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JANUARY 2014 • VOLUME 14 NO. 1
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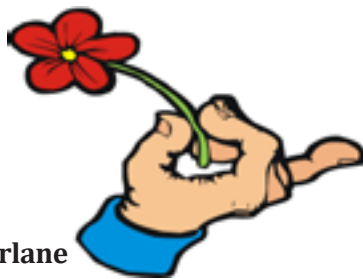
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The Crisis that Keeps on Giving

Special Report To Main Street by David MacFairlane

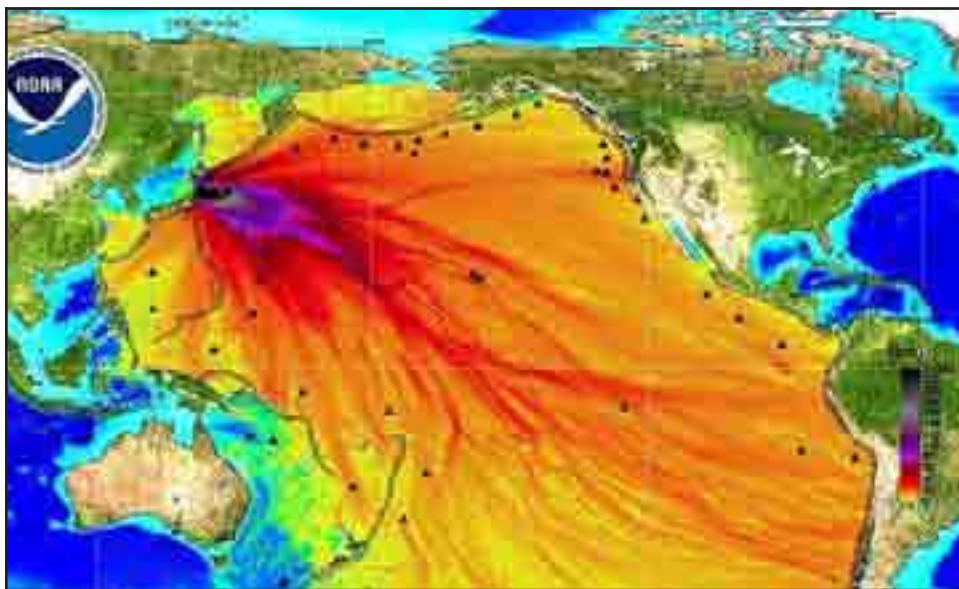


Immediately following the earthquake and tsunami in April 2011 that destroyed the Daiichi Nuclear Complex of 6 reactors, the US Navy aircraft carrier, the USS Ronald Reagan was stationed offshore to provide aid and emergency supplies during the crisis.

Today, dozens of the crew-members, most in their early 20s, are seriously sick, all of them showing symptoms of radiation poisoning and various cancers, including thyroid and testicular cancer, leukemia, brain tumours and unremitting gynecological bleeding requiring transfusions. It turns out that the ship's massive desalination plant had been drawing up radiation-contaminated sea water from the Pacific Ocean to supply the fresh water needs of the ship and crew. This water was used for drinking, washing, laundry and food preparation. Now, some two years later, these young peoples' lives have been tragically diminished due to official denial and outright lying about the gravity of the danger and negligence for the safety of the aid-response teams.

Over 70 of these sailors have filed a multi-million dollar lawsuit in California against TEPCO in Japan, the company that owns the Nuclear Complex and which was responsible for handling the emergency in the early days of the crisis. They have accused TEPCO of deliberately falsifying the radiation measurements and minimising the dangers that emergency responders were being exposed to. We know that all concerned, TEPCO, the Japanese Government and even our own governments have either lied or deliberately downplayed the seriousness of this fiasco, which continues, unabated, to this day. According to one of the sailors in the lawsuit, due to the ship's exposure to Fukushima, "... we couldn't go anywhere. Japan didn't want us in port. Korea didn't want us. Guam turned us away. We floated in the water for two and a half months."

According to ENENEWS - briefs; "... the Fukushima disaster victims to include 600,000 deaths, 100,000 still-births and over 100,000 children with genetic deformations. Highly significant quantities of fission products continue to be



Radiation to reach us by 2014

flushed into the environment (Pacific Ocean) ... radioactivity to re-circulate for many generations in the ocean food chain ... There is a mystery illness killing bald eagles in the Western US, with paralysed wings and full-blown seizures. Experts comment... 'very big concern... never seen anything like this... we just don't know what's going on'...

The entire region and ocean continues to be in great danger.

Sainte-Lucie-des-Laurentides

The Mount Kaaikop file will end in court. The municipality of Sainte-Lucie-des-Laurentides decided to support the Coalition pour la préservation du mont Kaaikop in its struggle. We want to prevent, or at least postpone, the timber cutting on the mountain scheduled in early January.

You may recall that the Coalition has suffered a setback, a few weeks ago before the Comité de règlement des différends (CRD) Dispute Resolution Committee of the Commission des ressources naturelles et du territoire des Laurentides (CRNTL). The CRD rejected the request for a moratorium by the Coalition and authorized the start of Phase 1 of the logging at the top of this mountain in Sainte-Lucie-des-Laurentides.

Irreversible impact: The municipality and the Coalition believe that this would have an irreversible impact on the ecosystem, not to mention the impact on area watersheds (ruisseau Doncaster, etc.) "Beyond social acceptability, there are environmental impacts," said Councillor Carine Gohier.

Adopted at the December 17 meeting, the resolution was unanimously supported by council members. This injunction was expected to be heard in the courts between Christmas and New Year's Day.

13 New Doctors at the CSSS D'Argenteuil

Directors of the CSSS d'Argenteuil are proud to announce that as a result of the successful 2013 recruitment campaign, thirteen new doctors have now joined their medical staff. Thanks in large part to the efforts of Melanie Dumas, the medical recruiter responsible for recruitment and retention of members to the medical team, services at the CSSS are expected to improve substantially both in time-savings and efficiency. Welcome to: Dre. Ariane St-Jean, Dr. Jean Simard, Dr. Ciprian Teodosiu, Dr. Marc-Olivier Fournier, Dre. Laurence Bigras-Dunberry, Dre. Renée Boisson, Dre. Sandrine Lascombe and Dre. Audrey Demers.



A Youthful Perspective Rest In Peace

Yaneka McFarland - Main Street

By definition, Nelson Mandela is the essence of altruism: the unselfish concern for the welfare of society that is the proper goal of an individual's actions.



Inspiring would be an understatement to describe this man as he undoubtedly changed the course of history forever. Against all odds, Nelson Mandela continually pursued his vision, convinced it could be achieved and making it clear he was not going to quit.

For almost half a century, South Africa was led by an apartheid government in which the entire country was ruled by racial segregation. Nelson Mandela did not stand for this and would not bow down to these ostracizing laws.

His conviction inspired people to take a stand against the oppression and many began to listen. With his fist held high in the air, Nelson Mandela spoke of freedom and peace within society believing one could not be achieved without the other; an opinion his government thought could be silenced.

Sentenced to life in prison for conspiring and attempting to overthrow the unjust leadership of South Africa, even the mention of Nelson Mandela's name was forbidden. However, people rallied and fought to free him as his story spread across the globe like wild fire.

Imprisoned for twenty-seven years, he never backed down or sought revenge once he was released. Nelson Mandela envisioned a free and equal South Africa, free of the racial injustice his people had endured for far too long.

On February 11, 1990, Nelson Mandela was finally released from prison, on his own terms. Incredibly, he came to an agreement with the regime that ironically had locked him up for the same reason. Four years later, he became the President of South Africa, marking the end of the Apartheid and the beginning of a long-awaited peace.

I have personally always looked up to the outstanding speaker Mandela was. I believe that the power of words is under-estimated, and many of us haven't realized their full potential. Words can change the way people perceive you or you others, and Nelson Mandela held the ultimate power; he understood this.

After his numerous feats, he was awarded the Nobel Peace Prize. Nothing could stop this man who had brought a nation together and set them free of the shackles of injustice, a victory that will never be forgotten.

Recently we were hit with the reality that this great man is not immortal. His name shall never be forbidden again; instead it will live on to be a part of history. Most of all, although this legend has died, his legacy rests in our hands to carry on. He taught us to fight for our own freedom, as he fought for his, with an unquantifiable power that lies in every one of us.

Nelson Mandela will always be a part of who I want to be.

"When a man has done what he considers to be his duty to his people and his country, he can rest in peace. I believe I have made that effort and that is, therefore, why I will sleep for the eternity." -Rolihlahla "Nelson" Mandela

Donation and Fitness

Chupruns Contribute to the Community in Two Ways



Terry Chuprun presents a \$700 cheque to Township of Gore Councilor Don Manconi. They are joined by Mary Chuprun (far left) and members of the Vie Active fitness group.

Terry Chuprun, and his wife Mary, presented a cheque for \$700 to Municipal Councilor Don Manconi, thus contributing to the costs associated with Christmas baskets that were distributed in the Township of Gore. The Chupruns gather donations during the Vie Active group fitness meetings, which they have animated for the last four years. These are held twice a week at the Gore Community Center.

Vie Active

So far, they have collected a sum of more than \$11,000, which they have donated to various charities in several municipalities in the Argenteuil MRC. The Vie Active initiative helps participants keep physically fit and also contributes to the well-being of Argenteuil residents. This is what we can call killing two birds with one stone. Bravo to the Chupruns!

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WHAT'S ON MY MIND...

Susan MacDonald, Editor

It takes a lot to get my blood boiling but the news report on New Year's Day confirming the imminent demise of incandescent light bulbs left me seething. Don't go looking for 75Ws or 100Ws anymore; they are already gone and the 40Ws and 60Ws will be following in their wake by the end of 2014. I had been hoping that with all the other environmental tragedies happening throughout the world at the moment, the government would have reconsidered before implementing this forced change to the fluorescent variety, at least until they could ensure these mercury-packed, energy-efficient time bombs did not end up in Canada's landfills. Apparently, they have more important things on their minds, such as new fashion trends in the workplace.

Compact fluorescent bulbs are highly efficient, but they are also a major hazard, and personally, given the option, I would have chosen my safety over the cost and energy-saving benefits of these bulbs. In the March 2013 edition of Main Street, Mr. MacFairlane addressed this issue in his article, *The Dark Side Of Environmentalism - The Hidden Dangers of Compact Fluorescent Light Bulbs*. I refer you back to this story, which explains in depth the serious consequences vs. the advantages of these light sources. You can read the article online at our website; www.themainstreet.org.

After reading the aforementioned article, I replaced every fluorescent light bulb in my home with the good old Thomas Edison's variety and here is my dilemma - they are still in my house, individually stored in plastic food containers, until I can dispose of them properly - at the hazardous waste depot. Yes, that's right, the hazardous waste depot because, due to the mercury content, these bulbs are hazardous and do not belong buried in the ground! No kidding! So, where are these depots? Does anyone know?

Fluorescent bulbs cannot go into the recycling bin (more on that coming) and they definitely should not be placed into regular garbage. So, do I dare ask how you have been disposing of yours? I think we know the answer, but we need a better solution.

If the government is going to force us to use these bulbs, and I'm still outraged by my loss of choice, then by the same token, they should oblige those who sell them to take them back as well. It's only fair and it would be much safer for everyone. People are not likely to store burned-out fluorescent bulbs in their homes and it is illogical to believe they are going to make a special trip to dispose of them, appropriately. In my mind, I have no doubt that the majority of these bulbs will end up in landfills.

This issue requires some serious attention before an already upset Mother Nature really starts fighting back. Will this be "the straw that broke the camel's back" for her? We just don't know.

Getting back to recycling, there has been a lot of talk about this in the media recently and it has become urgent to try and re-educate the public on what should or should not be placed in the blue bins. For the most part, I think we all know the rules for recycling, but are acting less than responsibly. Several years ago, I visited the facility in Lachute and was astonished at the mountains of waste that was trucked in. The process was phenomenal and I would just like to remind you that in-between the start and finish of the assembly line, are people, just like yourself, sorting through the rubbish. It is they, who remove by hand, the old cushions, car batteries, Styrofoam packaging, paint cans, dead animals, plastic bags and yes, broken light bulbs. Please think responsibly when you recycle and remember the 3 Rs - **Reduce, Re-use and Recycle!**

On a closing note, due to the spacing issues resulting from the amazing renovations at the Provigo /Loblaws in St. Sauveur, the Main Street rack has now been moved to the end of aisle 12. Readers who regularly pick up Main Street at this location may still do so. And there you have it folks, hope you enjoy this month's read.

Wishing you all a healthy, prosperous and environmentally improved New Year!



Writer's Profile: Marcus Nerenberg and Lys Chisholm

Hi Main Street readers! We write the monthly column Zach Factor. Marcus is a chef, retired from Laurentian Regional HS and now enjoys cooking for the Brownsburg Curling Club members. Lys is a kindergarten and ERC teacher at Grenville Elementary School. We are also serious rock hounds

who will drive days and days to look at veins of pink quartz or sift through piles of rock scrap for fossil imprints. Our home is filled with stones. Even our 28-year-old pet turtle has an amethyst rock in his spa from a Thunder Bay mine.

We started writing Zach Factor over 12 years ago. A few months after Neil Zach (one of the two founders of Main Street) had passed away we noticed something missing from Main Street; Neil's reporting of issues beyond the local level, which had always intrigued us. Each month, we looked forward to his briefs on UFO sightings, crop circles or new astronomy events to look for in the sky or, the strange and unusual events happening around the world be it potential government conspiracy or military contrivance. We called Jack one day and he welcomed us aboard the Main Street team and so it was that Zach Factor emerged.

Each month we toss around a plethora of ideas but the origin of our topics often come flying through the door via an unusual visit, an odd email or an obscure news piece. Frequently, we sense Neil, and now Jack's hand, on the direction of our topics. And it is those quiet, unassuming Zachians who reveal themselves to us here and there around the community that we appreciate writing for the most. We write as an offering to you; we encourage readers to do their own follow up research, draw their own conclusions and create time to discuss some of the ideas that may challenge their worldly paradigms or those of others.

Enough said. We simply love being a part of this very special community paper and we thank you for being a part of it too.



Observations Global Warming Bunkum

David MacFairlane - Main Street

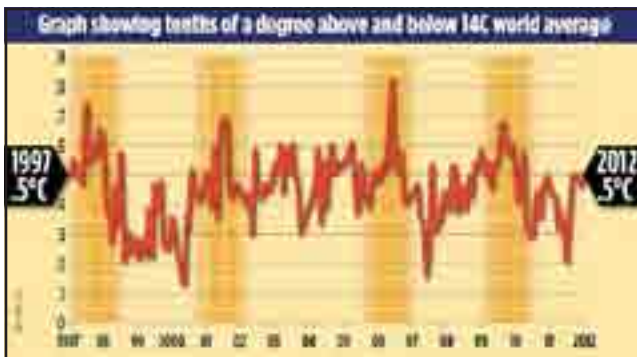
The UN 's Intergovernmental Panel On Climate Change (IPCC) issued an updated report on global warming in September 2013. The IPCC is a scientific

body with 195 member countries, established in 1988 to assess the causes and impacts of climate change. Since then, it has issued 4 assessments, each confirming the human activity link to global warming. The IPCC has appointed over 800 scientists to conduct this research and report back on their findings. Delegates from member countries have met with the authors of the report in Stockholm, **behind closed doors**, to determine exactly how it would be worded and what conclusions disseminated for public consumption.

This IPCC report will be an essential tool and reference point in the upcoming political negotiations for an international treaty aimed at curbing all anthropogenic (man-made) activities said to cause global warming. Governments are now preparing for this next round of a global climate agreement, scheduled to be adopted by 2015 and to take effect by 2020.

Critics of the IPCC say that their process is so laborious and time-consuming that by the time the reports are published they are no longer valid. They complain that the language is too obtuse, and previous claims have been found to be incorrect, proving that the process itself is flawed. They also question the IPCC's secrecy and lack of transparency. The biggest problem with the methodology is that it is attempting to make long-term projections over many decades. However, we will only know its accuracy in hindsight, when the evidence becomes available in the latter half of this century, a time when most of us will have moved on to other dimensions of reality.

Recently, the IPCC was accused of attempting to cover up a finding in this new report that contradicted their stand on global warming. The research has indicated that **the world's temperature has not risen for the last 15 years!** The following chart was quietly released in September by Britain's Meteorological Office.



These figures have caused much consternation among climate scientists as they reveal that from 1997 to 2012 there was no real rise in global temperatures. According to the UK Daily Mail, scientists working on this project

have been urged to cover up this finding and politicians in Europe and the US have raised concerns about the wording of the final draft, wishing to eliminate all references to this lack of warming. In 2009, the IPCC was embroiled in a scandal involving the falsification of data - an accusation that could not be proven but tainted the agency and its scientists nonetheless.



Photo of Canadian Arctic sea ice.

Back in 2009, Al Gore, global warming's voodoo priest, said ... "the entire north polar ice cap ... could be completely ice-free within the next five to seven years." Well, that was a lie along with all the related snake oil he has been peddling. The truth is that the polar ice cap is growing and is **50% larger today than in 2012**. So, folks, if any of you are thinking of wearing shorts in October in future, here are a few facts that might convince you to keep those snow-pants, parkas and mitts close at hand instead:

In late November 2013, more than 1000 new cold temperature and snowfall records were set in the US.

In mid-December, 2013, over 53% of the US and a majority of Canada was covered in ice and snow. Parts of upstate New York had over 6 feet of snowfall.

Chicago and parts of South-West Canada had the coldest November temperatures in over 20 years.

Ontario, Quebec, and the Maritimes have had the snowiest and coldest November and December in many years. Look out your window!

A couple of weeks ago, over 3 feet of snow fell in Jerusalem, Israel; the worst snowfall since 1953.

Similarly, in Turkey and Saudi Arabia, heavy snow closed most major roads.

In Syria, war refugees are dying from exposure to extremely low temperatures.

Cairo, Egypt, just had its first snowfall in 100 years.

In Hay River, N.W.T., the Arctic Winter Games biathlon trial was forced indoors due to extreme -30 Celsius temperatures.

NASA recorded a temperature of -90 Celsius in Antarctica, in July 2013.

What could be the cause of these phenomena? Well, it has been reported that the sun's current solar activity is at its lowest in 100 years, similar to a situation in the early 1900s. "None of us alive has ever seen such a weak solar cycle. So, we will learn something," said Dr. Svalgaard of Stanford University. Another possible cause is the recent rise in worldwide volcanic activity in 2013 - a record number of volcanic eruptions. It is important to understand that volcanoes affect global weather far more than human activities ever can. The debris ejected into the atmosphere by an erupting volcano can reduce the Earth's temperatures by blocking solar radiation far more profoundly than mere pollution and anthropogenic CO2 emissions. Ten

major volcanoes have erupted in the Ring of Fire in past few months. The Ring of Fire is a 40,000 km horseshoe shape of countries bordering the Pacific Ocean, from Indonesia and the Philippines through Japan, Russia, Canada, the US, Mexico, Costa Rica, Bolivia and Chile. It is where 75% of the world's volcanoes are located and 80% of earthquakes occur. The 1883 eruption of Krakatoa dropped worldwide temperatures by 1.5 degrees Celsius for the next 4 years. The eruption of Mt. Pinatubo in 1991 cooled global temperatures for 3 years. Throughout history, volcanic eruptions have caused some of the coldest winters on record. On average, we get 50-60 volcanic eruptions annually. By early December 2013, we were at 83 eruptions.

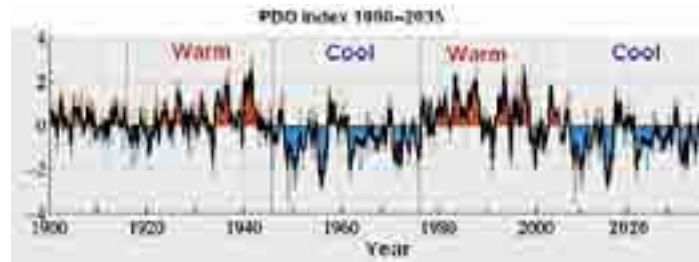
"Every truth has two sides; it is as well to look at both, before we commit ourselves to either."



Aesop: c. 620-564 BC, Greek storyteller of "Aesop's Fables."

Apart from severe winters, global cooling can lead to widespread crop failures and resulting worldwide famines. Don't think it can't happen, and don't be so quick to believe in global warming while the indicators are pointing in the opposite direction. According to geologist, Dr. Norman Page, "there has been no net warming for 16 years, with CO2 up 8%. The earth entered a cooling trend in 2003 that is likely to last until 2035 and possibly for hundreds of years beyond that. The IPCC model forecasts have diverged so far from reality that they are obviously useless." Professor Judith Curry, head of the School of Earth and Atmospheric Sciences at the US's prestigious Georgia Tech University said that it was clear that the computer models used to predict future warming were "deeply flawed." Dr. Curry is a member of the IPCC panel and rejected the position of team leader, Professor Richard Muller, saying he had made "a huge mistake" and threatened to resign. She said, "...when I saw what he was saying, I thought, 'Oh my God.' "

According to this chart of PDO cycles (Pacific Decadal Oscillations), you will see that



we just shifted from warming to cooling, which should last about 30 years.

Even Britain's Professor, Phil Jones, of the Climatic Research Unit at the University of East Anglia, the

foremost proponent of global warming, had to admit that... **"We don't fully understand** how to input things like changes in the oceans, and because we don't understand it you could say that natural variability is working to suppress the warming. We don't know what natural variability is doing."

There you have it, dear readers... **the man doesn't know!** And he is the most outspoken and controversial scientist in the whole damn group of them. He was accused in 2009 of falsifying the research data, but was later cleared, although the stink remains.

Look, obviously I'm all for protecting the environment and adopting alternative, renewable energy sources but, let's have an end to all this official lying, obfuscation and the manipulation of entire populations. We will do much better with the whole truth and only the truth. Only then will both sides of the truth be identical.

There is big money behind this global warming myth; Wall Street, Hollywood and alternate energy investors have many billions committed to this idea and Western governments have allocated enormous budgets, subsidies and future programs dependent on global warming. Even the President of the US has joined this masquerade and become a shill for this immoral, illegitimate meme. Beware, authorities are determined to shove it down our throats, even if it is not happening. Carbon taxes and other ways to skin us alive financially are coming! Watch for James Cameron's major, big-budget, all-star documentary coming out next year, all about warming and the approaching apocalypse.

Bah, humbug!



Published by

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

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Founder: Jack Burger

Co-owners: Steve Brecher, Susan MacDonald

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Publisher/Editor: Susan MacDonald

Associate Editors: Jim Warbanks, June Angus

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Contributing writers: Ilania Abileah, June Angus, Joan Beauregard, Peter Cloutier, Steve Brecher, Grace Bubeck, Lys Chisholm, Chris Collyer, Dale Dawson, Sheila Eskenazi, Beth Farrar, Steve Friedman, Christopher Garbrecht, Ac, Ron Golfman, Joseph Graham, Grif Hodge, Marion Hodge, Rosita Labrie, Lucie Lafleur, Efrat Laksman, Lori Leonard, Lisa McLellan, Yaneka McFarland, Jessica Million, Marcus Nerenberg, Melanie Parker, Claudette Pilon-Smith, Tiffany Rieder, Frans Sayers, Michèle St. Amour, Christina Vincelli, Barry Young and countless other contributors from the Laurentian community at large.

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• PUBLISHED THE 2ND FRIDAY OF EVERY MONTH •

NEXT EDITION: FEBRUARY 14

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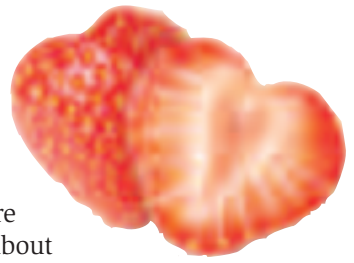
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Love Your Health on Valentine's Day



(NC) Valentine's Day has always been about loving someone else, but too often we forget to take proper care of the most important person: ourselves. Don't be sad about being single this Valentine's Day. Instead, celebrate your health and take some time to enjoy your own wellbeing and happiness. Here are four ways you can love yourself this Valentine's Day.

Love your exercise. Spending some time outdoors, at the gym, or on your yoga mat is a perfect way to give back to you. Exercise will help boost your mood, leaving you feeling happier and more relaxed. Regular exercise will also help prevent or manage a wide range of illnesses.

Love your health. Without health we can't have happiness, which is why it is so important to take time to look after ourselves. This Valentine's Day, think about your heart and consider adding more omega's to your diet. Omega-3's are the perfect way to say "I love me" because your body cannot produce them efficiently. Therefore, special attention needs to be paid to ensuring you receive enough from your diet or supplements to give your heart the health it deserves.

Love your singleness. The great thing about being single on Valentine's Day is that you don't have to spend money on a tacky card or go to an overcrowded restaurant. Spend some time thinking about what you love about yourself and the strengths and accomplishments that have made you a healthy and happy individual.

Love your quality time. Being single on Valentine's Day does not mean you have to spend the day alone watching sappy movies and eating chocolate. Instead, treat yourself to a spa treatment or go on a mini-shopping spree at your local health food retailer and buy some products that will help you feel good from the inside out. Start with essentials such as vitamin D, omega-3s, probiotics, and multivitamins.

Even if you are in a relationship, however you choose to spend this Valentine's Day, make sure you take some time to love yourself. The Canadian Health Food Association (CHFA) has more great tips on how to make this Valentine's Day your healthiest yet at chfa.ca. www.newscanda.com



Winter home cooking delights... begin with **Smoked Salmon!**

Be sure to reserve our hot smoked salmon with maple syrup or our coquilles du fumoir and other prepared meals for your family meals and brunches.* Always choose our organic salmon for tartare, fresh fish and seafoods.

*Please order a week in advance for large groups.

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LUXURY	OPPORTUNITY!	VIEW! VIEW! VIEW!
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Caregiver's Support - Big Thank You

My name is Ken Draycott and I live in downtown Cushing. As a long-time caregiver, I would like to share with you the wonderful, caring services that my late wife and I received from the Lachute CSSS. Their motto should be, "We can add life today, even though, we can't add days to life."

My wife, Heather, died on August 30, 2013, of Multiple Systems Atrophy, first diagnosed as Parkinson's disease; some call it "Parkinson's Plus."

As Heather slowly lost the ability to do things, I started reading about what to expect, knowing that I would someday need help. I contacted Line Montpetit at the Lachute CSSS and had our names entered into the system. Introductions were made and when the time came, they were ready to provide support and advice.

Now that I have had a chance to look back over those 8 years, in particular, the last 3 when the need was greatest. I appreciate how time and services were adjusted to meet our needs by the nursing staff, the nutritionist and Coup de Pouce, who helped with the housekeeping.

Being an emotional guy, I found it very difficult coping with this situation and there were days when I'd be overcome with sadness. I would pray myself to sleep asking God for help, and my daily prayer during this long period was, "Lord help me remember that nothing is going to happen to me today that you and I can't handle together."

I received support from a Care Givers Workshop, provided by the CSSS, Dominique Aumont and Edith Ury of 4-Korners. This 6-week course on the do's and don'ts for caregivers was extremely helpful.

I would not have been able to reach the end without the help from everyone at the CSSS and Coup de Pouce. They were there to give support, with care and compassion and, it was all in English! I am so grateful to have been surrounded by the caring, compassionate people from the CSSS and Coup de Pouce, who were absolutely wonderful.

Heather and I had been together for 55 years and married for 53 of them. We always knew there would be an end to life and that one of us would pass away before the other, but it still didn't make it any easier. We can reach out to family and friends for help but most likely, we will need the professional services from those mentioned earlier. I am thankful they were there for me, and want you to know that they're there for you too!

My sincere gratitude to everyone who was there to help me through those dire times and who helped make Heather's last days as comfortable and peaceful as possible. God bless you all.

Dance-o-thon Fundraiser

Come spend a wonderful day in beautiful St. Donat, situated only 22 minutes from Ste. Agathe. There are many restaurants, an amazing bakery and lots of outdoor activities, including two ski hills, many cross-country and snowshoe trails, an ice skating path through the forest and much more. In the afternoon, you are all invited to participate in our annual Dance-o-thon!

The local gym, Gym Action Fitness, is organizing a DANCE-O-THON with music ranging from the 30s to today. It will take place on Saturday January 18: 2 pm to 4 pm, in the Salle Jules St. Georges, located in St. Donat behind the city hall. Advance tickets are \$5 and are available at the gym (480 rue Principal locale 3 behind the pharmacy Familiprix) and \$6 at the door, but please note that places are limited. You can reserve your ticket by phone as well.

The theme is a BEACH PARTY, so dress up for summer! Come try salsa, merengue, cumbia, cha cha, country, rock n roll, baladi and more. There will be contests and friendly competitions. Everyone, of all ages, is invited to participate or to come along and encourage friends. There will be a rest area, refreshments and snacks available on site as well as various kiosques. Please create teams among your friends, families or work colleagues to increase your chances to win one of our amazing prizes.

This event is animated by the two dynamic personal trainers and dance / aerobics / Zumba teachers of Gym Action Fitness, Miss Melanie Maheu and Miss Efrat Taylor and all profits will be donated to the local junior soccer association, The Big Foots, to be used towards the purchase of new uniforms.

For information, to reserve your tickets by phone, to become a sponsor or to reserve your kisoque please call Gym Action Fitness at 819 424-4433 or by email at information@gym-evolution.com.



Child Fitness

Childhood Obesity

By Efrat Laksman, co-owner

Gym Action Fitness, St. Donat - Main Street

There are many reasons why parents want to avoid obesity in their children; eighty percent of obese children will remain obese as adults. That is an alarming figure. Carrying too much weight

is known to increase the risk of medical problems and this does not exclude kids. The list of problems includes sleep apnea, diabetes, cholesterol and heart disease. There is also a social factor to obesity and this can be extremely difficult for children. It often leads to teasing, exclusion and even depression.

The most important factor in establishing and maintaining a healthy weight for your children is to get them physically active and eating properly. Many schools or community centers offer extracurricular activities. If not, the good old bicycle and walking are great, inexpensive exercises. Parents should ask themselves if their child is getting enough exercise. Most physical education programs in schools have been reduced from daily classes to once a week so they should not rely on those programs. Other questions parents should ask themselves is how much time do their children spend watching TV, sitting at the computer or playing video games and what can they do as a family to get moving and be active.

Remember to be patient when dealing with children. It may take time to get your child involved in a regular fitness routine or sports. Go with the children's likes and dislikes and never force an activity. It will be more fun if you get everyone involved. Healthy eating habits and regular exercise should be a normal part of your family's routine. Nobody wants to be the only one to eat carrots.

It is never too late to deal with childhood obesity. Don't let your children get discouraged and give up. There may be setbacks along the way but that is the learning curve. Keep positive!



News from Holy Trinity Church, Lakefield

Beth Farrar - Main Street

Projects:

The Christmas Food Basket Project, fundraising and food drive, went well and baskets were delivered to 30 local families. The Prayer Shawl Ministry is functioning well and is in good

financial shape. Over 80 people are involved in supporting Holy Trinity's various projects.

The new "Soaking Time," presented on the 4th Sunday of the month from 7:30 pm to 8:30 pm, is becoming well-established and on average, between 5 and 10 people come to listen to classical music in the peaceful atmosphere (conversation-free) each time. Starting in January, a new time will be added on the same Sundays as the morning services and the evening soaking time, but will take place from 3:30 pm to 4:30 pm and will offer traditional hymns.

As Rev. Peter Prosser has retired, Canon Bryan Pearce presented the Christmas Eve service. The Montreal Vocal Quartet provided the music and a free Christmas meal was offered to the community following the service.

The finances are stable and the 2013 E & D appeal went out in December, which usually results in a generous response.

The chimneys on the church have been removed and the roof has been repaired where necessary. Reparation to the eaves will be next and external lighting will be installed to display the building at its best from Cambria Rd and Rte. 329. Half of the windows have been fully restored. This was partially funded by the MRC. The rest of the windows are scheduled for repairs in 2015. Additional efforts have been made to improve insulation around all the windows and doors and insulating under the floorboards will be next, probably in 2014.

A new brochure has been created and distributed to Holy Trinity's donors. The creation and printing of these brochures are a generous gift from Louise Johnston.



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Simply Words on Paper Hope for the Next Generation

Jim Warbanks - Main Street

You've all heard (and possibly made) similar comments. "Kids today have the attention span of a goldfish circling in an aquarium." "They can't

follow instructions." "Simple tasks seem to be beyond them, and they display a chronic lack of creativity." "Their innate sense of entitlement is astounding!"

I have seen certain evidence that supports the above statements. But, I have chosen to take some comfort in the notion that each generation believes that the next is headed "to hell in a hand basket."

Not Plato: Wasn't it Plato (or Socrates) who first went on record claiming that the following generation was a looming disaster? Did he not say something like "... The children now love luxury. They have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise." It turns out that he did not. It was actually crafted by a student, Kenneth John Freeman, for his Cambridge dissertation, published in 1907. If I was wrong about Plato, perhaps it is time to re-evaluate the state of (some members of) the younger generation.

During holiday gatherings, I had the opportunity to observe children of varying ages and interests using two innovative toys. They demonstrated many of the basic skills that this cohort is alleged to lack. They were able to focus for an extended period, work patiently and quietly in a group, ignore distractions, decipher and follow age-appropriate instructions, recognize shapes, develop improved hand-eye coordination, go well beyond the basics demonstrating individual creativity, assist each other and collaborate when required, present their creations to adults and explain how they were developed.

Color bracelets: The Rainbow Loom is a plastic device with three rows of notched plastic posts, a supply of small colored elastic bands, a plastic tool that resembles a crochet hook and tiny plastic clips. At the beginner level, the objective is to produce a simple single chain bracelet by looping the bands over the posts in a specific order, then linking them with the plastic tool.

Increasingly complex bracelets, charms and rings can be produced using the same simple tools. There is ample room for individual creativity. One youngster, who is an avid hockey player and dedicated Canadiens fan, decided to produce bracelets in the team colors of each of the 30 National Hockey League teams.

Geometric magnets: Magformers are plastic geometric-shaped pieces (squares, rectangles, pentagons, various triangles) that link magnetically to form three-dimensional objects of increasing complexity. The youngest children can quickly produce simple, colorful creations. The more advanced can follow instructions to build complex structures or add to a previous construction.

A fascinating added element, since the individual pieces snap together when the inlaid magnets attract, is the possibility of following precise diagrams built on a flat surface. If correctly assembled, the whole creation, when raised from the centre, instantly produces a three-dimensional, solid structure. Think in terms of a tower, or a multi-story building.

In both cases, the various elements can be re-used and additional kits purchased separately. The play value, over an extended period, should be quite high. Both sets are appropriate for an extended age range of youngsters. The end product, in either case is a colorful appealing creation. No batteries required!

Cheaper than iPhone: The basic 14-piece Magformer set, intended for young children, is not inexpensive at about \$15. More complex sets, intended for specialized construction use, are available. Others are currently in development. The largest set now available is priced in the iPhone / Playstation range, but do consider that there are no recurrent monthly charges to haunt you.

The basic Rainbow Loom package also sells for about \$15. Additional 600+ rubber band packs, in a stunning array of colors, textures (jelly) and special effects (glitter, etc.) are available for about \$3.

Both sets highlight geometric aspects, which are an integral part of the Quebec math program. Many students have difficulty visualizing these concepts. If the use of these toys proves to be an educational benefit in this area, it becomes a good investment.

Positive aspects: I must reluctantly concede that these toy suggestions are too late for this Christmas, but I only "discovered" them over the holiday season. My main objective, however, was to sensitize you to the positive aspects of toy development that are easily ignored.

In addition, if you happen to have been over-exposed to some sullen, withdrawn, video-game-addicted youngsters (not related to you, of course), at gatherings of family and friends, you can take comfort in knowing that there are alternatives available for future occasions.



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About Sainte Adèle

Chris Lance - Main Street

The cold, sub-zero winter winds with the ice pellets missed our town over Christmas. The Eastern Townships had thousands of people without heat and electricity over the holiday period, as well as toppled trees and broken electrical and telephone wires. Hydro and Bell crews were kept very busy.

From November 1 to April 15, watch out for parking tickets Monday to Friday between midnight and 7am on all public streets in Ste. Adèle. Also, parking in public lots is forbidden Monday to Friday between 4 am and 7am.

There is an incentive going on now in an effort to educate the public about recycling and what not to put into the blue bins. Here is a short list of what NOT to put in your blue box: Light bulbs, electrical appliances and cables, electronic equipment, old laundry lines, toys, soiled food wrappings and boxes, dangerous toxic containers and their contents, pool covers, clothes, crystal glass, Pyrex dishes, porcelain, ceramics, pottery and batteries. Most of the aforementioned can be dropped off at the Mont-Rolland eco-centre if you have a proof of residence.

Don't forget to pick up your "carte citoyenne" if you are a resident of Ste. Adèle. You can get your card at the library in the shopping centre, at the Service des loisirs or at city hall. Bring some other ID and proof of your residence.

The local bar in the shopping centre, Tavernak, has 4 pool tables and a dartboard. The entertainment is listed on the door and it looks like there could be some fun, indoor activity throughout January and February.

The Ecole Hoteliere (450 240 6222) is a busy school these days. If you know someone who needs work, have him or her check out the school. They will have a good chance to be rewarded with a job after graduating as tourism is about the only job in town.

The 4th addition of "J'aime Ste. Adèle" has fallen by the wayside. A lack of funds seems to be the problem. I guess you will just have to take yourself out to the same restos without being reminded to do so in February. There are still many great food locals around town to dine at including Chez Milot (450 229-2838), Aux Deux Oliviers (450 745-0466), the new Adèle Bistro (450 229-4894), Esmeralda sur-le-lac (450 229-5151), Recto Verso (450 229-9555) and La Chitarra (450 229-6904). Each has a website with their various menus and deals. You might even want to check Auberge Le Papillon Sauvage (450 229-3404). La Casa Sainte-Adèle (450 229-1777) has a "bring your own wine" policy and an excellent brunch on Sundays between 9 am and 3 pm with meals starting at \$11.95. The original Casa was, and still is, in St. Sauveur.

After all the eating and drinking over the holidays, you might want to visit the Gym Spa near the Dollar Store (not much for a dollar anymore) in the shopping centre. You can start to get back in shape by calling 450 745-1232.

Also new in Ste. Adèle is hair care and other services at Zisany Beaute. Facials, electrolysis, pedicure, hair, nail care for him and her. They are located on Valiquette and can be reached at 450 229-0434 or www.zisanybeaute.ca.

The municipal council meets January 20, February 17, March 17, April 22, May 20, June 16, July 21, August 18, September 15, October 20, November 17 and December 15. If you have something to say, you can say it in person on these dates.

La Chambre de commerce has named Le Metro Plus Joanne Dube the "Business of the Year." That is probably why the IGA Marche au Chalet is getting bigger and you see that it will be a larger store and offering more parking, which in the past was a problem.

There has also been an expansion at 970 Valiquette inside the Salon RAS Coiffeur (450 229-2681). Massages, hair, peelings - good for the body and soul. The new offerings are part of the Institut Catherine Church.

Le Bourg-Joli, opposite the medical clinic, near the auto-route hopes to build quality apartment units for the 55+ group. Rents start at \$895 for a 3 1/2 and \$1095 for a 4 1/2 and they are all inclusive: telephone, cable, Internet, a/c, heat, hot water and elevators. They will also offer billiards, card rooms, petanque and exercise rooms. If you are interested in moving to the new development, call 450 822-1025. The drawback is the noise from the nearby highway as the traffic hurtles by day and night.

If you haven't been in Mayor Charbonneau's new building, Place des Citoyens, I am sure you have seen it as you drive up Highway 117. Apparently, if you have your citizen card you can get a deal on some of the up-coming events. You can find the events at Place des Citoyens on the municipal website www.ville.sainte-adele.qc.ca. The savings are worth getting the free card.

Mayor Charbonneau revealed his earnings in the recent budget. He received a salary of \$47,229 and expenses of \$15,662; as a member of the council of mayors in the Pay-d'en-Haut, he received a monthly salary of \$725.66 and \$150 per committee meeting. Also, as a member of the regional conference of elected, he receives \$273 per meeting. Add that to his Hydro pension and the federal Old Age and the QPP pension plans, the mayor must be enjoying a very comfortable lifestyle. So, when you see him, wave and honk!

Stay safe and have a Happy Year.



News From Sainte Agathe

Jessica Million - Main Street

I hope you have been enjoying the winter so far. We have received a decent amount of the white stuff and it makes getting out of the house very enjoyable indeed, even if it's just to walk-off some of those extra calories.

The 2014 Festi-Neige began on December 26:

The cold temperatures were a huge help to kick off this season's activities. Slides, a hockey rink, the lake ice rink of 1 km and walking trails of 4 km on the lake, are ready for families to play on. The site will be open daily until March 8 from 10:30 am to 4 pm. Crazy carpets are provided and it is possible to rent skates this year as well - no reason not to come out and enjoy the activities while taking in the fresh air of Sainte-Agathe-des-Monts. The Chamber of Commerce invites you to come and have fun with family and friends in a beautiful setting, and enjoy the shops and restaurants nearby. For information on site conditions, please contact the Chamber of Commerce at 819-326-3731 or visit the website: www.sainte-agathe.org.

New Website for all the CSSS des Sommets establishments: On December 10, the Centre for Health and Social Services des Sommets (CSSS des Sommets), Laurentians CASA, the Users Committee of the CSSS des Sommets and Cal en bourg 0-5 (an organization for families with children aged 0 - 5 years old) as well as Alain Paquette, gathered to inaugurate the new website for the CSSS des Sommets. "This initiative will provide quick access and updated information on the care and services available in the MRC des Laurentides. It promotes better access and networking between different organizations in the community," says Ms. Jacinthe Normand, Vice-President of the Board of Directors of the CSSS des Sommets and President of the Users Committee. The English version of the site is still in the process of being translated; a long task but being a member of the committee, this provides me with the opportunity of assisting when needed and we are hoping it will be available in the short term. Have a look by going on: http://www.csss-sommets.com/fr/csss-des-sommets/accueil_1.html.

A great move and essential improvement: Since Oct 24, a private room is now reserved for residents who are at the end of their life at the Labelle Residents Centre. Thanks to the involvement of the Users' Committee, these residents may now spend their last moments surrounded by family in a quiet, peaceful environment, in privacy. Already, positive feedback has been received from families who have benefited from the room. Good move for the committee!

The Users Committee is looking for new members. We welcome anyone who would be interested in joining, although a male member would be a great addition as the committee already has a majority of female members. We meet once a month, usually on the last Friday. Having been a member myself for several years, I can honestly say this committee is one that is very important to the community at large, as we are all "users" of the health-care system. By participating in the meetings, members provide input and assistance towards helping to improve and make changes that will help all users. This is essential and very important so if you, or someone you know, may be interested, contact me or call this number **819-324-4000 ext 4334**. You may also email **comite.usagers.sommets@ssss.gouv.qc.ca**. Join us!

Happy new year - health, peace and love to all in 2014.

Jessica Million: jmillion@doncaster.ca, www.jessicamillion.com.



News Wire From Weir

Claudette Pilon-Smith - Main Street

Happy New Year to one and all; may you be blessed with good health and may the joys of the holiday season extend throughout 2014. Enjoy your family, festivities and our spectacular winter.

"Rues Principales" in the Village of Weir are looking very spiffy and I have heard many nice comments concerning the new lights. The Christmas

wreaths on the hook of the standards were a nice touch for the holidays. I have received a few suggestions from our residents, one being that the Hydro lights should be removed, or put out, as the colours of their bulbs clash with our beautiful lights!

Community News

Victoria's Quilts: The Laurentian Branch of Victoria's Quilts held their annual Christmas luncheon on December 16. A traditional lunch was served and Pastor David Sinclair offered Grace. Our guests and volunteers enjoyed salads, rolls, tourtières, beets and desserts, including log cakes, mincemeat tarts, shortbreads and more. Santa visited our ladies our Fall Raffle was held with the following results :

- 1st prize: "Vignette" won by Mr Guy Lalonde
- 2nd Prize: Painting by Terrence Davis won by Colleen Carroll
- 3rd Prize: Gift certificate for Gil's Beefeater won by Lesley Barnes
- 4th Prize: Painting by Heather Hodge won by Kathleen Conrick

Poppy Campaign: Mr. Donald Connor, Service Officer for the Royal Canadian Legion Branch 192, and Poppy Chairman for the 2013 Campaign, would like to extend his deepest thanks to the following: the merchants, who allowed us to use their premises; the Cadets, for having helped us so valiantly; all of our volunteers, who sold poppies, and to everyone who worked behind the scenes. Your participation made a huge impact on the success of the campaign. I would also like to extend a personal thank you along with one from our veterans and members. Your joint efforts were very much appreciated.

Fundraiser: February 1: The Huberdeau & Montcalm firemen will be holding their annual fundraiser Spaghetti Dinner. For tickets, see your friendly fireman.

Legion: Please see the community bulletin board page for upcoming events.

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

Reunion Planned for August 2 - 3

Lachute as We Remember Facebook Site Initiative

By May Rodger - Main Street

The Lachute as We Remember site on Facebook got started with two buddies who went to Lachute High School, grew up in Lachute and hadn't seen one another in many years.

One evening, while talking on the phone, catching up after forty-three years, Bob Noble and Brent Reilly thought of an idea. In no time at all, Bob had the site up and running. In fact, he did it while still on the phone with Brent.



Bob Noble and Brent Reilly initiated a "Lachute as We Remember" Facebook site that has become so popular that a reunion has been planned for this summer.

Committee formed

This site has taken off like a wild fire. Neither of the men thought it would go so high in numbers in such a short time. A committee of fourteen people has now been formed. To date, there are nearly fourteen hundred people viewing and commenting on the beautiful pictures that Brent has faithfully been out taking and posting daily.

Oh, the memories that have come flooding back!

Lachute Flea Market

Bob then had the idea that all these folks would enjoy meeting again in their beloved Lachute. A reunion will be held on August 2 and August 3, 2014 at the familiar Lachute Flea Market grounds. With so many coming, a large area was needed! Many folks are not on Facebook or use a computer. We are reaching out to you through newspapers. This reunion is open to all ages; to people who were born, raised or have any connections at all with Lachute and the surrounding towns and areas such as Brownsburg, Grenville, Lake Louisa, St. André, Morin Heights, Mille Isles...just to name a few.

We (the reunion committee) would appreciate it if those who wish to attend would please call 450 409-1027. Leave your name and the number of people wishing to attend this reunion. Registration will take place at 10 am on Saturday, August 2, 2014.

Events planned

There are already many events being planned for this weekend. People are invited to participate with old pictures of Lachute and area or family. The one common thread at this reunion will be the love and memories of our hometown Lachute and surrounding region.

Mark your calendars and please remember to register by calling 450 409-1027. Keep watch in this paper for further information throughout the months to come!

A Book Club With a Twist



(NC) There are many different kinds of book clubs, but a new one launched by Amnesty International this year has a special twist. After you've read the book, you can take action to help people caught in the same situation as characters in the book.

Books are recommended by celebrity readers, and feature some aspect of the human experience. All books are by Canadian authors and should be easy to find in your local bookstore or public library.

Amnesty International Book club members will receive a discussion guide free of charge and suggested discussion questions, along with an action on a human rights case that relates to a theme or country in the book.

"Giving people a chance to take action on something they've just read about is a uniquely Amnesty thing," says Renee Saviour, a volunteer and one of the new book club's founders. "We want to engage more Canadians in taking action on human rights issues and we hope the book club will be a way for new people to get involved."

To find out more about the club, including the recommended book suggestions and discussion guides every month, write to: Amnesty International Book Club, 1992 Yonge Street, Suite #314, Toronto, Ontario, M4S 1Z7. www.newscanada.com

Upcoming Local Activities in Brief...

FROZEN APPLE PICKING AT VERGERS LAFRANCE

Thursday, Jan 16 - Sun, Jan 19:

Starts at 9 am: Picking frozen apples, 2-km cross-country ski trail, hiking, snowshoeing, tubing and more on site.

Les Vergers Lafrance

1473, chemin Principale,
Saint-Joseph-du-Lac
450 491-7859 | lesvergerslafrance.com

EVENING SKI CROSSING OF PARC RÉGIONAL VAL DAVID - VAL MORIN

For the first time, a crossing of the park by ski, from the Anne-Piché welcome center to Far Hills welcome center. Registrations on the website starting early Jan 2014.

Parc régional Val David - Val Morin (Chalet Anne-Piché)

1165, chemin du Condor, Val-David
819 322-6999 | parcregional.com

NIGHTTIME SNOWSHOE EXCURSION AT SKI MORIN-HEIGHTS

Fri, Jan 17 - Sat, Jan 18: Depart 8 pm.

Two-hour guided tour, rental equipment available, chair lift, hot chocolate, appetizers, wine or beer. Max 30 persons. \$27, Reservation required.

Ski Morin-Heights

231, chemin Bennett, Morin Heights
450 227-2020 | skimorinheights.com

NIGHTTIME EXCURSION AT CENTRE PLEIN AIR SAINT-ADOLPHE

Sat, Jan 18: Departure at 7:30 pm.

Snowshoeing and bonfire. Admission: members \$6 / non-members \$12. Equipment rental available upon reservation (\$10).

Centre Plein air

1672, chemin du Village,
Saint-Adolphe-d'Howard
819 327-3519 | stadolphedhoward.qc.ca

SNOWSHOE EXPEDITION BY THE MOONLIGHT | MONT BLANC

Sat, Jan 18: Mont Blanc is pleased to offer a special Snowshoe Expedition under the stars. Equipment is included as well as qualified guides to ensure your safety. A truly unforgettable experience! \$45 per person; reservation is required.

Ski Mont Blanc

1006, route 117, Saint-Faustin-Lac-Carré
1 800 567-6715 | skimontblanc.com

TORCHLIT EVENING AT PARC RÉGIONAL DE LA RIVIÈRE-DU-NORD

Sat, Jan 18: 6 pm to 10 pm: Walk or snowshoe by torchlight. See Wilson Falls, the old pulp mill and enjoy taffy on snow. Special entertainment planned for children and adults. Hot chocolate, soup and cookies will be served. Adults \$10, children under 17 years old - free. Annual and seasonal passes are not valid during this evening. Cash only. No cross-country skiing during the event. No pets allowed. All vehicles with less than four passengers (adults/children) will be charged an extra \$5. Carpooling is encouraged and the Torchlit Evenings are part of an eco-responsible approach.

Parc régional de la Rivière-du-Nord - Marie-Victorin Pavilion

750, chemin de la Rivière-du-Nord,
St. Jérôme
450 431-1676 | parcrivieredunord.ca

SAINTE ADELE POND HOCKEY TOURNAMENT

Sat, Jan 25 - Sun, Jan 26: The Ste. Adèle Pond Hockey Tournament will take place on Lac Rond. Two categories, recreational and competitive. Former NHL player Éric Desjardins will be honourable president. Lunch and beer area, heated area and recreational area with target shooting competition.

Lac Rond,

chemin du Chantecler, Ste. Adèle
450 229-2644 | hockeydantansainteadele.com

SUPER DEMO DAY | MONT BLANC

Sat, Jan 25: "Try before you buy;" new gear by different ski equipment companies. Fill out a coupon when you try the equipment and you may win one of the great prizes at the special "après ski" drawing in the Igloo Bar.

Ski Mont Blanc

1006, route 117, Saint-Faustin-Lac-Carré
1 800 567-6715 | skimontblanc.com

THE 50+ WINTER GAMES

Friday, Jan 31 - Sun, Feb 9: For people 50 years and over and their families - hockey, curling, downhill skiing, cross-country skiing and snowshoeing. Indoor activities: badminton and a whist card tournament. Activities for the non-competitive as well. **Sainte-Agathe-des-Monts, Saint-Faustin-Lac-Carré, Mont-Tremblant, Rivière-Rouge**
1 877 429-5858, ext. 450 | fadoqlaurentides.org

SNOWSHOEING AND OWLS

Sat, Feb 8: Depart from Prévost station.

Night-time snowshoe excursion, in the company of nocturnal raptors (owls).

Prévost Station

1272, rue de la Traverse, Prévost.
450 224-2105 | parcdesfalaises.ca
facebook.com/pages/CRPF/115715598441682

THE BMW MASTERS SKI SERIES | MONT BLANC

Sat, Feb 8: The biggest recreational competition in Canada: slalom and giant slalom, for skiers and snowboarders 14 and up. Info: masters.qc.ca.

Ski Mont Blanc

1006, route 117,
Saint-Faustin-Lac-Carré
1 800 567-6715 | skimontblanc.com

WINTER MARKET IN VAL-DAVID

Sat, Feb 8: 10 am - 1 pm:

Many local products to celebrate Valentine's Day.

Saint-Jean-Baptiste Elementary

2580, rue de l'Église, Val-David
819 322-6419 | marchedhiver.com

THE GREAT SPIN IN ROSEMÈRE

Sat, Feb 8: The Canadian Cancer Society (CCS) invites you to participate in the Great Spin Don, a fundraising event that involves the sport of spinning.

World Gym

303, boul. Curé-Labelle, Rosemère
450 668-1013 | grandspindon.ca

THE LEGENDS CLASSIC | MONT TREMBLANT

Sun, Feb 9: Tremblant's 75th Anniversary with "The Legends Classic," a dual slalom open to all skiers and levels. Hosted by the Canadian Ski Hall of Fame and Museum in conjunction with Station Mont Tremblant and Le Club de Ski Mont Tremblant. Lots of prizes, including for best vintage ski outfit.

Tremblant Resort

1000, chemin des Voyageurs,
Mont Tremblant
1 866 356-2233 | tremblant.ca

TEA AND CHOCOLATE TASTING WORKSHOP | SAINTE-ADELE

Wed, Feb 12: 7:30 pm: Tea is the most consumed beverage in the world and goes well with chocolate. Learn how to make tea, with four of the best teas in the world and enjoy a tasting of some delightful chocolates. \$15.

Place des citoyens

999, boul. de Sainte-Adèle,
Sainte Adèle, J8B 2N4
450 229-2921 | ville.sainte-adele.qc.ca



What Doesn't Kill You...

Mont Tremblant hosts a cold New Year's Day run

As the New Year dawned on Wednesday morning, the temperature in Mont-Tremblant hovered at -33°C. While most residents snuggled deep under down comforters and slept off the remnants of New Year's Eve champagne, thirty-three runners braved the morning cold and laced up for the inaugural Mont-Tremblant Tri-Action Club- 4K Resolution Run, most likely the coldest New Year's day run in Quebec.

One by one participants made their way to the Action Sport Physio parking lot in Mont-Tremblant to meet for the first run of the new year. For many, it was a novel event. For others, such as Marlene Seguin, greeting each New Year with a run is something she has done for the past fourteen years.

Regardless of the frigid temperature, as the runners gathered and with "Happy New Year" wishes ringing out, a sense of community and friendship warmed the bitter cold morning air. Carnaval de Brebœuf's Bonne Homme was on hand to greet one and all and even a dancing penguin showed up for the event.

Led by the Club's running coach Robert Roy, each participant had a unique reason for making this commitment on New Year's Day, and resolutions ranged from the serious to the silly.



Tri-Action Club member, Edouard Comeau, ran for world peace and Caroline Bachand resolved to find balance in 2014. Seb L'Artisan's owner and master chef, Sebastian Houle, set a six-day-per-week exercise regime for 2014 and dedicated the run to his "soon-to-be-born son, while John McBroom, in town from Chicago to visit family and friends, vowed to update his iTunes account in 2014. Benoit



Cathy Bergman and Caroline Bachand

L'Heureux drove from Montreal to participate in the event, with a goal of running his first half-marathon in April, and Mont-Tremblant resident, Jacynthe Martin, vowed to share happiness in 2014. Club member, Cathy Bergman, committed to running two-half-marathons in the New Year and has a goal of participating in fourteen running events in 2014, one for each year of the new century.

Tri-Action Club member and Saint-Agathe resident, Olivier Brunet, resolved to continue his journey to health and fitness. In September 2012, Olivier vowed to lose weight and to set an example for his two children, ages one and five. After six months of dieting and exercise, he began running in March 2013, completed his first half-marathon in Rivière Rouge in October and rang in 2014 with a weight loss of 72 pounds. He is currently training to participate in the Défi Montréal /New York, running with a relay team from Montreal to New York City in May. Centre de Sante MED, Tremblant's nutritionist Caroline Blaney, has worked with Olivier over the past year, is inspired by his progress and she and her husband participated in the Resolution Run with a resolve to exercise more in 2014.

With a New Year resolution pinned to their chest and Kelly Clarkson's hit "What doesn't kill you makes you stronger" pulsing in the frosty air, almost three dozen runners took to the streets of Mont-Tremblant on Wednesday morning and memorialized their 2014 resolutions; many running hand-in-hand, welcoming the new year with laughter, love and a sense of fun and adventure.

Club trainer Robert Roy was pleased with the turn-out reminding the participants "if you can run in this weather, there is no excuse not to run every day."

It may have been the coldest New Year's Day "run" in Quebec, but the hearts and souls of all were warm throughout the morning.



Spirited Adventures Exploring with Vignoble des Négondos

Melanie Parker - Main Street

Awareness of organic foods and beverages has increased greatly across Canada and many more of our local grocery stores are offering organic options to consumers. During a recent conversation with a new friend, made after moving to the Argenteuil region, I wondered aloud about organic breweries and wineries in our area. With a smile, my friend started to rave about a hidden gem of a winery found in St. Benoît de Mirabel. Vignoble des Négondos caught my immediate interest; a certified organic winery, a short drive away, coupled with my friend's enthusiasm for their wines - a road trip was definitely in order! Vignoble des Négondos (www.negondos.com) is located in a lush forested region along the route to St. Placide. Keep a sharp eye for the winery's signage, as the location itself is set away from the road atop a scenic hill. Upon arriving at the winery, a friendly dog was the first to welcome us and he led us toward a beautiful wood panelled building where the tastings and shop are located. We entered the building where the tasting area is coupled with the production floor, dark woods complementing the rooms. The winery's owner, Mario, came out to greet us and led us in a generous tasting flight. He also explained that his wines are certified organic through Quebec Vrai (www.quebecvrai.org), an organisation that prides itself on the high standards of organic food and beverages in Quebec and around the globe. Each member and product goes through a stringent process to be granted organic certification.

Vignoble des Négondos boasts a selection of wines to make any meal or event complete and several standouts come to mind: Try Le Suroit (\$16) if you are looking for a dry red wine kissed with an aroma of spice and field fruit to match a saucy Italian supper. If a warming chicken pie, cheese fondue or grilled meaty fish are on the menu reach for Cuvée St. Vincent (\$15); a white wine flexible enough to compliment any hearty meal. As you are cozying up to the fire, consider enjoying this winery's port-style wine, Nirvana (\$19), luxurious with a hint of chocolate aftertaste.

On the way home after a fantastic tasting with Mario at the winery, we stopped at the Boucanerie Belle-Rivière (www.boucanerie.com). A butcher with a difference, this is a one-stop shop for your next fondue, sausage, meat pie or jerky craving! An amazing store boasting a great staff and fresh meat products, many are organic and locally sourced. We bought a variety of sausages and meat pies - the chicken pie was my favourite, generously filled with fresh chicken and vegetables. Plan to stop if you find yourself in the area. They are located at 8871, St. Vincent, Ste. Scholastique - 450 258-3412).

If you're looking to warm up your January nights with new tastes and local delights, don't think hard - think organically! Visit Vignoble des Négondos and the Boucanerie Belle-Rivière and discover local products made with pride, with you and the environment in mind!

New Ownership for IGA Lachute

Susan MacDonald - Main Street



Welcome to Mme. Suzanne Albert, the proud, new owner of the Lachute IGA S. Albert (465 Béthany, Lachute - 450 562-6882).

Ms. Albert grew up in St. Eustache and her background has been in the grocery business since she was 15 years old, when she worked as a meat packer for a small family business. Since then, she has worked in various positions in the industry, including over 5 years as Manager of the Fish and Meat Departments of Provigo.

Previously, Ms. Albert had been associated with the IGA store in Chateaugay since 2010, which was a corporate training centre.

After completion of a training period with the company, IGA associates can choose either a career in the corporate environment or ownership of a retail grocery store.

Since buying the store, Ms. Albert has made some interior alterations and increased the number of local suppliers, such as Crèmerie Lebel of Lachute, and Miel Matthews of St. Andre, who now have greater prominence in the store with increased sales. Other suppliers will be added in time and we can look forward to many special events, which are planned for later on in the year. Ms. Albert has also increased the home delivery area and telephone and Internet orders are possible for all customers within the area. For shoppers who were unaware, IGA has a wonderful website (www.iga.net/en) that is well worth perusing. Tips, recipes, product information, services and so much more so take a moment and see what IGA can really do for you.

Ms. Albert chose to be in this region as she loves country life and, although currently residing in St. Colomban, is planning to live eventually in Lachute.

We are delighted to introduce Suzanne Albert to our readers, and we wish her smooth sailing and the very best of success in the future.



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TechSpot

Automate Your Business

Part 2: Solutions

Steve Friedman,
 (Vice President, COO, TECHSPA) - Main Street

In my first installment, Part 1, The Needs, I presented some of the most essential organizational needs of a small business, "The Guitarman Music Center, Inc.", my pre-PC era vintage guitar shop, as an example of a company in need of computer solutions before they were affordable. Systems existed, but they were far too expensive for a small business. Today's equivalent systems cost 1% of those old systems. Through this real-life example, I'll demonstrate how computer automation can help a business increase its profits, through efficiency and effectiveness.

The first and foremost effective computer solution for any business is a database. It offers a centralized means of tracking all the particulars of any size enterprise.

The Guitarman conducted a wide variety of transactions, buying, selling, trading, repairing, designing, building and renting stringed instruments. To be organized, all the people and sales were kept track of by manually filing and retrieving reams of paper forms. It was complicated and time intensive. We did the best we could with numerous Rolodexes, day-planners, organizational charts and file cabinets filled with paper forms for inventory, sales, orders, purchases, purchase orders, etc. To graphically demonstrate the advantages of using a database instead of the paper forms, I'll give a couple of examples of transactions, as if they'd been processed using a database instead of the multitude of paper forms.

DATABASES: A good database, and there are bad ones, is a tool that provides a simple way to enter and store a business' numerous kinds of information; names, places, dates, items, descriptions, costs and prices, etc., then return them in practical and useful ways. Databases help organize, process and return the data, where, how and when you need it. Instead of writing or typing information on paper forms, like Rolodex cards, receipts, etc., you enter information into on-screen computer forms. Paper records are printed as needed. The huge difference with a database is that the information is stored and leverage-able from computers. Once information is entered, whether it's customer, product, or service, you never have to enter it again. Call it up and it automatically fills forms with the stored info. It's all about the power to enter information once, then leverage, cross-reference and report on the vast amounts of inter-related information the business relies on.

To demonstrate how information can be stored and leveraged by a database, here are examples of standard day-to-day transactions, Sales, Repairs, Customers, Suppliers, Products, Purchases and Reporting. Through completing these forms, seeing how the information interrelates and auto-fills, it becomes clear that once information has been entered and stored, the database recombines those elements to create other forms such as Invoices.

CUSTOMERS FORM: British composer-singer, Joan Armatrading needs the sound of a curly koa wood 1930's Martin acoustic guitar. After playing it for a while, she's decided to buy it. She wants bronze .012 strings. I open the database, choose the Customers form, enter her contact and billing info and add notes about her strings preference.

SALES FORM (INVOICE): Next I open a Sales form, select Joan's name from the list and all of the pertinent information fills the customer part of the Sales form. In the Product area of the Sales form, I enter the Item number from a tag on the guitar. (Product information previously entered in Purchases). The description of the guitar, price, tax and total calculated by the database, automatically fill. I collect payment, enter the payment and print the Sales form to present.

REPAIR FORM: Guitar road manager for KISS, Tex Holmes arrives with a dozen guitars and basses. The band has just returned to New York. After numerous shows, their instruments need attention. Ken Parker, Guitarman head craftsman, receives the order, opening a Repairs Form to enter all the particulars. Since KISS has long been a customer, their information is already listed. Their instruments, also having been regular visitors through the shop are too. This makes receiving the instruments much faster. Within 10 minutes the repair forms have been filled from the database, with notes about their usual care and any special notes added. Ace Frehley's Les Paul Custom with faux center pickup is annotated for extra caution, since the flame-shooting charge is still loaded. Gene Simmons' Axe bass needs the fake blood cleaned.

Repair Forms are printed as claim checks for Tex and repair tags attached to the instruments, with their special notes and warnings. Also included on the claim checks and tags are the prices and materials used in the course of completing the repairs, the total fees, as well as the time and date when the repairs will be ready for pickup.

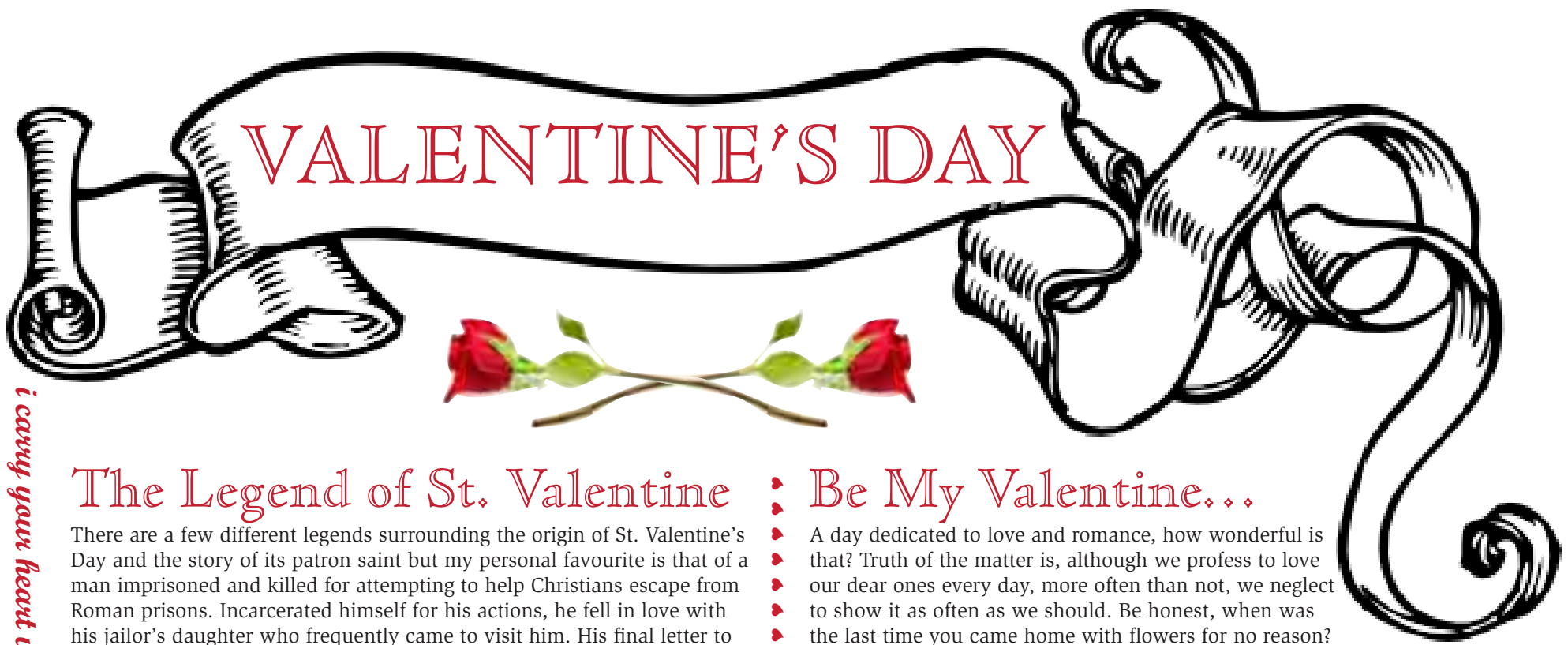
Unlike hand produced paper forms, a database can quickly be searched for any detail. Imagine the advantage of quickly searching for anything stored from any networked store computer, even by cross-reference. For example, to find the name of a customer, you could search for anything related to that customer, such as a product, a repair, date, or note. Imagine attempting the equivalent search through a file cabinet full of papers. Finding that needle in a haystack would take hours, not seconds with paper.

REPORTING: A properly constructed database can analyze and report information from the fields of data either internally, or exported to other programs, including spreadsheets, accounting and tax-filing software.

Databases can be either pre-built generic ones, made to suit general business types, or they can be built to order, tailored precisely for your business' needs. By making your business efficient and effective, the savings gained from decreased labor costs alone, easily covers the cost of the technology. Beyond that, the potential increase in profits makes using a database a no-brainer.

If you would like to access my previous articles, please go to www.facebook.com/techspa.inc/notes or <http://themainstreet.org/previous-editions.html>

If you have any questions regarding the topic of this article, please call TECHSPA at 450-227-4118 or email info@techspa.ca.



i carry your heart with me (i carry it in my heart) i am never without it (angewhere i go you go, my dear; and whatever is done by only me is your doing, my darling) ♥ i fear no fate (for you are my fate, my sweet) ♥ i want no world (for beautiful you are my world, my true) and it's you are whatever a moon has always meant and whatever a sun will always sing is you. - e.e. cummings

The Legend of St. Valentine

There are a few different legends surrounding the origin of St. Valentine's Day and the story of its patron saint but my personal favourite is that of a man imprisoned and killed for attempting to help Christians escape from Roman prisons. Incarcerated himself for his actions, he fell in love with his jailor's daughter who frequently came to visit him. His final letter to her before his death, was signed, "from your Valentine," an expression that still remains popular as a signature for Valentine Day cards today.

Another legend involves a priest who continued to perform marriages even though the ceremony had been banned. The time was third century, in Rome, and believing single men would make better soldiers, Emperor Claudius II had outlawed young men to join their loved ones in matrimony. Believing this decree to be unjust, Valentine continued to perform marriages in secret until he was discovered and put to death.

The truth behind these legends remains shrouded in mystery, however, they share the common sentiment that Valentine was a sympathetic and romantic figure.



Valentine's Craft Wreath

Here is a simple and inexpensive craft that kids will love to create and hang in the windows. Make them unique by cutting the bundles of tissue paper into hearts or tying on some sweetheart chocolates. Use your own imagination and be creative!

Materials:

1 wire coat hanger or pipe cleaners
 Sheets of coloured tissue paper
 Scissors
 Masking (florist) tape

Optional: Ribbon candy

Instructions:

Shape a wire coat hanger into the shape of a heart.

Place all the sheets of tissue paper on top of one another and cut out lots of square bundles approximately 3x3 inches.

Take the first bundle of tissue and push one end of the metal through the middle of the paper. Continue!

Keep adding paper bundles. You need a lot of pieces of tissue to bulk out the wreath. Also, make sure you keep scrunching the tissue up a bit too - not too hard, but just enough to bulk it out.

Now you have a full wreath of paper. Using sticky-tape, bind the heart ends together well and ruffle some paper over them so you don't see the point. You can even wind some ribbon round the tape so you don't see it at all.



Of Valentines **Ilania Abileah- Main Street**

Valentine's Day will be next, with its messages of LOVE. And there are numerous kinds of Love - it is not all about couples. According to ancient traditions, lovers' names were drawn from a cup. And "Valentines" were anonymous written messages. Chaucer wrote that the 14th of February is the day when the birds choose their mates. Also in England it was believed that Jack Valentine was leaving treats for children at the rear door.

In North America there is a commercialised version of bought cards, chocolates and roses, and going to a restaurant where a rose is offered to each lady. Hope you have a great time celebrating Valentine's Day.

Be My Valentine...

- ▶ A day dedicated to love and romance, how wonderful is that? Truth of the matter is, although we profess to love our dear ones every day, more often than not, we neglect to show it as often as we should. Be honest, when was the last time you came home with flowers for no reason?
- ▶ There are so many ways you can share your sentiments with that someone special in your life and Valentine's Day offers the perfect opportunity to do so. This February 14, let your romantic side shine bright and to do so, here are a few ideas.

Traditional: jewelry, flowers and candy are popular choices and always appreciated. So are those "special" gifts he or she might have on a wish list.

Intimate: go out for a romantic dinner or enjoy a fireside picnic with champagne at home, book a couple's massage, a day at the spa or an overnight stay in a quaint nearby town or village.

Love all day: Tuck little love notes into pockets, cars and hidden niches that will be found unexpectedly throughout the day or make up a scavenger hunt with kisses, hugs or little gifts as the treasures (a great one for the kids to participate in).

Share the burden: help with the chores, run some errands, prepare a meal; whatever helps your partner most so she or he can enjoy an unexpected respite.

Cards: Don't forget the card! Happy Valentine's Day!



Cherries Dipped in White Chocolate

Serves 6-8,
 takes about 20 minutes

Ingredients:

2 big handfuls of cherries
 150g white cooking chocolate
 1 packet of silver sugar pearls

Instructions:

Line a baking tray that will fit in your fridge with baking paper.

Melt chocolate in the microwave or in a bowl over a barely simmering saucepan of water. White chocolate can be trickier to melt than milk or dark, so watch it carefully because once it starts to burn, there's no going back.

Dip the cherries into the melted chocolate a few times then place on the baking tray. While the chocolate is still wet, drop tiny pinches of sugar pearls onto the chocolate. You may have to pick up the cherry to get good coverage, though there's no need for precision.

Place the cherries in the fridge until the chocolate is set.

Serve with an empty bowl, ready for the discarded pits.



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mipoupart@sadclaurentides.org | 450-229-3001 poste 26

Canada Economic Development offers a financial support to the SADC.

Who Started This? By Anne Secor

When I picked up my two daughters at school a few days before the start of the holiday vacation, the news came flying out of their mouths like a speeding train. "Alice set a trap for a elf and she caught one! It is a snowman but it is still a elf and it does mischief! The first night, it climbed up the shelf and took her mom's chips, put a glove on its head and pretended to be eating the chips! Elves like candy, and to catch one, you have to set a trap outside with candy in a pillowcase and a stick! The stick falls down and catches the elf in the trap." And then came, "Mama, can we set a trap for a elf? Pleeaaaaaaase!!!"

I shuddered at the thought of another holiday chore that I might have to face, and I did not happen to have "a elf" stashed away at home. "Maybe," I said, in a semi-promising tone. Meanwhile, I was frantically trying to think of where I could get an elf so close to the holidays. That night, we carefully went over the proper construction of the trap and set it up outside on the deck.

The next morning the trap was empty and the girls reprimanded me for not setting the trap correctly. After being shown the precise method by the experts, I obediently re-set it outside.

The Saturday before Christmas I bumped into a friend, mentioned the elf story and my anxiety about finding one. She knew all about it and said that everyone was talking about this elf ritual. Being a resourceful gal, she suggested we check the local flea market so off we went in search of an elf. We finally discovered a glass unicorn head and I frantically grabbed it. Driving home, I wondered if the glass might break if the unicorn head was left outside in the cold. I'd be devastated if, when we opened the trap, there was just a bunch of broken glass. In my imagination I could hear my kids wailing with disappointment.

The next day I went to two depanneurs and two stores, asking whether they had a "lutin." Every time I asked, I got a quizzical look because my pronunciation was completely wrong, and after repeating it several times with different pronunciations, they finally understood that I was asking for an elf. Then came the "Non," with a shake of the head followed by some giggles. I hoped they did not think that I was completely insane. Maybe they knew all about the elf mania and they were thinking, "Lady, the other moms bought all the elves within a 100 kilometer radius long ago!" Finally I found a snowman tree ornament that lit up in different colours and it looked pretty impressive.

Just before the girls arrived home I put the little snowman inside the trap and knocked over the piece of wood that had held it open. When they found the snowman they were over-the-moon. Now the real pressure was on; what kind of clever mischief could I think up? The first night I took the girls' jackets off their hooks, put them in their room on top of their toy box with the snowman and a candy cane on top. At the last second I put their Snow White alarm clock face down on the floor. The horror!

In the morning there were squeals of delight and they immediately asked if they could call Alice to tell her all about it. They spoke together for a long time about this earth-shattering news.

I have to thank that mom who thought of the marker idea, and I hope she doesn't mind that I swiped it for the second night! But things did not go as planned. When they finally fell asleep, I grabbed a red washable ink marker and quietly crept into their room. I tiptoed up the ladder to the top bunk and swiftly squiggled a line on my daughter's arm. I was startled when she popped straight up and asked, "What's in your hand, Mommy?" I pretended that I had come in to give them extra kisses. On the bottom bunk I drew a squiggle on my other daughter's cheek. She stirred, and I flew like a bat out of the dark room. During the night, my first daughter pressed her arm against her belly and the squiggle design was duplicated there. That naughty elf had gotten under the covers. What a hit!

On Christmas Eve the girls told me that Santa would be picking up the elf when he came with all the presents. That sounded great to me. I was just starting to enjoy the anticipation of sweet peace and quiet until one of my girls took the snowman and hid it! Did they really know about the whole deal and were playing a joke on me? If I could not find the snowman and put it away on Christmas Eve, and it was still in our house on Christmas Day, what in the world could I say? After much angst, I made a decision to tell them that when Santa came he could not find the snowman, but that his magical powers were now all gone.

On Christmas morning I was ready with my story but both girls said, "No Mama, his magical powers are not gone! He still has his magical powers and he is still here!" I had to tell them with a totally serious and all-knowing face, "You will see. He will not be doing any more mischief because he has no more magical powers."

After all this craziness, my hope was that after a few days of distraction playing with their new toys, they would forget about the snowman (Pleeaaaaaaase!!), especially if he was not performing any more mischief. For sure the last few days had been a real challenge. That snowman was dead tired and I knew he would be keeping a very low profile.

And if anyone out there knows who started this whole elf thing, please - some of us could use a guide-book.



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Out & About

Ilania Aibileah - Main Street

\$25. Diffusions Amal'Gamme, Salle Saint-François-Xavier: 994, rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Bob Walsh - Val Morin

Bob Walsh has been part of the blues history in Quebec since the 1970s. His album, "There's a Story Here," came out in September 2012. With his three musicians, Walsh invites the public to an evening of blues, gospel and folk blues. **Sat, Feb. 1: 8 pm.** \$37. Théâtre du Marais: 1201, 10è Avenue, Val-Morin. theatredumarais@cgocable.ca. 819 322-1414.

Piano Duo Fortin-Poirier - Prévost

In this concert, pianists Amélie Fortin & Marie-Christine Poirier play a duo with twenty fingers on one piano. They studied with Paul Stewart and Jean-Eudes Vaillancourt at the University of Montreal and were finalists at the 2011 Chicago International Piano Duo Competition. They have also won several other prizes and grants. **Sat, Feb. 1: 8 pm.** \$25. Diffusions



Piano Duo Fortin-Poirier - Prévost

Amal'Gamme, Salle Saint-François-Xavier: 994, rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca

Please Note: The Duo Fortin-Poirier will also give a concert on **Sat, Feb. 15: 8 pm.** \$32. Théâtre du Marais: 1201, 10è Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca.



Derek Yaple-Schobert - Prévost

He completed a doctorate in piano performance from the University of Montreal and has performed in several countries. The concert program includes music of Claude Debussy, Beethoven, Mozart, Chopin, Edvard Grieg, and in the second half, music by Scott Joplin, Walter Boudreau and Franz Liszt. **Sat, Jan. 25: 8 pm.**

Klô Pelgag - St. Jérôme

Chloé Pelletier-Gagnon (vocals, piano, guitar), Charles Duquette (drums), Lana Tomlin (viola), Fany Fresard (violin), Elyzabeth Burrows (cello) and Philippe Leduc (contrabass). **Sat, Feb. 1: 8 pm.** \$26. Salle Antony-Lessard: 101, Place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.

Emilie-Claire Barlow - St. Jérôme

This Quebec Jazz singer is the winner of the 2013 "Album of the year" award for her album, "Seule ce soir." Although this is not her first album, it is the first with all French songs. **Sat, Feb. 15: 8 pm.** \$38. Salle Antony-Lessard: 101, Place du Curé-Labelle, St. Jérôme. 450 432-0660. www.enscene.ca.



Emilie-Claire Barlow - St. Jérôme

Marco Calliari - Val Morin

Marco combines his Italian roots with Quebec culture and presents pieces from his new album, "Mi Recordo."



Marco Calliari - Val Morin

Sat, Jan. 18: 8 pm. \$37. Théâtre du Marais: 1201, 10è Avenue, Val-Morin. 819 322-1414. theatredumarais@cgocable.ca

On Stage

"Les rendez-vous Amoureux" - St. Jérôme

This is a unique performance by Louise Marleau and Claude Prigent accompanied by the pianist, Michel Montreuil. The program includes scenes from an international repertoire of theatre, as well as staged literature and poetry - love, seduction, jealousy and daily life to entertain and bring laughter. **Sat, Feb. 8: 8 pm.** \$30. Salle Antony-Lessard: 101, Place du Curé Labelle, St. Jérôme. 450 432-0660. www.enscene.ca

Visual Arts & Fine Crafts

Gérard Fournier - Mont Laurier

An exhibition titled, "Loin des villes / près de soi," is artwork by the artist



Gérard Fournier - Mont Laurier

Gérard Fournier. He assembles wood and other materials striving to awaken viewers' perceptions of the plant and animal world. **Jan. 9 - Mar. 1.** Maison de la culture: 385 rue du Pont, Mont Laurier. 819 623-2441. ceml@lino.sympatico.ca www.expomontlaurier.ca.

ICI par les Arts - St. Jérôme

Karine Ayotte will exhibit her artwork at the gallery during the month of January. In February, the center will feature a group-show on the theme of "Love." Please call for opening hours. Closed Sundays! ICI par les arts: 712, rue St. Georges, St. Jérôme. 450 569-4000. www.iciparlesarts.com.

Marie-Andrée Côté & Claude Sarrazin - Val David

Marie Andrée is a visual artist who creates ceramics, sculpture, digital prints, photography and installations. The public can meet the artist on Sat. Jan. 18: 3 pm at the gallery. The center also features a tribute to artist Claude Sarrazin. Both exhibitions continue until **Sun, Feb. 23: Wed - Sun, 11 am - 5 pm.** "Centre d'exposition de Val David: 2495, rue de l'Église, Val David. 819 322-7474. www.culture.val-david.qc.ca.

Patrick Norman - Mont Tremblant

Patrick Norman's 28th album, "L'amour n'a pas d'adresse," is the new program he is taking on tour with his two musicians, Jean-Guy Grenier (bass & guitar) and John McDiarmid, (keyboard). **Fri, Feb. 14: 8 pm.** \$40. Église du Village: 1829 chemin du Village, Mont-Tremblant. 819 429-5972.

U Swing - Prévost

The group of four musicians includes Vincent Gosselin (electric bass and vocals), Stéphane Chartrand (drums), Nicolas Major (guitar, mandolin and vocals) and Marc-Étienne Savage (keyboard). The group is back with "Jazzy" classics from Sinatra and others. **Sat, Feb. 8: 8 pm.** \$25. Diffusions Amal'Gamme, Salle Saint-François-Xavier: 994, rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Jean-Marc Couture - St. Jérôme

Young singer and winner of Star Academy 2012 will perform songs from his first solo album. **Fri, Jan. 24: 8 pm.** \$35 Salle André-Prévost: 535, rue Filion, St. Jérôme. 450 432-0660. www.enscene.ca

Lovers' Cabaret - Prévost

A special evening when the Saint-François-Xavier hall becomes a cabaret with a variety of artists on stage who will weave an evening of song, theatre and dance. There will also be service at the tables. **Sat, Feb. 15: 8 pm.** \$20. Diffusions Amal'Gamme, Salle Saint-François-Xavier: 994, rue Principale, Prévost. 450 436-3037. diffusionsamalgamme@videotron.ca.

Laurentian Museum of Contemporary Art - St. Jérôme

Exhibitions of Guy Nadeau, Guillaume Lachapelle and Jeane Fabb continue to Feb. 2. Following, will be an exhibition by Alain Laframboise, including a series of photographs, collages, sculptural assemblies and videos depicting daily life that have been conceived for this show. Alain Laframboise has taught art history and theory at the University of Montreal. He has exhibited his work since 1983 and his creations can be found in public collections such as at the Musée d'art contemporain de Montréal, the Musée national des beaux-arts du Québec and The Canada Council Art Bank. He has participated in solo and group exhibitions across Canada and Europe. Alain Laframboise created three-dimensional scenarios within boxes, alternating with photography. The collection provides an overview of the artist's thirty-year career. The curator of this collection is Karl Gilbert Murray. **Feb. 9 - Mar. 23. Vernissage: Feb. 9: 2 pm. Open Tue. - Sun, noon to 5 pm.** Musée d'art contemporain des Laurentides: 101, place du Curé Labelle, St. Jérôme. 450 432-7171. www.museelaurentides.ca.

6th "Parle-moi d'amour - St. Sauveur

This is an annual exhibition and auction of artwork donated by Laurentian artists who create a painting especially for this event.



6th "Parle-moi d'amour - St. Sauveur

The theme is "Talk to Me About Love." Proceeds from this art sale go towards art supplies and activities of the Échelon center in Piedmont. The annual event begins with weekend exhibitions at the Salle Polyvalente of Piedmont in the old train station. **Feb. 2 to Feb. 16: Sat. and Sun, 10 am to 4 pm.** The final event will be an exhibit and an auction at the Chalet Pauline Vanier, on **Thurs. Feb. 20: 5 pm.** 450 227-1996.

Calls to Artists

You can submit your application to join Arts Morin-Heights until **Jan. 31.** www.artsmorinheights.com .

Musée d'art contemporain des Laurentides - Young Laurentian visual artists may submit their portfolios for the 14th annual young artists' competition. Registration forms are on the website www.museelaurentides.ca due date **January 24, 2014.**

Winter Festivals

Festi-Neige - Ste. Agathe

There will be sliding, skating and other fresh-air activities at Place Lagny until **Mar. 9.** The annual Festi-Neige takes place **Jan.11 - Feb. 9.**

16th FestiVent - St. Placide

The colourful Festival of Kites on Ice in St. Placide will take place on **Sat. & Sun. Feb.15 & 16.** There will be live entertainment and lots of activities for the whole family from 10 am to 5 pm on both days. Children 9-14: \$2, 15 years and over: \$6, family rate (2 adults, 2 children): \$14. Festi-Vent sur



6th FestiVent - St. Placide

glace, 450 258-4517 Cell: 438 862-2158 info@festi-vent.com.

Winter Carnival - St. Adolphe d'Howard

The winter Carnival will be held **February 6 -9 and Feb. 14 - 16.** There will be activities for the whole family at the recreation center, Mont-Avalanche, the Centre Plein-Air and at Park Adolphe Jodoin. Once again, there will be Thai lanterns on the lake on **Thurs. Feb. 8 at 7:30 pm and on Feb.15.** An evening with music, dancing and a community meal with the group, Motel 72, and Stephan McNicoll, is scheduled for **Thurs. Feb. 8 at 8:30 pm.** There will be an ice-sculpture competition and much more.

http://www.stadolpheedhoward.qc.ca/fr/pdf/Plaisirs_hiver-2013-St-Adolpheww.pdf

For the next edition covering the period Feb. 14 to March 14, please submit material by Jan. 24. 450 226-3889. ilania@IlaniaAbileah.com.



Dining Out
Ilania Abileah - Main Street

Le Saint-SAU Pub Gourmand - Saint Sauveur

Ilania Abileah - Main Street



This is a prime location in St. Sauveur, which has been transformed by the new owners Hugues Néron, and Hugo Laliberté, into a popular, Gourmet Pub serving sumptuous meals. The new décor has upholstered, tall bar stools, benches and tables, as well as regular tables and chairs and is quite comfortable and pleasant.

From the varied breakfast menu, I chose a plate with toasted crusty bread, a fried egg, crunchy bacon strips, scalloped potatoes, served in a ceramic pot, a cup of their own raspberry jam, a "smoothie," a piece of home-baked brownie and fruit beautifully cut: fan-shaped pear, orange, melon, watermelon and strawberries.

On my second visit, I brought a friend along for lunch and what a treat we had! We chose the lunch special of soup followed by either fish & chips or a small, sizzling steak with chips (\$15-\$16.50). The soup was creamy and delicious. The crisp fish came

with perfect potatoes and was served with homemade sauce and mayonnaise. Not one morsel was left on the plates! To complete the meal we had a dessert of cooked apples topped with a delicate mousse and whipped cream that was served with crisp, thin cookies (\$8.50). We cleaned those up also!



The restaurant has a team of chefs who create imaginative dishes. There is a choice of wine from different countries (varied prices), as well as beers and cocktails. On Fridays and Saturdays they feature live music, and on holidays, there are special menus, live music and family rates. This is a good place to meet with friends or family, or to enjoy a romantic dinner. Le Saint-SAU Pub Gourmand: 236 Rue Principale, St. Sauveur. Open Mon. to Fri: 7: am - midnight and Sat. & Sun: 8 am - midnight. Reservations are strongly suggested. 450 227-0218. info@LeSaintSau.com.

MAIN STREET TRIVIA

- Kites were used in the American Civil War to deliver letters and newspapers.
- Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- Nine out of every 10 living things live in the ocean.

The Significance of Trees

Ilania Abileah - Main Street

As the New Year rolls in, it starts with the Jan., 15-16 holiday "Tu Bi-Shvat", which is the Birthday of trees (Tu comes from two Hebrew letters with a numeric value of 9 + 6, meaning the 15th of the month of Shvat). It signifies rebirth and a beginning of spring-time. The almond tree with its connotations of Hope, Love and Peace is celebrated. It is also reminiscent of the "Tree of Life". The tree inspired people such as Van Gogh who painted the almond blossom series to celebrate a birth in the family.

On "Tu Bi-shvat" thousands of Israelis go out to plant trees - the balance between the harm that mankind did to nature is being restored. It is traditional to eat meals made of nuts, dried or fresh fruit and drinking four glasses of wine from white to dark red, striving to attain the highest level of spirituality. The tree gives us shade, shelter and food and we take a day to celebrate it!



Vincent Van Gogh, Blossoming Almond Tree, 1890, oil on canvas 73.5 x 92 cm.



Lori's Lookout Healthy Winter Outdoor Fun

Lori Leonard - Main Street

It's always fun to share quality time with friends and family in the fresh outdoors. Here are some ideas that you might want to explore over the winter season.

Dog sledding and more....

Expedition Wolf: 9552 route 117 south, Ville Rivière Rouge:

Professional guides will make your adventure behind the sleds comfortable and fun. Over 250 Siberian Huskies are waiting to whisk you along the trails located only 30 minutes from Tremblant. They also have 6 new mini horses. Call for reservations at 819 275-1601 or 1 877-275-1601, www.expeditionwolf.com.

Laurel Nature Adventure: 2363 rue Principale, Wentworth-Nord:

Another dog sledding operation that also offers a special package that includes an overnight stay in a chalet or teepee. For reservations call 450 226-8446. www.aventurenature.com.

Martin Le Pecheur: 265 de la Canadienne, Ste. Adèle:

Primarily a fishing venue, this location offers trout fishing in the summer and dog sledding, ice-fishing and snowmobile rentals in winter. 450 229-7020. www.pechealatruite.com.

Le Centre Plein Air Estérel: 39, boul. Fridolin-Simard, Estérel:

Here is a great outdoor facility that offers a variety of activities including cross-country skiing, snowshoeing, skating, dog sledding and snowmobiling. 450 821-1556. www.centrepleinair.com. Email: info@estreloutdoorcenter.com.

Constantineau Mont-Laurier: 1117 Albiny Paquette, Mont-Laurier:

If you would like to rent an ATV or snowmobile for adventure, call for a reservation at 819 623-1724 or visit their Facebook page: fconstantineau.com.

Glissade des Pays d'en Haut: 440 ch. Avila, Piedmont:

Create some lifelong memories and go tubing. They now offer more than 50 tubing trails, a new ride called "Tornado," a circular canoe and snow rafting. Please call 1 800 668-7951. www.glissade.ca.



Lac Rond, Ste. Adèle: located just behind Hotel Le Chantecler in Ste. Adèle:

This venue offers skating, cross-country skiing and easy walking on the lake. They will be hosting a hockey game on the ice on January 25 and 26. For more info call 450 229-2921, ext. 244. www.ville.sainte-adele.com.

Lac des Deux Montagnes, St. Placide:

The annual "Festi-Vent - Kites on Ice" will take place on February 15 and 16. There will be lots of family activities for everyone. The kites are magnificent, competition is fierce and the colors are beautiful! Admission is \$8. For more information check out the website at www.festi-vent.com.

After all that outdoor activity, here's a recipe for some comforting tea made in a crockpot that will help to warm you up.

Mulled Cranberry Tea



- | | |
|------------------------------------|--|
| 2 tea bags | 1 large lemon, cut into ¼ inch slices |
| 1 cup boiling water | 4 cinnamon sticks |
| 1 bottle cranberry juice (48 oz.) | 6 whole cloves |
| ½ cup dried cranberries (optional) | Additional thin lemon slices for garnish |
| 1/3 cup sugar | Additional cinnamon sticks for garnish |

Place tea bags in slow cooker. Pour boiling water over tea bags, cover and let stand 5 minutes. Remove and discard tea bags. Stir in cranberry juice, cranberries, sugar, lemon slices, 4 cinnamon sticks and cloves. Cover and cook on low 2 to 3 hours or on high for 1 to 2 hours. Remove and discard lemon slices, cinnamon sticks and cloves. Serve in a warm mug with additional fresh lemon slice and cinnamon stick. Serves 8 people.



A Lifetime With Animals

Susan MacDonald - Main Street

I have lived a lifetime with animals and nature; some would call it a passion, but in truth, I did not choose to follow this path, it has simply been a part of me from the moment I was born. Family photos show cats in my crib and I learned to walk by grasping the long hair of a very patient collie. My dolls were stuffed animals and the carriage passed down from my sisters usually cradled the family cat and her kittens. I "rescued" all creatures, from mice to mighty dogs, hiding them in closets and drawers until my dear mother dared not put away my laundry for fear of the unknown.

My experience with animals has grown as the years have passed and I have learned, that while I cannot save all of God's creatures, I could help those who happened to fall within my circle. As a result, I am often called upon for advice or assistance when an animal is in need; there have been many and it is not within me to say no. I have been asked to share some of my animal adventures and although I find them personal, I have finally decided to do so in the hope that they may encourage some to see these simple beings from a new perspective and appreciate how much they enrich our lives. The following articles are true; these are my stories.

My appreciation for deer began when I was living in Dalesville, on a late afternoon, when a doe and her two young fawns appeared at my paddock. The trio took turns at the horses' salt block before slowly ambling off down the driveway. The visits continued and for three days they became the highlight of my day. On day four, the twins (one female and the other a male) arrived alone, and the following day, there was just the young doe. I never saw her mother or brother again, but the little doe continued to come every day.

That summer, I was training for my first dressage event and a major element in preparing for equestrian competition is learning to focus entirely on your mount while blocking out distractions. On the third pass by the letter "M" I realized that my horse's ear flicked, just once, each time we were in that section of the ring. On the next round, I broke my concentration and glanced up, taking the corner too deep and banging my knee on the fence - the little doe had been lying under the tree just four feet from the "M" the entire time I had been riding, nearly thirty minutes. Circling the far end, I was able to regain my composure and finish the test I was practicing, ignoring my unexpected audience.

The visits continued for the rest of the summer. I never knew when or where she would show up, but that little flick of Bellina's ear would always let me know when she was nearby. If we happened to meet on the trail, we would stop, she would move to the side and once we had passed, she would return to her feeding spot, totally unconcerned by the interruption.

Autumn arrived and with it, both the breeding and hunting season and the doe disappeared. Saddened, I feared the worst but she returned the next year and the daily visits resumed, although that summer, I often saw her nose to nose with Bellina over the fence and more often than not, sharing the salt block. Autumn and hunting season came and went and once again, the doe silently disappeared.

The following spring, she returned as usual, but accompanied by a single fawn. The previous year's visits were repeated and I was often entertained by the fawn's exuberant antics.

My horse and I moved the following year but I was happy to learn that the doe had returned again, this time with twins. I hold many wonderful memories of this particular family and through close observation, learned much about their ways. I had no idea at that time, that my association with deer would continue to the point it has reached today, but, that's for another story.

Laurentians Caregivers Association



Care for the Caregiver

Christina Vincelli - Main Street

In the New Year, Laurentians Care will be offering support groups, free of charge, for Anglophone caregivers in various locations throughout the Laurentians area. These support groups will focus on two distinct types of caregivers. One support group is specifically designed for the caregiver providing care for a loved one either on a full time or part time basis. Often this is a family member. Another support group will be geared towards the needs of the paid or volunteer caregiver or personal support worker. Both types of caregivers face unique and difficult situations and often feel isolated especially in the rural areas in which they live and work. Having someone to turn to for advice, guidance or venting your feelings to can be of huge importance in regards to the actual health and well being of the caregiver and ultimately an improvement in the quality of the care they provide.

Laurentians Care is dedicated to providing confidential support, guidance and problem-solving skills to deal with many of the difficult situations all caregivers face on a daily basis. A professional counsellor and former nurse, Lois Wilkie of Wilkie Counselling (www.wilkiecounselling.com) will facilitate both support groups and encourage open discussions and moral support among support groups. Lois will also offer important tips for caregivers in terms of managing stress, anxiety and preventing caregiver burnout.

If you are interested, please contact Christina Vincelli for specific dates and locations of these support groups beginning in January 2014. All are welcome. If you are a caregiver make a New Year's Resolution to take care of yourself! If you know of a caregiver that could benefit from this support, please share this information with them.

Les Contacts de Lori
Lori's Links

CALL LORI'S LINKS AT 450.224.7472
(Referrals are free)

e-mail: lori.leonard@sympatico.ca
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A Library Addict

Grif Hodge - Main Street

Some new books at Jean-Marc Belzile Library in Lachute to be borrowed by residents of Harrington, Lachute, Gore, & Wentworth.

This month I am highlighting fictional detectives; check the catalog or shelves to see if the library has other titles in a series.

Author	Title	Characters
Booth, Stephen	Dead And Buried	Ben Cooper and Diane Fry
Burdett, John	Vulture Peak	Sinchai Jitpleecheep
Carlotto, Massimo	Bandit Love	Marco Buratti
Elmore, Leonard	Raylan	Raylan Givens
Farrow, John	City Of Ice	Detective Emile Cinq-Mars
Kerr, Philip	A Man Without Breath	Bernie Gunther
Leon, Donna	Drawing Conclusions	Guido Brunetti
Mankell, Henning	Troubled Man	Kurt Wallander
Paretsky, Sara	Breakdown	Victoria Iphigenia Warskski
Penny, Louise	How The Light Gets In	Armand Gamache
Rankin, Ian	Resurrection Men	Rebus

NEW FICTION

Cussler, Clive - Mayan Secrets: Written in association with Thomas Perry. The treasure-hunting husband and wife team, Sam and Remi Fargo, are in Central America when they come upon a remarkable discovery - the skeleton of a man clutching an ancient sealed pot. Inside the pot is a well-preserved Mayan book. Before their adventure is done, men and women will die for the riches contained in the ancient book.

Galbraith, Robert - The Cuckoo's Calling: J.K. Rowling's latest novel is a crime thriller, written under the pseudonym of Robert Galbraith. Rowling delivers on plot and characters, but the pace is a little trying. I kept wishing Rowling would get on with the story.

Gibbons, David - Pharaoh: "Gibbons has worked in underwater archaeology all his professional life... and is a world authority on ancient shipwrecks and sunken cities... He currently divides his time between fieldwork, England and Canada." Flyleaf

If you enjoy Clive Cussler adventures, this author's tale, set in the Upper Nile around 1894, is a natural for you. The Mirror asks, "What do you get when you cross Indiana Jones with Dan Brown? David Gibbons."

Kent, Hannah - Burial Rites: This is the story of Agnes Magnsdottir, who is the last woman in Iceland to be charged with murder and sentenced to public beheading. As she awaits her execution at a farm in her homeland's farthest reaches, the farmer's wife uncovers another side to the sensational crime.

Moore, Lisa - Caught: All across the country, when people speak of Newfoundland authors, one of the first names out of their mouths is Lisa Moore. Lisa's novel, "Caught," is arguably the Canadian book of the year. It is in the running for at least two of the country's major literary awards and it has everything a reader could want: pace, plot and first-rate characterization. Her novel opens with a man escaping from prison, years after his incarceration for the biggest pot-smuggling operation in Newfoundland history, and follows this man as he tries to do it all over again.

YOUNG ADULT FICTION

Hocking, Amanda - Tidal: "...molds myth and contemporary teen life. High school, family, young love and mythology all combine to create an easy-to-read paranormal suspense story that will have fans eagerly awaiting new installments." Watersong Series - Booklist.

STRICTLY BUSINESS

By Lori Leonard

A warm welcome to:

Dairy Queen/Orange Julius, 68 ave. de la Gare, St. Sauveur (in the Royal Bank building) opened their doors on December 1. They offer Blizzard cakes, ice cream birthday cakes, smoothies made with fresh juice,, milkshakes and a host of other ice cream treats. They also offer paninis, hot dogs and sandwiches. Phone: 450 227-1112.

Boutique Mansard opened on November 22 at 289 Rue Principale, St. Sauveur. They have 2500 sq. ft. (2 floors) to display quality, artisanal home furnishings, home décor items including dishes and lamps, and wonderful gift ideas. The original **Boutique Mansard** in Laval is located at 2000 le Corbusier. Congratulations to **Jean-Michel Péroux, Pascale Péroux** and **Laurence Péroux**. Phone: 450 990-0770.

Toquade, 126 chemin du Lac Millette in St. Sauveur, serves as a new complement to the original **Toquade** located in Mont-Tremblant, which has successfully been in operation for the past 13 years. Both stores feature beautiful furniture, home décor and accessories. Good luck to **Caroline Houle** and **Martin Ayotte**. Phone: 1 855 361-7391, www.toquade.ca.

CaroStyle, 49 Rue St. Vincent in Ste. Agathe des Monts offers personalized service to help you choose paint and wallpaper. They are unique as they also stock clothing, boots, coats and accessories imported from Paris. Phone: 819 326-4040. Check out their facebook page.

Let's give a big hand to **Restaurant Esmerelda sur le Lac**, a superb, family-run Italian restaurant that recently celebrated **15 years** in the business. Quite a landmark! This restaurant offers delectable, traditional Italian fare in a warm ambiance. Phone: 450 229-5151, www.esmereldasurlelac.com.

Congratulations to **Les Tapis LGL**, 220-J Lac Millette, St. Sauveur, which is celebrating their **20th anniversary**. To commemorate this occasion, they are offering 10% - 40% savings on selected items in the store. Phone: 450 227-4955, www.tapislgl.com.



Happy 50th Anniversary to: Glissades des Pays d'en Haut, 440 Avila Rd., Piedmont. Arthur Raymond originally opened this center in 1964. His two sons, Constant and Mercier, continued to run the center from 1979 until 2008 at which time, Julie and Nicolas Raymond took over. The center now offers family fun with more than 50 different trails. The center received more than 100,000 visitors in 2012. Phone: 450 224-4014, www.glissade.ca.

Another landmark: Happy 50th anniversary to Mont Olympia, 330 de la Montagne, Piedmont. The hill opened in 1963 and was acquired by the MSSI group in 1995. Over the past few years, they have opened a snow park and new double-diamond glade trails. To celebrate this special occasion

and to thank their patron skiers, they offer 50% off ski tickets on Wednesdays, 15% off the regular price tickets (from Monday to Thursday) plus a free coffee from the cafeteria to skiers 60 years old + . Phone: 450-227-3523, www.montolympia.com.

A sad farewell: Hotel La Sapinière, Val David has closed their doors after 77 years. Laurentian residents and Montrealers alike enjoyed dining at this well-renowned restaurant. It is sad to see yet another "Grande Dame" of the Laurentians close.



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Run For Cover... on Shelter Shelter & History

Frans Sayers - Main Street

History surrounds us. The clearest and most enduring of our historical records resides in the things we use and the things we build. Our continuing need for shelter has led us to conceive and erect an endless assortment of structures and devices that support our

societal and individual needs. The great structures that served in the past, for whatever reason, all had their individual signature and story to tell. Many of these creations no longer exist but their influences continue to enthrall and inform the present.

Archaeologists and other enthusiasts are constantly and painstakingly finding signs of our distant past and activities. Early relatives have shown up in glaciers, peat bogs and parking lots. And like the annular rings of trees, these discoveries lead us to question and temper our apprehension of the present and our vision of the future.

Entire civilizations have come and gone, leaving just the faintest of traces behind for us to marvel and wonder at. History is not confined to the distant past but lives in the very breath we just expelled.

Artisans toiled in the past as they do today. Tools and technologies have changed but the core act of creation has not. Our perceived and real needs lead us to develop technologies to achieve those ends. In the world of shelter, innovation and change are the norm. New products insulate us better from extremes in temperature and humidity and the shift from outdoor living to living indoors has created its own set of problems and solutions unique to each area.

Today, the use of hydronic heating has become ubiquitous in all forms of new construction. This technology is not new and was used by the Romans. However, now we can realize the full potential of this method of heating due to modern materials and know-how. Another example of just how we are tied to the past can be found in Mayan engineering. A bowl with three holes in the sides was placed on a tripod and filled with water. The water would rise to the level of the three holes, creating a level plane. By sighting through these holes and other holes at different elevations, one could transmit readings to a distant pole with elevation markings. This method is highly accurate and is certainly a nod to the nature of water and man's clever use of common sense and intellectual application. The present day spirit levels and laser leveling devices are certainly not new, just better.

The idea that we need to tear down in order to rebuild does a great disservice to those who have gone before. It's not just the dollar values we so cavalierly bandy about but also the heart and soul of communities and societies struggling to survive and pass on the knowledge we have. History is alive and well as long as we can demonstrate respect for the past and accept the lessons woven into this fabric of humanity.

In my own community, the historical value of certain buildings belonging to the community has come into question. The buildings are not just functions of administrative need but are the repository of history in 3-D. The manner of construction

is consistent with the best practices of the time as well as the functioning of a community that is transitioning from a rural to a more residential emphasis.

There are many examples in our own communities of structures that have endured into the 21st century thanks to enterprise and far-sightedness. Not only are the buildings important but the social and environmental considerations that nurtured these same structures are equally important. Older buildings can, if conditions allow, be beautifully integrated into new realities that need to be addressed.



Fit Tip

A Simple Choice

Lisa McLellan - Main Street - www.lmfitness.ca

It's the beginning of a new year, a fresh start, if you wish. What path will you choose when it comes to your health and well-being? Your decisions, and the commitment to follow them through, are what will keep you healthy and happy in 2014. Think positively and

you can do it! Here are a few simple reminders to get you started.

1. Only you can be responsible for yourself, including your health and well-being. That goes for men too.
2. What you think and believe will make a difference in the life you create.
3. Your choices will have a profound impact on the quality of your life.
4. What you eat and drink will determine the state of your health.
5. Your commitment to physical activity will be reflected in your level of health and fitness. You will either build energy or lose it depending on your actions.

Where do "will, discipline, motivation and energy" come from? There are many answers to these questions but without doubt, the first step comes from the decision to "take care of you." Remember, that in caring for yourself you are showing your love for those who care about you.

If you lack motivation, discipline, will and energy, I suggest you find a teacher or join a group and practice a discipline, which brings you great pleasure. If you do not like physical activity, it is important to look for one that you enjoy. Whatever it is, strive to do it as often as possible.

If you are a heavy indulger of alcohol or junk food, try making small gradual changes. Make an effort to get to the bottom of the emotions behind those addictions. Courage my friends! Open yourself up to something new. Break the unconscious habits before they break you. Cherish your life. Be grateful for all that you have and remember that most of the world has so much less.

You know what you need to do. The recipe is simply; a little exercise, good food and a time for stillness everyday. This a simple recipe to maintain balance and vitality in the face of the many challenges life presents. Assure your well-being by maintaining health and fitness.

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“Les Grands Étoiles” vs. The Steve O’Brien Foundation

By Lori Leonard



The Steve O’Brien Foundation is organizing a special fundraising event to benefit kids and the issue of school dropouts. This event is a hockey game that all fans of **Les Canadiens** will enjoy! The game will take place at the Kevin Lowe /Pierre Pagé Arena in Lachute on **Sunday, March 30 from 12 pm - 5 pm.**

People can realize their dream by participating in a hockey game against **Les Grands Étoiles** (The Canadian Legends). **Chris Nilan**, and several other well-known players, will be on the ice to help support this great cause and behind the training bench will be none other than Guy Lafleur.



For the team, 35 players are required: 13 players for the 1st period and 11 players for each of the 2nd and 3rd periods. Team members will be chosen according to the number of tickets they have sold, sponsorships they have acquired or, a combination of both. All players, who must be 35 years or older, will be determined on February 27 and will include 2 lucky players that will join the team of **Les Grandes Étoiles**. Players who are scheduled to play in the first period will be presented at center rink with **Les Grandes Étoiles** and 2nd and 3rd period players will be named and presented without equipment at the beginning of the game.

There are 3 referee and 6 linesman positions to be filled as well and they will be chosen from those who have sold 5 regular tickets for the game. One dream position, to coach alongside the great Guy Lafleur, will also be determined on February 27.

Regular tickets (\$25) and VIP tickets (\$100) are now available and selling like hotcakes. Individuals with VIP tickets will have the best seats in the arena and the opportunity to join **Les Grandes Étoiles** for brunch. They may also bring 2 items to be autographed by the Canadian Legends.

Tickets are now available at:

L'atelier du Sport (292 Béthany, Lachute, 450 562-7236).

PEP Men's Store (484 rue Principale, Lachute, 450 562-2991).

Lori Leonard: (For residents of St. Sauveur, Morin Heights, Ste. Adèle, Ste. Agathe and St. Jérôme areas - 450 224-7472).

Gym O'Brien: (27 Ave. Argenteuil, Lachute, 450 562-6262).

Aréna Kevin / Lowe Pierre Pagé: (80 rue Hamford, Lachute, 450 562-5249 ext. 201).

For full details or to register call Sylvain Charlebois: 450 409-3366 or Steve O'Brien: 450 562-6262.



Spring Forward - A Book Review

Ib Andren - Special to Main Street

Being an avid mystery reader, I looked forward to reading a local author's first publication of a mystery novel. Don Stewart has previously published travel guides as well as a historical play.

“Spring Forward” did not disappoint. It is entertaining and a fast read. Rather than the gore employed by so many mystery writers, Stewart introduces the reader to a cast of memorable characters that anyone living in a small village could relate to and recognize as someone they know.

The former police chief of a small Laurentian town, Arnie Forester, suspects that the death of the town's mayor in a local pub during a St. Patrick's Day celebration may be murder and takes it upon himself to investigate, although the investigation should be the responsibility of the provincial police.

Predictably, neither the chief nor the provincial police boss, Inspector Bertrand, thinks very highly of each other, which leads to amusing reading. At one point, the chief become the Inspector's number one suspect. Meanwhile, Chief Forester's investigation reveals unexpected corruption thereby creating potential motives for the murder. The chief's list of potential suspects grows to include many of the colorful characters including friends of both the chief and his son. But, as with any good mystery, the conclusion comes as a complete surprise to the reader.

I recommend this fun read to all mystery fans.

Note: Spring Forward is available at Marché Vaillancourt (Morin-Heights), online from amazon.ca or lulu.com, or by calling 450 226-3641.

Garden Talk Propagating Houseplants

June Angus - Main Street



With spring still a long way off, one way to satisfy an itchy green thumb is to have some fun propagating your own houseplants. This will allow you to expand your collection, replace aging specimens or simply create wonderful living gifts to give away to friends.

While most plants can be grown from seed, there are a number of other ways to create new plants from existing ones. Here is an overview of the most common techniques.

Stem Cuttings: This popular method of plant propagation works for most plants. Select a healthy section of stem with at least three nodes and cut it off with a clean, sharp knife just below the lowest node. Remove any leaves growing from the bottom node. To root the cutting in plain water, simply suspend or immerse an inch or two of the stem in a glass or vase filled with water. Fine, white root hairs will appear first and then develop into a root mass. Once roots are established plant the cutting in a pot with houseplant soil mix.

Another option for cuttings is to use a prepared rooting mix containing sphagnum moss, vermiculite, perlite or coco fibre right from the start. Fill a pot or other container with the mix and moisten it lightly. Use a pencil or your baby finger to make a hole, insert the cutting and tamp down the growing medium. To help stimulate faster growth you can dip the cut end in a rooting hormone available as a powder, gel or liquid before planting.

Stem cuttings should then be exposed to bright light, but not direct sun. They must also be kept warm and moist. Use a clear plastic bag or clear rigid plastic humidity dome to create a mini-greenhouse environment.



Dome with cuttings

When using this technique on stem cuttings for succulents (such as Aloe or Jade plants) and cacti allow the exposed cut end to heal over before trying to root it. Also skip using a plastic cover as the high humidity can cause these cuttings to rot.



Coleus cuttings

Leaf Cuttings: Plants such as African Violets and Peperomia can be reproduced from leaf cuttings. Break off a whole leaf, including some stalk, and insert the stalk into the rooting medium as described above. One or more baby plants will soon sprout at the leaf's base. Once well rooted, they can be potted individually.

There are a few plants (gloxinias, begonias and snake plants) that will reproduce using just a small leaf section. Cut a healthy leaf into several pieces, each one with a major vein, and place each section so its base is just barely covered with mix. New plantlets will soon appear.

Layering: Use this method for plants with trailing stems such as English Ivy. This also works for rooting spider plant babies. Simply set a pot filled with moist growing mix under a section of stem and pin it down to the mix with a clip or twist tie. Once the section roots, cut it free from the mother plant and allow it to grow on its own.

Air Layering: If you feel up to a challenge, this technique can be used on trees or shrublike plants with thick or woody stems that are hard to root from cuttings. It is a good way to give a second chance to plants such as a tall leggy Dracaena that may have lost all of its bottom leaves.

Using a clean, sharp knife, make a diagonal cut halfway through the main stem about a third of the way down from the growing tip. Insert a sliver of wood or a toothpick into the cut to prevent it from healing over. Apply a small amount of rooting compound to the open wound, then cover it with a handful of moist rooting grow mix. Envelop the area with kitchen plastic wrap and attach the plastic to the stem with twist ties. Check every week or so and add water if the wrapped area dries out. When roots have formed, separate the newly rooted section from the main plant. Pot the new plant and treat it as a mature plant. The remainder of the old plant may look beheaded, but it will likely sprout new growth as well.

Division: For plants that grow in clumps, the best approach is to divide them. Remove the plant from its pot and gently break the root ball up into sections, each with at least one rooted stem. Then plant the divisions in individual pots. Voila, new instant plants. This technique allowed me to give my very large, old Christmas cactus a whole new lease on life. You can also use this technique to divide African Violets that sometimes spontaneously sprout two or more plants in the same pot.

If you are not sure which propagation method is best for your plant, there are plenty of online resources to guide you. My favourite book on the subject is House Plant Expert by Dr. G.G. Hessayon.

Happy New Year and Happy Propagating!

RELIGIOUS SERVICES



**ROYAL CANADIAN
LEGION
LA LÉGION
ROYALE CANADIENNE**

Branch 171 Filiale Morin Heights

Jan 11: 5 pm - Honours and Awards Supper. Donation \$10
Jan. 24: 6 pm - TGIF Smoked Meat Dinner. Donation \$7
Feb 2 - Supper Bowl Party
Feb. 15: 6 pm - Valentine's Day Supper
Feb 21: TGIF Smoked Meat Dinner. Donation \$7.
For information on any event call 450 226-2213 (after 12 noon).

Happy New Year!

Branch 70 Filiale Lachute

Feb 28: 6 pm. Smoked Meat Diner. \$9
For information on any event call: 450 562-2952 after 2 pm.

Health and happiness for 2014!

Branch 71 Filiale Brownsburg

Jan 14: 7:30 pm - General meeting with election of officers
Feb. 4: 11:30 am - Soup luncheon - all welcome
Feb 11: 7:30 pm - General Meeting
Feb. 27: 7 pm - Card Party - All welcome
Bar/lounge is open on Fridays from 3 pm - 9 pm. 2014 membership cards are available at a cost of \$45 - hope to see some new members on board in the New Year. For information, please call Sheila or Trevor Holmes 450 562-8728.

Wishing everyone all the best in the New Year!

Branch 192 Filiale Rouge River

Jan. 12: 10 am - 1:30 pm - Brunch
Jan. 25: 5:30 pm - Robbie Burns Supper. Tickets are on sale at the bar or from any of the executive members. Advance donation \$15 or \$18 at the door.
Feb. 7: 6 pm - T.G.I.F.
Feb. 15: General Meeting
Ladies Auxiliary meeting on the second Thursday of each month at 2 pm.
Cribbage every Tuesday night 7:30 pm; cards on Wednesday at 1pm.
Darts will continue on Friday's of T.G.I.F.'s
For more details call 819 687-3148.

Happy New Year!

MORIN HEIGHTS UNITED CHURCH
831 Village, Morin Heights
Sundays: 10:30 am - Weekly Services.
Coffee and conversation following service.

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

CHABAD OF SAUVEUR
Jewish educational & social events
Call Rabbi Ezagui 514 703-1770 or visit www.chabadsauveur.com

MARGARET RODGER MEMORIAL PRESBYTERIAN CHURCH
463 Principale Lachute
www.pccweb.ca/mrmpl
Rev. Dr. Douglas Robinson: 450-562-6797
Sundays: 10:30 am - Morning Worship - Coffee hour to follow. All welcome.

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

BROOKDALE UNITED CHURCH, BOILEAU
Info: 819 687-2752

TRINITY ANGLICAN CHURCH
757 du Village, Morin Heights
10 am music, Sunday School
Worship Service Sundays 11 am
Rector: Rev. Bryce Sangster 450 226 5307
e-mail: wbsangster@hotmail.com

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

ANGLICAN CHURCHES ALONG THE OTTAWA RIVER
Holy Trinity, Calumet, St. Matthew's, Grenville
Holy Eucharist: 9:15, alternating locations.
Holy Trinity, Hawkesbury - Holy Eucharist at 11 am every Sunday with Rev. Douglas Richards (613 632-2329). Call the parish office at 613 632-9910 for more info.

THE CATHOLIC CHURCHES NOTRE DAME DES MONTS PARISH

Huberdeau	10:30 am	Laurel	9 am
Morin Hts	10:30 am	Montfort	9 am
16-Island-Lake	10:30 am	Weir	9 am

SHAWBRIDGE UNITED CHURCH
1264 Principale, Prévost (at de La Station)
is seeking members for the congregation.
Sunday service time is 9:15 am.
You are welcome to join us after the service.

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

ST. FRANCIS OF THE BIRDS ANGLICAN CHURCH
94 Ave. St. Denis, St. Sauveur 450 227-2180
Service Sundays 9:30. Rev. Bryce Sangster
450 226-5307 wbsangster@hotmail.com.

ST. SIMEON'S ANGLICAN CHURCH
445, rue Principal, Lachute
with Rev. Paul Tidman: 450-562-2917
Jan. 12: 9:30 am - Morning Prayer
Jan. 19: 10 am - Holy Communion
Jan. 26: 10 am - Holy communion
Feb. 2: 8:30 am - Holy Communion
10 am - Holy Communion
Feb. 9: 9:30 am - Family Service
Feb. 16: 10 am - Morning Prayer
Feb. 23: 10 am - Holy Communion

ST. ANDREWS EAST PRESBYTERIAN CHURCH
5 John Abbott Street, St. André d'Argenteuil
Info: 450 537-8560 Call for schedule.
Wednesday Prayer & Bible Study - 7 pm

HOLY TRINITY ANGLICAN CHURCH
12 Préfontaine St. West, Ste. Agathe (corner of Tour du Lac and Préfontaine)
Rev. Canon Ralph Leavitt: 819 326-2146
Services every Sunday at 8 am (Breakfast afterwards at a restaurant)
Also 10 am - music, Sunday school, coffee.
Christians of all denominations welcome.
Parking & elevator for handicapped.

ANGLICAN PARISH OF ARUNDEL & WEIR
Grace Church - Arundel
Sundays: 10 am services. Refreshments will be served in the parish hall after the service.

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

ARGENTEUIL UNITED PASTORAL CHARGE
Rev. Cathy Hamilton
Regular Sunday services: 8:45 (Knox Wesley, Grenville): 10:30 am: Lachute United. Call 450 562-6161 for information.

VICTORY HARVEST CHURCH
361 des Erables, Brownsburg-Chatham
Pastor Steve Roach 450 533-9161
Sunday Service 10:30 am
Call to confirm:
Wed 7 pm Prayer/Bible Study

LOST RIVER PRESBYTERIAN CHURCH
5152 Lost River Road, Lost River
Services start 11 am: Eveyone welcome.

ARUNDEL UNITED CHURCH
17, du Village, Arundel, 819 687-3331
Rev. Georgia Copland
Sundays: 10 am - Worship service.
** No wheelchair access during winter, we apologize for the inconvenience.

HARRINGTON UNITED CHURCH
Jan. 12: 1 pm - Sunday Worship Service.

ROUGE VALLEY PASTORAL CHARGE - AVOCA UNITED CHURCH
Jan. 26: 1 pm - Sunday Worship Service.

PARISHES OF THE LOWER LAURENTIANS

All services are bilingual with gospel/bluegrass music. All denominations welcome and we look forward to seeing you and your family.


ST. AIDEN'S - WENTWORTH
86 Louisa Rd - Louisa
Jan. 19: 10 am - Morning Prayer
Feb 16: 10 am - Holy Communion
Mar. 16: 10 am - Morning Prayer
Apr. 6: 10 am - Morning Prayer
Apr. 20: 10 am - Easter Sunday - Holy Communion

ST. PAUL'S - DUNANY
1127 Dunany Rd. Gore
No services in January.
Apr. 20: 2 pm - Easter Sunday, Holy Communion

HOLY TRINITY - LAKEFIELD
4 Cambria Rd, Gore
Jan. 26: 10 am - Morning Prayer
Feb. 23: 10 am - Morning Prayer
Mar. 23: 10 am - Holy Communion
Apr. 18: 10 am - Good Friday: Stations of the Cross


CHRIST CHURCH - MILLE ISLES
1258, Mille Isles Rd - Mille Isles
Jan. 12: 10 am - Holy Communion
Feb 9: 10 am - Morning Prayer
Mar 9: 10 am - Morning Prayer
Apr. 13: 10 am - Morning Prayer

TO POST A NOT-FOR-PROFIT COMMUNITY NOTICE, EMAIL SUSAN MACDONALD: MAIN.STREET@XPLORNET.CA



PAIX: To fend off violence!
You love your children, your partner, your family! You want to avoid exposing them to violence! So stop and think... Do you need help? PAIX is there to help you. To register for a group: 819-326-1400 or 1-800-267-3919 www.organismepaix.ca

The 4 Korner's Family Resource Center is now open in Sainte-Agathe-des-Monts



Visit the office on Tuesdays from 8:30 am to 4:30 pm to find health and social services in English.
Do you want to stay informed about what is happening in the English Community? Send us your email address.
We are a cornerstone of the community!
50, rue Corbeil, Sainte-Agathe-des-Monts
Call us anytime at 819-324-4000 ext. 4330 or 1-888-974-3940
www.4kornerscenter.org kim@4kornerscenter.org



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Willkommen

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

Gore Seniors Network

EAT & GREET: Takes place every last Monday of the month at 12:30 pm at the Trinity Community Centre, 2, Cambria Road in Gore. For more info contact Cécilia at 450 562-2161

Dany's Book Club

A monthly meeting including lively discussion and exchange of ideas about books. General area of Ste. Anne des Lacs. 450 224-5469.

SPAGHETTI DINNER & DANCE

SAT. FEBRUARY 8, 6 pm
MORIN HEIGHTS LEGION
127 WATCHORN

Supporting the Cubs, Beavers & Scouts
\$10/PERSON
Spaghetti/Salad/Coffee-Tea/Dessert
For tickets call 450-226-2213
Tickets also available at the Legion.



Two Spring 2014 Programs

4 Korner's Family Resource Center is very excited to offer two more programs in Sainte-Agathe for the Spring 2014 session: An English Play Group for children under 5 years of age with their parents will begin on January 23 and runs through to the beginning of summer. The sessions are from 2 pm - 4 pm at the Maison de la famille (126, rue Demontigny) and will be animated by Laura Young. Each session is divided into two segments with time for free play and organized activities.

We will also be offering Parenting 101 workshops. The Parenting 101 group will meet four Saturdays (February 15, March 15, April 12 and May 10) from 9 am till 3 pm. Laura Young will animate these workshops that will help parents find balance in their lives, peace in their homes and joy in raising a family. Topics that will be addressed are: How to connect with your children; how to instill good values; how to find enough time in the day; how to manage stress; how to stop feeling guilty or inadequate.

For information or to register, please contact us: 1 888 974-3940 or by email at info@4kornerscenter.org.

KIDDLES

Why is 9 afraid of 7? Because 7-ate-9!

Want me to count from 1 to 100? 1 - 2, skip a few, 99 - 100!

It's Carnival Time in Brébeuf!

Now in its 43rd year, the Carnaval de Brébeuf is an extraordinary community event that will be held over the course of two weekends: January 31 through February 2 and the following weekend of February 7 through 9. Activities will take place at the Brébeuf municipal hall and the community park.

The first weekend includes a hockey tournament with a number of teams from Brébeuf and the neighboring communities, as well as a family outdoor day with loads of activities for the children. There will be a snow sculpture contest, chainsaw competition, country-dance night with the popular band Tumbleweed performing the evening of January 31 and casino night with a poker tournament for adults on the evening of February 2.

The second weekend includes lots of outdoor activities for children, an antique snowmobile race, hay ride with the Carnival snowman mascot, a youth dance night with a live DJ (12-17 year olds), a car rally, the crowning of the Carnival Duchess and a performance by the popular rock and roll band Kit Katz.

For complete program information and event schedules see www.carnavaldebrebeuf.com or contact us on Facebook.



Both English and French versions in Quebec City

Grandpa Is Not a Cash Cow

Elder Abuse Play Taken on the Road

Grandpa Is Not a Cash Cow & Grandma Won't Take Any Bull, the powerful play that examines elder abuse issues, which has been presented in Lachute, Morin Heights and Harrington to appreciative audiences, is being taken on the road.

The play will be presented in Quebec City on Wednesday, February 12, 3 p.m. at the Centre d'art La Chapelle, a unique and intimate 196-seat venue in a converted church located at 620, rue Plante, Quebec.

Adapted version

The Table de concertation des personnes âgées de la Capitale-Nationale is presenting both the original French version Faudrait pas prendre grand-mère pour une dinde et grand-père pour son dindon (in the evening) and the adapted Cash Cow English version. Argenteuil MNA Roland Richer, who played a leading role in the original version, was instrumental in facilitating these performances.

Other venues

The Cash Cow play is also slated to be presented in the Mont Tremblant area, and is scheduled in Two Mountains in April. The original play was written by François Jobin. Translation was undertaken by Lise Landry, with adaptation by Jeffrey Nethercott. Marie-Claude Hénault ably directs both versions. In anticipation of this performance, rehearsals resume January 16 in Lachute.

For additional information, please contact Penny Rose (pennyrose@jenseason.com) or Maurice Rivet (maurice.rivet@videotron.ca).

Table de concertation des personnes âgées de la Capitale-Nationale présente

Grandpa Is Not a Cash Cow & Grandma Won't Take Any Bull

Written by: François Jobin
Directed by: Marie-Claude Hénault

Mercredi 12 février à 15 h
Wednesday February 12th at 3 pm

At Centre d'art La Chapelle
(620, rue Plante, Québec, Q1M 3R5)

Tickets for sale on Vango \$5
TACN: 418 683-4539
1000, rue de la Grande-Rue, 1^{er} étage, Québec, G1G 1H6

ENGLISH COMMUNITY NEWS

To find out what is going on in and for the English community in the Laurentians, go to: <http://www.csss-sommets.com/english/70/English.html> to see the Community Calendar of meetings and other events across the territory. Check it also to help you set the date for your own meetings to make sure that there is nothing else scheduled for that date. Instructions are on the site for having your events posted too.

BADMINTON!

Join this group of ladies Mondays and Fridays at 9:15am at the St. Adolphe d'Howard Community Center on Rue de College. For more info call Betty Reymond at 450 226-6491 or Robin Bradley at 819 327-2176.

Come join us at Trinity Church Hall, 12 Préfontaine West, Ste. Agathe, Monday, January 27, 1:30 pm.

RÉMI LACASSE
Light on the Sun

Astronomer and president of both the Mont Tremblant Astronomy Club and the Federation of Amateur Astronomers of Quebec, Rémi Lacasse will explain how the sun has influences and consequences for us by describing and illustrating its history, structure, composition and other phenomena in a way easily understood by the general public.

The Club meets on the 4th Monday of every month, September through May (except December). Annual membership is \$25 per person. Guests \$10 per meeting. Come along and bring a friend. For those who are joining or renewing, please come early to help ease congestion at the door.

To learn more, visit our facebook page www.facebook.com/LaurentianClubofCanada or contact us at TheLaurentianClub@gmail.com.

LAURENTIAN CLUB OF CANADA



Laurentian Region Cancer Support Group

Groupe de Soutien du Cancer de la Région des Laurentides

January 2014 meeting for cancer patients, families and caregivers is **SATURDAY AFTERNOON January 18 - 1 pm GROUP DISCUSSIONS** St. Eugene Hall (rear entrance) 148 Watchorn, Morin Heights

NEXT MEETING: Saturday, February 15, 1 pm

Meetings are conducted in English
ADMISSION IS FREE

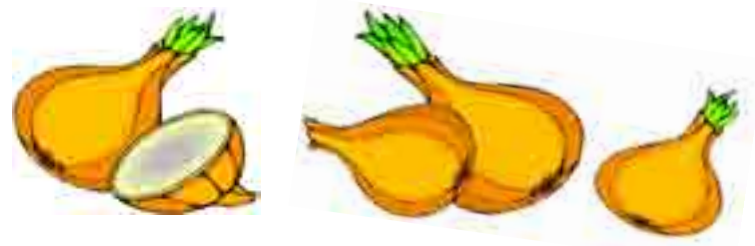
For more information about meetings and the group's other services call June Angus 450-226-3641 Email: cancer.laurentia@yahoo.ca PO Box 2645, Morin Heights QC J0R 1H0

Resource library available. Bring a friend or family member.



About Food Curried Mushroom & Caramelized Onion Soup

Tiffany Rieder, Food Stylist Chef and Recipe Developer; www.stylisteculinaire.ca - Main Street



The following recipe is not authentic Indian, but is more of a cross between cream of mushroom soup and a curry. Everyone who has tried it really loves it and, like a curry, it is even better the next day.

As I have suggested in the past, make sure you are using fresh curry powder. If it is older than 1 year, throw it out. Try to buy curry powder in small batches to avoid it from going stale too quickly. Stale spices do not do what they are intended to do, which is to enhance flavor.

Why did I also add turmeric powder to this recipe when it is already included in curry powder? I wanted the soup to be more visibly yellow and, in my opinion, more appealing. Turmeric also happens to be a powerful antioxidant and potent anti-inflammatory.

Curried Mushroom & Caramelized Onion Soup; serves 4-6

- 3 medium onions, halved and sliced
- 30 ml (2 tablespoons) canola oil
- 500 g (16 oz) whole button mushrooms, cleaned, halved and sliced
- 45 ml (3 tablespoons) canola oil
- 45 ml (3 tablespoons) curry powder
- 15 ml (1 tablespoon) turmeric powder
- 60 ml (1/4 cup) all purpose flour
- 750 ml (3 cups) vegetable stock
- 375 ml (1 1/2 cups) whole milk (or coconut milk)
- Season to taste

Heat the first quantity of oil in a large, high-sided sauté pan and add the onions. Cook over medium heat, stirring frequently, until the onions turn a deep golden colour, about 20 minutes. Remove the onions. Deglaze the pan with a splash of vegetable stock and scrape out the browned bits and add them to the onions. Add the second quantity of oil to the pan and sauté the mushrooms over medium high heat until almost dry (no steam). Add the curry and turmeric powder to the mushrooms, stir to blend and cook for 1 minute, while stirring. Add the flour and stir to coat. Continue stirring and cook for 1 minute. Add the stock and onions and stir to blend. Simmer the soup for 15 minutes, let it cool; puree until smooth. Transfer the soup to a saucepan and whisk in the milk. Bring the soup to a simmer. Season to taste and serve.



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jkd

Judy Diez d'Aux
flûtiste, musicienne de chambre
flutist, chamber musician

jkdf flute@gmail.com
514 757-7002

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15TH ANNIVERSARY SALE

THROWBACK PRICING

PAYMENTS LIKE THEY WERE 15 YEARS AGO

"BEST NEW SUV"
(\$35,000 - \$60,000)



Sorento EX shown*

THE NEW 2014 SORENTO hwy / city 100km*
7.1L/10.4L

WAS ~~\$157~~ **THROWBACK PRICING** **\$122** BI-WEEKLY for the first 15 MONTHS. **0%** financing

Includes Variable Throwback Pricing Incentive. \$122 bi-weekly payments include \$1,200 Throwback Pricing Incentive. Payments are based on 2014 Sorento 2.4L LX AT FWD (SR75BE). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$8,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

AVAILABLE ALL-WHEEL DRIVE



Sportage SX shown*

2013 SPORTAGE hwy / city 100km*
6.5L/9.7L

WAS ~~\$131~~ **THROWBACK PRICING** **\$91** BI-WEEKLY for the first 15 MONTHS. **0%** financing

Includes Variable Throwback Pricing Incentive. \$91 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2013 Sportage LX MT FWD (SP551D). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$131. Principal balance of \$6,811 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

7 PASSENGER SEATING AVAILABLE



Rondo EX Luxury shown*

THE ALL-NEW 2014 RONDO hwy / city 100km*
6.2L/9.4L

WAS ~~\$125~~ **THROWBACK PRICING** **\$85** BI-WEEKLY for the first 15 MONTHS. **0%** financing

Includes Variable Throwback Pricing Incentive. \$85 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (RN551E). After 15 months, bi-weekly payments increase to \$125. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

OFFER ENDS JANUARY 31ST

MAIN STREET TRIVIA

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

Zero is the only number that cannot be represented by Roman numerals.

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The English Link Take the 0-5-30 Challenge

Kim Nymark - Main Street

The Agence de la santé et des services sociaux des Laurentides' (the Laurentians health and social services agency) has released the results of the 2012 Health Profile study. For the results in French, go to: http://www.santelaurentides.qc.ca/sante_publique/statistiques_et_analyses/portrait_de_sante.html.

The results can be summarized as follows:

With 569,049 inhabitants, the Laurentian region comprises 7% of the population of Quebec. Some of its characteristics:

- Population growth rate among the highest in Quebec;
- Pronounced aging of its population;
- A greater proportion of young people.

Chronic diseases, such as cancer, heart and respiratory diseases cause about 70% of deaths. The following shows patterns of increased health problems in the region compared to the rest of Quebec:

- The Laurentians has a higher female mortality rate, mostly from lung cancer and respiratory diseases.
- The region also has a higher skin cancer mortality rate.
- Hypertension and diabetes contribute to the development of chronic diseases such as cardiovascular disease. 19% of the population suffers from hypertension and 7.3 % has diabetes. These diseases are often associated with being overweight, which affects more than half of the adult population.

Many chronic diseases are preventable by adopting a healthy lifestyle. Three quarters of the Laurentian population should improve on at least one habit. In fact:

- Nearly two-thirds of adults are not sufficiently active;
- Half consume insufficient amounts of fruits and vegetables;
- A quarter smoke cigarettes, with a high proportion of young smokers aged 18 to 24 (32%).

With such statistics, everyone should be actively following the 0-5-30 Program. What is 0·5·30?

- 0: is the elimination of tobacco and of tobacco smoke in the environment;
- 5: is the consumption of at least 5 servings of fruits and vegetables every day;
- 30: is at least 30 minutes of physical activity per day.

Scientists confirm that living smoke-free, having a good diet and practicing physical activities improves our quality of life and reduces the risk of developing a chronic disease. The 0-5-30 program has been selected by the Agence to encourage people to adopt healthy life habits in order to combat chronic diseases.

This program has four goals:

Goal 1: Preventing major chronic diseases through healthy life habits.

Goal 2: Promoting healthy lifestyles in an integrated manner.

- Smoking, physical inactivity and obesity explain over two-thirds of the new cases of chronic diseases;
- The non-use of tobacco, the consumption of fruits and vegetables and physical activity are interrelated.

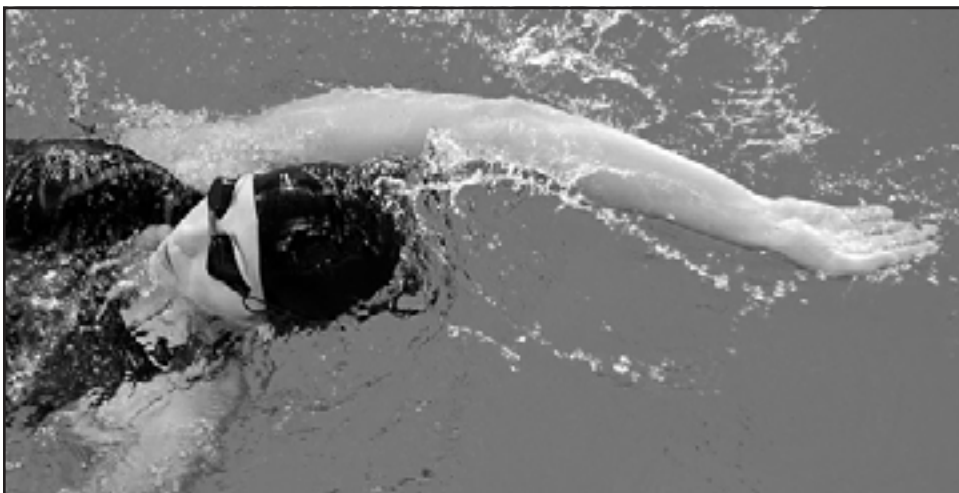
Goal 3: Targeting the adult clientele (18-64 years) as a priority.

Goal 4: Combining three complementary intervention strategies.

- The educational strategy aims to encourage health care professionals to advise their patients concerning the adoption and maintenance of a healthy lifestyle;
- The environmental strategy aims to modify the workplace and community in order to create environments that foster the adoption and maintenance of healthy lifestyles.
- The communication strategy aims to educate adults about the importance and benefits associated with the adoption and maintenance of a healthy lifestyle.

No matter who you are, you can do your part to promote healthy lifestyles. If you would like to take the 0-5-30 challenge and involve your workplace, you can contact **Johanne Lavoie from the CSSS des Pays-d'en-Haut at 450 227-8760 ext. 4394.**

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



4 Korners
FAMILY RESOURCE CENTER

Join Your Local LESAN Committee

By Kim Nymark - Main Street

What is a LESAN committee?

LESAN is the acronym for Laurentian English Services Advisory Network. It is the umbrella name for all the English Committees that are located throughout the Laurentians. LESAN is sponsored by 4 Korners and financed by the Community Health and Social Services Network (CHSSN), as well as, by Health Canada. Its primary purpose is to enable the Anglophone community to establish common goals and therefore be in a position to speak with one voice to promote better services in the English language.

The English-speaking minority population often falls through the cracks of Quebec's Health and Social Services System. LESAN's goal is to create committees in each Health and Social Service Center (CSSS) territory across the Laurentian region. The committees work closely with partners at different health and social services institutions, as well as, with other community organizations to identify existing local needs in the health and social service sector. Local priorities for English language services can then be initiated.

Each committee should be composed of English-speaking community representatives, municipal officials, religious leaders, education and local service providers. In short: people interested in working together towards better access to health and social services.

We currently have five different LESAN Committees throughout the Laurentians. They are:

- ECC which is the English Communities Committee of the CSSS des Sommets;
- LESAN Argenteuil;
- LESAN Deux-Montagnes;
- LESAN des Pays-d'en-Haut;
- And the Health Center Partnership Committee in Kanasatake.



Each LESAN committee depends entirely on the dedication of its volunteers. Without these volunteers, the LESAN committees would not exist. So, if you have time to give to your community and would like to get involved with one of the LESAN committees, your input will be deeply appreciated. It is easy; simply contact **4 Korners Family Resource Center at 1-888-974-3940 or by email address at kim@4kornerscenter.org.** We look forward to working with you to create a better and healthier English-speaking community.

MAIN STREET TRIVIA

- If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- Drinking water after eating reduces the acid in your mouth by 61%.
- The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Games & Puzzles Sudoku

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

December answers

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



The Story Behind Another Way

Joseph Graham - Main Street,
joseph@ballyhoo.ca

My cash-card didn't work. There I was in Barcelona and my plans were based around using the cash-card instead of carrying cash. What was I to do? The good old days of travellers' cheques, I thought. Best

thing to do was to call my bank. I had enough change to make a few calls. Sounds crazy, eh? It is, if yours is one of Canada's chartered banks, but mine is a credit union - a Caisse, member of the Desjardins group.

"Monique?" I said when she answered, and of course she recognized my voice. After an exchange of pleasantries I explained my predicament. "Let me check," she said, "Oh yes. You did two withdrawals within 24 hours and so the security shut your card down. It's confusing when we change time zones. Hang on - there. I fixed it. Should work now." And it did. A partner, a member, associated with a small branch of a co-operative bank or credit union, my voice over an intercontinental phone line identified me.

The North American credit union movement began in Quebec with the work of a parliamentary stenographer named Alphonse Desjardins. His first caisse opened on December 6, 1900, in Lévis. Modelled on German and Italian co-operative banks, he developed and spread his ideas into the rest of Canada and the United States. Their main contrast with the chartered banks was that they were local, member-owned co-operatives rather than merchant-owned businesses with no geographical loyalty. This is a Quebec initiative developed 113 years ago.

It was Jean Lesage's government that nationalized the electrical system, creating Hydro Quebec in the 1960s. It wasn't the Parti Québécois, although it was Lesage who appointed his minister René Lévesque to do it. People from outside of Quebec who hear that we grow our own food assume we are off the electrical grid. Why? We don't reject society. Once it's built, hydro-generated electricity is pretty green and we, the people, own Hydro Quebec. If it were a strictly profit-based business owned by a few businessmen and shareholders, it would be more like the chartered banks, but instead, it's ours.

There was a time when most newspapers were owned and run the way Main Street is; by individuals trying to supply a service to a community. Sadly, the newspapers did not follow the co-operative model, but instead the larger papers began to buy up the smaller ones. Pierre Péladeau founded the Journal de Montréal in 1964 and, modelled after the American tabloid, it rapidly became the second-largest daily in Canada. As a profit-based business, it grew into the corporation Quebecor

and began to acquire smaller, rural newspapers. Remember La Vallée from Saint Sauveur? How about Le Sommet from Sainte Agathe? Both carried some English material and these kinds of papers were community-based but privately owned ventures that carried real news much the way Main Street does. Once acquired, they morphed into the standard tabloid model, reducing news content and giving priority to advertisers, scandalous stories and community announcements. No room for editorial expression or independent opinion columns. I wrote a history column for one of these corporately owned newspapers. The space I could take was strictly limited and was published because it was from a community organization. The watchers at these big corporate chains actually look out for smaller papers and try to buy them either at the end of the owner's career or sooner if they can. Once owned, the community papers get hooked in like the humans in that movie The Matrix and everyone is "happy." The Up-North Reporter, an English start-up from decades ago, was approached. When the partners refused to sell, The Laurentian Sun rose. Owned by Quebecor, it had deep pockets to compete in the same market and snuff out its competition. The Up-North Reporter collapsed under its own weight - the partners didn't get along - and the Laurentian Sun set. It rose again when Jack Burger refused to sell, but Jack was too tenacious for them. I keep hearing reports from the French community that they read Main Street because it has more depth and more information than those rags that live to advertise. Just recently, we learned that the local Quebecor papers were sold to Transcontinental, a corporation that follows a similar model. One assumes there was too much competition for the advertising dollar.

I don't know of a newspaper chain in a democratic country that is owned through a crown corporation, but, not surprisingly, we do have an association of co-operatively owned or public newspapers called the Association des medias écrits communautaires du Québec, and we, in the Laurentians, boast two members, Ski-se-Dit in Val David and the Journal des Citoyens serving Prévost, Piedmont and Sainte Anne des Lacs. If you are looking for a French publication, you don't have to support the big guys.

Too often, we are price-driven and little else matters. We care less about what the bank will do with our money than about how much they will charge us or pay us for it. It's not surprising that the head offices of the Bank of Montreal - BMO - and the Bank of Nova Scotia - Scotiabank - are in Toronto. The money you leave in a chartered bank goes where it can give you the best return, not where it can do the most for our communities.

Still, things could be worse. The Parti Québécois wants to be associated with anything 'Québécois' that succeeds. They act like Hydro Quebec was their idea and their pride in the credit union movement verges on the possessive. You could argue that it's because they perceive these two institutions as created "by the people, for the people" but that's awfully generous of you if you do. If it were true though, would they have put Pierre-Karl Péladeau of Québecor in charge of Hydro Quebec? Sort of like putting the wolf in charge of the sheep.



I'm Just Saying Headlines to Expect in 2014

Ron Golfman - Main Street

Now that the holidays are over, with extra pounds from the festivities only matched by the volume of numbers on our next credit card statements, it is time to speculate on what this New Year will

bring us. Aside from the lingering hangover of Rob Ford stories and discussions of whether the new Champlain Bridge will have tolls, let's close our eyes and collectively imagine 2014.

The nagging headache of the Quebec Charter of Values will continue to be the piece of toilet paper stuck to our shoes. In that vein, the Pope had intended to visit Quebec in 2014 but was forced to withdraw because the P.Q. government decided that Francis couldn't wear the big hat on the visit as it clashed with its values. As a sidebar, Dairy Queen was mired in a court battle due to their refusal to change their name to La Reine de la Creme, sadly removing the option of experiencing a "Blizzard" in summer for Quebecers.

Mike Duffy and Pamela Wallin fail in an attempt to become the new spokespeople for bloated Cabbage Patch dolls, prompting Duffy to sign a lucrative contract as the poster-boy on Yum Yum potato chips packaging, now that the little Indian boy was deemed politically incorrect. Wallin, on the other hand, inks a deal with ghost-writer Erika Jong in a book to be titled "No Fear of Flying."

At the Sochi Olympics, big daddy Vlad Putin makes headlines twice. First, he bans expressing happiness in achievement when British athletes appear joyful following their victories. At the closing ceremonies, Putin denounces the Canadian delegation after taking offence that a favored home-style meal eaten by Quebec athletes is referred to by a name deemed too close to his.

The Tories are defeated in a spring election after most Canadians buy into Justin Trudeau's depiction of Harper as the Ned Flanders of Canadian politics; things get worse when Harper is asked if he'll step down and responds with "okie-dokie." NDP leader, Tom Mulcair, says he's willing to work with the Liberals as long as two conditions are met; that Trudeau doesn't continue to refer to him as Sebastian Cabot and that he can keep his job as Santa at the Carrefour du Nord next December.

The United States, forced by the rules of declassifying information, admits that they never actually landed on the moon and confesses that most photos of moon craters were actually pictures of Montreal streets in spring. Israel and the Palestinian Authority come to the conclusion that the rest of the Middle East is like an episode of Breaking Bad and merge into one vast Sandals Resort. Inaugural guests, Michelle and Barak Obama, can be heard in the wee hours of the morning screaming, "yes we can" from their bedroom suite.

In entertainment news, Miley Cyrus, Chris Brown, Bono and Canadian "the beeb" are kidnapped by Somalian pirates who soon discover that while they're asking for a ransom, a fund has been set up worldwide to keep them there. Celine Dion comes out with the shocking and upsetting revelation that she's the reincarnation of Mother Theresa, stating that she had the vision after eating two Nickel's smoked meat sandwiches with pickles.

Pauline Marois decides to call a fall election and is disappointed at the turnout, not appreciating that most people didn't vote because they didn't "know what to wear." Marois then



accuses Birk's and Peoples Credit Jewellers of tampering with the public interest, and threatens to stop all mining in Quebec to avoid this happening again. Once realizing that mining is integral to Quebec's economy, she balks at the notion of "flip-flops" in her governance, stating, "I only wear them on the beach."

As for news in brief: Molson is informed by the P.Q. that selling the "Molson's Canadian" label in the province is a federal attempt to influence the public with propaganda and is banned. In a press conference, Hydro Quebec admits that the Marois government, much like the Wizard of Oz, is not real; it is Hydro that holds the power. The announcement was disrupted for 45 minutes due to a blackout blamed on hot air and wind.

Finally, given that postage in Canada went from 63 cents to a whopping \$1 per stamp, sadly, there was much fallout. First, in a techno-age where we're failing to communicate as it is, one of the last bastions of contact is evaporating, (ode to Joe Cocker and The Boxtops); the letter will vanish like the penny. Even Santa may shut down operations due to so few requests reaching the North Pole. Happy New Year!

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Main Street Money: Ladies' Investment and Financial Education Answers to a Few of Your Questions

Developed by Christopher Collyer, BA, Certified Financial Planner, Investment Advisor, Manulife Securities Inc.

The New Year is here. This month I thought I might answer a few questions readers have forwarded to my email address.

What is volatility?

Volatility typically refers to the amount or degree of change in an investment's value either up or down. Describing an investment as volatile implies that its value can change dramatically over a short time period.

How can I determine my tolerance for risk?

Your tolerance for risk is the level of comfort or degree of acceptance you have in regards to a decline in value of your investments. For example, an investor's short-term goals might be approached more conservatively, while long-term goals can tolerate higher levels of risk. Keep in mind, every person is different; how you react to a 20% drop in an investment's value will vary dramatically from another person's reaction. Therefore, it's key to come to terms with your own tolerance for risk before you start to invest. Investor profile questionnaires can help as they feature a number of questions designed to determine how tolerant you are of market volatility.

What can I expect from the government retirement programs?

The two primary programs are Old Age Security (OAS) and the Canada/Quebec Pension Plan (CPP/QPP). OAS is calculated based on your age, legal status and the number of years you have lived in Canada and, as of January 1, 2013, provides a monthly benefit of \$546.07. The amount of CPP/QPP you will receive is based on your earnings and contributions and in 2013 provided a maximum monthly benefit of \$1,012.50 to people who retire at age 65. These figures change with inflation.

What is the maximum contribution for a 2013 RRSP?

The maximum amount is \$23,820 this year.

What are the contribution limits for the tax-free saving account (tfsa)?

You can contribute \$5,000 a year for the year 2009 up to and including, 2012; for 2013 and 2014 a contribution of \$5,500, for a total of \$31,000.

What is a security, a mutual fund or equities?

A Security is a financial instrument that usually represents an ownership position in a company (stocks) or a creditor relationship with a government or corporation

(bonds). In general, Securities are negotiable, financial instruments that represent some type of financial value.

A Mutual Fund allows investors to pool their money with many other investors in a diversified portfolio of securities such as stocks and bonds. A mutual fund typically focuses on specific types of investments. For example: government bonds, stocks from large companies or stocks from certain countries and industry sectors. Mutual fund investors may benefit from the services of professional portfolio managers who make investment decisions on their behalf.

Equities are stocks or another type of security that represent an ownership interest in a company or enterprise.

When is the last day I can contribute to my 2013 RRSP to receive the tax deduction?

The last day of February 2014.

Of course there have been more questions than I have answered in this Main Street Money column. But if you have any questions, please forward them to christopher.collyer@manulifesecurities.ca or you can call me at 514-788-4883 or my cell 514-949-9058.

I wish you continued success in all financial efforts in 2014. Happy New Year!

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



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Obituaries

Main Street considers it a community service to publish standard obituary notices at no charge.

CARON, FRANCES
January 24, 1921 - January 3rd, 2014



It is with great sadness that we announce the passing of Frances on Friday, January 3, 2014 at Jubilee Manor in Nelson, BC at the age of 92. A memorial service will be held on January 11 at 2 pm at the Chapel of Thompson Funeral Service Ltd. Obituary may be viewed online and online condolences may be expressed at www.thompsonfs.ca.

Funeral arrangements under the direction of Thompson Funeral Service Ltd.

PARKER, Brian James
Passed away peacefully in his sleep on January 5, 2014 at St. Mary's Hospital with his only son by his side. At the age of sixty-five, Brian is now at peace and has joined his beloved wife, Candace Loubert. Born in British Columbia, Brian has resided in Lachute for over thirty years. Brian is survived by one son, two grandchildren and a brother. A celebration of life will be held at his own home at 1160 Dunany Road, Lachute, Qc. on Saturday, January 18, 2014 from 11 am - 4 pm. In lieu of flowers, the family is requesting that donations be made to St. Mary's Hospital, 3830 Lacombe Ave., Montreal, Qc. H3T 1M5. Arrangements entrusted to the J.P. MacKimmie Funeral Home, 660 rue Principale, Lachute, Qc.



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Encountering a paradise for abandoned animals "Best Friends Animal Sanctuary," Utah

Shelters for abandoned or abused animals exist around the world and are often at full capacity. Because of my great passion for animals, I do not hesitate to get involved by volunteering to help some of our 4 legged friends in need.

As humans, we have a moral responsibility towards animals, who feel pain and have emotions, just like us. It is unfortunate that so many are abandoned and end up in shelters. They bring us so much happiness every day.... who can resist a dog's wagging tail and big sloppy kisses?

A few months ago, my husband and I went on vacation in Utah with a very specific purpose; to volunteer at the largest and most loved sanctuary for abandoned animals, "Best Friends Animal Sanctuary." A long and wonderful history of passionate people is embedded in Best Friends, a home to over 1700 animals coming from all over, including dogs, cats, horses, birds, rabbits and pigs! The sanctuary was founded in the 80s by a group of people from Britain who loved animals. They decided to create a refuge by purchasing over 3,000 acres in the beautiful and peaceful Angel Canyon in Utah. After several years of hard work, financial difficulties and more and more animals arriving at the shelter every day, Best Friends has finally become a great success story. The co-founders are always present at Best Friends and we warmly shook hands in the cafeteria of the sanctuary during lunchtime. That is how I met Faith Malone.

We volunteered for four days at Dogtown, a reserved section of the sanctuary, which is home to over 400 dogs. Our tasks were to clean some pens, wash dishes, socialize puppies in the kindergarten class, and take the dogs out for walks. Those were moments of pure happiness shared with breeds of all kinds, all grateful to have been saved and desperately hoping to find new adoptive families to love them for life.

In the original part of Dogtown, Pitbulls are outside in their enclosures and they call to us boisterously! We walked some of them on trails reserved exclusively for them. Our experience at Best Friends would not have been complete without our unforgettable encounter with Lucas. Lucas was one of 47 abused fighting Pitbulls that was owned by Michael Vick and was seized in 2008. Twenty two of these Pitbulls were brought to Best Friends to be treated, rehabilitated and given up for adoption. Sadly Lucas's fate was decided in advance! Under court order, he could not be adopted and had to remain at Best Friends for life.

Lucas lived many wonderful years at Best Friends surrounded by love and care but none the less, he died last June as a result of his many fight injuries. Lucas was a great soul who touched many hearts, ours included..... may he rest in peace!

Then there was the pet cemetery "Angels Rest." Nestled in Angel Canyon, hundreds of animals lie here, in peace, to the sound of wind chimes! It is a place filled with emotions and where each gravestone is decorated and cared for with love; proof of the great happiness that each animal had given to their guardians during their lifetime. This one phrase engraved on a stone touched me deeply, "Dogs leave paw prints on our hearts."

Best Friends Animal Sanctuary is the story of animal-loving people displaying empathy in its truest sense - saving animals in need and realizing that the hope of freedom is still attainable. This is a victory in itself!

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Off the Grid What's in a Cord?

Peter Cloutier - Main Street

OK! A cord of wood is a cord of wood, or is it? A fellow (no names) saw this advertisement for firewood: "Dried and split firewood for sale, \$75.00 / cord, delivered" and ordered two cords. When it arrived, he asked when the rest would be delivered. Told that this was the two cords he ordered, he thought he was being cheated, as he thought that a cord of wood was four feet by four feet by eight feet long, or 128 cubic feet! Well, yes and no. Yes, a pulpwood cord (full cord) in commercial cutting is measured like that but that is not a firewood cord! A firewood cord, sometimes called a face cord or stove cord, is four feet high by eight feet long by whatever width fits in a wood stove, usually 16 inches. A person unused to buying firewood would not necessarily know this so this information might save a few bloody noses.

Well, now you've got your firewood, but what have you got? You might have wood that will burn easily but like paper; some heat but no lasting coals. Not good, too dry, too old, or, the wrong wood is the reason. You might have wood that is heavy, more difficult to light, but once going will throw heat like a volcano and leave cherry-red coals that will last for hours. Now, you are getting your moneys' worth!

To help you know what to buy, a bit of Dendrology (the study of tree identification) is very useful and fun. In another life, I don't mind saying I was pretty good at this, but for firewood purposes, only a few species of trees need to be known.

Yellow Birch, known elsewhere as Silver Birch because of its silvery-coloured bark, is like coal. It is so dense that when green, it won't even float. In years past it was used for sheathing the bottoms of ships due to its toughness and resistance to rot and worm attack under water. Another bit of trivia; when smelled or tasted, it has a very strong wintergreen smell and flavor, especially the twigs in spring. The sap



used to be collected and boiled down to make various medicines, cough syrups, candies and chewing gum. It burns freaking hot and leaves glowing coals that will last through the night. The only problem is the coals, which can accumulate, preventing more wood from fitting into the stove. Turn up the air supply a bit and feel those red puppies burn!

Hard Maple, also known as Sugar Maple, is very dense. It is this tree's sap that maple syrup originates from and its leaf that is on our flag, so it should be easy to identify. A very rare condition of this wood, known as Bird's Eye, makes it extremely desirable for building fine furniture. The wood, when cut on its length, shows curious twists and whorls that look like little round eyes and, when oiled or stained, the effect is amplified and very beautiful. A single log can be worth thousands of dollars. It is not easy to find Bird's Eye Maple as it can only be seen if the wood is cut on its length. No doubt many logs have gone up in smoke because firewood is cut across the grain and the bird's eye cannot be seen. Its cause is unknown, perhaps due to insects, fungus or fine sand in the ground. In the past, and maybe still, wood pirates would sneak into a sugar bush on snowmobiles and hack at the big maples with an axe to expose the wood to see if the tree was a bird's eye and if so, cut it down and drag it away.

Red Maple is so called because early settlers (taught by natives) used to boil the bark to make red ink. It is also the first tree to start changing to fall colours (bright red) usually around the third or fourth week of August. Also called soft maple, it is just that; not very dense, but burns well with an even heat and not many coals.

Beech is the only tree in the forest with a smooth, light-gray bark. It grows straight with few, low-hanging branches. About 20 or 30 feet up, the branches are large and spread out like a hand, which bears love. Yes, bears. They climb the tree easily to the "hand" where they get comfortable in the palm or against a big branch to escape from insects in the summer or to catch the warmth of the sun in the spring. The marks of their claws are easy to see on the smooth bark. On two occasions, I have seen bears sleeping way up a beech tree, so you see, even bears go to the beech in the summer when the weather is nice! Beech wood burns very hot, about halfway between maple and yellow birch.

Red Oak is another fairly dense wood, but very porous. In fact, when it is dry, you can blow through it. White oak is very hard and tough and was prized for building ships.

Having worked with white oak I would hate to see any of that just burned away and wasted.

White Birch is sometimes called paper birch for its loose, white bark. This is a light wood that burns quickly at relatively low temperatures. Some people do not like to burn white birch in an airtight stove because the bark is full of tars that could cause creosote build-up. Natives used to heat the bark without burning it to melt the tars out to caulk their canoes. After the wood has cured though, the bark is easily removed.

Poplar; there are several poplar species, all of them very light. They burn fast and hot and leave no ash. This fact amazed early settlers. The perfect fuel, it grows just about anywhere and when cut, continues to grow all over the place as the roots send up shoots that blanket the ground. It is a clean, light-wood very easy to split

and while it is a wet wood that takes a long time to cure, when it burns it leaves no ash! I know a few people who swear by poplar as their firewood of choice and that is all they burn.

There are so many other common trees that are used for firewood and they all burn to different degrees but these seven species seem to be the favourites of the local people. They and their families have been burning wood from these forests long enough to know. The softwoods and needle-leaved trees will also burn but the nature of their sticky resins make them a potential hazard from the resulting creosote. Also, in my experience, the fierce, almost sudden burning of these resins, make their fires sometimes difficult to control.



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It All Began With A Tree A Master Wood Carver's Astounding Achievement



It all began with a simple tree trunk. A famous Chinese wood carver, Zeng Chunhui, saw a tree that inspired him. He chopped it down and then spent over 4 years working on it tirelessly to produce this incredible masterpiece. It is truly breathtaking to see how this simple tree trunk has been transformed into such an awe-inspiring work of art by the hands of a master carver.

The piece won the Guinness World Record for the longest wood-carving, measuring 40ft long (12.3m), 8ft wide (2.4m), and 10ft (3.1m) at its highest point. It is based on a famous Chinese painting from over 1000 years ago, titled "Along The River During The

Quinming Festival." The intricate carvings depict life in ancient China and are so detailed and perfect that they are totally astonishing - a testament to the creativity and genius that comes from within. The following photographs tell this story ...



Healthy Channels Hospital Holiday

Christopher Garbrecht, Ac. - Main Street

It's winter and the holiday season as one can guess by the sniffing, sneezing, coughing, and wheezing that we hear in the stores and on the street. This year, my family was not spared and my daughter was bed-ridden the entire

Christmas week. I finally had to take her to the hospital as we are still on the waiting list for a family doctor. I was quite surprised when I got there on a Saturday morning as there were only about twenty people waiting in line. I was expecting it to look like a war zone as it was between Christmas and New Year's Eve. Twenty people in line still meant a five hour wait mind you. Finally, a doctor saw us and the verdict was that my daughter had pneumonia. As a parent, you hear the diagnosis and you start to second-guess everything you did leading up to the news - maybe if I had done this or why didn't I do that? Be that as it may, these are the moments when you are glad to have a health-care system in place that takes care of you and you are at least happy to know the reason for your child's suffering.

So, as in moments like these, I thought that I would inform myself about pneumonia and hopefully you as well. Pneumonia is an infection of the lungs caused most often by a virus or bacteria. To be more precise, the infection affects the pulmonary alveoli, which are tiny bags in the shape of balloons at the end of bronchioles. When this microbe attacks the lungs, the body reacts with an inflammatory reaction. The alveoli fill with pus and liquid, which creates respiratory difficulties. About 200,000 to 300,000 Canadians will catch pneumonia each year. Children, the elderly and people with a chronic respiratory illness or a chronic illness, which weakens their immune systems, are more at risk of catching pneumonia.

Here are a few of the symptoms of pneumonia to keep an eye out for.

A sudden spike in fever which can go up to 41°C and be accompanied with shivering. Shortness of breath with a quick pulse and rate of breathing; a cough that is dry at the beginning and develops into a wet cough with yellow or green excretions after a few days; a pain in the chest region which is worse when coughing or when taking a deep breath; a decline in the person's general state, such as tiredness or loss of appetite can be another sign; muscular aches, a headache, and wheezing while breathing are other indicators of a possibility for this disease.

The best prevention for this illness is to follow a healthy lifestyle, especially in winter. Not smoking helps as well, as smoke weakens the lungs to infections. Washing your hands with soap and water is another good way to help prevent any infection.

If, however, you have already caught pneumonia, what should you do? After starting a dose of antibiotics, the most important thing to do is to get lots of rest. Placing a couple pillows under your head at night can help with your breathing. Make sure you drink plenty of water. Don't take a cough medicine without consulting your doctor. Some cough syrups suppress the elimination of mucus and can actually aggravate the situation. Also be careful to not be exposed to smoke, cold air, or pollution. Just make sure to finish the full treatment of your antibiotics even if you feel much better after a few days. More and more viruses and bacteria are becoming resistant to antibiotics partially from patients not finishing their course of treatment.

I hope this gives you a better understanding of pneumonia and I wish you all lots of health this New Year!

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The Mouvement Personne d'Abord of Lachute opened its used-clothes store at 177, Rue Bethany, Lachute, in 2011. This small, community-oriented store is a place to meet without being judged and to find clothes, books, dvd/vhs and other quality articles for \$5 or less.

The Bazaar is open to all and helps to support the Mouvement Personne d'Abord of Lachute in providing a great calendar of activities for people 18 and older living with an intellectual handicap in Argenteuil.

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On Tuesday, February 4, 2014 at 4:00pm

Open to all

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What is a Community Learning Conversation?

- a 3-hour gathering over supper, between key members of your school CLC and the community
- a chance for people to talk with one another
- includes people of all ages from both the education and community sectors
- makes discussion easy
- is led by someone who knows how to lead large group discussions
- empowers participants to collaborate with one another

What are Community Learning Centres?

- They are partnerships that provide services and activities to help meet the needs of learners, their families, and the wider community.
- They support the development of citizens and communities through Life Long Learning.
- They serve as places for education and community development and as models for future policy and practice.
- They work with everyone: families, youth, principals, teachers, neighbours and community partners help design and implement activities.
- Their activities focus on school and community.

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Geezer's Corner Charging into 2014



Dale Dawson - Main Street

It's another new year and many of us are still kicking. It's a good thing too when you think about it. Who would hold politicians accountable?

Who would sarcastically criticize government leaders that have as much imagination as a nudist in an igloo? We need to hang around to question their intelligence and integrity over increasing membership in an overcrowded House of Commons. Are there not enough bozos napping in that cosy chamber? Then there is the Senate with its piddling kafuffle taking place in that solemn retreat where unimaginative party cronies go to hibernate. What puzzles me is how did any of them find the energy to squander our money? Let's face it, when it comes to blowing tax dollars, our Senators have much to learn. How can we respect people when on their best days, they only manage to misplace a few thousand dollars? We should arouse these people and cart them off to Toronto to study the Ontario Liberal government in action. When they graduate from the Toronto advanced school of despicable misappropriation of funds they will be capable of misplacing billions without missing a siesta. To top it all off, the media won't bother them about losing billions. They can't handle the math - too many zeros. Okay! Sorry, I had to get that off of my chest, now I'll take my medication and try to continue.

I know - it's a new year and we should cheer up and have a positive outlook in our lives. You're saying that you tried that positive outlook stuff before and life kicked you in the groin for your trouble. I know from experience that really hurts, but you must soldier on. You won't give up and neither will I; if we were the quitting kind we'd have been out of here long ago. Hard-headed cussedness has kept us struggling on against all odds and we aren't done yet.

My old Pappy was the eternal optimist. He'd take off fishing in a hailstorm without a raincoat. When I was a boy, I remember times when the kitchen table would be littered with unpaid bills and no money available to pay them. Mother was a chronic worrier and was driven to distraction by Pappy's standard answer to her cross-examination. "Something will turn up," he'd say with a grin. He was right; something usually turned up, but frequently it wasn't on time and it seldom was anything good. Bad or good, whatever happened, Pappy never changed; he always had a ready smile and a joke to share with everyone he met. Life threw many problems his way, but it never beat him down. His words to me when I was a child were, "Things are only as bad as you make them (words to live by). Never let the world know that circumstances are awful or the vultures will gather and things will get worse. Just keep smiling." I've always tried to follow his words to live by. His system works.

Okay, let's talk about the good things that we can look forward to in the coming year. Oh, come on! There must be something other than the neighbour's dog expecting pups in your future. You have to watch for shrinkage - stay with me here. Our world seems to shrink as we age and that's what we need to watch out for. It will close in on us so slowly that we may not notice it. In fact, it may already have happened to some of us and we need to do something about it. Don't accept this smaller world that is being thrust upon you. No matter what your circumstances are, you can find things to smile about and something of interest. No more doom and gloom for you, explore the vast opportunities that can and will make your days more enjoyable.

Avoid stress whenever possible in 2014. This modern world is full of stress. I relieve stress by walking my dogs. That isn't entirely true. I often start off on my walks quite calmly and before five minutes have passed my two dogs have turned me into a raving loony. One day everything was going smoothly with the dogs on long flex leads excitedly sniffing the wondrous aromas beside the road. My serene moment was quickly turned into chaos by my neighbour's playful Shepherd mix. The dogs went into immediate action. Before I could scream in protest, Kelly ran around my legs twelve times and hog-tied me. My feet were neatly tied together, so Hugo Bassett seized the moment and charged. I teetered for a half-second and then went down like a drunk in a crosswind. Like old pappy always said - life is what you make it. Have a great year.

Learn to Curl Course at Brownsburg Curling Club

Eight-week course Feb. 13

The Brownsburg Curling Club is starting a Learn to Curl program beginning Thursday, February 13, 2014. Registration for the eight-week on-ice course will be on Thursday, February 6 at the Brownsburg Curling Club from 7 pm to 8 pm. The cost of the program is \$50, which may be applied towards the participants' curling membership for the following year.

Coaches: The coaches, Gordon Peatman and Pierre Jetté have both had coaching training. In August 2013, Peatman participated in a five-day training camp in New Brunswick, led by Grant Odishaw. Odishaw is a former Canadian curling champion and a sixteen-time champion of the New Brunswick provincials. The eight-week Learn to Curl course being offered by Peatman and Jetté will be based on the program taught by Odishaw. It includes curling etiquette, rules, basic strategy, scoring, sliding techniques, balance, brush techniques and more.

Curling is a great, inexpensive Canadian social sport, which can be enjoyed at any age.

For more information call Gordon Peatman at (450) 562-3916.



Photo of sleeping deer by Peter Desjardins



Photo of Arundel skating rink by Peter Desjardins

CLASSIFIED ADS

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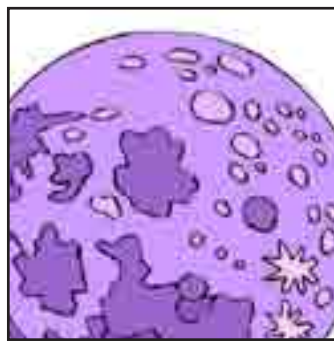
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Zach Factor Predictions 2014

Lys Chisholm & Marcus Nerenberg - Main Street

A common theme emerges this year as technology, specifically robotics, invades our everyday life. In all areas, we see the growing influence and impact of robotics and AI (artificial intelligence).

Hampering development is the complete disconnect IT production companies have with their material suppliers. At the end of the day, we are part of a physical earth that feeds us. Mindlessly stripping the earth of its precious metals for technology may see the necessity for an increase in legal think tanks before products reach public markets.

Humanoid Robotics: The newest humanoid robot is Valkyrie, a 1.9 meter Iron Man from NASA. The robot was developed in 9 months for the DARPA Robotics Challenge to compete against world famous robot from Honda ASIMO- the first bipedal robot. Valkyrie was designed to help humans during disasters and it



Portion of 1st panorama around Chang'e-3 landing site after China's Yutu rover drove onto the Moon's surface on Dec. 15, 2013. Credit: CNSA/CCTV/screenshot mosaics & processing by Marco Di Lorenzo/Ken Kremer

embarrassed the Japanese when cutesy ASIMO was useless to help with the Tsunami destruction. Research to combine AI with ASIMO is moving ahead at a furious pace. The dexterity of these robots is so fine that you can expect the first home use models to hit the market as butlers and cooks very soon. The exorbitant cost of ASIMO, the Honda, will leave most of us waiting for the Chevy version.



The ASIMO was first introduced in 2000. The robot has the physical ability to adapt to various situations making it that much closer to practical use for office tasks or in a public space. Photo credit: Hondas

Medicine and robots: Dr.

V.A. Subramanian, of Lenox Hill Hospital in Manhattan describes surgical robotic use as a translation of the surgeon's movements from the computer to "very tiny precise instruments." He claims that in the near future all surgery will be performed this way and is "the least invasive form of surgery" speeding patient recovery time and reducing hospital stays exponentially.

Education: Access to learning is so inexpensive that even the poorest and destitute populations can take advantage. According to sources from Futuretimeline.net, portable tablet devices, with limitless power and bandwidth, will see grade levels begin to disappear and teacher approaches, involving direct instruction to change drastically. Access to virtual teachers will mushroom, as will parents who opt for home school. The classic lecture environment is changing to a more hands-on approach to learning.

Economics: Bitcoin is the first decentralized digital currency- digital coins you can send through the Internet. Bitcoin is transferred person to person without going through a bank or a clearing house. The fees are lower; you can use them in every country and your account cannot be frozen. Bitcoins are created at a predicted and limited rate, unlike most central banks that are out of control in printing currency. The objective is to give individuals free and creative access to the global marketplace. There are no chargebacks, fees, taxes or duties to transact with Bitcoin. Wealthy and powerful institutions like Western Union (that make billions on the backs of the poor) are quaking in their shoes. Zach factor predicts ups and downs in value that will stabilize as popularity soars.

Global Social Political: One of the primary minerals targeted for lunar extraction is Helium-3, for production of clean energy use in the reactors of fusion power plants. This material is rare on Earth, but plentiful on the lunar surface. It is exceedingly valuable, with a single shuttle-load being enough to power an entire country for months. China has just landed its first robotic probe on the moon this past month.

Huge areas of concern are the rare metals from regions of conflict used in the production of cell phones and tablets. The Congo rebels are enslaving children to mine metals. Readers can email their IT suppliers like Samsung or Bell to find out if they can accurately source the metals used in production. Most are really buying from a secondary supplier. Netherlands Fairphone (<http://www.fairphone.com/>) is addressing this problem by controlling all aspects of its cell phone production and material supply.

Sports: With the growing outcry about traumatic brain injury of hockey players and the predicted out of court settlement the NHL will award alumni, Zach Factor predicts Honda's ASIMO will be the first robot to play hockey after it kicked its first soccer ball this past fall. Then the battle will truly rage as Canada vies to outdo other countries in the production of the fastest robotic skaters worldwide. However, there will not be robots winning silver at Sochi- more likely the hosts themselves who have never won a medal at the Olympics in men's hockey. Have a gay old time Zachians!



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