Laurentians. It is the first program of its kind in the region and operates through the Community Learning Centers. For more information on AAL, please contact Melanie Bujold at mbujold@swlauriersb.qc.ca, Tel: 450-562-8571 Ext.8449 or through AAL's Facebook page.



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Viking Loppet in Morin Heights

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

Registrations are now open for three classic-style events – the Jan-Nordström 5 km, the Jack Wahlberg 10 km and the Smith-Johannsen 20 km races. Participation will be limited to a total of 200 skiers, so be sure to register early and benefit from our ‘early bird’ discount.

The Loppet February 24 is dedicated in the memory of Dr. Huntington ‘Skip’ Sheldon, past president of the Viking Ski Club and chairman of the Canadian Ski Association, whose generosity, foresight and unwavering support of cross-country skiing has assured skiers access to the Viking’s historic Racing Trails for decades to come. All three Loppet events will take place on these trails.

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

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

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

Practical advice for the novice skier

Some tips for the novice skier. If you are relatively new to cross-country skiing you could not have picked a better sport. Clean air. Spectacular views. Healthy, aerobic exercise, and the company of warm friendly skiers from all walks of life are but a few of the pluses that make cross-country skiing very popular. There are a few things you might want to consider if this is your first Loppet...

Although there are feeding stations available with water and juices, you may wish to bring an energy bar or two in case you don’t care for the food being served

Dress warmly with layers of light sweaters to suit temperature conditions and bring along an extra pair of mittens or gloves.

If you come across an injured skier, give aid and assess the extent of their injuries as best you can. If they can be moved out of harms way, please help them do so. If not, arrange to warn on-coming skiers. Take note of the injured skier’s Bib number and advise one of the many volunteers working at feeding stations and control points.



As you ski your Loppet you will be sharing the trail with other skiers. We ask that you be courteous and considerate for everyone’s safety and enjoyment.

If a faster skier approaches from behind and shouts “track,” please move over to the right and let them by. And, if you are the faster skier, please be patient with the novice doing their best to cede the way.

Above all, have fun. And remember, a hearty meal awaits you at the end of the trail.

It’s time to register!

Take advantage of the early bird discount by registering before January 31, 2019! Registrations are made through the Municipality of Morin-Heights’ registration system. You will be redirected to the registration site by clicking on the link. You will then be invited to create your “family” profile and be able to select the Loppet among the programs offered.



photo credit: Loïc Bellemare-Alford



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